



**PASTAS** Pastas can be made from whole grain flour, whole wheat, or bleached and enriched white flour. They can also be made from rice and other flours. Different cultures use a variety of pasta shapes and sizes in soups, salads, main courses, and even dessert. Virtually all pastas can have vegetables added to them, either as primary components or as finely chopped secondary components.



**RICE BOWLS** Rice is eaten around the world. The multiple ways to serve rice include with fresh, local, and in-season vegetables, and in some instances fruits.



**WRAPS** Many dishes using ingredients in different flavor profiles can be wrapped into a tortilla, chapatti, flatbread, or spring roll skin, or tucked into a pita pocket. Adding additional fresh herbs to these wraps increases flavor, texture, and color.



**PIZZA TOPPINGS** Pizzas are among America's favorite food. This cookbook assumes that school kitchens are purchasing or making their pizza crust and using a basic topping of tomato sauce and cheese. Thus the pizza recipes in the book are for seasonal toppings reflecting the five flavor profiles, not for the pizza crust or sauce.

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## THE FIVE FLAVOR PROFILES

The broad, general flavor profiles chosen for this cookbook represent the world's major continents and reflect the heritage and ethnic diversity of California's population. They are African, Asian, European/Mediterranean, Latin American, and Middle Eastern/Indian. Within each of these profiles are very significant regional differences; however, it is not the intent of this book to address the differences. Due to trade and globalization, numerous cuisines around the world employ many of the same basic foods, but different cuisines season those foods in distinctive ways. The choice of seasonings, and in some cases ingredients, allows us to talk in broad terms about flavor profiles.

## FLAVOR PROFILE: AFRICAN



In this book, “African” refers primarily to the countries of the African continent south of the Sahara plus the islands of Madagascar, Cape Verde, and São Tomé. The cuisine is diverse as well, showing the influence of colonizers, explorers, and traders over the centuries, interwoven with diets based on indigenous foods. Enslaved Africans brought with them to America their cooking traditions with native foods such as okra, black-eyed peas, and yams. The process of interweaving indigenous and imported foods continued, with the incorporation of foods of the Americas such as corn into this evolving cuisine. In the southern United States especially, a strong cultural identity has grown up around the consumption of certain foods that today are deeply associated with the cooking and foodways of African Americans. The following foods are included in the African profile.

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BEANS

BLACK-EYED PEAS

COLLARD GREENS

CORN

MILLET

MOLASSES

OKRA

PAPRIKA

PEANUTS

PEPPERS, CHILI

PEPPERS, SWEET

SASSAFRAS

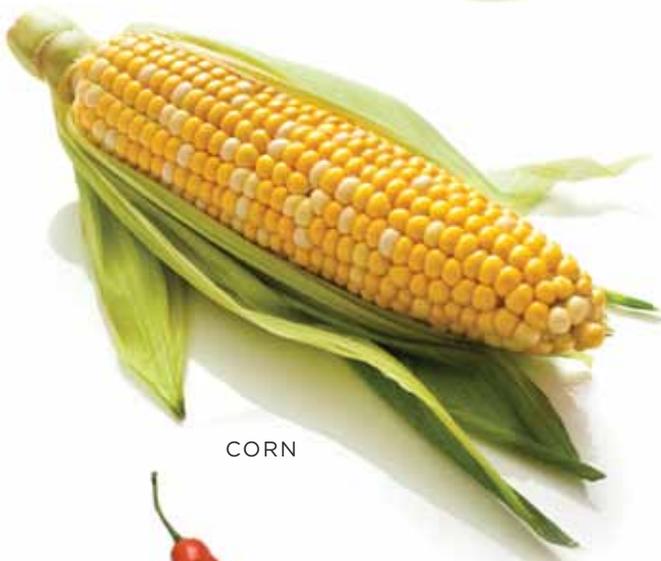
SWEET POTATOES

YAMS

COLLARD GREENS



BLACK-EYED PEAS



CORN



PEANUTS

PAPRIKA



CHILI PEPPERS



OKRA



SWEET POTATOES

## FLAVOR PROFILE: ASIAN



The Asian continent includes countries as culturally and culinarily different as China, Japan, the Koreas, Malaysia, Thailand, Cambodia, Laos, Vietnam, and the Indonesian archipelago. Most of them use, in one way or another and to greater or varying degrees, the following spices, herbs, and ingredients.

