# Recipes from 50 States

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COBB SALAD

PREPARATION TIME: 15 MINUTES
COOKING TIME: 40 MINUTES
SERVES: 6

Spread the lettuce on a large serving platter. Arrange the bacon, chicken, tomato, eggs, avocado and blue cheese in neat strips on top of the lettuce. In a small bowl, whisk together the vinegar, oil, mustard, and salt and pepper to taste. Drizzle over the salad and serve at once.

1 large head romaine lettuce, finely chopped
6 slices bacon (streaky), cooked and finely chopped
2 chicken breasts, cooked and sliced
1 large tomato, diced
2 hard-boiled eggs, quartered
2 avocados, diced
½ cup (55 g) finely crumbled blue cheese
¼ cup (60 ml) red wine vinegar
½ cup (120 ml) extra-virgin olive oil
1 tablespoon Dijon mustard
Salt and freshly ground black pepper

MEMPHIS-STYLE COLESLAW

PREPARATION TIME: 15 MINUTES, PLUS 1 HOUR REFRIGERATION TIME
SERVES: 4

In a small bowl, whisk together the mayonnaise, mustard, vinegar, sugar, salt, black pepper, onion, and celery seeds. In a large bowl, combine the cabbage, bell pepper, and carrot. Add the dressing to the vegetable mixture and toss well to combine. Cover and refrigerate for at least 1 hour and up to 2 days before serving.

¾ cup (155 g) mayonnaise
1½ tablespoons Dijon mustard
1½ tablespoons cider vinegar
2 teaspoons sugar
¼ teaspoon salt
½ teaspoon freshly ground black pepper
2 tablespoons grated onion
1 teaspoon celery seeds
4 cups (300 g) thinly sliced cabbage
½ cup (75 g) minced green bell pepper
1 carrot, grated
**KOREAN PANCAKES**

PREPARATION TIME: 10 MINUTES  
COOKING TIME: 40 MINUTES  
SERVES: 8

- 1 cup (230 g) kimchi, finely chopped  
- 2 eggs  
- 3 tablespoons vegetable oil  
- 1 cup (130 g) all-purpose (plain) flour  
- 1 cup (160 g) rice flour  
- ½ teaspoon salt  
- 6 scallions (spring onions), thinly sliced  
- 4 tablespoons chopped fresh chives  
- 4 tablespoons chopped fresh cilantro (coriander)  
- Soy sauce, for dipping

[Los Angeles is home to the largest Korean-American community in the country. Serve these pancakes with a soy dipping sauce, if desired.]

Place the kimchi in a sieve and press to remove as much liquid as possible.

In a medium bowl, whisk together the eggs and 1 tablespoon of the oil until lightly beaten. Add both flours, the salt, and 1½ cups (355 ml) water and whisk to combine into a smooth batter. Stir in the kimchi, scallions (spring onions), chives, and cilantro (coriander).

Heat an 8-inch (20 cm) nonstick frying pan over medium-high heat. Add 1 tablespoon of the oil and swirl to coat the bottom of the pan. Add one-fourth of the batter and spread to cover the entire bottom of the pan. Cook until the bottom is browned, about 5 minutes. Flip in one piece and cook an additional 5 minutes. Repeat with the remaining batter, using the remaining 1 tablespoon oil to grease the pan, as needed, between batches.

Cut the pancakes into wedges and serve.

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**QUESADILLAS**

PREPARATION TIME: 15 MINUTES  
COOKING TIME: 25 MINUTES  
SERVES: 4

- 2 tablespoons vegetable oil  
- 3 poblano peppers, seeded and diced  
- ½ red onion, diced  
- ¼ teaspoon salt  
- 2 cloves garlic, minced  
- 8 flour tortillas (8-inch/20 cm)  
- 1 cup (115 g) grated asadero or Monterey Jack cheese  
- 4 tablespoons chopped fresh cilantro (coriander) leaves  
- Salsa, guacamole, or sour cream (optional), for serving

Place 1 tablespoon of oil in a 10-inch (25 cm) nonstick frying pan over medium heat. Add the poblanos, onion, and salt and cook until the onions have slightly softened, 4-5 minutes. Add the garlic and cook for 2 more minutes. Transfer mixture to a bowl and set aside. Wipe the pan clean with a paper towel.

