

**THE
COMING TO
AMERICA
COOKBOOK**

**DELICIOUS RECIPES AND
FASCINATING STORIES FROM
AMERICA'S MANY CULTURES**

Joan D'Amico
Karen Eich Drummond, Ed.D., R.D.

Illustrations by Lizzy Rockwell
and Tina Cash-Walsh



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Published by John Wiley & Sons, Inc., Hoboken, New Jersey

Published simultaneously in Canada

Design and composition by Navta Associates, Inc.

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Library of Congress Cataloging-in-Publication Data

D'Amico, Joan, date.

The coming to America cookbook : delicious recipes and fascinating stories from America's many cultures / Joan D'Amico and Karen Eich Drummond.

p. cm.

ISBN 0-471-48335-4 (pbk.)

1. Cookery, International—Juvenile literature. 2. Cookery—United States—Juvenile literature. I. Drummond, Karen Eich. II. Title.

TX725.A1D25 2005

641.59—dc22

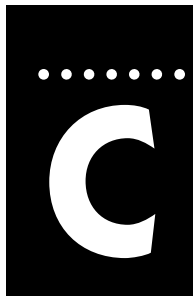
2004014947

Printed in the United States of America

10 9 8 7 6 5 4 3 2 1

To my budding author, Caitlin Drummond—and her family and ancestors from Scotland, Germany, England, and the Netherlands.

And to the D'Amico children, Christi, Alexa, and Kyle—and their ancestors from Italy, Germany, England, and Ireland.



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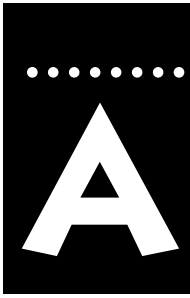
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ABOUT THIS BOOK

Do you know what these foods have in common?

- Pizza
- Frankfurters
- Fried rice
- Burritos



They are all popular American foods that were originally brought to America by immigrants from other countries: pizza from Italy, frankfurters from Germany, fried rice from Asia, and burritos from Mexico. Of course, many dishes that immigrants brought to America have been changed, often because different ingredients are available here.

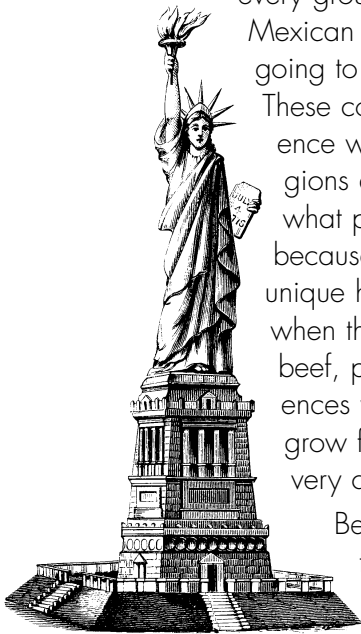
Every American other than Native Americans is either an immigrant or related to one. An immigrant is someone who enters a new country to live. Over the last few centuries, millions of immigrants have made their way to America—and hundreds of thousands still come each year. Some, like slaves, came unwillingly. Many immigrants who came to America were drawn by the promise of a better life—the chance to get a job, for instance, or land to farm and build a home. Others came to this country to escape religious persecution, wars, and political unrest.

The United States has had four major waves of immigrants. The first wave began with the early colonists and reached a peak just before the Revolutionary War broke out in 1775. During the first wave, most of the immigrants came from England, Scotland, Germany, Ireland, and Italy. The second wave of immigration lasted from the 1820s to the 1870s. About a third of these immigrants were Irish escaping the potato famine. The largest wave of immigrants came to America from the 1880s to the early 1920s. Over 20 million people traveled from every corner of the world. During this period, more and more Americans began to see the flood of immigrants as a threat to their jobs and the nation's unity. In the 1920s, the United States put into effect immigration laws that allowed only a set number of immigrants from each country each year. Europeans were favored over Asians and Africans. Only 1,000 people were

allowed each year from all of Asia and Africa. The fourth and continuing wave of immigrants began in 1965, when changes in the immigration laws eliminated the country of origin as a basis for immigration to the United States.

