Five Best Foods of America That You Must Eat by Treeves

Article published on December 16th 2011 | Food

Over the few decades, American food has undergone a vast change and the influence of European colonization of the Americas gave creativity and style towards healthy and sustainable ingredients. The cuisine of United States varies from coast to coast and is necessary to realize the regionalism and diversity associated with food. While surfing the channels of my Dish TV, a show on the evolution of American Food caught my attention. Each and every regional cuisine has a tale associated with it and if you are new or a traveler or a tourist visiting United States, here are some insider tips to a few of the â€˜must eatâ€™ foods.

Mashed Potato

Potato introduced to Americans by English traders has a variety of recipes in American cookbooks. Mashed potato served with beans or any other vegetable is still one of the famous Thanksgiving foods and different variations of the same dish can be seen. Some recipes call for mashed potatoes with their skin as it gives a good texture and extra nutrients and even looks good in presentation. The creamy, chunky, buttery mashed potatoes cooked with milk, butter, salt, paprika and pepper, dressed with baked beans is one delicious dish that you would enjoy tasting. Modern twists in the recipe follows a hint of garlic flavor served with ketchup or salsa.

Casseroles

Casseroles have a long history in America and if you look in the neighborhood, you may find unique recipes that are a family tradition in each household. With easier modern cooking techniques and several variations to the good old grandmotherâ€™s recipe, casseroles are back on the tables for breakfast, lunch and dinner. Earlier this dish was made with accompaniments like vegetables, savory meats and grains or pounded rice. Todayâ€™s versions include a lot of meat more commonly chicken or fish, like tuna and a variety of vegetables, binding agents like flour, potato or pasta mixed with Gin, cider, vegetable juice, milk, wine or beer as stock in addition to the juices from the meat or vegetables that are released when the casserole is cooked. Youâ€™ll love eating casseroles and trust me! It will leave you for craving more.

Hot Dogs

Hot dog also known as red hots, wieners, franks or frankfurters and traces its origin to Frankfurt, Germany. Itâ€™s one of the favorite foods of American people. Hot dog is a sausage sandwiched in sliced bun and garnished with seasonings like coriander, garlic, ground mustard, nutmeg, salt, sugar, and white pepper. Usually served hot, sausage is a meat combination of beef and pork or all beef which is cured, smoked or fried, baked and cooked. This is a must-try summer time food and youâ€™ll have a lot of fun eating it.

Sourdough Breads

Bread is a common staple food and Sourdough bread was introduced in America by European bakers. Sourdough is probably one of the oldest and most original forms of leavened bread. It is usually eaten as a carrier for other foods; and is dunked in gravy, olive oil, or soup and eaten or can be topped with various jams and savory spreads, or used to make sandwiches with varieties of meats, cheeses and vegetables. You can find best Sourdough breads in any of the bakery or food joints.

Pancakes

The humble delicious pancake is a common breakfast in American households. This simple treat made with flour, eggs and milk is the most cherished food eaten by kids to adults. As you move from region to region, the recipe changes with local ingredients and you can find pancakes made with organic wheat flour and Cabot sweet cream butter whisked into buttermilk. Served with creative toppings, sugary or savory fillings and syrups pancakes are a fun food.

Article Source:
http://www.articleside.com/food-articles/five-best-foods-of-america-that-you-must-eat.htm - Article Side

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Article Keywords:
American Foods, Satellite TV, Cookery Shows

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