Place 4 flour tortillas on a work surface. Top each with 2 tablespoons cheese, one-fourth of the poblano mixture, and 1 tablespoon cilantro (coriander). Top with another 2 tablespoons cheese and cover each with another flour tortilla.

Reheat the frying pan over medium heat. Add 1 teaspoon oil to the pan and swirl to thinly coat the bottom of the pan. Place a quesadilla in the pan and cook, flipping halfway, until golden brown and the cheese is melted, 3-4 minutes per side. Let rest 1 minute before cutting. Repeat with the remaining oil and quesadillas.

Cut each quesadilla into wedges and serve with salsa, guacamole, or sour cream, if desired.
TORTILLA SOUP

Heat a large soup pot over medium heat. Gently press the dried chilies into the bottom of the pot to toast, until slightly darkened in color and fragrant, about 2 minutes per side. Remove from the pan. When cool enough to handle, discard the stem and seeds and tear or chop chilies into pieces. Place in a blender with the tomatoes and their juices. Purée on high for about 1 minute.

Return the pot to medium-high heat. Add 3 tablespoons vegetable oil, then the onion and cook until translucent, 5-7 minutes. Add the garlic and cook for 2 minutes. Add the tomato-chili mixture and cook until slightly reduced, stirring occasionally, 10-12 minutes.

Meanwhile, cut 6 tortillas into strips 2 inches (5 cm) long by ½ inch (1.25 cm) wide.

Add the chicken stock and tortilla strips to the soup and simmer until the tortilla strips begin to break down and thicken the soup, 15-20 minutes.

While the soup is simmering, pour ½ inch (1.25 cm) oil into a medium frying pan and heat to 350°F (180°C). Cut the remaining 6 tortillas into 2 x ½ inch (5 x 1.25 cm) strips. Fry the strips until lightly golden and crispy, 1-2 minutes. Drain on paper towels and season to taste with salt.

Just before serving, stir the chicken, lime juice, and ½ teaspoon salt (or more to taste) into the soup and cook for 5 minutes to heat the chicken through.

Serve topped with fried tortilla strips, sliced avocado, queso fresco, and cilantro (coriander).

PEANUT SOUP

[A descendant of the African goober stew, this recipe appeared in George Washington Carver’s 1925 collection of ways to cook peanuts. It became a staple in countless church and Junior League cookbooks throughout the South.]

In a large saucepan, melt the butter over medium heat. Add the onion and celery and cook, stirring often, until softened, 3–5 minutes. Stir in the flour and cook until lightly golden, about 3 minutes. Pour in the chicken stock, increase the heat to high, and bring to a boil, stirring well to combine. Reduce the heat to medium and cook, stirring frequently, until slightly reduced and thickened, about 15 minutes. Pour into a sieve set over a large bowl and strain out the solids. Return the liquid to the saucepan. Whisk the peanut butter and cream into the liquid. Warm over low heat, whisking frequently, for about 5 minutes. Do not boil. Serve warm, garnished with the chopped peanuts.
**FALAFEL**

PREPARATION TIME: 20 MINUTES, PLUS CHILLING AND OVERNIGHT SOAKING TIME
COOKING TIME: 20 MINUTES
MAKES: 32 PIECES

- 2 cups (1 lb/455 g) dried chickpeas
- 1 bunch fresh parsley, roughly chopped
- 3 cloves garlic, peeled but whole
- 1 teaspoon ground coriander
- ½ teaspoon kosher (coarse) salt
- ½ teaspoon freshly ground black pepper
- 1 teaspoon baking soda (bicarbonate of soda)
- Vegetable oil, for deep-frying

[These Middle Eastern fried nuggets of spiced chickpeas, often tucked into pita bread sandwiches with tahini, cucumber slices, and lemon juice, are popular across America. Detroit, Michigan, is home to one of the country's largest Middle Eastern communities.]

