

California Cuisine

Unit: Preparing Foods

Problem Area: Regional and International Cuisine

Lesson: California Cuisine

- **Student Learning Objectives.** Instruction in this lesson should result in students achieving the following objectives:

- 1 Summarize California cuisine and its influences.**
- 2 Describe California’s most common food ingredients and classic cuisine.**

- **Resources.** The following resources may be useful in teaching this lesson:

E-unit(s) corresponding to this lesson plan. CAERT, Inc. <http://www.mycaert.com>.

“California Maps,” *OnTheWorldMap.com*. Accessed May 1, 2018.
<http://ontheworldmap.com/usa/state/california/>.

“Chinese Immigrants and the Gold Rush,” *PBS*. Accessed May 1, 2018.
<http://www.pbs.org/wgbh/americanexperience/features/goldrush-chinese-immigrants/>.

“Eight California Food Trends,” *Visit California*. Accessed May 1, 2018.
<http://visitcalifornia.com/ca/attraction/8-california-food-trends>.

Essman, Elliot. “California Cuisine,” *Life in the USA*. Accessed May 1, 2018.
<http://www.lifeintheusa.com/food/california.htm>.

“Introduction to Santa Maria-Style Barbecue,” *santamariavalleybbq.com*. Accessed May 2, 2018. <http://santamariavalleybbq.com/>.

Palmer, Brian. “The C-Free Diet,” *Slate*. Accessed May 2, 2018.
http://www.slate.com/articles/health_and_science/explainer/2013/07/california_grows_all_of_our_fruits_and_vegetables_what_would_we_eat_without.html.



Paramapoonya, Om. "California Cuisine—History, Features, and Fun Facts," *Delishably.com*. Accessed May 1, 2018. http://delishably.com/vegetable-dishes/california_cuisine.

Roberts, Anna Monette. "An American Food Atlas, Part III: West Coast and Pacific Northwest," *Popsugar.com*. Accessed on May 1, 2018. <http://www.popsugar.com/food/History-West-Coast-Cuisine-23735757>.

Santillano, Vicki. "East and West Coast Cuisine: What's the Difference?," *More*. Accessed May 1, 2018. <https://www.more.com/east-and-west-coast-cuisine-whats-difference>.

"United States Western Region," *Food in Every Country*. Accessed May 1, 2018. <http://www.foodbycountry.com/Spain-to-Zimbabwe-Cumulative-Index/United-States-Western-Region.html>.

■ **Equipment, Tools, Supplies, and Facilities**

- ✓ Overhead or PowerPoint projector
- ✓ Visual(s) from accompanying master(s)
- ✓ Copies of sample test, lab sheet(s), and/or other items designed for duplication
- ✓ Materials listed on duplicated items
- ✓ Computers with printers and Internet access
- ✓ Classroom resource and reference materials

■ **Key Terms.** The following terms are presented in this lesson (shown in bold italics):

- ▶ artichoke
- ▶ avocado
- ▶ avocado toast
- ▶ calamari
- ▶ California cuisine
- ▶ California roll
- ▶ California-style pizza
- ▶ cioppino
- ▶ cobb salad
- ▶ dry monterey jack
- ▶ dungeness crab
- ▶ farm-to-table
- ▶ french dip
- ▶ fusion cuisine
- ▶ goat cheese
- ▶ jai
- ▶ oyster cocktail
- ▶ oysters
- ▶ salmon
- ▶ Santa Maria-style barbecue

- ▶ sardines
- ▶ sourdough
- ▶ sous vide
- ▶ sun-dried tomatoes
- ▶ sushi
- ▶ tri-tip

- **Interest Approach.** Use an interest approach that will prepare the students for the lesson. Teachers often develop approaches for their unique class and student situations. A possible approach is included here.

Ask students to describe California cuisine. List the terms and phrases they describe (fresh, local, seasonal ingredients, creative, sustainable, or fusion). Then, ask students to describe what comes to mind when they hear “fusion cuisine,” such as Greek-Italian or French-Asian. This lesson will focus on California’s immigrational and geographical influences that create the fusion of flavors known as California cuisine.

CONTENT SUMMARY AND TEACHING STRATEGIES

Objective 1: Summarize California cuisine and its influences.

Anticipated Problem: What is California cuisine? How do history, geography, and culture influence California cuisine?

- I. **California cuisine** is a style of cooking characterized by fresh vegetables, seasonal ingredients, creativity, sustainability, and the fusion of different cuisines. California cuisine cannot be labeled as traditional, such as Mexican, Italian, French, Chinese, or Japanese chefs. California cuisine is known for its strong attention to presentation, use of foods low in saturated fats, numerous fresh vegetables and fruits, lean meats, and seafood from the California coast. California’s unique food culture arose as a result of its chefs creating new culinary trends over the last few decades, its rich history of several ethnic backgrounds, its diverse farming capabilities, and its Pacific Coast location.
 - A. **LOCATION:** California is a state on the Pacific Coast of the United States, bordered by Oregon (north), Nevada (east), Arizona (southeast), Baja California (Mexico, south of California), and the Pacific Ocean (west).
 1. Northern California’s wine country inspires French, Italian, and Mediterranean food dishes, as well as Asian-inspired fare. Many of the restaurants, cafes, bis-

