

SPECIAL LESSON 17

TEXAS ALMANAC TEACHERS GUIDE

Lone Star Cuisine

- *From the Texas Almanac 2016–2017*

PRIOR KNOWLEDGE

Students should know the following to successfully take part in these activities:

- That Texas history is multifaceted and multicultural.
- A basic understanding of the historic and ongoing settlement of Texas.
- The ability to research independently and/or with guidance using available research materials (the Internet, school and public libraries, textbooks, and classroom materials).
- The ability to cite sources and identify potential resources.

INSTRUCTIONAL SUGGESTIONS

- 1. FAMILY FOOD HISTORY:** Students will read the article “Many Cultures Converge to Create One-of-a-Kind Lone Star Cuisine” by Dotty Griffith in the *Texas Almanac 2016–2017*. Next, have them use the **Family Food History Student Activity Sheet** to **identify foods and recipes** that are a tradition in their family and **any family members** especially known for making a traditional dish better or differently than anyone else. Write these down, along with **possible cultural histories behind these foods**, and discuss in class.

A chili stand in San Antonio’s Haymarket Plaza in 1933 shows food vendors, at right, known as “chili queens,” with customers seated and spectators. Photo by Jack Specht, San Antonio Light Collection, Institute of Texan Cultures, UT San Antonio.”



SOCIAL STUDIES TEKS

4 - 6, 7, 10, 19, 21, 22

7 - 6, 8, 9, 11, 19, 21, 22

8 - 2, 10, 11, 12, 23, 29

STAAR

4, 7 - Writing - 1, 2, 3

4, 7, 8 - Reading - 1, 2, 3

8 - Social Studies - 2, 4

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2. **MAPPING:** Using the map on the **Five Culinary States of Texas Student Activity Sheet**, students will **color and label the different food regions** listed in the article “Many Cultures Converge to Create One-of-a-Kind Lone Star Cuisine” by Dotty Griffith in the *Texas Almanac 2016–2017*. Colored areas can overlap. Students will then list the particular foods mentioned in the article in the areas of the map to which those foods belong. All of the foods listed on the map are described in the article.
3. **RESEARCH:** After completing the map in activity No. 2, have the students work individually or in small groups and **assign each person or group** a particular area or “culinary state.” Students will then **choose one food or dish** discussed in the article that belongs to their culinary state, research its history, and answer the questions about it on the **Lone Star Cuisine Research Student Activity Sheet**.
4. **RECIPE BOOK:** Now that students have a better idea of how food plays a role in cultural identity, have students **pick a culture or geographic region** of Texas and **create a recipe book** featuring foods that are prevalent in that region. *For additional points*, they will illustrate their recipe book with illustrations and/or photographs (their own or cut from magazines).

RELATED RESOURCES:

Tex-Mex Cuisine — <https://tshaonline.org/handbook/online/articles/lgtlt>

Chicken-fried Steak — <https://tshaonline.org/handbook/online/articles/lgc01>

Texas BBQ (Southern Foodways Alliance) —

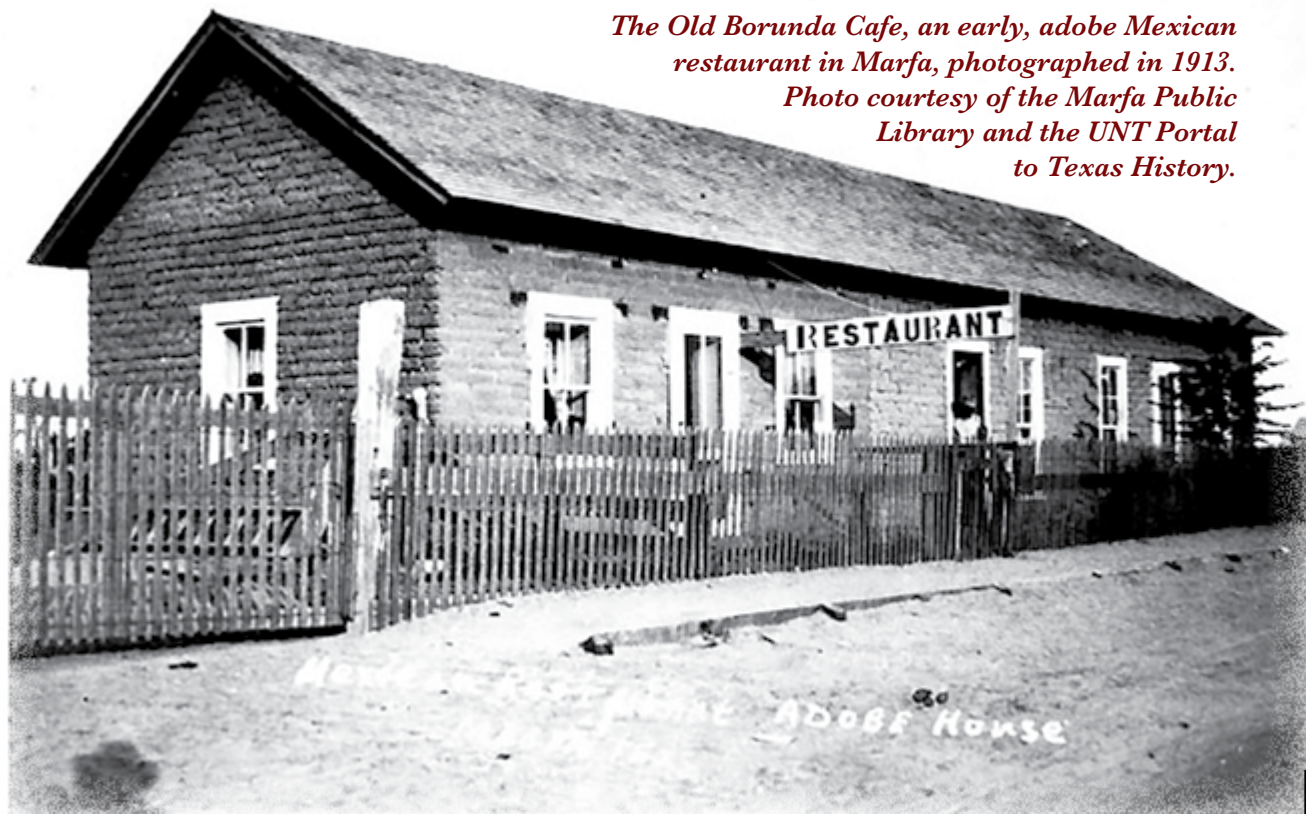
<https://www.southernfoodways.org/oral-history/southern-bbq-trail/texas-bbq/>

Cajun Texans (information on food culture in the middle of the article) —

<http://texasalmanac.com/topics/culture/cajun-texans>

The History of Texas Cuisine — http://www.utexas.edu/gtc/assets/pdfs/texas_cuisine.pdf

Chuckwagon History and Cooking — <http://americanchuckwagoncooking.blogspot.com/p/chuckwagon-historythere-is-majestic.html>



*The Old Borunda Cafe, an early, adobe Mexican restaurant in Marfa, photographed in 1913.
Photo courtesy of the Marfa Public Library and the UNT Portal to Texas History.*

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STUDENT ACTIVITY

Family Food History

DIRECTIONS: List any traditional foods or recipes that your family has always cooked and any family members known for making this dish better or differently than anyone else. Write down any possible cultural histories behind these foods.

FOODS OR RECIPES

FAMILY MEMBERS

Five Culinary States of Texas

DIRECTIONS: Color and label this map of Texas with the **different food regions or “culinary states”** listed in the article “Many Cultures Converge to Create One-of-a-Kind Lone Star Cuisine” by Dotty Griffith in the *Texas Almanac 2016–2017*. Use a different color for each

food region and show which color you used in the key provided on the left. Finally, write the foods listed below in the areas of the map to which those foods belong. Some foods may belong to more than one area.

