



Calorie Cutter

College and Career Ready Standards: (I) 1.1, 3.1-3.2, (W) 2.1, (LCS) 5.1

OVERVIEW:

The Lowcountry teams with aquatic life and for centuries local cooks have turned to the water for culinary inspiration. Crabs, shrimp, fish, and oysters form the basis of any traditional menu, and seafood dishes are offered at every meal. Rice, grits, and the produce of the coastal plain also play an instrumental role in Lowcountry cooking. Students will take on the task of trying to help an individual eat healthier while still enjoying the savory flavors of many dishes in the Lowcountry.

OBJECTIVE:

Students will create new recipes from original recipes in an effort to make the recipe healthier. Students will select five dishes and delineate specific ingredients in the dish to qualify the dish as healthy. Students must make the dish healthier while still including ingredients native to the Lowcountry.

CONTENTS:

Index cards and Lowcountry cuisine recipes

RECIPES:

[Frogmore Stew](#)

[Shrimp and Grits](#)

[Crab Stuffed Shrimp](#)

[She-crab Soup](#)

[Hoppin' John](#)

[Benne Wafers](#)

[Huguenot Torte](#)

[Benne Brittle](#)

[Sweet Potato Pone](#)

Resources

<http://www.chefrick.com/low-country-recipes/>

<http://www.coastalliving.com/food/seafood-basics/lowcountry-cuisine>