- tros, and grills use ingredients sourced from local growers and farmers' markets.
2. The California coast, especially the northern and central coastal regions, is a source of seafood—a staple in the Californian diet.
 3. The agriculture diversity of California's Central Valley provides abundant fresh produce. The Central Valley is the sole U.S. producer of several fruits, vegetables, and nuts, including walnuts, olives, clingstone peaches, and sweet rice. There are two main river systems in the Central Valley, the Sacramento and the Joaquin.
 - a. The San Joaquin Valley produces cotton, grapes, olives, potatoes, stone fruits, Asian vegetables, nuts, citrus, and berries.
 - b. The Sacramento Valley produces rice, beans, row crops, fruits, cattle, corn, and grapes.
 4. Napa Valley is unique due to its location between Central Valley and the coast. Only 2 percent of the world has a Mediterranean climate, and this small section of California is part of that percentage. It is one of the premier wine producers of the world. If there were such a thing as "craft wine," Napa would fit that description. With hundreds of locally and individually owned wineries, this area is one of the most-visited wine-tour destinations. There are more than 1000 wineries in Napa Valley (every expert gives a different number due to an influx of online "virtual wineries").
- B. CULTURAL DIVERSITY: California's culture is western, with many Hispanic, Asian, and Italian influences. Californians accept and create popular global innovations and trends. They have a tremendous appreciation for food, artisans, farmers' markets, and organic farming. Health-conscious ideologies are popular nationwide, but many food experts believe it all started in California. California's population is as diverse as its produce. Due to the Atlantic Ocean, Ellis Island is famous for being a stopping point for Europeans immigrating to America. California sits on the Pacific Coast and the Mexican border. For this reason, Asian, Mexican, Central and South American, and Amerindians entered this country through California. This created a different American melting pot, with different culinary ramifications, than those found in the East Coast, Southeast, or Midwest.
1. Spanish missionaries were the first group of immigrants who brought their agriculture, livestock, and culinary traditions to California. Prior to its statehood, Mexican ranchers, Native Americans, and Amerindians also inhabited sections of California. The 1848 Gold Rush brought another influx of immigrants from Mexico, Central America, Asia, and Europe. Mexican and Spanish food influences can be found statewide.
 2. Italians appear to have had a large impact on California cuisine. Olive oil and sun-dried tomatoes have long been two of California's most valued culinary ingredients. Today, California-inspired seafood and pasta dishes (made with artichokes, roasted garlic, wine, and fish) are featured in fancy restaurants—all having their roots in the Italian immigrants' home kitchens.
 3. Chinese and other Asian immigrants also came to California in the 1800s. By 1850, 63,000 Chinese were in the United States, and 77 percent lived in Cali-

ifornia. (Source: PBS.) Over the years, many Asian ingredients have found their way into supermarkets. Asian sauces, such as sriracha (Thai-inspired hot sauce) and hoisin (a sweet and spicy Chinese sauce made from fermented soybeans, garlic, vinegar, sweet potato, and chiles), are common condiments found in many restaurants and supermarkets.

4. Japanese immigration to California started in the late 1800s. Most Japanese moved to Hawaii to work on sugar cane, coffee, and pineapple plantations. Once the United States incorporated Hawaii into the country, many Japanese fled the overcrowded island (according to the census, there were 60,000 Japanese in Hawaii by 1900) to come to America. Japanese culinary influences can be found in the popularity of sushi, teriyaki, ramen noodles, and tempura—now found everywhere in America, they were once only found in California.
- C. GEOGRAPHY AND TOPOGRAPHY: California’s geography (including its long length) delivers a diverse topography that includes the Pacific Coast, several mountain ranges (such as the Cascades, the Transverse, and the Klamath), redwood forests, deserts (Mojave, Sonoran, and Colorado), and the Central Valley (a major U.S. agricultural area).
1. THE COAST: The western border of California is about 850 miles of ocean coast. Along the coastline, the fishing industry is busy all year. California cuisine relies greatly on the wealth of its local produce and seafood.
 2. INLAND FARMS: California has numerous microclimates that produce diverse agricultural products. For example, southern California grows sun-loving crops, such as avocados, oranges, and dates. In northern California’s cool climate, farms produce artichokes, broccoli, and cauliflower. Central Valley farms produce tomatoes, grapes, plums (prunes), and walnuts. Napa Valley is world-famous for their vineyards.
- D. CLIMATE: Though California is well known for warm weather, the large size of the state results in varied climates. They include moist temperate rainforests and foggy, cool bay areas (in the north), arid deserts (in the south), snowy regions (on north or central mountain peaks), and the balmy and temperate coastal south (year-round average temperatures in the 70s and 80s Fahrenheit).
- E. FOOD HISTORY: Again, California cuisine’s emphasis is on the use of fresh, local ingredients that are often a daily acquisition at farmers’ markets or a local farm. Menus are changed to accommodate the availability of in-season ingredients, and some restaurants create a new menu daily. California started the fusion of multicultural foods, and many chefs created menus that led to a shift in California’s dining routines.
1. Helen Evans Brown was one of the first supporters and users of fresh, locally available foods in the 1950s and 1960s. She advocated using fruits and spices available in any cook’s own neighborhood, as well as fresh local seafood. Brown became friends with famed James Beard after publishing her 1952 cookbook.

2. Alice Waters opened *Chez Panisse* restaurant in 1971 in Berkeley, California, and significantly contributed to the concept of California cuisine. With a nod to French cooking, the restaurant focused mainly on ingredients, and it quickly developed a supply network of direct relationships with local farmers, ranchers, and dairies (a.k.a. farm-to-table). **Farm-to-table** is a culinary movement in which a restaurant’s ingredients come directly from a specific, local farm instead of a store, a market, or a food distributor. Alice Waters’ direct relationship with local farmers helped give smaller farms a steady income source. Today, farmers in these relationships grow produce or provide livestock specifically for individual restaurants.
3. Wolfgang Puck popularized gourmet California pizza. Initially, Alice Waters had started creating high-end pizzas in wood-burning ovens at her restaurant. Ed LaDou was a chef that worked at several restaurants, but tended to be misunderstood by management for his unusually-topped pizzas. After Wolfgang Puck was introduced to LaDou’s pizzas, Puck hired him to become a “pizza chef” at his already famous restaurant, Spago. Instead of pepperoni, sausage, and mozzarella cheese, LaDou created pizzas with ricotta cheese, red peppers, pâté, and mustard. He would sometimes replace pepperoni and sausage with duck or salmon. Wolfgang Puck’s stardom had the ability to transform these pizzas into a national conversation. Later, LaDou created the first menu for California Pizza Kitchen (CPK).
4. **Fusion cuisine** is a cooking style that melds two or more types of cultural food preparations, cooking techniques, and/or ethnic ingredients into a culinary mash-up. Fusion has played a part in the innovation of many contemporary restaurant cuisines since the 1970s. Fusion cuisine is very popular in California.
 - a. In San Diego, Bistro Kaz is a Japanese-Italian fusion restaurant. Diners can order past with uni, eel pizza, or a Japanese curry with meatballs. In the San Francisco Bay area, chain restaurant Sushirito has burritos stuffed with rice and sushi ingredients.
 - b. Los Angeles’s Chaya Restaurant serves wasabi mashed potatoes that are topped with crumbled bacon—a fusion of Asian and North American favorites.
 - c. Tallarín saltado is a Peruvian fusion dish of beef with tomatoes, pasta, and chili sauce. It combines Asian stir-fry techniques and sauces, Italian spaghetti, and traditional Peruvian preparations. (There are many saltados—pollo and lomo are two others.)
- F. NEW YEAR’S: When an influx of Asian immigrants settled in the West, especially Northern California, their long-practiced Asian traditions came with them. One traditional holiday of special note is Chinese New Year. It is a time of family reunions, giving thanks, and looking to the future while remembering one’s ancestors. When families gather, there are always special foods that are prepared. **Jai** (Buddha’s delight) is a vegetarian dish of root and fibrous vegetables. Each ingredient has a special meaning and purpose. Many New Year’s practices are based on traditions and superstitions.