During colonial times, most immigrants arrived in Philadelphia, the major colonial port. During the early 1800s, New York City began to replace Philadelphia as the chief port of entry for immigrants. Between 1892 and 1954, over 12 million immigrants saw the Statue of Liberty in New York Harbor before getting off boats and entering the Ellis Island immigration station. On Ellis Island, all immigrants were checked for disease and disability before being registered and then completing their long journeys. The Ellis Island facility has been restored and is now open as a museum. You can use their Web site to see if one of your ancestors passed through there (www.ellisland.org). Over 100 million Americans are related to someone who came to America through Ellis Island.

Immigrants came to America from many different countries and cultures, and every group has its own favorite foods and eating habits. For example, Mexican *cuisine*, or the food that is prepared by a particular group, is going to be different from the cuisine of Moroccans from North Africa. These countries have different landscapes and climates, which influence what types of crops and livestock can be raised. Different religions are practiced in these countries, and religion often affects what people eat. For example, pork is not eaten in Morocco because most Moroccans are Muslim. Every country also has a unique history that influences what people eat today. For example, when the Spaniards took over Mexico, they introduced Mexicans to beef, pork, chicken, wheat, and apples. Another factor that influences what people eat is the amount of money available to buy or grow food. In poorer countries such as Ethiopia, meatless stews are very common and are an economical way to feed a big family.



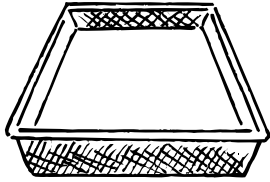
Before you start cooking the recipes in this book, be sure to read the “Discovering the Kitchen” section. It covers the basics on kitchen safety, utensils, cooking terms, and measuring. Each recipe lists how much time you will need to make it, the kitchen tools you’ll need, and the number of servings it makes.

From *arroz con pollo*, a Spanish dish of rice with chicken, to *wat*, a peppery stew eaten in Ethiopia, we know you’ll appreciate the diversity and the cooking traditions of the immigrants who have contributed to the American “salad bowl” and made American cooking so exciting. Have fun learning about food and culture in twenty countries, and *bon appétit*, a French expression meaning “enjoy your meal”!

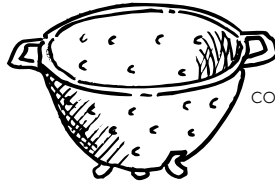


DISCOVERING THE KITCHEN

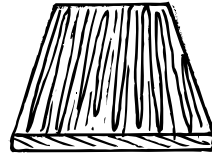
TOOLS OF THE TRADE



baking pan



colander

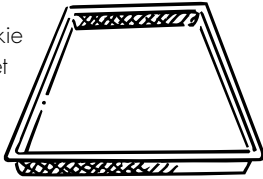


cutting board

biscuit cutter



cookie sheet



electric blender



grater

Let's take a close look at the cooking equipment in your kitchen. These are the basic tools you'll need to prepare the recipes in this book. Any kitchen tools that are used in only one or two recipes are described within those recipes.

baking pan A square or rectangular pan used for baking and cooking foods in the oven. The most common sizes are 9 × 13-inch and 8-inch square.

biscuit cutter A round outline, usually made from metal, used to cut biscuits from dough.

colander A large perforated bowl used for rinsing food and draining pasta or other foods.

cookie sheet A large rectangular pan with no sides or with one-inch sides, used for baking cookies and other foods.

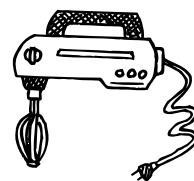
cutting board Made from wood or plastic, cutting boards provide a surface on which to cut foods.

egg separator A small, shallow cup with slots used to separate the egg whites from the yolk. The yolk sits in the middle while the whites drop through the slots into a bowl.

electric blender A glass or plastic cylinder with a rotating blade at the bottom. A small motor in the base turns the blade. The blender has different speeds and is used for mixing, blending, grinding, and pureeing.

grater A metal surface with sharp-edged holes used for shredding and grating foods such as vegetables and cheese.