In a large bowl, combine the chickpeas with water to cover by 4 inches (10 cm) and soak overnight.

Drain the chickpeas and place a food processor with the parsley, garlic, cumin, coriander, salt, and pepper. Pulse to process the mixture into small pieces, like the texture of couscous. Sprinkle the baking soda (bicarbonate of soda) evenly over the surface of the mixture and continue to pulse until it sticks together when pinched. Transfer to a bowl. Cover and refrigerate for 1 hour.

Preheat the oven to 200°F (95°C). Line a baking sheet with parchment paper.

Pour 2 inches (5 cm) oil into a large heavy pot or deep-fryer and heat to 360°F (180°C). Using wet hands, scoop the falafel mixture and form into 1-inch (2.5 cm) balls. Working with batches of 8 falafel balls, gently transfer to the hot oil. Cook, turning frequently, until golden brown, about 5 minutes. Transfer to the baking sheet and keep warm in the oven while you fry the remaining batches. Serve warm.

**MAINE LOBSTER ROLL**

PREPARATION TIME: 20 MINUTES, PLUS COOLING AND CHILLING TIME
COOKING TIME: 30 MINUTES
SERVES: 4

Per person:
- 2 live lobsters (1½ lb/680 g each)
- 4 tablespoons mayonnaise
- 2 small stalks celery, minced (optional)
- 6 tablespoons (90 g) butter, softened
- 4 top-loader (split-top) hot dog rolls
- Lemon wedges

[Maine lobster meat, chilled and mixed with mayonnaise and celery, is spooned into a buttered, toasted bun. Choose an active lobster; it should flip its tail back and move its claws when handled. Live lobsters should ideally be cooked the same day they are purchased but they may be kept in the refrigerator, in a pan covered with a cold damp towel, for up to 24 hours.]

In a large stockpot fitted with a steamer rack, bring 4 inches (10 cm) water to a boil. Lower the lobsters into the pot, cover, and steam until deep red, about 14 minutes. Remove each lobster from the pot one at a time. Slice a crack in the shell. If the meat is white, then the lobster is cooked. If it is still translucent, then it needs more time to cook. Let the fully cooked lobsters cool until they can comfortably be handled. Remove the meat from the tails, knuckles, and claws. (Save the shells for stock.)

Cut the lobster meat into large chunks and mix with the mayonnaise and celery (if using). Chill for 1 hour.

Spread each bun with 1 tablespoon (15 g) butter on the inside. Heat a frying pan over medium heat, add the buttered rolls, and toast open side down. Fill the buns with the chilled lobster mixture and serve with lemon wedges.
FRIED CHICKEN

PREPARATION TIME: 10 MINUTES
COOKING TIME: 40 MINUTES
SERVES: 8

- 4 cups (520 g) all-purpose (plain) flour
- Kosher (coarse) salt and freshly ground black pepper
- 2 eggs
- 2 cups (475 ml) milk
- Peanut (groundnut) oil, for deep-frying
- 2 whole chickens (3–4 lb/1.4–1.8 kg each), quartered

Set up a dredging station: In a wide shallow bowl, whisk the flour with 2 teaspoons kosher (coarse) salt and 1 teaspoon pepper. In a second shallow bowl, beat the eggs and milk.

Pour 3 inches (7.5 cm) oil into a large cast-iron Dutch oven (casserole) and heat to 325°F (160°C).

Season the chicken with 1 teaspoon each kosher (coarse) salt and pepper. Working in batches, dip the chicken quarters in the milk and egg mixture, then dredge in the flour, shaking off any excess. Carefully place in the oil, shaking off any excess. Carefully place the chicken in the oil, turning occasionally, until the chicken is cooked through and well browned on all sides, 12–15 minutes for white meat, 16–18 minutes for dark meat. Season to taste with salt. Drain on paper towels and let cool for 5 minutes before serving.

