

Glencoe

Foods Around the World

 **Glencoe
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TO THE TEACHER

The Goals of Cultural Education

One of the most critical educational concerns today is addressing the needs of the diverse classroom. What better way of encouraging diverse attitudes than by speaking through the universal language—food. By including *Foods Around the World* in your social studies curriculum, you can broaden your students’ cultural awareness while inviting them to sit down at the different tables of the world—from the Pacific Islands to the Russian steppe, and from Sweden to the Australian outback.

According to the National Council for the Social Studies, “promoting the strength and value of cultural diversity” in our classrooms should be a primary goal of our schools. The council suggests that a social studies program should “provide intensive study of groups to which students themselves belong and those to which they do not.”

Cultural Education is also a way to “reduce prejudice, foster tolerance,” and build a “commitment to the American ideals of pluralism and democracy,” according to the Association for Supervision and Curriculum Development. The association also stresses that this type of educational approach must permeate instruction by bringing into the classroom an abundance of information from multiple sources.

Whether your course focuses on World History, Geography, or American History, these goals to create cross-cultural perspectives can be achieved and students can be enriched by being exposed to the foods, flavors, traditions, and customs that are presented in *Foods Around the World*.

What Foods Around the World Offers

Foods Around the World contains 22 two-page lessons relating to major world regions: the United States and Canada; Latin America; Europe; Russia; North Africa, Southwest Asia, and Central Asia; Africa South of the Sahara; South Asia; East Asia; Southeast Asia; and Australia and Oceania. The book presents, in an easy-to-understand format, the following types of regional information:

- an explanation of the geography and climate
- a description of major food products
- a mention of cultural elements such as religion, language, and historical traditions and customs
- recipes with complete preparation instructions that are both representative and traditional of each region.

At the conclusion of each lesson students are asked questions relating to what they have read and are encouraged to try the recipes.

Foods Around the World in Your Classroom

There are many areas in which to incorporate the information and recipes in *Foods Around the World* into your social studies curriculum. The following is only a sampling.

TO THE TEACHER, CONTINUED

An International Celebration

The culmination of your study of the regions of the world could be a class or school *International Food Fair* that students could plan and carry out as a final celebration of the different cultures of the world.

- Have students group themselves by world regions and assign each region an area at the food fair.
- Tell students they are responsible for planning what foods they will include in their presentation of the cuisine of their region.
- Discuss with students the best ways to present foods, food ingredients, and cooking methods within the restrictions of the area you will be using for your food fair.
- Have students brainstorm what other elements besides food they will include in their presentation, such as decorations, music, regional dress, maps, and information about religion and other cultural elements.
- Encourage students to involve parents and community members as resources for their presentation or as possible presenters at the fair.
- Students who may have researched the availability of ethnic food products could share the locations of specialty stores in your community.
- Allow planning time in class and set a date for your fair.
- Invite other students, parents, and friends, and enjoy your *International Food Fair!*

Other ways to use Foods Around the World in your curriculum include:

International Studies

- Introduce this book and topic to the class by discussing what students know about the cultural makeup of their own school and community. Ask students to research to find statistics about current ethnic school enrollments and future trends. (*Current research predicts the following percentages in U.S. schools in 2050: 44 percent white, 26 percent Hispanic, 19 percent African American, 10 percent Asian and Pacific Islanders, and 1 percent Native American.*)
- Have students investigate important ethnic holidays and the foods and music that are a part of these special celebrations.
- Have students research different countries to create a “Student Snapshot” of a person their age and what their daily diet is like. What favorite snack foods are eaten in these countries?

Critical Thinking

- Students could conduct a survey about the habits of other students in regards to their consumption of ethnic foods. What ethnic foods are most commonly eaten in the United States? What foods are prepared at home and which are

TO THE TEACHER, CONTINUED

eaten in restaurants? Have students compile results in a chart or graph and compare their eating habits to a general survey taken of Americans across the country. (*Recent survey results: Those who eat ethnic foods weekly do so by the following percentages: Italian foods [excluding pizza], 39 percent; Mexican food, 21 percent; Chinese, 18 percent; Cajun, 5 percent; Middle Eastern, 3 percent; Indian, 1 percent.*)

- Students could create a catalog of the various places in the community where ethnic foods and/or their ingredients can be obtained. They can then do a cross-reference to list common ingredients and food products within a region to draw conclusions as to what connection there might be between cultures.

Geography

- Students can be asked to locate on a world map the countries represented by the recipes. They then can research specialized data to create special purpose maps to show such things as: ethnic distributions, languages spoken, crops grown, climate areas, and other information.

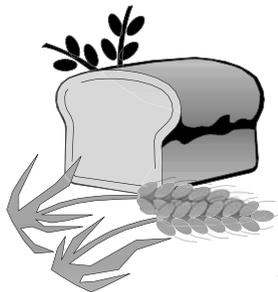
Language Arts

- Students could be encouraged to learn the names of ingredients and foods in the language of the countries in which they are prepared. Other words from these languages could be taught to the class. Students could also research what words in the English language have come from these other languages.

