Newsletter 3\_northern USA food

Some of the best tasting food in the USA originates from the north and the northeast of the USA. You could eat at a different spot once a day for 22 years and never eat at the same place twice, in New York City alone!

In Boston, there are about 3000 restaurants and many are small, chef-owned bistros with unique food and fierce competition.

When the Pilgrims settled in New England, they brought a lot of food that was unfamiliar to others and of course, this is how our traditional Thanksgiving dinner began.

Let’s dive right in, beginning with famous foods in New York, the melting pot of the United States. Here you will find a lot of Jewish specialties like pastrami, but also authentic Chinese dishes, foods from the Middle East, Puerto Rico, and Russia.

German influences in other parts of the north brought chicken pot pie (and we thought this was southern!) and the soft pretzel. By the way, when I was in Munich, I learned the pretzel was invented because a baker who had committed a crime was told he wouldn’t be put to death if he could make a cake where sunshine came through in 3 ways. Not sure if that’s true, but it’s a fun tidbit to share at trivia night.

If you’ve got $35 to spend on a sandwich, try a lobster roll in Boston. Also in Boston, you’ll find delicious seafood dishes, oysters, and clam chowder. What kind of clam chowder do you prefer, with a cream base (from New England) or a tomato base (from Manhattan, thus named Manhattan clam chowder.)?

In Boston, you’ll find a large influence of Irish foods and Italian foods. And they are quite competitive there over who has the better ones!

Like her sisters in New England, Rhode Island, too is known for seafood. But here is where you should stop if you want a great lemonade! Lemonade is the official state drink!

After all these savory foods, let’s head over to Vermont, home of Ben & Jerry’s ice cream. They opened up their first shop in a renovated gas station, and today there are more than 550 locations worldwide.

Vermont is also known for cider doughnuts (not super sweet), maple syrup, and fiddleheads, which are the tips of fern leaves and rich in many vitamins. They taste like asparagus.

Vermont is also known for “sugar on snow.” If you like sweets, you’ll love this. It’s maple syrup poured over snow that turns into a taffy-like substance. Many people eat it with a pickle and a donut on the side.

If you’re in the mood to have a food-only tour, be sure and contact me at either [www.imaginationtvl.com](http://www.imaginationtvl.com) or 615-417-9859. I’ll set you up with an organized itinerary that covers the northern states for a unique experience!