NASHVILLE HOT CHICKEN

PREPARATION TIME: 30 MINUTES, PLUS CHILLING TIME
COOKING TIME: 1 HOUR
SERVES: 3–4

For the hot bird spice mixture:
- 4 tablespoons cayenne pepper
- 1 tablespoon plus 1 teaspoon light brown sugar
- 1 teaspoon chili powder
- 1 teaspoon salt
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon paprika
- ½ teaspoon freshly ground black pepper
- ½ teaspoon dried oregano

For the chicken:
- 1 whole chicken (about 4 lb/1.8 kg), cut into 10 pieces
- 1 teaspoon freshly ground black pepper
- 1 tablespoon plus 2 teaspoons kosher (coarse) salt
- 2 eggs
- 2 cups (475 ml) buttermilk
- 1 tablespoon Tabasco-style hot sauce
- 2 cups (280 g) all-purpose (plain) flour
- Peanut (groundnut) oil, for deep-frying
- White bread and sliced pickles, for serving

[This spicy chicken dish has become so popular that there’s now a hot chicken festival held in Nashville, Tennessee each year.]

For the hot bird spice mixture: In a medium bowl, whisk together the cayenne, brown sugar, chili powder, salt, garlic powder, onion powder, paprika, black pepper, and oregano. Set aside.

For the chicken: Season the chicken pieces with the black pepper and 2 teaspoons of the kosher (coarse) salt. Cover and refrigerate for 2 hours.

Set up a dredging station: In a shallow dish, whisk together the eggs, buttermilk, and hot sauce. In a second shallow dish, whisk together the flour and remaining 1 tablespoon kosher salt.

Pour 3 inches (7.5 cm) oil into a large heavy pot or deep-fryer and heat over medium-high heat to 330°F (165°C).

With a paper towel, pat the chicken pieces very dry. Working in batches, dredge the chicken pieces in the flour mixture, then dip in buttermilk mixture. Dredge again in the flour mixture and set aside.

Working in batches of 2–3 pieces at a time, fry the chicken until the internal temperature of the thickest part of the chicken reads 160°F (71°C), 8–10 minutes. Drain on paper towels, then transfer to a serving platter. While there is still oil glistening on the chicken, season immediately with as much spice mixture as desired. Serve with white bread and pickles.
**CRANBERRY SAUCE**

Preparation Time: 5 minutes, plus chilling Time  
Cooking Time: 10 minutes  
Makes: about 2 1/2 cups (590 ml)

- 1 cup (200 g) sugar
- 3 cups (300 g) fresh cranberries
- 1 teaspoon grated orange zest (optional)

In a medium saucepan, combine the sugar and 1 cup (240 ml) water and bring to a boil over medium-high heat. Add the cranberries and cook until the berries begin to pop open, about 10 minutes. Remove from the heat and stir in the orange zest (if using). Chill for at least 30 minutes before serving. Can be stored in the refrigerator for 1 month.

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**MACARONI AND CHEESE**

Preparation Time: 10 minutes  
Cooking Time: 1 hour 10 minutes  
Serves: 6-8

- Salt
- 1 lb (455 g) penne pasta
- 4 cups (1 liter) milk
- 1 bay leaf
- 6 tablespoons (85 g) butter
- 2 cups (230 g) shredded extra-sharp cheddar cheese
- 2 cups (230 g) shredded mild cheddar cheese
- 1 1/2 teaspoons Tabasco-style hot sauce
- 1/2 teaspoon freshly ground black pepper
- 1 1/2 cups (75 g) fresh breadcrumbs
- 2 teaspoons olive oil

Preheat the oven to 375°F (190°C/Gas Mark 5). Butter a 9 x 13-inch (23 x 33 cm) baking dish.

Bring a large pot of water to a boil and season generously with salt. Add the pasta to the boiling water and cook for 8 minutes. Drain and set aside.