Foods Around the World can bring an added dimension to your social studies classroom and a richness and depth to the international knowledge and experiences of your students.



Grains of the World



Grains could be considered the “superstars” of nutrition. Found throughout the world, grains are an important part of the human diet as well as a source of feed for food-producing animals such as

cattle, pigs, sheep, and chickens. Grains are an essential part of the diets of people around the world. They are generally low in fat; a good source of fiber, vitamins, minerals, and protein; and can be prepared in many delicious ways. Also, researchers believe that diets rich in grains may decrease the onset and severity of many chronic diseases, among them cancer.

Grain products come from the grasslike portions of plants such as wheat, oats, and rye. They also come from the seed or kernel of such plants as rice, corn, and barley. Some grains may be cooked and eaten in their original state, such as corn and rice. Others are either ground into flour or meal for baking, or they are processed into syrups, oils, or starches.

Historical Note

Grain production dates back to at least 6700 B.C. in an ancient civilization in Asia. Over time, grains spread all over the world. Wheat made its way to England around the twelfth century, and to North and South America with Christopher Columbus. It was not widely grown in North

America until the first European settlers began to cultivate it in the early seventeenth century. Native Americans, however, were growing corn in North and South America long before Europeans arrived. Wheat has been an important crop because it grows so well in so many different climates. This explains why it is grown almost all over the world.

Many Uses of Grains

This book provides recipes from diverse cultures. As you prepare and sample foods from around the world, you will consistently use grains. From the people of Russia, modern cooks can learn to make kasha, a side dish made from cracked buckwheat. From northern Africa comes tabbouleh, also made from cracked wheat. From Asia come many dishes using rice; from Great Britain, Scandinavia, and Germany come breads, rolls, cakes, and cookies using wheat flour; and from Spain comes roasted barley with tomatoes and onions.

Taking Another Look

Directions: Answer the questions below on a separate sheet of paper.

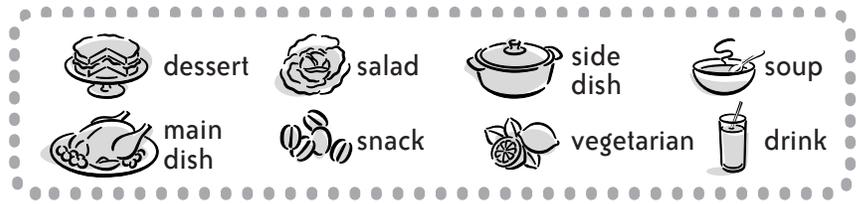
1. What is an important health benefit that comes from a diet that includes grains?
2. As you try the recipes on the following page, what grains will you be using?



Global Gourmet

More people in the world are dependent on rice than on any other food. In some areas such as Asia, rice is the main diet for major populations. It is easy to believe this if you consider China, with about one-fifth of the world’s population, is largely dependent on rice. The average person in China consumes a pound of rice a day.

Regional Recipes



Granola (Germany)

(makes about 16 one-half cup servings)

Ingredients

4 cups rolled oats	1/4 cup butter, melted
1 cup flaked coconut	1 teaspoon (tsp.) vanilla
1 cup nuts (almonds or pecans)	1 cup raisins
3/4 cup wheat germ	8 ounces (oz.) dried fruit
1/2 cup honey	

Procedure

Spread oats on jelly roll pan. Toast oats in 350° (F) oven for 10 minutes, stirring once. Stir in coconut, nuts, and wheat germ. In a separate bowl, combine honey, butter, and vanilla. Drizzle over cereal mixture, blending well. Bake at 325° (F) for 20 to 25 minutes, stirring twice, until gently browned. Remove from oven; stir in raisins and dried fruit (apples, strawberries, prunes, dates, apricots, and so on). Cool. Store in a covered jar in cool place. May be refrigerated or frozen.



Whole Wheat Muffins (United States)

(makes about 16 muffins)

Ingredients

2 cups whole wheat flour	small amount of olive
3 teaspoons baking powder	or cooking oil
1/3 cup powdered milk (optional)	1 cup cold water or milk
1 egg	

Procedure

In a bowl combine the flour, baking powder, and powdered milk. Stir to mix. Add the egg, oil, and water or milk. Stir thoroughly to mix. Place mixture in buttered muffin tins and bake at 375° (F) for about 25 minutes or until brown. Enjoy with honey, sorghum, or jam. Note: If you would like a sweet muffin, add a small amount of sugar to the dry ingredients. You may also vary the amount of water and flour to get proper thickness of batter. To get moist muffins, make the batter slightly thin.



Rice Pudding (Great Britain)

(serves 4 to 6)

Ingredients

3/4 cup long-grain rice	1 tsp. nutmeg
1 tsp. salt	1 1/2 tsp. cinnamon
4 cups milk	1 tsp. vanilla extract
3/4 cup sugar	3/4 cup raisins

Procedure

Place raisins in a bowl of warm water to make them plump. Set aside until after the pudding is baked. Preheat oven to 300° (F). In a large oven dish, combine rice, salt, milk, sugar, nutmeg, cinnamon, and vanilla. Stir well to blend. Bake for 1 hour. Every 30 minutes during the baking time, stir the pudding. Drain and discard the water in which the raisins have been soaking. Remove the pudding from the oven. Stir in the raisins and bake the pudding for another 20 minutes. Cool pudding on wire cooling rack. Serve warm or chilled.



