World History – Weiss

Columbian Exchange Menu

Introduction:

Spain's discovery of the New World had one of the most far-reaching impacts on world civilization in history. Not only did it facilitate the rise of the Spanish Empire, but more importantly, it also brought about the Columbian Exchange—the term used to describe the significant transfer of crops, animals, and microbes after Columbus’ 1492 expedition connected the Americas to the rest of the world. The effects of Colombian Exchange dramatically altered the world balance as diseases ravaged the indigenous populations, Old World livestock altered the American ecosystems, and the world's population experienced an extensive boom with the introduction of New World crops to the Eastern Hemisphere. This project focuses on the influences the Columbian Exchange had on human diets across the world.

Directions:

1. Glance at the list of plant-based and meat-based foods listed below (this is just a partial list . . . search the web for more examples).
2. In this assignment you will make a menu for a local restaurant of your creation. Your project will have: a cover, dinner menu, and a map and explanation of the Columbian Exchange.
3. The dinner needs at least two appetizers, two main courses, and one dessert. That’s five dishes.

* Of the five dishes, there needs to be two dishes that have only **“Old World”** ingredients, two dishes that have only **“New World”** ingredients, and one dish that have **both Old and New World** ingredients (that would be your *Columbian Exchange Special*, of course you may change the name if you like*)*. It does not matter which course they go with; appetizer, main, or dessert.
* Be creative in your culinary arts (recipes or menu descriptions) and be sure to explain to your customer in delicious adjectives what is in the dish. Also, notice that I put each New World ingredient in **bold** (I think highlighting your examples of Old or New World Dishes is a good idea).

An Example:

**Weiss’s Smoked Turkey and Sweet Potato Mash**

* *A delicious cut of* ***roasted turkey*** *smoked for five hours over* ***hickory wood*** *laid on a bed of* ***mashed sweet potatoes*** *seasoned with* ***native Californian herbs*** *and topped with a* ***custard apple glaze****. This entirely New World based entrée will take your taste buds back over five hundred years.*

5) Google search cooking recipe sites. A good one for you to use can be found at:

[Recipes for "Ingredients on Hand"](http://www.recipe.com/recipes/dinner/whats-for-dinner/?ordersrc=google17recipesbying&s_kwcid=TC|23218|recipes%20by%20ingredients||S|e|25776274177)

**New World Plant-based Foods:**

* Corn
* Potato
* Sweet Potato
* Tomato
* Chilis
* Peanuts
* Chocolate
* Vanilla
* Manioc
* Pineapples
* Strawberries
* Avocados
* [agave](http://en.wikipedia.org/wiki/Agave)
* [amaranth](http://en.wikipedia.org/wiki/Amaranth) (as grain)
* [common beans](http://en.wikipedia.org/wiki/Common_bean) (pinto, lima, kidney, etc.)
* [black raspberry](http://en.wikipedia.org/wiki/Black_raspberry)
* [bell pepper](http://en.wikipedia.org/wiki/Bell_pepper)
* [blueberry](http://en.wikipedia.org/wiki/Blueberry) [cashew](http://en.wikipedia.org/wiki/Cashew)
* [chirimoya](http://en.wikipedia.org/wiki/Chirimoya)
* [chili peppers](http://en.wikipedia.org/wiki/Chili_pepper)
* [cranberries](http://en.wikipedia.org/wiki/Cranberry) ([large cranberry, or bearberry](http://en.wikipedia.org/wiki/Cranberry#Species_and_description) species)
* [coca](http://en.wikipedia.org/wiki/Coca)
* [cocoa](http://en.wikipedia.org/wiki/Cocoa_bean)
* [cotton](http://en.wikipedia.org/wiki/Cotton) (long staple species)
* [custard apple](http://en.wikipedia.org/wiki/Annona_reticulata)
* [guava](http://en.wikipedia.org/wiki/Guava) (common)
* [huckleberry](http://en.wikipedia.org/wiki/Huckleberry)
* [Jerusalem artichoke](http://en.wikipedia.org/wiki/Jerusalem_artichoke)
* [jicama](http://en.wikipedia.org/wiki/Jicama)
* [maize](http://en.wikipedia.org/wiki/Maize) (referred to in North America as "corn")
* [papaya](http://en.wikipedia.org/wiki/Papaya)
* [passion fruit](http://en.wikipedia.org/wiki/Passiflora_edulis)
* [peanut](http://en.wikipedia.org/wiki/Peanut)
* [pecan](http://en.wikipedia.org/wiki/Pecan)
* [pineapple](http://en.wikipedia.org/wiki/Pineapple)
* [potato](http://en.wikipedia.org/wiki/Potato)
* [pumpkin](http://en.wikipedia.org/wiki/Pumpkin)
* [quinoa](http://en.wikipedia.org/wiki/Quinoa)
* [squash](http://en.wikipedia.org/wiki/Squash_(fruit))
* [strawberry](http://en.wikipedia.org/wiki/Strawberry) (commercial varieties)
* [sugar-apple](http://en.wikipedia.org/wiki/Sugar-apple)
* [sunflower](http://en.wikipedia.org/wiki/Sunflower)
* [sweet potato](http://en.wikipedia.org/wiki/Sweet_potato)
* [tobacco](http://en.wikipedia.org/wiki/Tobacco)
* [tomato](http://en.wikipedia.org/wiki/Tomato)
* [vanilla](http://en.wikipedia.org/wiki/Vanilla)
* [wild rice](http://en.wikipedia.org/wiki/Wild_rice) (Indian rice, not directly related to Asian [rice](http://en.wikipedia.org/wiki/Rice))
* [yucca](http://en.wikipedia.org/wiki/Yucca)
* [zucchini](http://en.wikipedia.org/wiki/Zucchini)