In a medium saucepan, heat the milk and the bay leaf over medium heat until very warm.

Heat a large cast-iron skillet over medium heat. Add the butter and let melt. Add the flour and cook, whisking constantly, until lightly golden, about 3 minutes. Discard the bay leaf and gradually whisk in the hot milk. Increase the heat to medium-high, bring to a low boil, and cook, whisking often, for about 6 minutes. Remove from the heat and whisk in the cheeses, hot sauce, 1 teaspoon salt, and the pepper. Add the pasta to the pan and fold together to combine. Transfer the macaroni and cheese to the prepared baking dish.

In a small bowl, stir together the breadcrumbs and olive oil. Distribute evenly over the top of the pasta. Bake until the breadcrumbs are golden brown, 25–30 minutes. Serve hot.
SOUR CHERRY PIE

PREPARATION TIME: 30 MINUTES, PLUS DOUGH CHILLING TIME
COOKING TIME: 1 HOUR
SERVES: 8

- Basic Pie Dough (page 280) for a double-crust pie
- 1 cup (200 g) granulated sugar
- 4 tablespoons cornstarch (cornflour)
- 5 cups (775 g) pitted sour cherries
- 1 teaspoon pure vanilla extract
- 2 tablespoons (30 g) butter
- 2 tablespoons heavy (whipping) cream
- 2 tablespoons coarse sugar

[Sour cherries are brilliantly red and very juicy. They’re often known as pie cherries. Today many sodas and candies are “cherry-flavored,” wishing to channel the hue and taste of this pie.]

Prepare the pie shell (pastry case) and top crust and chill as directed.

Position a rack in the middle of the oven and preheat to 375°F (190°C/Gas Mark 5).

In a large bowl, whisk together the granulated sugar and cornstarch (cornflour). Add the cherries and vanilla and mix well. Pour into the pie shell, dot with the butter, and place the top crust over the filling. Seal and crimp the edges. Brush the pie with the cream and sprinkle with the coarse sugar. Cut vents in the top.

Bake until the crust is golden brown and the filling is bubbling, 45 minutes to 1 hour. Allow the pie to cool to room temperature before serving.

PREPARATION TIME: 45 MINUTES, PLUS DOUGH CHILLING TIME
COOKING TIME: 1 HOUR
SERVES: 8

- Basic Pie Dough (page 280) for a double-crust pie
- 4 cups (575 g) marionberries
- ¾ cup (150 g) granulated sugar
- Grated zest and juice of 1 lemon
- 4 tablespoons all-purpose (plain) flour
- 1 egg
- 3 tablespoons turbinado (demerara) sugar

MARIONBERRY PIE

Prepare the pie shell (pastry case) and top crust and chill as directed.

Position a rack in the middle of the oven and preheat to 375°F (190°C/Gas Mark 5).

In a medium bowl, mix together the marionberries, granulated sugar, lemon zest, and lemon juice, smashing the berries slightly. Let stand for 10 minutes. Sprinkle the flour over the berries 1 tablespoon at a time, mixing well after each addition.

Pour the berry mixture into the pie shell (pastry case). Whisk the egg with 1 teaspoon water, then moisten the outer edge with some of the egg wash. Cover with the top pastry and seal and crimp the edges with your fingers or a fork.

Brush the top of the pie with the remaining egg wash and sprinkle with the turbinado (demerara) sugar. Cut vents in the top of the pie.

Bake until the crust is golden brown and the filling is bubbling, about 1 hour. Let the pie cool to room temperature before serving.
For the biscuits: Preheat the oven to 450°F (230°C/Gas Mark 8).

In a medium bowl, combine the flour, salt, baking powder, and baking soda (bicarbonate of soda). Cut in the butter (using a pastry/dough blender or your fingertips) until small clumps form. Place the bowl in the freezer or refrigerator for 10 minutes to chill.

