



**Southern Cooking: for beginners - Simple
Southern Food Recipes - Old South Recipes
(Southern Food - Southern Meals - Southern
Recipes - Soul Food - American Cuisine Book 1)**

Clara Taylor

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Can you name a few southern dishes? "Southern Food Recipes for Beginners": just simple, delicious and healthy recipes from the southern States

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The population of the Southern United States is made up of many different peoples who came to the region in a variety of ways, each contributing to what is now called "Southern cooking ."American Indians, native to the region, taught European settlers to grow and cook corn, a grain unknown in Europe at the time. Spanish explorers in the 1500s brought pigs with them, introducing pork to the region.

West Africans carried some of their traditional foods with them, such as watermelon, eggplant, collard greens, and okra, when they were brought to the United States by force as slaves beginning in the 1600s. Creoles, known for their unique use of spices, are descended from French and Haitian immigrants who later mingled with Spanish settlers in the New Orleans area. "Cajuns,"also recognized for their unique style of cooking, were originally Acadians, French settlers in Nova Scotia who were driven out by the British in 1755 and made their way to New Orleans.

In Louisiana, crawfish (resemble miniature lobsters) and catfish are popular, prepared in dozens of different ways. Fried catfish is popular all across the South. Texas's spicy and flavorful "Tex-Mex" cuisine reflects the state's close proximity to the spicy cuisine of Mexico. The American Civil War (1861–1865) had a major impact on the South and its food. Many plantations and farms were destroyed during the conflict. To survive, Southerners ate whatever they could grow or find, and nothing went to waste.

When the economy began to recover, most African Americans were not allowed to share in the newfound wealth and continued to eat the simple foods that were available during the war. This type of simple and inexpensive food became known later as "soul food." This short cookbook was designed as an introduction for beginners to the rich and blended culinary traditions from the southern states of America.

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