Leggi e ascolta.

My Favourite Dish

Last month, TeenScene Magazine asked you to write about food in your town or area. Here are our favourite letters. Congratulations to Annie and Louise – the winners of our competition.

Jambalaya

New Orleans has got some of the best food in the USA. There are lots of different types of food in New Orleans, but my favourite is Creole cooking. Creole is a mix of dishes from lots of different places. For hundreds of years, people came to New Orleans from all over the world. The first Europeans in New Orleans came from France and Spain. They brought slaves from Africa to work for them. Later, immigrant workers came from places like Italy. Creole cooking is a combination of dishes from all these places.
There are hot spices in Creole cooking, and fruit juices like orange juice. We also use a lot of rice and fish. One of my favourite Creole dishes is jambalaya. It's a bit like risotto. You cook chicken, sausages and fish with rice, tomatoes, onions, peppers, garlic and spices. These are the most important ingredients in Jambalaya. But you can put lots of different things in it – in fact, you can eat a different jambalaya every time! (Annie Cutter, 15)

**New England apple pie**

The six states on the north-east coast of America are called ‘New England’ because this is where the English colonies started. One of the first colonies was Newport, Rhode Island. It’s one of the oldest cities in the USA. Newport is next to the sea, and it’s a great place to try a delicious fish soup, clam chowder. But I want to tell you about my favourite dish: New England apple pie. Most people eat apple pie as a dessert after dinner, but here in New England we eat it for breakfast, too!
It’s easy to make a New England apple pie. It’s special because we put cheese into the pastry and we put spices with the apples. But the most important ingredient is maple syrup. Maple syrup is very sweet, and it comes from the maple tree. The first English people in America learned about it from the Native Americans.

Fall is a beautiful time in New England because the forests are changing colour. It’s also the best time to make apple pie, because the apples are fresh. You can get nice apple pie in cafés all over Newport, but nothing is as good as home-made apple pie! (Louise Palmer, 14)