1. Vegetables and fruits (like tangerines and Chinese black mushrooms) represent good luck, happiness, and prosperity for the coming year.
2. A whole fish symbolizes abundance.
3. Chicken symbolizes prosperity. The head, tail, and feet of the chicken symbolize completeness.
4. Uncut (long) noodles symbolize long life.
5. Sweeping floors on Chinese New Year is not recommended. All of the good luck and fortune would be swept away.

Teaching Strategy: Use VM–A to illustrate the location of the state of California. Use VM–B to illustrate organic vegetable production and farm-to-table dinners. Use VM–C to provide examples of fusion cuisine.

Objective 2: Describe California’s most common food ingredients and classic cuisine.

Anticipated Problem: What are California’s most common food ingredients? What are examples of typical classic and fusion Californian cuisine?

- II. California chefs use a host of international ingredients in their cooking, including Chinese and Japanese sauces, Indian curry spices, Italian cheeses, and Mexican tortillas. Certain local ingredients manage to stand out among the rest.
 - A. **SPICES AND HERBS:** In southern California restaurants, chefs are enhancing the flavor of food without increasing the foods’ natural contents of calories, sugar, salt, and cholesterol. They are keeping foods lighter and healthier with the use of fresh products and herbs. California is the garlic capital of the world. Along with garlic, basil, rosemary, thyme, lemongrass, cardamom, cilantro, curry, anise seed, fennel seed, miso paste, fish sauce, and multiple international spices (and sauces and pastes) make up this ever-expanding cuisine.
 - B. **DAIRY:** Since 1993, California has surpassed Wisconsin to become the leading dairy state. California has become the nation’s largest milk producer, the leader in the number of milk cows, and the second-highest cheese producer. Milk is the top agricultural income earner in California. In the United States, California also ranks first in the production of butter, ice cream, and nonfat dry milk. According to the California State Department of Food and Agriculture, California is the number one producer of monterey jack and Hispanic-style cheeses. Monterey jack was created in the California missions, almost 200 years ago. Almost 60 percent of their cheese production is mozzarella. In 2016, California produced two-and-a-half billion pounds of cheese.
 1. **Dry Jack:** **Dry monterey jack** (dry jack) is an aged, hard cheese that is firm (similar to Parmesan), nutty, and somewhat sweet. It is aged from ten months to four years. Dry jack has a pale yellow color with an assertive flavor. It becomes increasingly brittle with age. Dry jack (versus regular monterey jack) is a result of a San Francisco cheese wholesaler (D.F. DeBernardi), and his serendipitous overstock. After receiving too much monterey jack, he had his

employees oil and salt the cheese wheels and place them in the basement. World War I began, and it became more and more difficult to import cheeses from Italy. Remembering the monterey jack, he was pleasantly surprised to find it hard, well-aged, dry, and delicious. Italian-Americans began substituting it for parmesan. Today, dry jack is used with salads, pasta, soups, tacos, casseroles, omelets, and soufflés.

2. Goat Cheese: **Goat cheese** (fromage de chèvre in French) is a dairy product made from goat milk. Goat cheese became popular among Californians in simple dishes, such as salads and desserts. Humboldt Fog is a soft-ripened goat cheese created by Mary Keehn, founder of Cypress Grove (a goat cheese producer) in Humboldt County, California. (Humboldt Fog has a creamy, light, and mildly acidic flavor due to the ribbon of edible white vegetable ash throughout the wheel.) It was named for the local ocean fog that rolls in from Humboldt Bay.
- C. COASTAL INGREDIENTS: The coastal waters of the Pacific Ocean provide varied and abundant seafood options.
1. Dungeness: **Dungeness crab** is a six-legged crustacean that inhabits cold water bottoms on the West Coast. It is prized for its sweet and tender meat. California restaurants in the Bay Area pair cracked dungeness crab dishes with crisp, domestic, napa valley wines. Home cooks can boil them simply, with white wine and aromatic herbs. Many Chinatown restaurants throughout California (most major cities have a district made up of Chinese descendants called Chinatown) stir-fry dungeness crab with ginger and green onions. It is also enjoyed in crab cakes or seafood salads.
 2. Calamari: **Calamari** is prepared squid—usually cut into rings, breaded, and deep-fried. A squid is a mollusk (an invertebrate related to the octopus) with ten tentacles. Calamari meat is firm and white, and it has a mild, slightly fishy flavor. Many preparations call for it to be soaked in milk, which softens the meat and lessens its fishy flavor.
 3. Salmon: A **salmon** is a ray-finned fish that is born in freshwater, travels to live in seawater, and then returns to freshwater to reproduce. Salmon can be found in the North Atlantic, the Pacific, and the occasional large lake. Salmon dishes are popular due to the fish’s tender, flaky meat and rich flavor. They are full of omega-3 fatty acids that help to reduce bad cholesterol. Salmon can be baked, broiled, fried, grilled, smoked, poached, and prepared sous vide. **Sous vide** (French for “under vacuum”) is a cooking technique in which food is placed in a plastic pouch with oil and spices, vacuum-sealed, placed in a water bath, and slowly cooked at a precise temperature. There are five types of salmon common in the Pacific Ocean: Chinook (a.k.a. king salmon, fatty with a deep red flesh), Coho (a.k.a. silver salmon, medium red flesh), Sockeye (a.k.a. red salmon, dark red flesh), Chum (a.k.a. dog salmon, pale flesh), and Pink (a.k.a. humpback salmon, light pink flesh).
 4. Oysters: **Oysters** are saltwater bivalve mollusks with irregular shaped, sometimes sharp shells. Oysters can be eaten cooked or raw, and are regarded as a delicacy in many cultures. An **Oyster cocktail**, a dish thought to have origi-

nated in San Francisco or Los Angeles in the 1800s, is a plate of raw oysters with a cocktail sauce. The sauce is made from a few basic condiments, including ketchup, horseradish, vinegar, and worcestershire sauce. Along with some salt and pepper, this dish is a popular San Francisco appetizer.