Roasted Barley with Vegetables (Spain)

(serves 6 to 8)

Ingredients

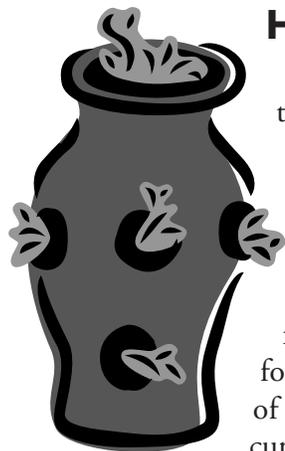
4 slices bacon, cut into small pieces	1 cup pearl barley
1 medium onion, chopped	1/2 tsp. salt
3/4 cup fresh mushrooms, sliced	1/2 tsp. pepper
3 cups canned chicken broth	1/4 tsp. paprika
1 medium tomato, chopped	

Procedure

In medium-sized frying pan, cook bacon until it is crisp. Remove bacon with tongs, reserving fat in pan. Place bacon in a deep overproof baking dish. Preheat oven to 350° (F). In fat left in the frying pan, cook the onion and mushrooms until lightly browned. Add to bacon in baking dish, along with all other ingredients. Stir to blend. Bake for 30 minutes. Stir. Add water or additional chicken broth if necessary to moisten. Bake for 20 minutes longer, or until liquid is absorbed.



Herbs and Spices of the World



Herbs

Herbs have been used throughout the world for thousands of years, both as medicines and as flavorings for food. Herbs are any plants that produce leaves, stems, or flowers that can be used for food or medicine. Examples of herbs include tarragon, cumin, sage, oregano, parsley, rosemary, and thyme.

Many herbs are small, wispy plants that in many climates are considered annuals, meaning that the plants live for only one year or one growing season. Other herbs are perennials, meaning that they live for many years or growing seasons. Herbs are fun to grow, and many can thrive indoors, in pots on a sunny windowsill. Once you have experimented with using dried herbs available in jars at the supermarket, try growing some yourself. Freshly snipped leaves from such plants as parsley or oregano simmering in a stew or sauce will perk up your meals.

Spices

Like herbs, spices have also been used to flavor foods for thousands of years. Before the days of refrigeration—and even today in many hot cli-

mates—spices help preserve foods or at least mask the flavor of foods that are spoiled. Common spices include cinnamon, chili pepper, ginger, nutmeg, pepper, and cloves.

Many spices, such as chili pepper and nutmeg, come from the fruit, nuts, or berries of trees and other plants. Some, like cinnamon, come from the plant's bark, and others, like ginger, come from the roots.

Using Spices

Most recipes call for ground spices, which you can purchase in tins or bottles at a supermarket. After using ground spices, reseal the container tightly; otherwise air may cause the sharpness of the spice to fade. Ground spices may seem expensive, but they last a long time if kept properly.

Taking Another Look

Directions: Answer the questions below on a separate sheet of paper.

1. What uses did herbs and spices have before refrigeration?
2. Read the directions carefully when you try the recipes on the following page. What herbs and spices add flavor to these recipes?



Global Gourmet

Herbs are productive garden plants. Chefs and cooks with their own herb gardens find ways to make fresh herbs available all year. Most herbs benefit from frequent cutting. For example, you can harvest chives by cutting them to about 1½ inches from the ground. Within a month, the plant will have produced another crop. By harvesting different plants at different times, cooks can always have fresh herbs to use.

Regional Recipes



dessert



salad



side dish



soup



main dish



snack



vegetarian



drink



Spicy Caribbean Chicken (Latin America)

(serves 4)

Ingredients

12 to 16 chicken pieces (legs, thighs, wings)	2 tbsp. curry powder
6 tablespoons (tbsp.) margarine	1/2 tsp. ground cinnamon
1 tsp. ground ginger	1 tsp. ground cardamom
1 tsp. ground turmeric	1 tsp. ground allspice
1 tsp. ground cumin	2 garlic cloves, minced
	2 large onions, finely chopped

Procedure

In a large, deep frying pan or flame-proof casserole dish, melt half the margarine over medium heat. Fry the chicken until lightly browned. Stir in the ginger and turmeric. Continue to fry the chicken until both sides are browned, about 10 to 15 minutes. Add the rest of the margarine and the remaining ingredients. Stir well. Cover, turn heat to low, and simmer for 30 minutes. Remove chicken pieces to a heated platter. Add 1/2 cup water to the pan juices. Cook and stir to heat thoroughly. Pour sauce over chicken. Serve immediately.



Spiced Cottage Cheese (North America)

(serves 4)

Ingredients

8 oz. cottage cheese	1/2 tsp. paprika
1 tbsp. mustard	1/2 tsp. salt
1 shallot	1/2 tsp. pepper
1 bunch of chives, washed and dried	

Procedure

Place cottage cheese in a small bowl. Stir in mustard. Peel and finely chop the shallot. Stir this into the cottage cheese mixture. Snip the chives into fine pieces. Stir in all but 1 tablespoon of the chives into the cottage cheese mixture. Add the paprika, salt, and pepper and stir. As you serve the cottage cheese, sprinkle the remaining chives on top of the cottage cheese.



