

The Cedar Culinary

News that's good enough to eat!

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All-American Food Quiz

America: home of the free and land of iconic foods recognized around the world as made in the USA. From cheese steaks to chocolate chip cookies, we can't get enough of classic American food.

1. Which American fast-food chain was the first to serve hamburgers?

- Burger King
- White Castle
- McDonald's
- Carl's Jr.

6. In what state was Coca-Cola invented?

- Georgia
- California
- Pennsylvania
- Missouri

2. How many servings of French fries are sold in restaurants each year in the US?

- 2 trillion
- 2 billion
- 2,000
- 200,000

7. Macaroni and cheese traditionally features what shape of pasta?

- Penne
- Elbow
- Shells
- linguine

3. What type of cheese tops the classic Philly cheese steak?

- Swiss
- cheese whiz
- Mozzarella
- Cheddar

8. In what percentage of American homes will you find peanut butter?

- 30
- 5
- 99
- 75

4. What type of chocolate is generally used in chocolate chip cookies?

- Bittersweet
- Semisweet
- Milk
- White

9. In Texas, what meat is used for barbecue most often?

- Pork
- Rattlesnake
- Beef
- Chicken

5. Buffalo wild wings are traditionally served with what dip?

- Ranch dressing
- Blue cheese dressing
- French onion dip
- Italian dressing

10. What cake became popular after the invention of the crank egg beater?

- Red velvet
- Coffee cake
- Cheesecake
- Angel food



1. **White Castle:** By the early 1920s, this Wichita, KS, restaurant was selling large numbers of its distinct small, square burgers, each of which is punched with five holes to ensure even cooking. (Ray Kroc's McDonald's wasn't founded until December 1948.) The hamburgers sold for 15 cents.

2. **2 billion:** this means that on average, each of the 300 million people who live in the US eats 6.67 servings of French fries every year. Although the number of servings sold each year has been declining of late, possibly due to health concerns, Americans continue to love this fried potato side.

3. **Cheese whiz:** though cheese steak vendors will give you whatever cheese you request, real Philadelphians know there are only two choices: with Whiz or without.



4. **Semisweet:** Ruth Wakefield, the proprietor of the Tollhouse Inn in Whitman, MA, regularly baked chocolate cookies for her guests. One day, she ran out of baker's chocolate and substituted chopped semisweet chocolate instead, expecting the chocolate pieces to melt and create a chocolate cookie. The chopped pieces remained intact, and the chocolate chip cookie was

born.



5. **Blue cheese dressing:** Legend has it that in Buffalo, NY, in 1964, Anchor Bar owner Teressa Bellissimo created the first Buffalo wing as a late-night snack for her son and his friends. She chopped the tips off a bunch of wings, threw them in the fryer, and dressed them in hot sauce. Carrot and celery sticks with blue cheese dressing were served alongside to tame the heat from the fiery fried chicken.

6. **Georgia:** The first Coca-Cola was invented in a drugstore in Columbus, GA, by a John Pemberton, who claimed it cured many diseases, including morphine addiction, dyspepsia, neurasthenia, headache, and impotence.

7. **Elbow:** The most basic Mac and cheese, whose origins are not quite clear but likely go back to the time of Thomas Jefferson, features elbow macaroni robed in a rich cheese sauce. The dish was originally baked in a casserole dish.



8. **75:** Created by Dr. John Kellogg in 1890 as an easily digestible, protein-rich food for invalids with no teeth, peanut butter quickly became an all-American favorite. Americans eat about 3 pounds of peanut butter per capita each year.

9. **Beef:** Texas is cattle country, so beef is the name of the game. The most popular cuts are brisket and ribs. Texas barbecue sauce is sweet, spicy, and tomato-based, and Texas barbecue often calls for a combination of a dry rub before smoking and a sauce to baste and finish.



10. **Angel food:** The airy texture of this 19th-century cake, which resulted in its heavenly name, is produced by gently incorporating whipped egg whites into the other ingredients. Angel food cake is baked in a tube pan and is a bona-fide all-American dessert.



Recipe: Pumpkin Muffins

Ingredients:

Cooking spray

1/2 cup canned solid-pack pumpkin

1 small ripe banana

1/2 cup 1% milk

1 tablespoon granulated brown sugar

1/2 teaspoon pumpkin pie spice

1/4 teaspoon salt

1 large egg yolk

2 tablespoons raisins



HAPPY HALLOWEEN!

Directions:

1. Preheat oven to 300°F. Lightly spray 5 cups of a standard muffin tin with cooking spray. Fill the 6th cup halfway with water (the other muffins will burn faster if you leave an empty cup. This is a good baking tip to keep in mind.)
2. In a food processor or blender, combine all ingredients except raisins until mixture is smooth. (If you don't have a food processor or blender, you can also use your hand mixer.)
3. Stir in the raisins.
4. Spoon the mixture into the 5 prepared muffin cups.
5. Bake for 45 minutes.
6. Unmold and serve when cool enough to eat by hand or refrigerate for up to 1 week and serve cold.



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