5. Sardines: **Sardines** are small, herring-like, oily fish. Fresh sardines are often grilled, pickled, smoked, or preserved in tins.
- D. **SOURDOUGH BREAD**: **Sourdough** is a leaven made without commercial yeast; instead, it uses the naturally occurring yeast and bacteria found in flour. Sourdough is made by simply mixing flour and water. Usually it takes about seven days of adding more flour and water to the solution before the natural leavening is ready for use. For this reason, many bakers use a starter (leftover leavened dough or pre-made liquid). Since sourdough comes from the same naturally occurring bacteria found in yogurt, sourdough bread has a mildly sour taste. It also has better keeping qualities than other breads. Sourdough was popularized in San Francisco during the Gold Rush. It became so common in the mines that sourdough was adopted as a nickname for the gold miners (who were said to sleep with the starters on cold nights to keep the yeast active). The distinctive tanginess of the bread goes well with soups, stews, and seafood dishes. Since 1849, the Boudin Bakery in San Francisco has been renowned for its sourdough bread, and they claim San Francisco's "fog-cooled climate" is why no other city can reproduce their dough.
- E. **SEASONAL PRODUCE**: California chefs make great use of seasonal produce. It is common to find menu items available only at certain times of the year. Some restaurateurs promote or highlight seasonal ingredients. Farmers' markets and small-scale organic food stores have become extremely popular. California produces almost all of the country's almonds, apricots, dates, figs, kiwi, nectarines, olives, pistachios, prunes, and walnuts. Fresh produce can be broken down by season.
1. Spring: Apricots, artichokes, asparagus, kumquats, baby leeks, snow peas, strawberries, and turnips
 2. Summer: Avocados, beets, blueberries, cherries, corn, eggplants, Valencia oranges, and summer squash
 3. Fall: Apples, dates, fennel, figs, grapes, asian pears, pomegranates, green tomatoes, and winter squash
 4. Winter: Broccoli, brussel sprouts, cauliflower, celery, kiwi, pears, persimmons, and tangerines
- F. **FRUITS AND VEGETABLES**: California is a top producer of most vegetables used in the United States. California produces 90 to 100 percent of American broccoli, artichokes, celery, avocados, garlic, kiwi, plums, and cauliflower. It produces 71 percent of spinach and 69 percent of carrots sold in the United States. (Source: Slate.) There are a few fruits, vegetables, and vegetarian dishes that stand out as being very "Californian."
1. Artichokes: An **artichoke** is a thistle-like plant whose leaves, stalk, immature flower buds, and center heart are cultivated as a vegetable. Artichokes have

thick, pointed leaves and are an excellent antioxidant source. Most artichoke consumers only use the heart in cooking, as the other parts can be dangerous to eat if prepared incorrectly. Californians have found ways to add artichokes to nearly any kind of dish. The state produces virtually all of the nation's artichokes, half of which are consumed in California.

2. Avocados: An **avocado** (or an alligator pear) is a fruit that has a green-to-purple color, has a rough leathery skin, and contains a light-green, oily, edible flesh. The body may be pear, egg, or spherical in shape. Southern California is home to many avocado orchards, where more than 90 percent of the nation's avocados are harvested. Putting avocado slices in a sandwich is essentially a California trademark; although, this practice has crossed state lines into most of the country. Avocados are dearly loved and used by Californians, and they are frequently used for making guacamole dip.
 3. Avocado Toast: **Avocado toast** is an open sandwich of mashed avocado, salt, pepper, and citrus juice piled high on toast. There are many variations to avocado toast, including those topped with caviar, feta cheese, radishes, and more.
 4. Sun-Dried Tomatoes: **Sun-dried tomatoes** are chewy, dehydrated tomatoes that are dried or preserved by exposure to the sun. They have a distinctive, concentrated taste, and they are often packed in olive oil along with rosemary, basil, dried paprika, and garlic. Drying tomatoes in the sun is an old Sicilian method of preserving fruits at the end of the harvest season. Italian immigrants recognized the hot, dry California climates, and they quickly began their tradition of drying tomatoes. Sun-dried tomatoes turned into a profitable industry, and they became a California food craze in the late 1990s and early 2000s. Californians were adding them generously to pasta, pizza, salad, and many other things. The country soon followed suit.
- G. **BARBECUE**: Barbecue has been a part of California cuisine since the 1840s, when Mexican ranchers cooked beef in barbecue pits. California's barbecue style is influenced by the southwestern regional styles found in Arizona, New Mexico, Texas, and Oklahoma. California barbecue can be grilled or smoked in a pit, and it can include chicken, beef ribs and tips, pork ribs, sausages, or steaks. Most barbecue sauces used in California are tomato-based, as with all other western states; however, Santa Maria Valley has their own style of barbecuing meat. According to santamariavalleybbq.com, “[**Santa Maria-style barbecue** is a slow-cook preparation of] traditional cuts of top-block sirloin and **tri-tip** steak, a triangular bottom sirloin cut that originated in the Santa Maria Valley. The meat is rolled in a mixture of salt, pepper and garlic salt before being barbecued over coals of red oak, a native local oak species that contributes a smoky, hearty flavor. The classic Santa Maria-style barbecue menu includes fresh salsa, grilled french bread dipped in sweet melted butter, tossed green salad, and slow-cooked pinto beans. Pintos are small pink beans [that] originated in the valley. The origins of Santa Maria-style barbecue date back to the mid 1800s, when local rancheros would host Spanish-style barbecues each spring for their vaqueros, or cowboys, as well as family and friends.”

