Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period:\_\_\_\_\_\_\_\_\_\_

ProStart Year 2 – Chapter 10

1. Northeastern US (638-641)

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| Cultural Influences: |
| Regional ingredients, cooking methods and dishes:New England boiled dinner:New England clam chowder:Bisque: |

2. Midwestern US (642-643)

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| Cultural Influences: |
| Regional ingredients, cooking methods and dishes  |

3. Southern US (644-647)

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| Cultural Influences:Tidewater cuisine:Low country cuisine:Creole:Cajun: |
| Regional ingredients, cooking methods and dishes Low country boil:Trinity:Creole Gumbo:Jambalaya: Andouille:Cajun Gumbo: |

4. What are GMO foods? (648)

5. Advantages & disadvantages of GMO. (648)

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| --- | --- |
| Advantages  | Disadvantages |

6. Southwestern US (649-652)

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| Cultural Influences:Tex-Mex:Cal-Mex: |
| Regional ingredients, cooking methods and dishes Salsa:Barbecue: |

7. Pacific Rim/Coast US (652-654)

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| Cultural Influences:  |
| Regional ingredients, cooking methods and dishes (Make sure to discuss Spam in Hawaii.) |

8. Mexico (655-657)

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| Cultural Influences: |
| Regional ingredients, cooking methods and dishes:Comale:Mole: |

9. Central America (662-666)

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| Cultural Influences: |
| Regional ingredients, cooking methods and dishes Curtido:Gallo pinto:Yuca:Pupusa: |

10. Caribbean (667-670)

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| Cultural Influences: |
| Regional ingredients, cooking methods and dishes Jerk spice:Sofrito:Stevia: |

11. What is quinoa? [keen-wah] (p. 674)

12. Brazil (676-679)

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| Cultural Influences: |
| Regional ingredients, cooking methods and dishes  |

13. What is WHO and what is its function? (679)

14. Peru (680-682)

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| --- |
| Cultural Influences: |
| Regional ingredients, cooking methods and dishes Ceviche: |

Test Review Questions (688)

1. **The flavor profile of the cuisine in the Northeastern Unites States can best be described in general as**
2. sweet and sour
3. salty and savory
4. deep, rich and mild
5. sharp, pungent and bitter
6. **The foods of the Midwestern United States can best be described as**
7. sweet and sour
8. simple and hearty
9. light and nutritious
10. delicate and complex
11. **What are the ingredients of the trinity?**
12. Red peppers, onions and carrots
13. Celery onions and green peppers
14. Scallions garlic and yellow peppers
15. Carrots, orange peppers and scallions
16. **What country has had a strong influence on Southwestern cuisine?**
17. France
18. Mexico
19. Portugal
20. Puerto Rico
21. **The flavors of the Pacific Rim/Coast cuisine can best be described as**

**Additional Notes**

1. Spicy
2. Hearty
3. Simple
4. Eclectic
5. **Comales used in Mexican cooking are**
6. Clay plates
7. Ceramic pots
8. Cast-iron pans
9. Pewter pitchers
10. ***Gallo pinto,* of Central American cuisine, is a staple dish that consists of**
11. Black beans and tomatoes
12. White rice and black beans
13. Pulled chicken and brown rice
14. White beans and pulled chicken
15. **A hallmark of Caribbean cooking is meat that is**
16. served raw
17. stewed and pulled
18. stuffed with cheese
19. richly spiced and smoky.
20. **The cooking techniques of churrasco in Brazil involves**
21. steaming meats over a fire pit
22. roasting skewered meat over a fire
23. marinating meat before griddle-frying
24. stewing meat slowly for long periods of time
25. **What signature dish of Peru mixes key lime citrus juice with raw fish?**
26. Ceviche
27. Sashimi
28. Feijoada
29. *Papa rellana*