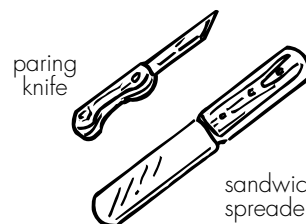
hand-held electric mixer Two beaters that rotate to mix ingredients together. Used for mashed potatoes, cake batters, and other mixing jobs.



hand-held electric mixer

knives:

- **paring knife** A knife with a small pointed blade used for trimming and paring vegetables and fruits and other cutting jobs that don't require a larger knife. (Most recipes in this book call for a knife. You will find the paring knife works well in most situations.)
- **peeler** A hand-held tool that removes the peel from fruits and vegetables.
- **sandwich spreader** A knife with a dull blade that is designed to spread fillings on bread.
- **table knife** A knife used as a utensil at the table.



paring knife

sandwich spreader

layer cake pans Round metal pans used to bake layers of a cake.



layer cake pan

measuring cups Cups with measurements ($\frac{1}{2}$ cup, $\frac{1}{3}$ cup, etc.) on the side, bottom, or handle. Measuring cups that have spouts are used for liquid ingredients. Measuring cups without spouts are used for dry ingredients such as flour.



measuring cup

measuring spoons Used for measuring small amounts of foods such as spices. They come in a set of 1 tablespoon, 1 teaspoon, $\frac{1}{2}$ teaspoon, and $\frac{1}{4}$ teaspoon.



measuring spoons

microwave-safe dish A dish that can safely be used in the microwave oven. The best microwave dishes say "microwave safe" on the label. Don't use metal pans, aluminum foil, plastic foam containers, brown paper bags, plastic wrap, or margarine tubs in the microwave.



mixing bowl

mixing bowls Round-bottomed bowls used for mixing and whipping all kinds of foods. Depending on the amount of ingredients, a large, medium, or small bowl may be used.

muffin tins Metal or glass pans with small, round cups used for baking muffins and cupcakes.



muffin tin



frying pan



saucepan



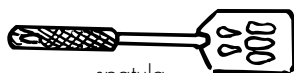
pastry blender



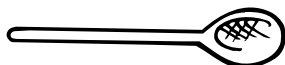
rolling pin



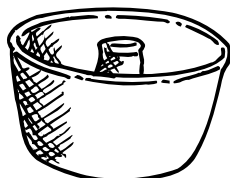
rubber spatula



spatula



wooden spoon



tube pan



whisk

pans:

- **frying pan** (also called a sauté pan) Used for cooking foods, such as hamburgers or onions, in hot fat.
- **saucepan** (also called a pot) Used for general stovetop cooking, such as boiling pasta or simmering a sauce.

pastry blender A group of stiff wires attached to both ends of a handle. It is used, with a rocking motion, to blend butter or margarine into flour and other dry ingredients to make a dough.

rolling pin A wooden or plastic roller used to flatten items such as piecrust and biscuit dough.

rubber spatula A flat, flexible rubber or plastic tip on a long handle. It is used to scrape bowls, pots, and pans and for **folding** (a gentle over-and-under motion) ingredients into whipped cream or other whipped batter.

spatula A flat metal or plastic tool used for lifting and turning meats, eggs, and other foods.

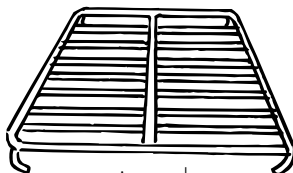
spoons:

- **teaspoon** A spoon used for measuring. Also the name for the spoon normally used as a utensil at the table.
- **wooden spoon** Used for mixing ingredients together and stirring.

tube pan A metal cake pan with a center tube used for making angel food cakes, Bundt cakes, and special breads.

whisk Used especially for whipping egg whites and cream.

wire rack Used for cooling baked goods.

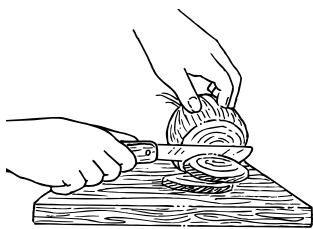


wire rack

COOKING SKILLS

Chefs need to master cutting and measuring skills and the basics of mixing and stovetop cooking. Here are the skills you will be practicing as you try the recipes in this book.

