

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Southern US Cuisine

By Kadence Buchanan

If you've never tasted Southern food , then you don't know what you're missing. But truth be told, chances are you already have enjoyed Southern food but just didn't know it.

There's a distinct cuisine in the Southern United States that is best represented by Soul food, Creole, Cajun, Tex-Mex and Floribbean. Naturally, this food was heavily influenced by the cuisine of many groups that have inhabited the area throughout history, including African-American, Native American, British, Irish, French and Spanish cuisine.

Mint juleps, pecan pie, country ham, chicken-fried steak, grits, biscuits, especially with gravy or sorghum, sweet tea, pit barbeque, catfish, fried green tomatoes, cornbread, fried chicken, okra, butter beans, pinto beans, "greens", and black eyed peas are other types of food that are associated with the South.

There are food chains that specialize in Southern food too, such as Cracker Barrel, that have been quite profitable catering to a special niche. Their reach has extended beyond the South and into the mainstream American markets. Other nationally popular Southern chains are Stuckey's and Popeye's which are known for their "pecan shoppe" and spicy fried chicken, respectively. Meanwhile, there are also national chains that are now considered mainstream but have Southern roots including Kentucky Fried Chicken, Krystal, Shoney's, the Waffle House and Hardee's. The popular donut chain Krispy Kreme also has its roots in the South.

In addition, there are chains that specialize in Southern food that have decided to cater solely to the Southern market, such as Po' Folks and Famous Amos as well as Sonny's Real Pit Bar-B-Q,

Within the South itself, food tends to vary by region. In Southern Louisiana, for example, Cajun and Creole food is very popular. Soul food is generally associated with black communities but is also enjoyed by others in the South. North Carolina and South Carolina have traditionally been rice-loving locales while people in North Carolina, Tennessee and Texas just love their barbecues. Virginia is the home of those famous Smithfield hams while Louisiana is renowned for its hot sauces. Florida is where you can trace the roots of Key Lime Pie, while it's peaches and peanuts in Georgia. Texas is famous

for its chili while Kentucky has its Burgoo.

Kadence Buchanan writes articles for

<http://cookingforfun.net/>

– In addition, Kadence also writes

articles for

<http://etotallypets.com/>

and

<http://4homelife.net/>

French is Back: The New Cuisine is Trendy and French

By Dylan Miles

French food is back with a vengeance. French cuisine has evolved into a less pretentious version of its older self. The new French cuisine, or Nouvelle Cuisine, is more accessible and comes in many varieties, including bistro food, brasserie style and the ultimate in luxury food, haute cuisine.

French cuisine is fresh and creative, and a lot more simple than it was in the past. French cuisine is often experimental, but the of the food continues to skyrocket. Basically, the French have gone back to their regional roots and brought a modern version of traditional French cooking. Unlike the sophisticated plates of the past, French food now fits into the public's desire for "real food". But real food is not just about traditional mum's-cooking type of dishes. People want traditional foods and flavors with a distinct contemporary feel. People want the old packaged and presented in a new way. The new French cuisine is exactly this.

Frog's legs are still being served in abundance, but the new French cuisine is also influenced by what is going on outside of France. French food is now transformed by influences from the South American, Asian, Italian and American cuisines. Chefs creating the new French cuisine are incorporating ideas picked up from their travels around the world. These days chefs are knowledgeable of the characteristics of cuisines around the world and can use elements of various cultures in creating their own new cuisine.

The result? The new French cuisine is creative and classical. The new French cuisine is both traditional and contemporary.

Dylan Miles, journalist, and website builder, lives in Texas. He is the owner and co-editor of

<http://www.foodgarden.info>

on which you will find a longer, more detailed version of this article.

Recipes from the Heartland



This Free E-Book has been brought to you by Natural-Aging.com.

**[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!**