Spicy Swedish Cookies (Sweden)

(makes 4 dozen cookies)

Ingredients

3/4 cup butter, softened	1/2 tsp. salt
1 cup sugar	1/2 tsp. ginger
1/4 cup molasses	1 tsp. cinnamon
1 egg	1/2 tsp. ground cloves
2 cups sifted flour	1/2 cup sugar for dusting
2 tsp. baking soda	

Procedure

Sift the flour into a medium-sized bowl. Add the baking soda, salt, ginger, cinnamon, and cloves. Set aside. With an electric mixer, blend the butter with the 1 cup of sugar until mixture is light and fluffy. Add the molasses and egg and beat well. Add the flour and spice mixture, a little at a time, beating thoroughly after each addition. Cover dough with plastic wrap and chill in refrigerator at least 1 hour. When ready to bake, preheat oven to 375° (F). Grease baking sheets. Put the 1/2 cup sugar for dusting into a shallow bowl. To make each cookie, pinch off a bit of dough and roll it between your hands to form a ball (about 1 inch in diameter). Roll the ball in the sugar to coat lightly. Place cookies on greased baking sheet about 2 inches apart. Bake for 8 to 10 minutes. Cool on wire racks. Store in airtight containers.



Mattar Pullao (India)

(serves 4)

Ingredients

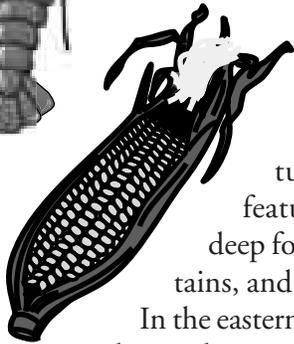
1/2 cup vegetable oil	1/4 tsp. turmeric
1 large onion, peeled and chopped	1/4 tsp. cumin seeds
1 cinnamon stick, broken into small pieces	1 2/3 cup long-grain white rice
1/2-inch piece fresh ginger root, peeled and chopped	1 cup frozen baby green peas, thawed
1/2 tsp. ground chili pepper	2 tbsp. butter

Procedure

Heat oil in large saucepan over medium heat. When hot, add 2/3 of the chopped onion, and the cinnamon, ginger, chili pepper, turmeric, and cumin seeds. Cook for 10 minutes, stirring occasionally. Carefully add 1 cup of water and bring to boil. Add rice. Reduce to low heat. Cover and simmer for 15 minutes, or until rice is fluffy. Add peas, stir well, cover, and cook for 10 more minutes. While the mixture is cooking, melt the butter in a pan over medium heat. Add the remaining chopped onion and cook, stirring frequently, until onion is brown and crisp. Place rice and pea mixture in a serving dish and spread the hot onions on top.



Foods of Canada and the Northern United States



Because of the size and geographic diversity of North America, it is almost impossible to “pin down” its cuisine.

Canada and the United States stretch east to west more than 3,000 miles (4,827 km) at the widest point. This vast landmass contains a multitude of geographic features—rocky coasts, deep forests, rugged mountains, and broad grassy plains.

In the eastern part of Canada and the northeastern United States, lobsters, clams, and fish are specialties. From the grasslands of central Canada and the northern United States come wheat, oats, corn, cattle, and pigs. In the far western regions of these two nations are salmon and other fish, as well as crops of apples and grapes. These are just a few examples of the “regional specialties” of Canada and the northern United States.

Early American Cooking

The first North American cooks were the Native Americans. Along with wild game, birds, and fish, they cooked with such natural ingredients

as wild rice, cranberries, blueberries, rhubarb, maple syrup, and greens. Many Native Americans were farmers who cultivated such crops as corn, squash, and sweet potatoes. They shared their agricultural knowledge and recipes with the early European settlers. The Europeans brought their own ingredients such as beef and barley. In English tradition, some meats were roasted or boiled. Others followed the Native American custom of grilling meats.

North American Cooking Today

As immigrants continue to come to the United States and Canada, they bring with them recipes and ingredients from their native lands. As a result, North American kitchens continue to add new recipes, new ingredients, and different ways of preparing foods.

Taking Another Look

Directions: Answer the questions below on a separate sheet of paper.

1. Why is it difficult to describe the cuisine of Canada and the northern United States?
2. What kinds of foods did early Native Americans eat?



Global Gourmet

What we eat—where it comes from, how it is raised, processed, and cooked—affects our health in many ways. Traditional native diets in those few places in the world where people still eat mostly what they raise, hunt, gather, or fish have been found to promote health and long life. Scientists regularly find new connections between what we eat and our health.