**New World Meats:**

* [guinea pig](http://en.wikipedia.org/wiki/Guinea_pig)
* [llama](http://en.wikipedia.org/wiki/Llama)
* [Muscovy Duck](http://en.wikipedia.org/wiki/Muscovy_Duck)
* [turkey](http://en.wikipedia.org/wiki/Turkey_(bird))

**Old World Plant-based Foods:**

* [almond](http://en.wikipedia.org/wiki/Almond)
* [apple](http://en.wikipedia.org/wiki/Apple)
* [apricot](http://en.wikipedia.org/wiki/Apricot)
* [artichoke](http://en.wikipedia.org/wiki/Artichoke)
* [asparagus](http://en.wikipedia.org/wiki/Asparagus)
* [banana](http://en.wikipedia.org/wiki/Banana)
* [barley](http://en.wikipedia.org/wiki/Barley)
* [beet](http://en.wikipedia.org/wiki/Beet)
* [black pepper](http://en.wikipedia.org/wiki/Black_pepper)
* [*Brassica oleracea*](http://en.wikipedia.org/wiki/Brassica_oleracea)-derived vegetables
  + [kale](http://en.wikipedia.org/wiki/Kale) and [collard greens](http://en.wikipedia.org/wiki/Collard_greens)
  + [broccoli](http://en.wikipedia.org/wiki/Broccoli)
  + [cabbage](http://en.wikipedia.org/wiki/Cabbage)
  + [brussels sprouts](http://en.wikipedia.org/wiki/Brussels_sprouts)
  + [cauliflower](http://en.wikipedia.org/wiki/Cauliflower)
* [cantaloupe](http://en.wikipedia.org/wiki/Cantaloupe)
* [carrot](http://en.wikipedia.org/wiki/Carrot)
* [cinnamon](http://en.wikipedia.org/wiki/Cinnamon)
* [clove](http://en.wikipedia.org/wiki/Clove)
* [coffee](http://en.wikipedia.org/wiki/Coffee)
* [citrus](http://en.wikipedia.org/wiki/Citrus) ([orange](http://en.wikipedia.org/wiki/Orange_(fruit)), [lemon](http://en.wikipedia.org/wiki/Lemon), etc.)
* [cucumber](http://en.wikipedia.org/wiki/Cucumber)
* [date palm](http://en.wikipedia.org/wiki/Phoenix_dactylifera)
* [fig](http://en.wikipedia.org/wiki/Common_fig)
* [flax](http://en.wikipedia.org/wiki/Flax)
* [garlic](http://en.wikipedia.org/wiki/Garlic)
* [grape](http://en.wikipedia.org/wiki/Grape)
* [hazelnut](http://en.wikipedia.org/wiki/Hazelnut)
* [kiwifruit](http://en.wikipedia.org/wiki/Kiwifruit)
* [lettuce](http://en.wikipedia.org/wiki/Lettuce)
* [mango](http://en.wikipedia.org/wiki/Mango)
* [nutmeg](http://en.wikipedia.org/wiki/Nutmeg)
* [oats](http://en.wikipedia.org/wiki/Oat)
* [okra](http://en.wikipedia.org/wiki/Okra)
* [olive](http://en.wikipedia.org/wiki/Olive)
* [onion](http://en.wikipedia.org/wiki/Onion)
* [peach](http://en.wikipedia.org/wiki/Peach)
* [pea](http://en.wikipedia.org/wiki/Pea)
* [pear](http://en.wikipedia.org/wiki/Pear)
* [pistachio](http://en.wikipedia.org/wiki/Pistachio)
* [radish](http://en.wikipedia.org/wiki/Radish)
* [rhubarb](http://en.wikipedia.org/wiki/Rhubarb)
* [rice](http://en.wikipedia.org/wiki/Rice)
* [rye](http://en.wikipedia.org/wiki/Rye)
* [soybean](http://en.wikipedia.org/wiki/Soybean)
* [sugarcane](http://en.wikipedia.org/wiki/Sugarcane)
* [taro](http://en.wikipedia.org/wiki/Taro)
* [tea](http://en.wikipedia.org/wiki/Tea)
* [turnip](http://en.wikipedia.org/wiki/Turnip)
* [wheat](http://en.wikipedia.org/wiki/Wheat)
* [walnut](http://en.wikipedia.org/wiki/Juglans_regia) (English)
* [watermelon](http://en.wikipedia.org/wiki/Watermelon)
* [Wine grape](http://en.wikipedia.org/wiki/Vitis_vinifera)
* [yam](http://en.wikipedia.org/wiki/Yam_(vegetable)) (sometimes misnamed "sweet potato")

**Old World Meats:**

* [chicken](http://en.wikipedia.org/wiki/Chicken)
* [cow](http://en.wikipedia.org/wiki/Cow)
* [goat](http://en.wikipedia.org/wiki/Goat) (domestic - wild species already present)
* [goose](http://en.wikipedia.org/wiki/Goose) (domestic - wild species already present)
* [honey bee](http://en.wikipedia.org/wiki/Western_honey_bee)
* [horse](http://en.wikipedia.org/wiki/Horse)
* [rabbit (domestic)](http://en.wikipedia.org/wiki/Domestic_rabbit)
* [pig](http://en.wikipedia.org/wiki/Pig)
* [rock pigeon](http://en.wikipedia.org/wiki/Rock_pigeon)
* [sheep](http://en.wikipedia.org/wiki/Sheep) (domestic)
* [silkworm](http://en.wikipedia.org/wiki/Bombyx_mori)
* [water buffalo](http://en.wikipedia.org/wiki/Domestic_buffalo)
* [guinea fowl](http://en.wikipedia.org/wiki/Domestic_guineafowl)