Add the cold buttermilk to the flour mixture and stir gently just until the dough comes together. Turn the dough onto a lightly floured surface and knead 5 or 6 times, until just combined. Lightly flour your hands and press the dough into a rectangle about ¾ inch (2 cm) thick. Cut into 2-inch (5 cm) rounds with a biscuit cutter or glass and place on an ungreased baking sheet. Gently reshape the scraps and cut out more biscuits.

Brush the tops of the biscuits with cream, if using. Bake until golden brown, 16–18 minutes.

For the gravy: While the biscuits are baking, in a large frying pan, cook the sausage over medium-high heat, breaking it up with a wooden spoon, until dark golden and crispy, 8–10 minutes. Reduce the heat to medium, stir in the flour, and cook for 3 minutes. Stir in the milk, black pepper, and cayenne. Bring to a simmer and cook over medium-low heat until thickened, 6–8 minutes. Season to taste with salt. Use immediately or cover and refrigerate for up to 3 days. If refrigerated, gently rewarm over low heat before serving.
RED FLANNEL HASH

[Named for the color of its beets, this dish is often served with poached eggs.]

In a large pot of boiling water, cook the beets (beetroots) and potatoes until the potatoes are tender, about 20 minutes. Using a slotted spoon, lift the potatoes out and set aside to cool. Continue cooking the beets until they are tender, about 40 minutes. Drain the beets. When the potatoes and beets are cool enough to handle, peel and dice them.

In a large cast-iron skillet, heat the olive oil over medium-high heat. Add the onion and cook, stirring, until it starts to soften, about 3 minutes. Add the potatoes, beets, and cook, stirring occasionally, until browned and crispy, about 15 minutes. Stir in the cream and season to taste with salt and pepper. Serve hot, garnished with the parsley.

HANGTOWN FRY

In a frying pan, cook the bacon over medium-high heat until crispy, about 6 minutes. Drain on paper towels. When cool enough to handle, crumble the bacon. Set aside.

In a shallow bowl, whisk together the flour and salt. Dredge each oyster in the seasoned flour. In a large frying pan, melt the butter over medium-high heat. Fry the oysters for about 30 seconds on each side. Add the bacon to the pan. Pour the eggs over the oysters and bacon and, using a silicone spatula, gently push the eggs toward the center of the pan. Cook just until the eggs are set, about 4 minutes. Remove from the heat and carefully invert the whole omelet onto a plate. Sprinkle with parsley and serve.
The first time I visited New York, the entrance of the most fashionable French restaurant in town was lined with crates of tired vegetables, with labels I associated with second-tier food stores back home. The produce at the carriage trade shops I'd dreamed of visiting was haggard (although the meat was nice). The Union Square Greenmarket was bare of almost everything but onions and apples. I hadn't yet made it to Chez Panisse, and my student budget didn't extend to as many trips to Spago and Michael's as I would have liked, but for the first time it occurred to me: California may really have the best food in the United States.

To me, California is unsurpassed as a center of agriculture, with some of the world's best wine, splendid growing regions, 840 miles (about 1,300 km) of coastline, and for a good part of the year not just America's but America's only—vegetables, as any Easterner who has ever craved a February avocado can attest. The tradition of grilled meats and minimally altered vegetables, stretching from the rancho days through the Sunset-magazine ideal of back-porch barbecue (and on to Spago), turned out to be exactly the way you would want such lovely produce to be treated.

California is a place of almost unimaginable cultural diversity—a locus of 21st-century immigration, as well as the world's center of entertainment and technology, astrophysics and art, urban innovation and inconceivable wealth. The cuisines and ingredients of a hundred civilizations are available here in something close to their ideal forms. It is the first American state tied more closely to Asia than to Europe, and a dish that becomes popular in Chengdu, Hanoi, or Seoul may be on Los Angeles or Oakland menus within a month. It could be correct to think of great swaths of Southern California less as influenced by Mexico than as spiritually part of Mexico. It may be easier to find a great Afghan meal in California's Bay Area than in Kabul.