Regional Recipes



dessert



salad



side dish



soup



main dish



snack



vegetarian



drink



Spinach Rice Casserole

(makes 2 1/2 quarts)

Ingredients

4 cups cooked wild rice	4 tbsp. butter
4 eggs	2 lbs. washed fresh spinach
1 tsp. salt	2 big bunches green onions
1/2 tsp. pepper	1 cup sunflower seeds
1/2 pound (lb.) cheese, grated fine	2 tbsp. toasted sesame seeds
4 tbsp. chopped parsley	

Procedure

Beat eggs with salt and pepper and stir mixture into rice. Stir in cheese and parsley. Tear stems from spinach and chop stems very fine. Finely chop the green onions, including most of the green part. In a saucepan, melt 2 tablespoons of butter and lightly fry the spinach stems and green onions. Tear up or coarsely chop the spinach leaves and stir them into the frying pan (with the spinach stems and onions) to wilt a little. Then stir it all into the rice mix. Stir in the sunflower seeds. Add salt and pepper to taste. Pack into 1 or 2 greased heavy casseroles. Top with toasted sesame seeds and 2 tablespoons of melted butter sprinkled over the top. Bake at 350° (F) for 35 minutes, uncovered.



Crêpes de la Chandeleur

(makes 8 to 10 crêpes)

Ingredients

2 eggs	3/4 cup of milk
1 cup all-purpose flour	vegetable oil
1/2 tsp. baking powder	optional stuffings: maple syrup,
1/2 tsp. baking soda	jams, sauces, fresh fruit
a pinch of salt	

Procedure

In a bowl, beat the eggs. In another bowl, mix dry ingredients and add gradually to eggs. Add milk and beat until the mixture is uniformly moist. There should be no lumps in the mixture. Heat 1/4 inch oil in an 8-inch skillet and fry 1/4 cup of the crêpe mixture at a time, spreading the dough with the back of a spoon. Fry until golden brown. Turn crêpe over and fry other side until golden brown. Remove excess oil with paper towel and keep in a warm oven until ready to serve. Serve with maple or your favorite syrup. Crêpes can also be stuffed with jam, sauces, or fruit.



Roast Chicken with Homemade Cranberry Sauce

(serves 3 to 4)

Ingredients

3-lb. roasting chicken	12-oz. package fresh cranberries
1 medium onion, peeled	1 cup water
1 stalk of celery, chopped	1 cup sugar
1 large carrot, chopped	
1/2 cup vegetable oil	
salt and pepper	

Procedure

Preheat oven to 350° (F). Remove the giblets from the chicken. Wash chicken under cold running water, inside and out. Pat dry with paper towels and place on rack in roasting pan. Place onion, celery, and carrot inside the chicken. Pour the vegetable oil over the chicken. Season with salt and pepper. Roast in oven for 1 hour. Prick the chicken with a fork in the fattest part of one of its legs. If the juices are pink, cook the chicken longer, until the juices are colorless. To make the cranberry sauce, rinse the berries in a colander under cold running water. Put them in a saucepan. Add water and sugar. Bring to a boil, stirring occasionally. Boil for 5 minutes, or until the berries' skins pop. Remove from heat and pour into a heavy bowl. Cover with foil and chill in the refrigerator until ready to serve with the roast chicken.



Salmon Cakes

(serves 4)

Ingredients

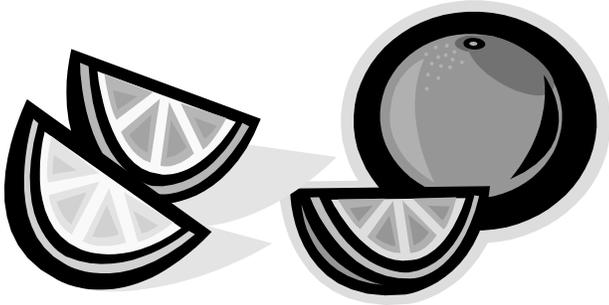
3 6-oz. cans of salmon	1/2 tsp. dried sage
1/4 cup butter	1/4 cup chopped parsley
1/4 cup chopped onion	2 eggs, lightly beaten
2 tsp. chopped green pepper	salt and pepper to taste
1/2 cup chopped celery	1 lemon, cut into wedges
3/4 cup bread crumbs	

Procedure

With a fork, flake the salmon into a mixing bowl and set aside. In a frying pan, heat 1 tablespoon butter, then add the onion, green pepper, and celery. Stir and cook until the onion is transparent and soft. Let the mixture cool slightly. Then add it to the salmon in the bowl. Next, add bread crumbs, sage, parsley, eggs, salt, and pepper. Shape the mixture into 4 cakes, place them on a plate, and cover with plastic wrap. Chill in the refrigerator for 30 minutes. Heat the remaining butter in a frying pan. Add the salmon cakes and cook on both sides until golden brown and heated through. Serve with lemon wedges.



Foods of the Southern United States



grapefruit are important crops for the far southeastern and southwestern regions. The southern United States ranks as the world's second-leading citrus producer behind Brazil. The United States is the world's leading producer of grapefruit. From the central plains of the southern United States come corn, beans, greens, pork, beef, and lamb.

