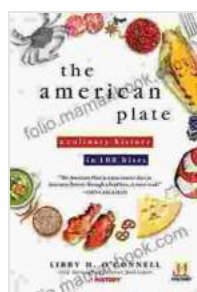


# The American Plate: A Culinary History in 100 Bites



## The American Plate: A Culinary History in 100 Bites

by Libby O'Connell

★★★★☆ 4.4 out of 5

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From the first Thanksgiving feast to the latest molecular gastronomy creations, the American plate has evolved to reflect the nation's diverse culinary influences. This article takes a bite-sized tour of 100 iconic dishes that have shaped the American palate.

1. **Thanksgiving turkey:** The centerpiece of the traditional Thanksgiving feast, turkey is a symbol of American abundance. The first Thanksgiving meal, held in 1621, featured wild turkey hunted by the Pilgrims and Native Americans.

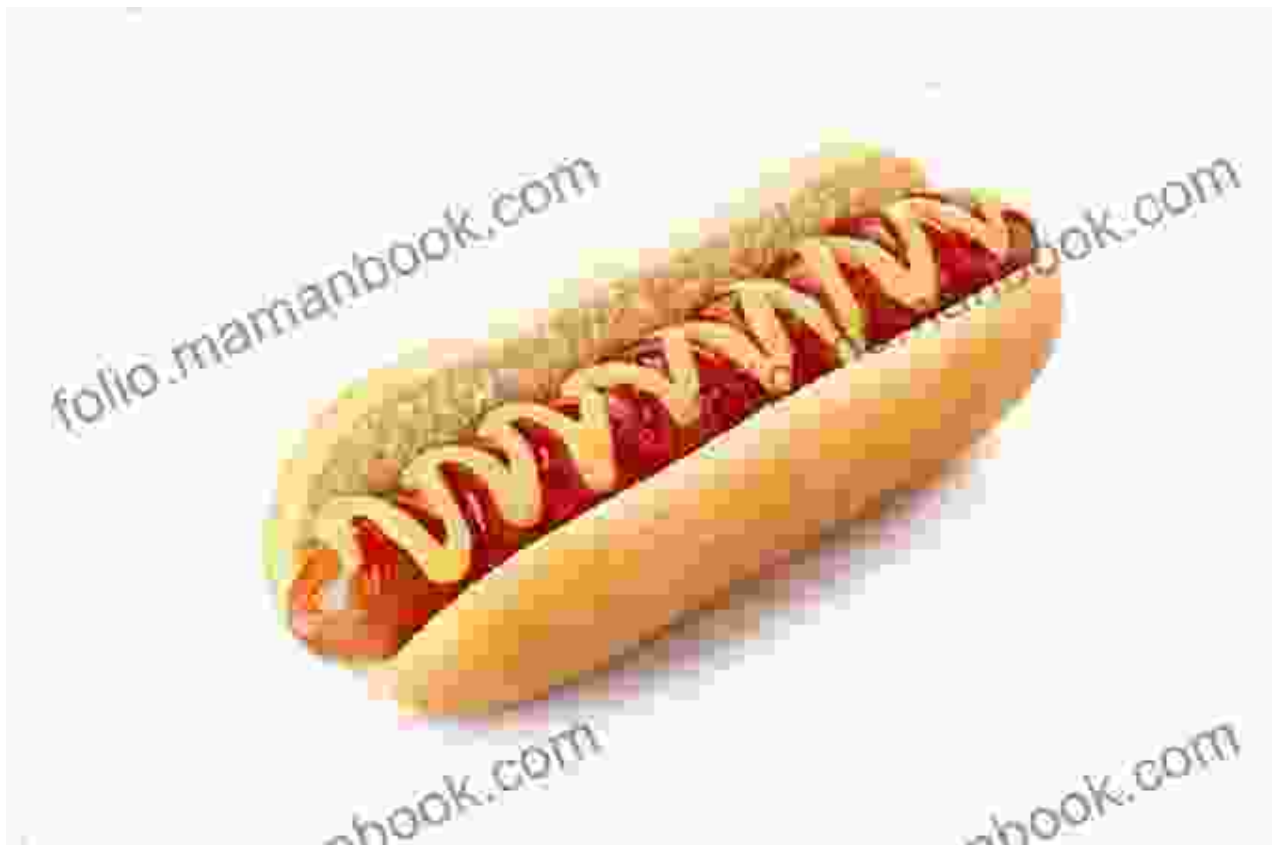


2. **Apple pie:** Apple pie is the quintessential American dessert. It is believed to have originated in England, but it was adopted by the

American colonists and became a symbol of the nation's agricultural bounty.



3. **Hot dog:** The hot dog is a beloved American street food. It is believed to have originated in Germany, but it became popular in the United States in the late 19th century. Hot dogs are typically served on a bun with mustard, ketchup, and relish.



4. **Hamburger:** The hamburger is another iconic American street food. It is believed to have originated in Hamburg, Germany, but it became popular in the United States in the early 20th century. Hamburgers are typically served on a bun with lettuce, tomato, onion, and cheese.



5. **Pizza:** Pizza is a popular Italian dish that has been adopted by Americans. It is typically made with a dough crust topped with tomato sauce, cheese, and various toppings. Pizza is a versatile dish that can be enjoyed by people of all ages.





6. **Sushi:** Sushi is a Japanese dish that has become increasingly popular in the United States. It is typically made with vinegared rice combined with raw fish, seafood, or vegetables. Sushi is a delicate and flavorful dish that is often served with soy sauce, wasabi, and pickled ginger.



7. **Fried chicken:** Fried chicken is a popular American comfort food. It is typically made with chicken that is coated in flour or breadcrumbs and then fried in hot oil. Fried chicken is often served with mashed potatoes, gravy, and coleslaw.



8. **Mac and cheese:** Mac and cheese is a popular American comfort food. It is typically made with macaroni noodles that are cooked in a cheese sauce. Mac and cheese can be made with various types of cheese, but cheddar cheese is the most common.





9. **Chili:** Chili is a popular American comfort food. It is typically made with ground beef, tomatoes, beans, and chili powder. Chili can be served with various toppings, such as cheese, sour cream, and onions.



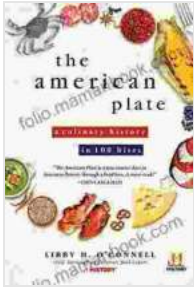
10. **Cobb salad:** Cobb salad is a popular American salad. It is typically made with lettuce, bacon, hard-boiled eggs, avocado, blue cheese, and tomatoes. Cobb salad is a hearty and flavorful salad that can be enjoyed by people of all ages.



These are just a few of the many iconic dishes that have shaped the American plate. The American culinary landscape is constantly evolving, but these dishes will always hold a special place in the hearts of Americans.

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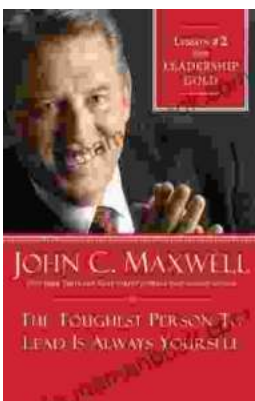


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