☐ Tex-Mex Land

☐ Coastal Bend

☐ New Texas

☐ The Old South East

☐ Cowboy Country



Chili con Carne
Chicken Fried Steak
Po'Boys
Fajitas
Stewed Green Beans
Fried Chicken
Seafood Gumbo
Cornmeal-battered
Fried Fish Steak
Pecan Pie
Barbecue

Pork Ribs
Sausage
Black-eyed Peas
White Gravy
Flour Tortillas
Boudin
Seafood Boils
Cornbread
Tamales
Wiener Schnitzel

Lone Star Cuisine Research

DIRECTIONS: Write your area or “culinary state” in the blank, below. Read “Many Cultures Converge to Create One-of-a-Kind Lone Star Cuisine” by Dotty Griffith in the *Texas Almanac 2016–2017* and choose one food or dish discussed in the article that belongs to your area. Research the history of that food or dish and answer the questions, below.

MY CULINARY STATE

FOOD OR DISH TO RESEARCH

1. When did this food or dish first appear? What culture is first associated with it?
2. Does the name of the food or dish have any cultural significance?
3. Is this food or dish made by a specific person in the culture or is it made for a specific event?
4. Do different groups make this food or dish any differently? Give some examples and explain some of the reasons why they may cook this food in a unique way or use different ingredients.

Six Flags and Five Culinary States

More than roller coasters and Wild West shootouts

Six Flags isn't just the brand of an amusement park empire, although the parks are tangible memes that keep this Texas history alive. Six national flags have flown over Texas.

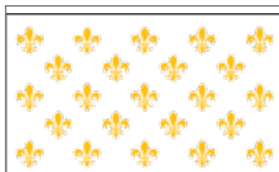
Spain 1519–1821 Mexico 1821–1836

Spain was the first European power to claim Texas beginning with the explorations of colonial marauder Hernán Cortéz in 1519. Spanish influence continued for 300 years, with a significant legacy. Spanish remained the language of the Mexican nation that freed itself from Spain in 1821, including parts of Texas today. Many towns in Texas bear Spanish names, prominently San Antonio, the hub of Spanish missions. On the culinary side, the chili queens of San Antonio symbolize roots of the cuisine we know as Tex-Mex.



France 1685–1690

France's tenure in Texas was brief, a short-lived attempt to expand its base from French Louisiana. The flag bearing the fleur de lys was planted in East Texas near the Gulf Coast. The French in Texas didn't last long and their impact was not particularly significant. Most of the French influence in Texas cuisine, like the fleeting French presence in Texas, comes from Louisiana in the form of Cajun and Creole dishes, particularly since the post-Katrina migrations. Think gumbo and crawfish boils.



The Republic of Texas 1836–1845

The war for independence from Mexico established Texas as a republic. Though Texas wasn't an independent nation all that



long before joining the United States, that status has forever marked the Lone Star State as a bastion of bravado. This is just one of the unique features defining our state. Texas as a fledgling nation blended European cultures into a new identity, much the same way schnitzel may have become chicken fried steak.

The Confederacy 1861–1865

Sixteen years after joining the Union, Texas went along with Southern states in a bloody and ill-fated attempt to secede. The eastern parts of the state were closely aligned with the South culturally and economically. This sentiment prevailed in the debate over joining the doomed rebel cause. The culinary legacy of the South had a great influence on Texas cuisine, especially in East Texas where saucy barbecue and fried chicken are as much a part of the fabric of life as sweet tea.



United State of America 1845–1861; 1865–present

Beef in the shape of longhorns helped define Texas in the years immediately following the Civil War. This was the era of cattle drives and sprawling ranches, driving the lore that symbolizes Texas to much of the world. Add oil wells to the image of much land and many cattle and you have the bigger-than-life mystique of 16-ounce T-bone steaks. Yes, there's more to Texas cuisine, but for many Texans a big steak remains tops when it comes to big deal meals.

