



## **The French Influence on Southern Cuisine**

**Chef Jennifer Hill Booker**

**Bauhaus Biergarten**

**Springdale, Arkansas**

**Buttermilk Biscuits w/ Tomato Okra Gravy**





# The French began colonizing the Americas in the 16th century and continued until 1763

France's colonial influence in North America began in the 16th century with exploration and claims to land. The French were motivated by the search for a route to the Pacific Ocean and the fur trade.

French Colonies in North America, including those in Alabama, Mississippi and Louisiana significantly impacted our Southern cuisine food culture.

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French Colonist relied on both Native American and African slave labor to build their colonies.

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Indigenous Native American ingredients like corn, beans, squash, peppers and tomatoes were combined with ingredients brought to North America by enslaved Africans; including okra, peanuts, yams, and black-eyed peas.

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The ingredients and cuisines from both of those cultures were combined with the cooking methods and techniques of the French, like braising, sautéing, the use of roux as a thickening agent, and refined baking.

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# French influence in Buttermilk Biscuits w/ Tomato Okra Gravy

- Techniques:
- Fraisage
- Sauté
- Roux

