

## 12 Hidden-Gem Regional U.S. Dishes That Deserve A Spot On Your Culinary Bucket List

These quirky staples fly under the radar.

BY GABBY ROMERO PUBLISHED: JUL 3, 2025



GETTY IMAGES / ALISON DOMINGUEZ

**T**he United States is a sprawling country with global influences, so it's no wonder that each region has its own culinary traditions. From early colonial recipes to dishes brought and adapted by immigrants, there are plenty of American delicacies that you can't find anywhere else.

If you ever find yourself on a road trip or visiting an unfamiliar corner of the country, your trip would be remiss without tasting some local specialties. Famous foods like [Texas barbecue](#) and [New York pizza](#) are no-brainers. But there are several other unique regional dishes that fly under the radar.

We consulted food and travel experts from across the country to find some of the most underrated regional dishes that every American should try at least once. From barbecue to baked goods to breakfast, we rounded up some iconic foods that belong on your culinary bucket list.

## Vermont: Red Flannel Hash

Vermonters wear a lot of flannel, so it's no surprise that one of the state's signature dishes is named after the fabric. Red Flannel Hash is similar to a classic [corned beef hash](#), but with one notable addition: beets. "The beets give it both its signature color and a slightly earthy sweetness that balances the savory elements," says Matthew McClure, Executive Chef and Director of Food and Beverage at [Woodstock Inn and Resort](#).

Legend has it that Red Flannel Hash was a staple dish for the Green Mountain Boys during the Revolutionary War (though the dish may have emerged much later, in the late 19th or early 20th century, as a way to use up leftovers). Even now, it remains a quintessential dish in Vermont and New England at large. You can find it at diners and other breakfast spots all over the state—it's absolutely worth waking up early for a plate.

<https://www.delish.com/food/a65256496/underrated-regional-american-dishes/>