



Our Ethnic Traditions: Music, Dance, Crafts, and Foods

Music and Dance

bagpiping (Scottish)
balalaika (Russian)
banjo (origins in Africa; Appalachian and African-American)
belly-dancing (Middle Eastern)
bluegrass (Appalachian)
blues (African-American)
bouzouki (Greek stringed instrument)
break dancing (African-American)
button-box music (Slovenian)

Capoeira (Afro-Brazilian)
Carnatic music (East Indian)
charango (Peruvian stringed instrument)
clogging (Appalachian)
country dance (English)
country dance (Scottish)

dancing (Guinean)

Eastern Christian Chant (Carpatho-Rus')
Er-hu (Chinese violin)

fiddling (Appalachian; English, Irish, Scots-Irish)

Highland dance (Scottish)

jazz (African-American)

klezmer (Jewish)
Koto (Japanese floor harp)

mandolin (various European cultures)
Maronite Christian Chant (Lebanese)

Siva Afi (Samoan Fire-Knife Dance)

Odissi classical dance (South Asian Indian)

pipe-band drumming (Scottish)
polka (Eastern European)

rap (African-American)



salsa and merengue dances (Latin American)
santur (Persian)
spirituals, gospel, lined hymns (African-American)
square dancing, square dance calling (Appalachian)
steel drumming (Caribbean)
step-dancing (Irish, African-American)

tamburitza (southeast European)
tap dancing (African-American)

violin (Romani = Gypsy)

wind band (Italian)

Yodel singing (Swiss)



Crafts

bead-working (Native American)
blacksmithing
bobbin lace (Italian, Slovenian)
brickmaking

creche making (Polish)

dress making (Ghanaian)

embroidery (Hmong)
embroidery (Peruvian)

glassmaking

hair braiding (African-American)

Iconography (Byzantine Catholic and Orthodox)
Ikebana (Japanese)

lace (Irish)

origami (Japanese)

papercutting (Chinese)
pysanky (Eastern European)

quilting (multi-ethnic; including English/Scots-Irish and African-American)

Rangoli sand painting (East Indian)

salt-glazed pottery
Santos carvings (Puerto Rican)
sawdust carpets (German)

tatting and crochet (multi-ethnic)

woodblocks and prints (Hungarian)



Foods

adobo (Filipino): chicken or pork marinated in soy sauce, vinegar, garlic, and spices

aspic (French): a gelatin-meat dish

baklava (Greek): sweet pastry made with phyllo dough, pistachio nuts or walnuts, and syrup or honey

black-eyed peas (African, African-American): flavorful peas used in many different forms, such as soups, salads, fritters, casseroles

borsht (Eastern European): soup made from beets or potatoes

burritos (Mexican): flour tortilla wrapped around a filling

challah (Jewish): braided bread glazed with egg

egg-drop soup (Chinese): beaten eggs, chicken broth, and boiled water

flan (Latin American, Filipino): custard dessert

fry-bread (Native American): slightly sweet flat bread fried in a skillet

galumpki (Polish): stuffed cabbage

guacamole (Mexican): an avocado-based dip

gyro (Greek): pita sandwich, traditionally made with pork or chicken; in American, lamb is often used; topped with tomatoes, onions, tzatziki sauce, and (in some places) French fries

halupki (Slovak): stuffed cabbage rolls, typically filled with ground beef

haluski (Eastern European): cabbage and noodles

hamentashen (Jewish): triangular cookies with poppyseed, prune, or other filling

kielbasa (Eastern European): Polish sausage

knishes (Jewish): baked dumplings filled with potatoes or chopped liver with onions

knodel (Eastern European): potato and bread dumpling

krofi (Slovenian): dense, unsweetened, fried doughnut-like rolls

lasagna (Italian): layered, sheet pasta; usually with cheese and tomato or meat sauce between the layers

matza (Jewish): flat cracker-like bread eaten at Passover

naan (Indian): a bread, similar to a pita

okra (African, African-American): a plant used in gumbo



- paczki (Polish): traditional Polish doughnut, deep fried dough stuffed with a form or jam and covered with sugar or icing
- palacsinta (Hungarian): crepe-like pancake, filled with a jam or cocoa
- pierogi (Eastern European): half-circular dumplings made of unleavened dough and various fillings such as cheese, potatoes, sauerkraut, cabbage, and onion
- potica (Slovenian): nut bread
- quiche (French): baked egg and milk dish, often filled with ingredients such as meat, vegetables, or cheese
- ravioli (Italian): a pasta that is typically filled with meat or cheese
- roti (Indian, Trinidadian): a tortilla-like bread, made with wheat flour
- salt-rising bread (Appalachian): artisan bread that uses salt instead of yeast to make the bread rise
- samosa (Indian): snack food made with flour and filled with potato, onion, spices, and green chili
- schnitzel (German): a cutlet, especially of veal
- scone (English): sweet dense bread often made with raisins or currants and eaten at tea time
- seviche (Latin American): seafood dish
- shortbread (Northern European): cookie
- slivovitza (Slovenian): plum brandy
- soda bread (Irish): bread that uses baking soda to make the bread rise
- sushi (Japanese): small servings of sticky white rice to which is added combinations of raw fish, seaweed, and/or other vegetables
- tarte flambee (French): pizza with crème fraiche, onions, and bacon
- wurst (German): sausage
- yams (African, African-American): sweet potatoes