The humid swamps, fertile river deltas, open coastal plains, and arid deserts of the southern United States presents a varied and bountiful landscape. Freshwater fish and seafood abound in southern cooking. Grains, livestock, and wild game come from the plains. Hot-weather states provide citrus fruits. This tremendous bounty in part explains the variety found in Southern foods. The unique influences of the Native Americans, French, and Spanish cultures add to the distinct flavorings found in Southern cooking.

Regional Food Resources

Each region in the South produces many different commodities. From the southeastern United States comes a diverse platter of oysters, crabs, crawfish, red snapper, catfish, quail, dove, pheasant, and wild duck. Oranges, lemons, limes, and

Cultural Memories

The nostalgia of the collard greens, cornbread, and chicken and dumplings from Southern kitchens warms the heart and serves as a reminder of how Southerners made do with what they could grow. Many people who grew up in the southern United States have fond recollections of the smell of a pecan pie baking in the oven or black-eyed peas and fried chicken on the stove.

Taking Another Look

Directions: Answer the questions below on a separate sheet of paper.

1. What cultures influence the cooking of the southern United States?
2. What meat products come from the central plains of the South?



Global Gourmet

In Louisiana, Acadians often come together for a day-long hog butchering event, called a *Boucherie*. At the *Boucherie* they make, cook, and eat all kinds of creole sausages, called "boudin" or "little pudding" from the French term for blood sausage.

Regional Recipes



dessert



salad



side dish



soup



main dish



snack



vegetarian



drink



Southern Custard Pecan Pie

(serves 8)

Ingredients

1 cup packed light brown sugar	1 tsp. vanilla extract
1 cup sugar	1 cup pecan halves
3/4 cup egg substitute	1 9-inch unbaked pastry crust
2 tbsp. margarine or butter	

Procedure

Beat sugars, egg substitute, margarine or butter, and vanilla with electric mixer at medium speed until well blended. Stir in pecan halves. Pour into pastry crust. Bake at 400° (F) for 15 minutes; reduce temperature to 350° (F). Bake for 20 to 25 more minutes or until lightly browned and completely puffed across top of pie. Cool completely on wire rack.



Jambalaya

(serves 4 to 6)

Ingredients

1-1/2 lb. boneless chicken breasts, cubed	1 cup diced celery
1 pound cooked shrimp	1 lb. smoked sausage, sliced
1 chopped onion	28 oz. can of tomatoes
1 cup chicken broth	1 chopped green pepper
2 tsp. parsley	2 tsp. oregano
1 tsp. cayenne pepper	2 tsp. cajun seasoning
	2 cups cooked rice

Procedure

Put all ingredients except the shrimp and rice into an electric cooking pot. Cook on low heat for approximately 7 hours. About 30 minutes before serving, add cooked shrimp and cooked rice.



Black-Eyed Peas with Ham

(serves 4 to 6)

Ingredients

2 cups dried black-eyed peas	1 tsp. dry mustard
6 slices of bacon (chopped)	1/2 tsp. ginger
1 onion, chopped	3/4 cup honey
1 tsp. salt	1/2 lb. cooked ham, cut in chunks
1/2 tsp. pepper	

Procedure

In a large bowl, soak the dried peas in water overnight. The next day, drain the peas, place them in a 2-quart pot with ovenproof handles, and add fresh water to cover. Simmer peas gently over low heat for 1 1/2 hours. Preheat the oven to 325° (F). In a frying pan, cook bacon and onion until onion is golden and bacon is crisp. Mix into the peas, and add salt, pepper, mustard, and ginger. Stir well. Pour honey over the top. Cover and bake in oven for 1 1/2 hours. Remove cover, and stir in the cooked ham. Bake 30 minutes more.



Candied Orange and Grapefruit Peel

(serves 10 to 12)

Ingredients

2 cups of grapefruit peel, cut in strips	2 cups sugar
2 cups of orange peel, cut in strips	1 cup water

Procedure

Place the strips in a pot of water and bring the water to a boil. Pour off the water and repeat the process five times. This process is known as parboiling and will remove most of the bitter taste from the peel. Drain the peels and place them on paper towels. Put 2 cups of sugar and 1 cup of water in the pot over medium heat. When the mixture has turned to syrup, add the peels. Gently boil the peels until all the syrup is absorbed. Roll each peel in granulated sugar and place on a baking sheet to dry. Store in an airtight container.



Foods of Latin America

The cuisine of Latin America contains a bounty of foods that can be traced to the earliest civilizations of the region. For example, archaeologists working in Mexico have discovered avocado seeds that date from 8000 B.C. Evidence of corn, beans, and squash has been uncovered at the sites of early Aztec and Incan civilizations. Today corn and beans are still a major staple in Latin American cooking.

Staple Foods

Staple foods are foods eaten regularly and in quantities large enough that they provide a primary source of food energy and nutrition. These foods can be grown in large quantities in the region. Quinoa (KEEN • wah) has been a staple food for parts of Latin America since the days of the Inca. Cooks use quinoa much like rice. Only recently has quinoa become widely available outside Latin America.

