Between 1820 and 1878, over 3.3 million Italians migrated to the United States. Little Italy came to fruition during this time where immigrants started to settle in different neighborhoods in Queens, Brooklyn, and Staten Island. However, over 390,000 residents moved into areas close to Chinatown, Soho and Greenwich Village, where different areas represent the old country. Northern Italians lived on Bleeker Street, whereas Southern Italians lived on Mott Street during the 1960s. Today, most of the Little Italy neighborhood is being absorbed by Chinatown. There still are, however, many restaurants that depict Little Italy, such as Angelo’s of Mulberry Street, Paris Bakery, and Sambucaro’s Café.

A great place to find renowned Italian restaurant serving Neapolitan cuisine since 1902. In Little Italy is Angelo’s of Mulberry Street. Some details about this landmark restaurant’s cuisine:

- **Critique Quote:** “It doesn’t get more ‘old-school’ than this circa-1902 Little Italy “favorite” that stays popular thanks to “good, old-fashioned” Neapolitan cooking and “attentive” service

- **Known Dishes:** Rigatoni with Meatballs, Stuffed Artichokes, Roasted Peppers, and Eggplant Parmesan

- **Atmosphere:** The authentic Italian décor, coupled with the dishes, can make you no closer to Italy than going there

Pastral Bakery is a family bakery that has been in existence for over a century. Located at 198 Mott Street, they continue the renowned family tradition of making authentic Italian pastries. The aroma of the homemade bread, coupled with the delicious pastries, will make you feel like you’ve stepped into a little piece of Italy.

- **Known Dishes:** Italian Bread and Sandwiches, Roast Beef, Chicken Parmesan

- **Atmosphere:** The smell of fresh baked bread, from the street, guides you into the restaurant of authentic breads and sandwiches from the old country.

Sambucaro’s Café is the go to place before and after dinner, where they serve over 100 varieties of desserts and different flavored cappuccinos and coffees, all in the ambiance of an Italian bistro with an open-air atmosphere.

- **Critique Quote:** “You can’t leave Little Italy without having dessert!

- **Known Dishes:** Tiramisu

- **Atmosphere:** The open air styled restaurant gives you that authentic Italian bistro feel

New Yorkers enjoy a melting pot of cultures in what can be called a “metropolitan utopia.” The city is blessed by harmonic urbanism that spans across the five boroughs (Brooklyn, Manhattan, Queens, and Staten Island). NYC displays multiculturalism through the integration of immigrants, who have helped shape the city into what it is today. It is the perseverance of the ancestry of each culture, in the face of great challenges (such as racism and fear of persecution) that has created the melting pot for which New York is renowned. Immigration has significantly impacted the city, so much so that one can taste, feel, and hear from many cultures from around the globe.

There are three cultures from three different nations, whose ancestries have shaped the neighborhoods where they settled in NYC:

- Little Italy
- Chinatown
- Harlem (Spanish/East & West)

These are what can be described as the more prominent cultures within the city, as the population of each is great in number and has greatly impacted the cultural influence of each area’s community.

It has been said that “food is as exclusive a human behavior as language” (Parasecoli, 2014). There is a correlation between each and every dish, ingredient and meal component within the culinary world. Food can be the gateways for cultures to interact with each other. It is also an amicable way of being able to interact with each other. Food is a language of its own, and it is a language that can speak volumes and bring people together to enjoy great heritage, culture and past times.

**FOOD AS CULTURE**

Harlem is a key example of just what a melting pot of cultures is; historically, the first settlers in Harlem were of Dutch, German, Irish and Italian ancestry. However, this later shifted to South American and Caribbean ancestry with the influx of immigrants. Today, Harlem is home to African American and Caribbean ancestry in the West, and to the East is what is known as “Spanish Harlem.” This is made of the Hispanic community, of Puerto Rican and Dominican ancestry.

Each of these cultures has brought across influences from their homelands, and in this case the cuisines of each culture is a testimony of the past times.

**HARLEM: SPANISH/EAST & WEST**

After indulging in all the food that New York has to offer, you can stop by The Original Ice Cream Factory. Some details about this landmark restaurant's cuisine:

- **Critique Quote:** It goes without saying that the food here is phenomenal, and gives patrons an authentic Chinese dining experience through the flavors of the Orient and the intricate and marvelous simplicity of Chinese cuisine (Zagat, 2014)

- **Known Dishes:** Soup Dumplings

- **Atmosphere:** Minimal decor, but the price and food quality make it just right to enjoy great oriental dishes

A true spirited Spanish Harlem restaurant is La Casa Habanera.

- **Critique Quote:** “Hard-to-find” flavors – from “fragrant” litchi to “sesame and taro galore” (Zagat, 2014)

- **Known Flavors:** Chocolate, Vanilla and Rocky Road, Black Sesame, Coconut Fudge, Don Tofu (Chinese Egg Custard), Green Tea, and Lychee

- **Atmosphere:** The rich smell of mint, peppermint and coconut invigorate your senses as you wait for your order to be made, always leaving you to come back for more.

One of the most vibrant parts of Chinatown is the Shanghai Cuisine Restaurant. Some details about this landmark restaurant’s cuisine:

- **Critique Quote:** The whole street is a vibrant bazaar at summertime (which is the best recommended time to visit) where you can find fruit and vegetable stands, fresh fruits and Asian grocery stores

- **Known Dishes:** Asian Spices, Asian Fruits, and Asian Vegetables

- **Atmosphere:** A walk through the streets of Shanghai

**NEW YORK: THE MULTICULTURAL CAPITAL OF THE WORLD**

**HY ELI PEMBREPTON**

**CHINA TOWN**

Chinatown is an example of how just one neighborhood can act as a portal to another world in its own right in the middle of NYC.

Situated on the lower east side of Manhattan, New York City’s Chinatown is the largest of its size in the western hemisphere. The population ranges 70,000-150,000, which accounts for the great cultural diversity of the area. The Chinese culture has influenced NYC through the food, the sights, the sounds, and the atmosphere. Landmarks like Canal Street, The Shanghai Cuisine Restaurant and The Original Ice Cream Factory are just some of the places to see in Chinatown.

A great place to find traditional Chinese cuisine in Chinatown is the Shanghai Cuisine Restaurant (on Mott Street). Some details about this landmark restaurant’s cuisine:

- **Critique Quote:** “‘outside’ (May 2014). Retrieved from http://www.nychinatown.org/storefronts/mulberry/105mulberry.html

- **Known Dishes:** Soup Dumplings

- **Atmosphere:** Minimal decor, but the price and food quality make it just right to enjoy great oriental dishes

A true spirited Spanish Harlem restaurant is Cafe Oliva.

- **Critique Quote:** “The best selection in town! I have ever had the pleasure of tasting!” (MenuPages, n.d.)

- **Known Dishes:** Spanish Burgers, Spanish Fries, Spanish Tacos

- **Atmosphere:** “The aroma of the homemade sauces, coupled with the ambiance of native Spanish Harlem music fill the air.

A great place to visit is Canal Street.

- **Critique Quote:** The whole street is a vibrant bazaar at summertime (which is the best recommended time to visit) where you can find fruit and vegetable stands, fresh fruits and Asian grocery stores

- **Known Dishes:** Asian Spices, Asian Fruits, and Asian Vegetables

- **Atmosphere:** A walk through the streets of Shanghai