CUTTING



Foods are cut before cooking so that they will look good and cook evenly. Place the food to be cut on a cutting board and use a knife that is a comfortable size for your hand. To hold the

knife, place your hand on top of the handle and fit your fingers around the handle. The grip should be secure but relaxed. In your other hand, hold the item being cut. Keep your fingertips curled under to protect them from cuts. (See the “Safety Rules” section on page 11 for more on how to cut safely.)

Here are some commonly used cutting terms you’ll need to know:

chop To cut into irregularly shaped pieces.

dice To cut into cubes of the same size.

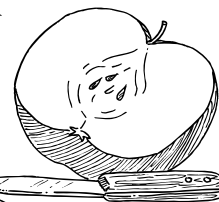
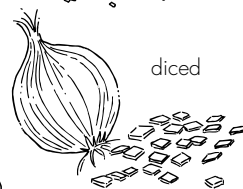
mince To chop very fine.

slice To cut into uniform slices.

Grating and shredding are also examples of cutting:

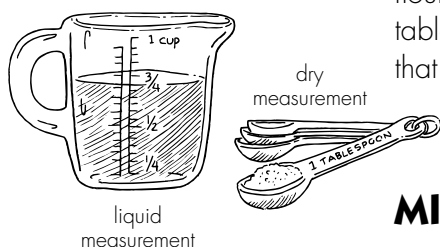
grate To rub a food across a grater’s tiny punched holes to produce small or fine pieces of food. Hard cheeses and some vegetables are grated.

shred To rub a food across a surface with medium to large holes or slits. Shredded foods look like strips. The cheese used for making pizza is always shredded.

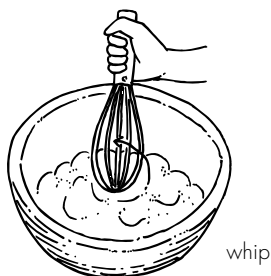
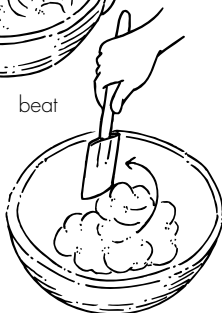
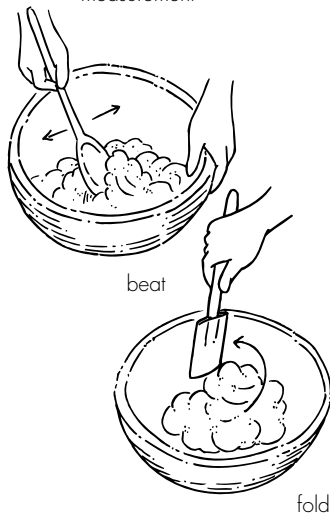


Equivalents

1 tablespoon = 3 teaspoons
1 cup = 16 tablespoons
1 cup = 8 fluid ounces
1 quart = 2 pints
1 quart = 4 cups
1 quart = 32 fluid ounces
1 gallon = 4 quarts
1 stick butter or margarine
= ½ cup = 8 tablespoons



liquid measurement



MEASURING

Ingredients can be measured in three different ways: by counting (six apples), by measuring volume (½ cup of applesauce), or by measuring weight (a pound of apples).

To measure the volume of a liquid, always place the measuring cup on a flat surface and check that the liquid goes up to the proper line on the measuring cup while you are looking directly at it at eye level.

To measure the volume of a dry ingredient, such as flour, spoon it into the measuring cup and level it off with a table knife. Do not pack the cup with the dry ingredient—that is, don't press down on it to make room for more—unless the recipe says to.

MIXING

There are all kinds of ways to mix! Here are definitions of the most common types.

beat To move a utensil back and forth to blend ingredients together.

cream To mix a solid fat (usually margarine or butter) and sugar by pressing them against a bowl with the back of a spoon until they look creamy.

fold To move a utensil with a gentle over-and-under motion.

mix To combine ingredients so that they are all evenly distributed.

whip To beat rapidly using a circular motion, usually with a whisk, to incorporate air into the mixture (such as in making whipped cream).

whisk To beat ingredients together lightly with a wire whisk until they are well blended.