The Influence of Outside Cultures

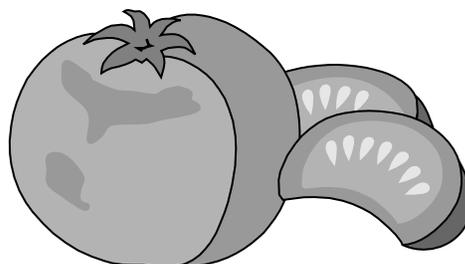
Beginning in the late fifteenth century, Spanish explorers and conquerors came to Latin America. They took back to Europe such “unknown” foods as tomatoes and chocolate. Were it not for the early Latin American cultures, the tomato might not today be such a basic ingredient in Spanish and Italian cooking!

The Spanish also brought their own native foods to Latin America—chickens, pigs, beef, garlic, onions, olive oil, sugarcane, and rice. Latin Americans began to cook with oils and fats for the first time. They also learned how to use eggs, milk, and cheese. Once Spanish towns and cities became established in Latin America, beef quickly became a major part of the regional diet. Today Argentina leads the world in beef exports.

Taking Another Look

Directions: Answer the questions below on a separate sheet of paper.

1. How did the Spanish influence Latin American cooking?
2. As you try the recipes on the following page, what ingredients did you use that you had never used before? If you have used some of these less common ingredients before, describe the dishes in which you used them.



Global Gourmet

When you are invited to someone’s home in countries such as Mexico, Brazil, and Panama, you are not expected to arrive on time. In Chile, however, punctuality is insisted upon. In Venezuela, invited guests should never sit at the head of the table, and in Bolivia, guests are expected to sample all foods and eat everything on their plates.

Regional Recipes



dessert



salad



side dish



soup



main dish



snack



vegetarian



drink



Orange Jicama Salad

(serves 4)

Ingredients

4 large butter lettuce leaves	2 tsp. white wine vinegar
2 large oranges, peeled and sliced	6 tbsp. olive oil
2 cups jicama, peeled and sliced into strips	1/2 tsp. salt
1 cup chopped red onion	1/4 tsp. black pepper
1 tbsp. orange juice	2 tbsp. fresh cilantro, minced

Procedure

Place one lettuce leaf on each plate. Distribute orange slices evenly on the beds of lettuce. Then distribute the jicama slices evenly over the oranges. Sprinkle the red onions evenly over the jicama. Blend juice, vinegar, salt, and pepper separately in a small bowl. Whisk in the oil a little at a time to blend thoroughly. Spoon the mixture over the salads. Garnish with minced cilantro.



Cheese Custard with Fruit

(serves 6)

Ingredients

1 1/2 cups cottage cheese	4 eggs
1 can (14 oz.) sweetened condensed milk	sliced fresh fruits (bananas, strawberries, mangoes, grapes)
1 1/2 cups water	

Procedure

Put cottage cheese into a colander and place colander in the sink. Let the liquid drain from the cottage cheese for about 15 minutes. Pre-heat oven to 325° (F). Place the drained cottage cheese into the bowl of an electric mixer or blender. Add the can of condensed milk. Beat or blend until the mixture is very smooth. Add the eggs and beat or blend until fully combined. Pour the mixture into a shallow 1-quart baking dish. Bake about 35 minutes, until it is set. Chill in the refrigerator. To serve, spoon into dessert dishes. Top with spoonfuls of sliced fresh fruits.



Moqueca de Piexe

(serves 4)

Ingredients

2 lbs. flounder fillets, or other mild white fish, cut into 2-inch pieces	1 clove garlic, chopped
1 medium onion, chopped	1 tbsp. fresh coriander (or cilantro) leaves
1 fresh hot chili pepper, seeded and chopped	salt
2 medium tomatoes, peeled and chopped	3 tbsp. lime or lemon juice
	1/4 cup olive oil
	6 tbsp. water

Procedure

Put the fish pieces into a large bowl. In a blender or food processor combine the onion, chili pepper, tomatoes, garlic, coriander, salt to taste, and lime or lemon juice. Puree the mixture, and add to the fish, mixing lightly. Stand for 1 hour in the refrigerator. Transfer the fish to a saucepan and add 6 tablespoons of water and half of the oil. Cover and simmer for about 5 minutes until the fish is done. Pour in the remaining oil and heat for 1 more minute. (Optional: Serve over rice.)



Rice with Corn, Tomatoes, and Onions

(serves 4 to 6)

Ingredients

2 tbsp. cooking oil	1 1/2 cups boiling water
1 medium onion	1/2 tsp. salt
1 large tomato	1 can corn, drained
1 1/2 cups long-grain rice	
1 1/2 cups canned chicken broth	

Procedure

Slice the onion and peel, seed, and chop the tomato. In a heavy saucepan, heat the oil over medium heat. Tip the pan carefully to coat the bottom. Add the onion. Stir constantly and cook for 5 minutes, until the onion is soft but not brown. Add the rice and stir for 2 to 3 minutes. Do not let the rice turn brown. Add the chicken broth, boiling water, tomato, and salt. Return the mixture to a boil, stirring constantly. Cover the pan with a tight-fitting lid and turn the heat down to its lowest point. Cook for 12 minutes, or until the rice has absorbed almost all of the liquid. Stir in the drained corn. Continue to heat and stir until the corn is heated through. Serve immediately.

