[**Town And Country Foods Management**](http://townandcountryfoods.org/)

Fried chicken is among the region's best-known exports, though pork is also an integral a part of the cuisine, with Virginia ham being one renowned form. A traditional holiday get-together featuring whole hog barbecue is known in Virginia and the Carolinas as a "pig pickin'." Green beans are often flavored with bacon and salt pork, biscuits served with ham often accompany breakfast, and ham with red-eye gravy or country gravy is a common dinner dish. A bit of fatback is added to many vegetable dishes, especially greens, for flavoring.

[**Town And Country Foods Store**](http://townandcountryfoods.info/town-and-country-foods-about.html)

Seafood  
Blue crab was cooked by American Indians on the east coast of America.  
  
Saltwater fish eaten by the American Indians were cod, lemon sole, flounder, herring, halibut, sturgeon, smelt, drum on the East Coast, and olachen and salmon on the West Coast. Whale was hunted by American Indians off the Northwest coast, especially by the Makah, and used for their meat and oil  
Seal and walrus were also utilized. Eel from New York's Finger Lakes region were eaten. Catfish seemed to be favored by tribes, including the Modocs. Crustacean included shrimp, lobster, crayfish, and dungeness crabs in the Northwest and blue crabs in the East. Other shellfish include abalone and geoduck on the California coast, while on the East Coast the surf clam, quahog, and the soft-shell clam. Oysters were eaten on both shores, as were mussels and periwinkles.

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There was a general disdain for French cookery, even with the French Huguenots in South Carolina and French-Canadians. One of the cookbooks that proliferated in the colonies was The Art of Cookery Made Plain and Easy written by Hannah Glasse, wrote of disdain for the French style of cookery, stating “the blind folly of this age that would rather be imposed on by a French booby, than give encouragement to a good English cook!” Of the French recipes, she does add to the text she speaks out flagrantly against the dishes as she “… think it an odd jumble of trash.”

[**Town And Country Foods Great**](http://townandcountryfoods.net/)

Cooking methods  
  
American Indians utilized a number of cooking methods. Grilling meats was common. Spit roasting over a pit fire was common as well. Vegetables, especially root vegetables were often cooked directly in the ashes of the fire. As early American Indians lacked the proper pottery that could be used directly over a fire, they developed a technique which has caused many anthropologists to call them "Stone Boilers." The American Indians would heat rocks directly in a fire and then add the bricks to a pot filled with water until it came to a boil so that it would cook the meat or vegetables in the boiling water. Another method was to use an empty bison stomach filled with desired ingredients and suspended over a low fire. The fire would have been insufficient to completely cook the food contained in the stomach however, as the flesh would burn so heated rocks would be added to the food as well. Some American Indians would also use the leather of a bison hide in the same manner  
Town and Country Foods Great

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Substitutes in cases such as this included cornmeal. The Johnnycake was a poor substitute to some for wheaten bread, but acceptance by both the northern and southern colonies seems evident  
As many of the New Englanders were originally from England game hunting was often a pastime from back home that paid off when they immigrated to the New World. Much of the northern colonists depended upon the ability either of themselves to hunt, or for others from which they could purchase game. This was the preferred method for protein consumption over animal husbandry, as it required much less work to defend the kept animals against American Indians or the French.

[**Town And Country Foods Home Food Delivery Service**](http://townandcountryfoods.net/town-and-country-foods-services.html)

Community Interest Programs  
  
Town and Country Foods believes that feeding families and changing the destinies of children around the world are the two most important things they can do. To promote that cause, they have joined forces with CASA and World Orphans to change the lives of abused, orphaned, and neglected children. By telling friends and family about the T & C Home Food System, each customer has the opportunity to reduce the cost of their food, and Town and Country Foods will make a donation to each of the organizations.  
  
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