- H. CALIFORNIA-STYLE PIZZA: **California-style pizza** is a single-serving, thin crust, gourmet pizza prepared with non-traditional pizza ingredients, such as artichokes, barbecued meat, goat cheese, chunky roasted vegetables, or mustard. A popular California-style pizza is Thai-inspired, with chicken, a peanut or chili sauce, bean sprouts, and shaved carrots. Wolfgang Puck’s restaurant first popularized this pizza style, but it was later brought to the masses by restaurants such as California Pizza Kitchen.
- I. SUSHI: **Sushi** is cold vinegar-soaked rice topped with other ingredients (usually seafood). America’s sushi craze began in California. A **California roll** is a sushi recipe that can vary, but it will always include avocado (the primary ingredient), cucumber, and crabmeat. More than one chef claim to have created the California roll, but, regardless, it is a quintessential example of California fusion cuisine.
- J. CALIFORNIA ORIGINALS: Many famous restaurants, dishes, and drinks originated in California. With unique Hollywood connections, California cuisine has the ability to reach a national level quickly.
1. **French Dip**: The **french dip** (a.k.a. beef dip) is a hot sandwich of thinly sliced roast beef piled generously on a french roll (or a baguette) that has been dipped in beef au jus (French for “with the juice”). It is usually served with extra au jus on the side. Two Los Angeles restaurants that opened in 1908 claim to have created the sandwich, but regardless of the truth, the french dip is now an American classic.
 2. **The Brown Derby**: The Brown Derby was a famous restaurant chain in Los Angeles and Hollywood starting in the 1940s and 1950s. Besides being a hotspot for the actors who filmed on nearby filming lots, the Brown Derby has been linked to two American classics. Through a licensing deal, Disney has the only remaining Brown Derby restaurants at park locations.
 - a. **Cobb salad**: The **cobb salad** is a main dish consisting of chopped greens, diced chicken (boiled, grilled, or roasted breast), crispy, crumbled bacon, chunks of cheddar or bleu cheese (often Roquefort), chopped hard-boiled eggs, diced avocado, bruised chives, and a red wine vinaigrette (sometimes chopped tomatoes and/or black olives are added). Bob Cobb (owner of the Brown Derby) is the inventor of this salad. His original recipe included chicory, watercress, and french dressing. The cobb salad’s Los Angeles roots make it a California must-try.
 - b. **Monte cristo**: The monte cristo is an American version of the French croque monsieur, which was a sandwich covered in bechamel and toasted under a broiler. The American version, which first showed up in a 1949 Brown Derby recipe book, has many varieties. In the original, three buttered slices of white bread sandwiched swiss cheese, ham, and chicken. In all versions, it is then dipped in an egg batter (sometimes sweetened, like french toast) and either deep-fried in oil or pan-fried in butter.
 3. **Cioppino**: **Cioppino** is a tomato-and-wine-based broth filled with fresh Pacific seafood. This fish stew was originated by Italian fishermen in the area now known as Fisherman’s Wharf in San Francisco. They used leftover seafood scraps to make a stew. Today, it is traditionally made from the catch of the

- day. In San Francisco, this would include a combination of any locally-sourced dungeness crab, clams, shrimp, scallops, squid, mussels, or fish. The seafood is then combined with fresh tomatoes and herbs in a wine sauce. Cioppino is typically served with toasted bread, either local sourdough or toasted baguette.
4. Ice Cream: William Dreyer had an idea for a “rocky road” ice cream recipe. He went to Joseph Edy, who already had candy shops, and they partnered to create Edy’s Grand Ice Cream in 1928. After years of working together, they dissolved their partnership in 1947. Today, there still remains the two separate brands, Dreyer’s and Edy’s. (In 2016, Forbes Magazine named Dreyer’s as number seven on the list of top-selling ice cream brands in the world.)
 5. Popsicles: Frank Epperson, who was an 11-year-old San Franciscan, invented popsicles in 1905. He left a fruit drink (with a stirrer in it) outside on a cold night. Loving his accidentally frozen treat, Epperson obtained a patent for what he originally called an Epsicle. He also invented the twin popsicle, fudgsicle, creamsicle and dreamsicle. (In 2016, Forbes Magazine named Popsicle as number 14 on the list of top-selling ice cream (or a frozen treat) brands in the world.)
 6. Fortune Cookies: In San Francisco, one of the most well-known foods came from Asian-American ingenuity—the fortune cookie. Two immigrants, one Japanese (Makoto Hagiwara, landscape designer in San Francisco) and one Chinese (David Jung, Los Angeles founder of the Hong Kong Noodle Company), claimed to have invented the fortune cookie in 1914 (Hagiwara) and 1918 (Jung). No matter who is correct, the worldwide explosion of fortune cookies didn’t happen until Shuck Yee (Oakland) invented a fortune cookie folding machine that allowed for mass production in 1973. (This happened after Edward Louie, of San Francisco’s Lotus Fortune Cookie Company, had created the machine which automatically sticks the paper in the cookie.)
 7. Pink’s hot dogs: Paul and Betty Pink started out with a hot dog cart they bought with borrowed money in 1939. They rented a lot for their cart at 15 dollars a month. When the landlord was going to raise the rent, Paul and Betty convinced a bank to lend them enough money to buy the lot. This is the same lot that a Pink’s hot dog stand sits on today. Next to major film studios in Hollywood, this California icon has been famous for almost 80 years. Now with locations all over the country, Pink’s sells hamburgers, actor- and movie-themed hot dogs, Yoo-hoos, and Orange, Grape, and Strawberry Crush.
 8. In-N-Out Burger: In 1948, Harry Snyder opened a drive-thru hamburger stand. Later that year, he worked in his garage building the first two-way speaker box. From that moment, everything in fast food changed, and In-N-Out is still one of the most popular burger chains in the Los Angeles area (with many stars going to the Hollywood location before or after red-carpet events). One of their most popular menu items is “Animal Style” french fries. They top hand-cut fries with cheese, secret sauce, and grilled onions.
 9. Egg McMuffin: Herb Peterson owned a McDonald's franchise in Southern California and created this breakfast sandwich in the early 1970s.

