

Traditional Dishes From Our Cultures: A Brief Introduction to Various Dishes

— By: Wren, Mj, Lily, and Noah —

What is “American” Food?

With so many different cultures in America, it is hard to pinpoint what exactly American food is. Our group has comprised a short presentation to give you an idea on food diversity in America.

Shepherds Pie

Country of Origin: Ireland

Shepherds Pie is a very simple dish for the Irish peoples as it is believed that it started from repurposing and unused veggies and meats as beef(a main ingredient in the dish now) was a delicacy within Ireland. The more traditional meat that was used was minced lamb. The other ingredients are quite simple as they are just vegetables and mashed potatoes.

Noah Lewis



Pupusas

Country of Origin: El Salvador

Pupusas are a traditional dish from El Salvador. It is believed they originated from the Pipil Tribe over 2,000 years ago.

They are made from corn flour and have a filling of meat, cheese, or beans.

I have fond memories of eating pupusas with my family and to this day they are still my favorite food.

Wren Soriano



Latkes (laat-kuhz)

Latkes are a Jewish dish usually prepared for Hanukkah. Specifically Ashkenazi Jewish, meaning people from Eastern or Central Europe.

They are made from potatoes, eggs, kosher salt, matzo meal, green onions, and oil for frying. You can top with sour cream or applesauce more traditionally.

Lily Stovall

