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This puzzle tested your pattern recognition skills. You were looking for groups of letters that resembled compass points - and the ones that worked were the letters surrounding the "free-floating" black squares (the black squares that had letters on all 4 sides).

There were 7 of those black squares in the grid, with W (representing West) on the left side, N (representing North) on the top, and E (representing East) on the right side. On the bottom of those free-floating black squares is where $S$ should have gone, but instead it was exchanged for the letters in our meta answer, which was appropriate since you were looking for a food commonly enjoyed in the Southern United States. Those letters on the bottoms of the 7 compasses spelled BEIGNET, a delicious doughnut-like pastry famously enjoyed in New Orleans.