10. Drinks: Many alcoholic drinks, beer companies, and colas originated in California.
- Mai tai: Created at Trader Vic's restaurant by Victor Bergeron in Oakland, 1944, this alcoholic cocktail was inspired by Bergeron's friends visiting from Tahiti.
 - Martini: One of the most famous drinks in the world was originally called the Martinez, after the city of Martinez in the Bay Area. People used to order the drink in the early 1860s at the Occidental Hotel in San Francisco before taking a ferry over to Martinez. (Different people claim ownership of this drink, but the earliest recipe shows up in Jerry Thomas's "The Bartender's Guide" of 1887. He was a renowned bartender that had worked in San Francisco Bay Area bars, before moving back to the East Coast and writing this guide.)
 - Beer: Many craft beers are located in California, but the most recognizable include Anchor Steam, Sierra Nevada, and Lagunitas.
 - Shasta: The Shasta Mineral Springs Company opened in 1889 with bottled mineral water at the base of Mount Shasta (part of the Cascades in Northern California). They eventually began making the soft drinks that are seen around the world today.

Teaching Strategy: Many techniques can be used to help students master this objective. Use VM-D through VM-P to facilitate a discussion of popular California regional dishes. Assign LS-A.

- **Review/Summary.** Use the student learning objectives to summarize the lesson. Have students explain the content associated with each objective. Student responses can be used in determining which objectives need to be reviewed or taught from a different angle. If a textbook is being used, questions at the ends of chapters may also be included in the Review/Summary.
- **Application.** Use the included visual master(s) and lab sheet(s) to apply the information presented in the lesson.
- **Evaluation.** Evaluation should focus on student achievement of the objectives for the lesson. Various techniques can be used, such as student performance on the application activities. A sample written test is provided.

■ **Answers to Sample Test:**

Part One: Matching

1. h
2. f
3. a
4. e

5. c
6. g
7. d
8. b

Part Two: Completion

1. California roll
2. Pacific Ocean
3. french dip
4. San Francisco
5. farm-to-table
6. cioppino
7. cobb salad

Part Three: Short Answer

Answers will vary, but should be similar to the answers provided below.

1. Three of the following ethnicities and their influences should be included:
 - a. Spanish missionaries were the first group of immigrants who brought their agriculture, livestock, and culinary traditions to California. Prior to its statehood, Mexican ranchers, Native Americans, and Amerindians also inhabited sections of California. The 1848 Gold Rush brought another influx of immigrants from Mexico, Central America, Asia, and Europe. Mexican and Spanish food influences can be found statewide.
 - b. Italians appear to have had a large impact on California cuisine. Olive oil and sun-dried tomatoes have long been two of California's most valued culinary ingredients. Today, California-inspired seafood and pasta dishes (made with artichokes, roasted garlic, wine, and fish) are featured in fancy restaurants—all having their roots in the Italian immigrants' home kitchens.
 - c. Chinese and other Asian immigrants also came to California in the 1800s. By 1850, 63,000 Chinese were in the United States, and 77 percent lived in California. (Source: PBS.) Over the years, many Asian ingredients have found their way into supermarkets. Asian sauces, such as Sriracha (Thai-inspired hot sauce) and hoisin (a sweet and spicy Chinese sauce made from fermented soybeans, garlic, vinegar, sweet potato, and chiles), are common condiments found in many restaurants and supermarkets.
 - d. Japanese immigration to California started in the late 1800s. Most Japanese moved to Hawaii to work on sugar cane, coffee, and pineapple plantations. Once the United States incorporated Hawaii into the country, many Japanese fled the overcrowded island (according to the census, there were 60,000 Japanese in Hawaii by 1900) to come to America. Japanese culinary influences can be found in the popularity of sushi, teriyaki, ramen noodles, and tempura—now found everywhere in America, they were once only found in California.

2. California-style pizza is a single-serving, thin crust, gourmet pizza prepared with non-traditional pizza ingredients, such as artichokes, barbecued meat, goat cheese, chunky roasted vegetables, or mustard. A popular California-style pizza is Thai-inspired, with chicken, a peanut or chili sauce, bean sprouts, and shaved carrots. Wolfgang Puck first popularized this pizza style, but it was later brought to the masses by restaurants such as California Pizza Kitchen.

California Cuisine

► Part One: Matching

Instructions: Match the term with the correct definition.

- | | |
|--------------|-----------------------|
| a. artichoke | e. dungeness crab |
| b. avocado | f. fusion cuisine |
| c. sourdough | g. California cuisine |
| d. calamari | h. tri-tip |

- ____ 1. A triangular bottom sirloin cut that originated in the Santa Maria Valley
- ____ 2. A cooking style that melds two or more types of cultural food preparations, cooking techniques, and/or ethnic ingredients into a culinary mash-up
- ____ 3. A thistle-like plant whose leaves, stalk, immature flower buds, and center heart are cultivated as a vegetable
- ____ 4. A six-legged crustacean that inhabits cold water bottoms on the West Coast
- ____ 5. A leaven made without commercial yeast; instead, it uses the naturally occurring yeast and bacteria found in flour
- ____ 6. A style of cooking characterized by fresh vegetables, seasonal ingredients, creativity, sustainability, and the fusion of different cuisines
- ____ 7. Prepared squid—usually cut into rings, breaded, and deep-fried
- ____ 8. A fruit that has a green-to-purple color, has a rough leathery skin, and contains a light-green, oily, edible flesh



► Part Two: Completion

Instructions: Provide the word or words to complete the following statements.

1. A sushi recipe that can vary, but it will always include avocado (the primary ingredient), cucumber, and crabmeat is a/an _____.
2. The body of water that runs along the west coast of the state of California and produces most of the state's fresh seafood is the _____.
3. A hot sandwich of thinly sliced roast beef piled generously on a french roll (or a baguette) that has been dipped in beef au jus is a/an _____.
4. Sourdough bread is popular across the nation, but it originated in the city of _____.
5. A culinary movement in which a restaurant's ingredients come directly from a specific, local farm instead of a store, a market, or a food distributor is called _____.
6. A tomato-and-wine-based broth filled with fresh Pacific seafood is _____.
7. A main dish consisting of chopped greens, diced chicken (boiled, grilled, or roasted breast), crispy, crumbled bacon, chunks of cheddar or bleu cheese (often Roquefort), chopped hard-boiled eggs, diced avocado, brunoised chives, and a red wine vinaigrette is a/an _____.