And it is not an accident that the first restaurant to serve salad as a first course was in Los Angeles, or that the concept of casual fine dining started there. The wrestling match between early naturalism and technical rigor that informs so many of the world's best menus was likely first expressed by the contrast between Chez Panisse in Berkeley and French Laundry in Yountville.

To taste California is to taste the world, but more than anything, it's about the taste of California. Because when you encounter the word “California” on a menu, anywhere from Tokyo to Rome, it doesn't refer to a specific dish, flavor, or technique, but rather to the idea of freshness, simplicity, and vegetables allowed to taste of themselves.

Alice Waters is a chef, author, food activist, founder of the Edible Schoolyard Project, and founder/owner of Chez Panisse restaurant, which opened in Berkeley, California, in 1971. She was awarded the National Humanities Medal by President Barack Obama.

**CROUTONS**

Makes: 8-10 croutons

- 8-10 slices country-style bread
- 3 cloves garlic, peeled
- Olive oil, for brushing

Preheat the oven to 375°F (190°C/Gas Mark 5).

Brush the bread with the oil. Lay the oiled bread on a baking sheet and toast until golden brown, about 10 minutes. Rub the croutons with the garlic.

Serve with Rockfish Soup with Aioli and Croutons (page 516).

**AÏOLI (GARLIC MAYONNAISE)**

Makes: about 1 cup (210 g)

- 2 or 3 small cloves garlic, peeled
- A pinch of salt
- 1 egg yolk
- 1 cup (240 ml) olive oil

Pound the garlic until smooth with a mortar and pestle, along with the salt. Place the yolk in a bowl and add about half the garlic and ½ teaspoon water. Mix well with a whisk.

Measure the oil into a cup with a pour spout. Slowly dribble the oil into the egg yolk mixture, whisking constantly. As the egg yolk absorbs the oil, the sauce will thicken, lighten in color, and become opaque. This will happen rather quickly. Then you can add the oil a little faster, whisking all the while. If the sauce is thicker than you like, thin it with a few drops of water. Taste and add more salt and garlic, as desired.

Serve with Rockfish Soup with Aioli and Croutons (page 516).
ROCKFISH SOUP WITH AÏOLI AND CROUTONS

PREPARATION TIME: 45 MINUTES
COOKING TIME: 1 HOUR 50 MINUTES
SERVES: 8–10

For the fish stock:
- 3 lb (1.35 kg) fish bones and heads (gills removed), white-fleshed fish only
- Olive oil
- 1 onion, sliced
- 1 small carrot, sliced
- 1 small bulb fennel, trimmed and sliced
- 3 medium tomatoes, coarsely chopped
- 1 head garlic, halved horizontally
- ½ teaspoon black peppercorns
- ½ teaspoon fennel seeds
- ½ teaspoon coriander seeds
- A few sprigs of fresh herbs (such as fennel tops, wild fennel, savory, thyme, or parsley)
- 1 bay leaf
- Pinch of saffron threads
- Scant 2 cups (450 ml) dry white wine
- Salt

For the fish:
- 2 lb (910 g) California rockfish fillets
- Extra-virgin olive oil
- 2 tablespoons chopped fennel tops, wild fennel, or parsley
- 4 cloves garlic, smashed and coarsely chopped
- Salt

For the soup base:
- 3 tablespoons olive oil
- 1 medium onion, finely diced
- 1 leek, white part only, rinsed and diced
- 1 medium bulb fennel, trimmed and diced
- Pinch of saffron threads
- Salt
- 4–5 medium tomatoes (about ¾ lb/350 g), peeled, seeded, and diced

For finishing the soup:
- Croutons (page 515)
- Aïoli (page 515)

For the fish stock: Rinse and clean the fish bones and heads. If necessary, chop the bones so they will fit in a large heavy pot.

