Southern Food Makes the Grade at UAlbany

“The food tonight reminds me of my grandma’s home cooking,” said senior Justin Robinson. “There is absolutely nothing better than down-home cooking when you are away from your family.” That was the overwhelming sentiment when UAlbany Dining featured its Southern Comfort event at all five-resident dining rooms this February.

“Our students were consistently telling us they wanted authentic southern cuisine,” said UAlbany Dining Executive Chef Gerald Oriol. “So we were determined to serve genuine dishes from the many diverse regions of American’s great south.”

The Southern Comfort menu featured St. Louis style BBQ ribs, fried chicken, macaroni and cheese, candied sweet potatoes, collard greens, fried cabbage, Carolina slaw, Charleston hoppin’ John, sweet potato pie, bread pudding with bourbon sauce and more.

To compliment the menu and add an educational component, posters describing the history of several menu items were included as part of the event’s décor. “I had no idea that
there are so many kinds of coleslaw depending on where you live down south, or that St. Louis consumes more barbeque sauce per capita than any other city in the nation!” said Robinson.

“The posters helped to expose our students to the origins of the food we served, and it helped them appreciate not only the taste, but the long culinary history down south,” stated Lauren Mancuso, UAlbany Dining’s marketing director. “It was exciting to see the students reading our posters and then trying the food, and based on the student response, this will surely be a perennial favorite at UAlbany.”

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