► Part Three: Short Answer

Instructions: Answer the following.

1. List three ethnic groups that came to be a part of California culture, and describe their influence in California cuisine.

2. Describe California-style pizza, and give a specific example of an ingredient combination that can be found on one.

WHERE IS CALIFORNIA?

California is a state on the Pacific Coast of the United States, bordered by Oregon (north), Nevada (east), Arizona (southeast), Baja California (Mexico, south of California), and the Pacific Ocean (west).



CALIFORNIA CUISINE: FARM-TO-TABLE

California cuisine is a style of cooking characterized by fresh vegetables, seasonal ingredients, creativity, sustainability, and the fusion of different cuisines. In the first picture, an organic production of mixed vegetables from a farm in Capay, California is shown.



Farm-to-table is a culinary movement in which a restaurant's ingredients come directly from a specific, local farm instead of a store, a market, or a food distributor. The direct relationship between customers and local farmers helps give smaller farms a steady income source. Now, farmers in these relationships grow produce or provide livestock specifically for individual restaurants or patrons. The second picture shows a farm-to-table dinner at the Kendall-Jackson



(Photo: Courtesy of Sarah Stierch. Permissions can be viewed at <https://creativecommons.org/licenses/by/4.0/deed.en.>)

vineyards, and it is a true representation of the movement. A table is literally in the middle of the farm, and the fields contain the produce used for the meal and the wine.

FUSION CUISINE

Fusion cuisine is a cooking style that melds two or more types of cultural food preparations, cooking techniques, and/or ethnic ingredients into a culinary mash-up. Fusion cuisine is very popular in California. Two fusion dishes are pictured here. The first is a Mexican chili with beef, rice, Indian flat bread, and sautéed white marrow. The second is spaghetti tom yum goong, a fusion of Italian and Thai ingredients.



GOAT CHEESE

Goat cheese

(fromage de chèvre in french) is a dairy product made from goat milk. Goat cheese became popular among Californians in simple dishes, such as salads and desserts.

Humboldt Fog is a soft-ripened goat cheese created by Mary Keehn, founder of Cypress Grove (a goat cheese producer) in Humboldt County, California. (Humboldt

Fog has a creamy, light, and mildly acidic flavor due to the ribbon of edible white vegetable ash throughout the wheel.) It was named for the local ocean fog that rolls in from Humboldt Bay.



DUNGENESS CRAB

Dungeness crab is a six-legged crustacean that inhabits cold water bottoms on the West Coast. It is prized for its sweet and tender meat. The best-tasting Dungeness is purchased live and then steamed just prior to eating. It is often served with butter, mustard sauce, and fresh lemon.



CALAMARI

Calamari is prepared squid—usually cut into rings, breaded, and deep-fried. A squid is a mollusk (an invertebrate related to the octopus) with ten tentacles. Calamari meat is firm and white, and it has a mild, slightly fishy flavor. Many preparations call for it to be soaked in milk, which softens the meat and lessens its fishy flavor.



SALMON AND SOUS VIDE

A **salmon** is a ray-finned fish that is born in freshwater, travels to live in seawater, and comes back to freshwater to reproduce. Salmon dishes are popular due to the fish's tender, flaky meat and rich flavor. They are full of omega-3 fatty acids that help to reduce bad cholesterol. Salmon can be baked, broiled, fried, grilled, smoked, poached, and prepared sous vide. **Sous vide** (French for "under vacuum") is a cooking technique in which food is placed in a plastic pouch with oil and spices, vacuum-sealed, placed in a water bath, and slowly cooked at a precise temperature. The first picture shows a salmon filet on ice. The second picture is of a salmon steak that is soaking in olive oil, flavored with rosemary, and prepared sous vide.



OYSTER COCKTAIL

Oyster cocktail, a dish thought to have originated in San Francisco or Los Angeles in the 1800s, is a plate of raw oysters with a cocktail sauce. The sauce is made from a few basic condiments, including ketchup, horseradish, vinegar, and worcestershire sauce. Along with some salt and pepper, this dish is a popular San Francisco appetizer. Evidence of oyster consumption goes back to the world's earliest histories. Since oysters are found in all coastal areas, oysters are common in California seafood dishes.



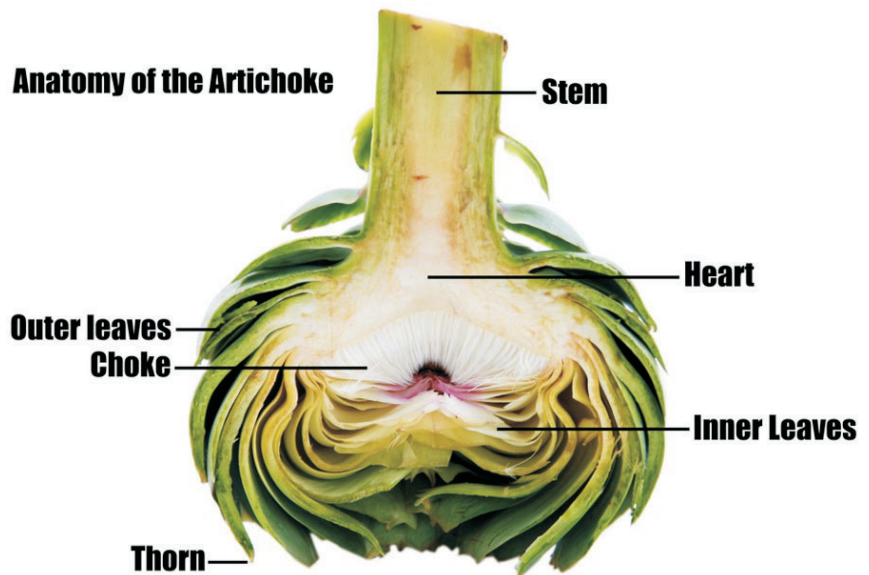
SOURDOUGH BREAD

Sourdough is a leaven made without commercial yeast; instead, it uses the naturally occurring yeast and bacteria found in flour. Because it can take seven days for the yeast to activate, many bakers use a starter (leftover leavened dough or pre-made liquid). Since sourdough comes from the same naturally occurring bacteria found in yogurt, sourdough bread has a mildly sour taste. It also has better keeping qualities than other breads. Sourdough was popularized in San Francisco during the Gold Rush. It became so common in the mines that sourdough was adopted as a nickname for the gold miners (who were said to sleep with the starters on cold nights to keep the yeast active). Since 1849, the Boudin Bakery in San Francisco has been renowned for its sourdough bread, and they claim San Francisco's "fog-cooled climate" is why no other city can reproduce their dough.