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CORIANDER

COCONUT

CUMIN

CURRY

FISH SAUCE

GINGER

LEMONGRASS

MINT

MUNG BEANS

PEPPERS, CHILI

PEPPERS, SWEET

RICE VINEGAR

SAFFRON

SESAME SEEDS AND SESAME OIL

SOY FLAVORINGS: MISO PASTE, FERMENTED

SOYBEANS, SOY SAUCE

THAI BASIL

TOFU

TURMERIC



TOFU



GINGER



LEMONGRASS



SAFFRON



CHILI PEPPERS



CORIANDER



MUNG BEANS



COCONUT

## FLAVOR PROFILE: EUROPEAN/MEDITERRANEAN



This profile traces its origins to North American settlements in the sixteenth and seventeenth centuries, especially of immigrants from the British Isles, Northern Europe, and Spain. Later immigration brought additional Northern and Eastern Europeans as well as Italians, Portuguese, Greeks, and other Mediterranean peoples through the first part of the twentieth century. California and the Southwest, once a part of Mexico, have always had a strong Spanish influence. These immigrants brought with them the foods of their homelands, which they often combined with indigenous American foods such as tomatoes and peppers.

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BARLEY  
BASIL  
CAPERS  
COUSCOUS  
DILL  
FENNEL  
GARLIC  
HORSERADISH  
MINT  
OLIVES

OLIVE OIL  
OREGANO  
PAPRIKA  
PEPPERS, CHILI  
PEPPERS, SWEET  
ROSEMARY  
SAFFRON  
THYME  
TOMATOES



FENNEL



BARLEY



OLIVES AND  
OLIVE OIL

OREGANO



SWEET PEPPERS



GARLIC



COUSCOUS



## FLAVOR PROFILE: LATIN AMERICAN



Mexico, the Central American and South American countries, and the islands of the Caribbean have elements of a distinct New World cuisine based on indigenous ingredients, but those cuisines have also been heavily influenced by colonizers from Spain, Portugal, Holland, and France, and by the African traders.

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ACHIOTE

BANANAS

BEANS

CHOCOLATE

CINNAMON

CORN

CUMIN

GARLIC

HIBISCUS

MANGOES

NOPALES (CACTUS PADS)

OREGANO

PAPAYA

PEPPERS, CHILI

PEPPERS, SWEET

PLANTAINS

QUINOA

TOMATOES

VANILLA



PLANTAINS



ACHIOTE



QUINOA



BEANS



TOMATOES



VANILLA



CUMIN



HIBISCUS

## FLAVOR PROFILE: MIDDLE EASTERN/INDIAN



This profile encompasses cuisine from the Middle East, also known as Western Asia, including Iran, Iraq, Yemen, Turkey, Afghanistan, and Pakistan, as well as countries of North Africa and the Eastern Mediterranean. The Indian subcontinent is sometimes included in geographical references as part of Western Asia, sometimes as part of Southern Asia. Culinarily, India and the Middle East use many of same herbs and spices, as well as such ingredients as yogurt.

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ALLSPICE

CARDAMOM

CHICKPEAS (GARBANZO BEANS)

CILANTRO

CINNAMON

CORIANDER

CUMIN

FENNEL

GARLIC

GHEE (CLARIFIED BUTTER)

MINT

NUTMEG

PEPPERS, CHILI

PEPPERS, SWEET

PINE NUTS

POMEGRANATES

ROSE WATER

SESAME OIL

TAMARIND

TURMERIC

YOGURT

**MORE SPECIFIC TO INDIA:**

CURRY

GARAM MASALA

KAFFIR LIME LEAVES

MANGOES

CILANTRO



CINNAMON



YOGURT



CURRY



PINE NUTS

MANGOES



TAMARIND

POMEGRANATES



CHICKPEAS