Heat a heavy pot over medium-high heat and pour in enough olive oil to cover the bottom of the pan. Add the fish bones and sauté for 2 minutes. Add the onion, carrot, fennel, tomatoes, garlic, peppercorns, fennel seeds, coriander seeds, fresh herbs, bay leaf, and saffron. Cook for a few more minutes, until the vegetables start to soften. Pour in the wine, bring to a boil, and cook for a couple of minutes. Add about 6 cups (1.5 liters) water and season with salt. Bring to a boil and immediately reduce heat to a simmer. Skim off the foam that rises to the surface. Simmer for 45 minutes, then strain.

Meanwhile, for the fish: Trim away any bones from the fillets and season with salt. Bring to a boil and immediately reduce heat to a simmer. Skim off the foam that rises to the surface. Simmer for 45 minutes, then strain.

For the soup base: Heat a heavy soup pot over medium heat. Add the garlic, salt to taste. Sauté for 2 minutes. Add the onion, carrot, fennel, tomatoes, and add them to the simmering fish stock.

When ready to finish and serve the soup, bring the soup base to a simmer and add the fish. Simmer for another 5 minutes. Add 6 cups (1.5 liters) water and season with salt, taste, and adjust if needed. Whisk in the olive oil. Use a ladle to test the doneness of the fish. If the fish is still need more time, stir them and return them to the oven, checking every 5 minutes or so. You want them to roast fully, though not to burn—usually 35 minutes is about right.

SLOW-ROASTED ALMONDS WITH SAGE LEAVES

PREPARATION TIME: 5 MINUTES
COOKING TIME: 35 MINUTES
MAKES: 3½ CUPS (470 G)

[...]

Spread the nuts and sage on the baking sheet and bake for 20 minutes. Stir the nuts and return them to the oven for 10 more minutes. Remove the pan from the oven and break a few nuts open. If they center is golden brown they are done. Spreading the nuts and中共的 satisfied as the roasted nuts themselves. Thin strips of lemon or orange peel and a sprinkling of fennel seed add extra flavor and brightness.

Preheat the oven to 275°F (140°C/Gas Mark 1). Line a rimmed baking sheet with parchment paper.

In a medium bowl, mix together the nuts and sage leaves. Add the oil and salt, as well as citrus rind and fennel seed, if using, and toss gently until the nuts and sage are evenly coated.

Spread the nuts and sage on the baking sheet and bake for 20 minutes. Stir the nuts and return them to the oven for 10 more minutes. Remove the pan from the oven and break a few nuts open. If their centers are golden brown they are done; if the nuts still need more time, stir them and return them to the oven, checking every 5 minutes or so. You want them to roast fully, though not to burn—usually 35 minutes is about right.

FALL CHICORY SALAD WITH FUYU PERSIMMONS

PREPARATION TIME: 15 MINUTES
SERVES: 4

[...]

Carefully wash and dry the greens. In a small bowl, mix together the garlic, vinegar, and salt and pepper to taste. Stir to dissolve the salt, taste, and adjust if needed. Whisk in the olive oil. Use a lettuce leaf to taste the vinaigrette as you add the oil.

Put the greens in a large bowl, add about three-fourths of the vinaigrette, then toss, and taste. Add more dressing as needed. Plate immediately.

In a small bowl, toss the persimmon slices with 1 teaspoon of vinaigrette. Spread on top of the plated chicories.
America: The Cookbook is the first book to document comprehensively – and celebrate – the remarkable diversity of American cuisine and food culture. A thoroughly researched compendium of 800 home-cooking recipes for delicious and authentic American dishes, America: The Cookbook explores the country’s myriad traditions and influences, regional favourites and melting-pot fusion – the culinary heritage of a nation, from appetizers to desserts and beyond. A unique state-by-state section features essays and menus from a ‘who’s who’ of 100 foremost food experts and chefs.

Gabrielle Langholtz has travelled extensively throughout America and for a decade was the award-winning editor of Edible Manhattan and Edible Brooklyn. Previously, she was the head of special projects and publicity at the New York City Greenmarket and authored The New Greenmarket Cookbook. She resides in Pennsylvania, though has lived in many states.
### CONTRIBUTING FOOD WRITERS & CHEFS BY STATE

<table>
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<tr>
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