ARTICHOKES

An **artichoke** is a thistle-like plant whose leaves, stalk, immature flower buds, and center heart are cultivated as a vegetable. A cooked, unseasoned artichoke has a delicate flavor, similar to a fried egg white. The core of the stem tastes similar to the artichoke heart, and is edible. Most artichoke consumers only use the heart in cooking, as the other parts can be dangerous to eat if prepared incorrectly. Artichokes can be boiled, roasted, grilled, or barbecued. The leaves are often removed one at a time, and the fleshy heart is eaten with hollandaise, vinegar, butter, mayonnaise, aioli, lemon juice, or other sauces. Artichoke dips and pizzas are found all over the country—thanks to California.



AVOCADOS AND AVOCADO TOAST

An **avocado** (or an alligator pear) is a fruit that has a green-to-purple color, has a rough leathery skin, and contains a light-green, oily, edible flesh. The body may be pear, egg, or spherical in shape. Southern California is home to many avocado orchards, where more than 90% of the nation's avocados are harvested. Putting avocado slices in a sandwich is essentially a California trademark; although, this practice has crossed state lines into most of the country. **Avocado toast**

is an open sandwich of mashed avocado, salt, pepper, and citrus juice piled high on toast. There are many variations to avocado toast, including those topped with caviar, feta cheese, radishes, poached eggs, salmon, strawberries, garlic, tomatoes, capers, and onions. Although avocado toast seems to have started in Australia, it is a trending breakfast dish in California and across the United States.



TRI-TIP AND SANTA MARIA-STYLE BARBECUE

According to santamariavalleybbq.com, “[**Santa Maria-style barbecue** is a slow-cook preparation of] traditional cuts of top-block sirloin and **tri-tip** steak, a triangular bottom sirloin cut that originated in the Santa Maria Valley. The meat is rolled in a mixture of salt, pepper and garlic salt before being barbecued over coals of red oak, a native local oak species that contributes a smoky, hearty flavor. The classic Santa Maria-style barbecue menu includes fresh salsa, grilled french bread dipped in sweet melted butter, tossed green salad, and slow-cooked pinto beans.”



(Photo: Courtesy of Eugene Kim. Permissions can be viewed at <https://creativecommons.org/licenses/by/2.0/deed.en>.)

CALIFORNIA ROLL

A **California roll** is a sushi recipe that can vary, but it will always include avocado (the primary ingredient), cucumber, and crabmeat. More than one chef claim to have created the California roll, but, regardless, it is a quintessential example of California fusion cuisine.



CIOPPINO

Cioppino is a tomato-and-wine-based broth filled with fresh Pacific seafood. This fish stew was originated by Italian fishermen in the area now known as Fisherman’s Wharf in San Francisco. They used leftover seafood scraps to make a stew. Today, it is traditionally made from the catch of the day. In San Francisco, this would include a combination of any locally-sourced dungeness crab, clams, shrimp, scallops, squid, mussels, or fish. The seafood is then combined with fresh tomatoes and herbs in a wine sauce. Cioppino is typically served with toasted bread, either local sourdough or toasted baguette.



COBB SALAD

The **cobb salad** is a main dish consisting of chopped greens, diced chicken (boiled, grilled, or roasted breast), crispy, crumbled bacon, chunks of cheddar or bleu cheese (often Roquefort), chopped hard-boiled eggs, diced avocado, brunoised chives, and a red wine vinaigrette (sometimes chopped tomatoes and/or black olives are added). Bob Cobb (owner of the Brown Derby) is the inventor of this salad. His original recipe included chicory, watercress, and french dressing. The cobb salad's Los Angeles roots make it a California must-try.



FRENCH DIP SANDWICH

The **french dip** (a.k.a. beef dip) is a hot sandwich of thinly sliced roast beef piled generously on a french roll (or a baguette) that has been dipped in beef au jus (French for “with the juice”). It is usually served with extra au jus on the side. Two Los Angeles restaurants that opened in 1908 claim to have created the sandwich, but regardless of the truth, the french dip is now an American classic. (There’s nothing french about this sandwich—except the bread!)



Create a California Fusion Dish

Purpose

The purpose of this lab activity is to create a fusion dish inspired by California's local ingredients and its rich, ethnic history.

Objective

Select and research a local California ingredient to research, and then prepare and present a fusion dish made with that ingredient.

Materials

- ◆ lab sheet
- ◆ pen or pencil
- ◆ device with Internet access
- ◆ projection device
- ◆ ingredients, cookware, and kitchen appliances needed for preparing your recipe

Procedure

1. Review your class notes about California and fusion cuisine. (Optional: Work with a partner or a small group to complete this lab activity.)
2. Select a local California food item to research.
3. Find the main recipes your ingredient is found in. Are they mainly American, Italian, Asian, or other?
4. Find a dish in another style that can be used with your food item to create a fusion dish.
 - a. For example, if your food item were an artichoke, it would be more closely related to Italian.



- b. Perhaps you could create an Italian-Asian fusion plate by making a spicy artichoke and chicken dish made with Chinese chilies and white sticky rice (using a Chinese food recipe as a reference).
5. Prepare the fusion dish. Take pictures of the dish and food item for your presentation (and for your culinary arts portfolio).
6. Create a short, visual presentation of the collected information, the rationale for the fusion dish, and your recipe. (Ask your instructor for any details of a preferred presentation method.) You will be instructing the class about your food item or dish during the presentation. Visuals could include the use of Google Slides, PowerPoint, Prezi, Infographic, or a short video.
7. Present your research with visuals and taste tests to the class.
8. Turn in your completed lab sheet to your instructor—email or share your research, recipe, and presentation.