

NEW ENGLAND

Breakfast

Expect something similar (ish) to Britain. Eggs, bacon and sausages in all sorts of forms, shapes and sizes can be found on the menu. You could also have Jonnycake - a fried cake made from cornmeal giving you a sort of savoury, salty and often dry type of scone. You could also have something we would normally have with chips on a Friday: fish cakes. Exactly the same fish and potato mix you would have at teatime, but these would be served with scrambled eggs. Boston Beans might also make an appearance - like the orange beans we get in a tin, but with more herbs and spices and diced bacon added into the mix. Yum!

Lunch and Dinner

Expect a lot of seafood, especially shellfish like clams and lobsters, alongside white fish. Lobster rolls (like a burger) have an almost cult following in some cities. Fruit is usually found in deserts along with a lot of dairy. Ben and Jerry's Ice Cream was created and is still based in Vermont.



A 'lobster roll' made from lobster meat and served in a hotdog bun

What do people do for work?

New England is densely populated and it is not uncommon for people to commute long distances (over 1 hour each way) to their nearest city for work. Most of the heavy industry is gone, but high-tech industries have moved in instead, including military defence. Financial and banking jobs can be found in the larger cities like Boston. Education and Health also account for many jobs. Fishing is still active in coast towns but is little other agriculture exists due to poor rocky soils. Tourism is common in most areas, especially those with historic connections or in coastal or forest areas. Small hotels, usually the only one in town, are often called 'Inns'.



A typical New England fishing boat

Music

The area is home to many famous modern rock and roll bands, and is also the home of Heavy Metal and Death Metal music. Meghan Trainor and Aerosmith both hail from this area of the USA.

Past times

Due to the broad range of seasons, many different past times can be enjoyed. You could enjoy cycling in the summer and skiing in the winter, both in the same town! Community events are popular due to the Town Hall style of government in the region. Creating quilts and other crafts are enjoyed in social groups at churches or community centres.

NO MATTER WHAT
STATE I'M IN,
I'M IN A SOUTHERN
STATE OF MIND

Breakfast

Sausage, eggs and bacon will still make an appearance - but expect a few other meals too. The most popular by far is 'Biscuits with Sausage Gravy'. This is not what you think: the biscuit is what we would think of as a scone; the 'gravy' is made after sausages have been cooked. The fat released by the sausages is mixed with flour and milk to make a white sauce like you would get on macaroni cheese. The cooked sausages are then diced and added into the gravy. Sometimes bacon is used instead of sausages. Another very popular dish, normally served as a side dish, is grits. Grits is made from ground corn meal and is a Native American meal. It is similar to porridge (which is made from oats) but a much smoother texture.



Lunch and Dinner

What else than Southern Fried Chicken: chicken that has been coated in breadcrumbs and spices before being fried. Pork is more common and tends to have a lot of salt added to it. 'Meat and three' is a common dinner: meat (usually pork) served with three 'vegetable' sides. These 'vegetables' could be green beans cooked with bacon; macaroni cheese; mashed potatoes; fried okra (like a giant green bean) ; breakfast biscuits; or a range of green root or leaf vegetables. Coleslaw is also a common side vegetable.

Dessert is almost always served. This is usually a fruit pie or cobbler (similar to a crumble).

This will all be washed down with glasses 'sweet tea': made using tea bags, baking powder to add a little fizz, and a LOT of sugar - most recipes ask for two cups of water and two cups of sugar! This is then chilled and served over ice.

What do people do for work?

This varies greatly between states. Texas is famous for Oil and mineral related jobs but it also has a big financial sector in the state capital, Austin. Most American and Japanese car manufactories have offices and factories through out the southern states. The Research Triangle Park in North Carolina is the largest scientific research area in the world. Florida has many jobs in tourism at the numerous theme parks and in the many coastal resort towns. Many poorly paid jobs can also be found in farming. The South has some of the lowest levels of unemployment in the whole of the USA, but also has many of the poorest cities as well.

Music

The south is home to Country Music as well as Blues. Elvis Presley, Dolly Parton and Taylor Swift all come from the southern states.

Past times

Playing, going to and watching sports are important parts of life. Whole towns will close up and hit the road to see their local High School Football team play their local rivals. It is not uncommon for high schools to have football stadiums with seating for thousands of spectators! Collage and National football are also firm favourites. The South is also the home of NASCAR: motorcar racing using saloon cars that takes place on an oval concrete track. Races can go on for many, many hours. Fishing, golf and other leisurely outdoor sports are popular in the very hot weather. Church events are also very popular as religion is central to life for most southern people, especially in smaller rural towns. It is common for the whole town to attend church on a Sunday morning before settling down as a family to watch a sporting event in the afternoon.



NASCAR Racing in Austin, Texas