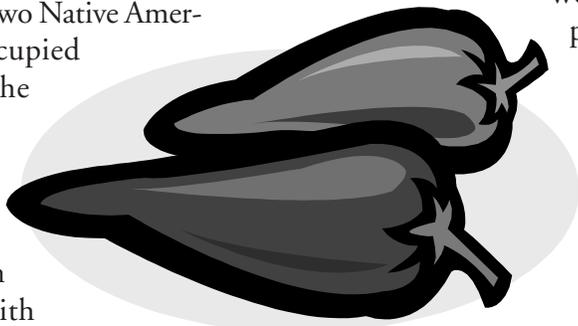


Foods of the West Indies

The West Indies dot the Caribbean Sea and stretch from Cuba, 90 miles off the coast of Florida, to Trinidad and Tobago, just 7 miles off the northeastern coast of Venezuela. The surrounding oceans provide an abundance of seafood, and the climate allows islanders to grow many tropical fruits such as pineapples, mangoes, papaya, and coconuts. The recipes of the Caribbean countries include influences from the British, Dutch, French, Spanish, Native Americans, Africans, Portuguese, and Chinese. Because of this grand mingling of traditions, Caribbean dishes are uniquely seasoned.

Native Cultural Influences

Originally, two Native American groups occupied the islands—the Arawaks and Caribs. Food historians claim that the Caribs began spicing food with chili peppers, a culinary tradition maintained today. The Arawaks are credited with developing barbecue techniques by fabricating grills with native green sticks called barbacoa. Crops tended by these Native Americans included taro root, corn, yams, cassava, and peanuts. Guavas and pineapples, as well as black-eyed peas and lima beans, grew wild on the islands.



European Influences

When Christopher Columbus arrived in 1493, he introduced sugarcane to the native peoples. Spaniards introduced other foods, including cinnamon, cloves, cumin, coconut, chickpeas, cilantro, eggplant, onions, peppercorn, and garlic. Other Europeans introduced oranges, limes, mangoes, rice, and coffee to the islands.

African and Asian Influences

As the Europeans created plantations, they needed workers and began to import enslaved people from West Africa. The Africans brought to the West Indies such foods as okra, pigeon peas, plantains, callaloo, taro, breadfruit, and ackee. Following the abolishment of the slave trade in 1838, laborers from India and China came to work in the fields and plantations, adding two very different culinary traditions that today influence foods in the West Indies.

Taking Another Look

Directions: Answer the questions below on a separate sheet of paper.

1. What continents have influenced the cuisine in the West Indies?
2. Sample the recipes on the following page. Which ingredients originated in Spain?



Global Gourmet

Plantains—a type of banana—are a popular side dish in the West Indies. They provide a refreshing complement to spicy, hot dishes served as the main dish. On a visit to the islands of the Caribbean, you will encounter plantains served for breakfast, snacks, or dinner. Plantain chips are the Puerto Rican substitute for potato chips.

Regional Recipes



dessert



salad



side dish



soup



main dish



snack



vegetarian



drink



Fried Plantains

(serves 6 to 8)

Ingredients

3 plantains, or green bananas if plantains are not available
1 tbsp. vegetable oil

Procedure

Cut the plantains in half crosswise and slice off the ends. With a sharp, thin knife, cut lengthwise slits just through the skin and peel back the skin. Slice the peeled plantains into 1/2-inch-thick rounds. In a non-stick skillet over medium-high heat, warm the oil until just beginning to sizzle. Add the plantain slices, and fry, turning once, until just browned, about 1 minute on each side. Place on paper towels to absorb any oil. Serve warm or at room temperature.



Curried Pork and Vegetables

(serves 6 to 8)

Ingredients

3–4 pounds boneless pork shoulder, trimmed and cut into 1-inch cubes	2 fresh red or green chilies, seeded and minced
1 1/2 tbsp. curry powder	6 cups water
3 tbsp. olive oil	1 small eggplant, cut into small cubes
salt and ground black pepper	1 chayote, peeled, seeded, and cut into small cubes (optional: 2 small zucchini)
2 yellow onions, chopped	
4 garlic cloves, minced	

Procedure

In a bowl, combine the pork cubes and curry powder and mix well. Cover and refrigerate at least 1 hour or overnight. In a large skillet over high heat, warm the oil. Add the meat, a few pieces at a time, and brown on all sides. Using tongs, remove the pieces to a plate. Season with salt and pepper. Place the onions and garlic in the skillet and sauté until browned, about 5 minutes. Add the chilies and return the meat to the pan. Pour in the water and stir well. Cook over medium-low heat until the meat is tender, 30 to 40 minutes. When the meat is tender, add the eggplant and chayote. Cook until the vegetables are tender, about 8 minutes. Taste and adjust the seasonings. (Optional: Serve with lime wedges.)



Caribbean Salad Platter

(serves 8)

Ingredients

3 cups watercress	1/3 cup lime juice
3 large mangoes, pitted, peeled, and cut into chunks	1/4 tsp. coriander
2 14-oz. cans hearts of palm, drained, rinsed, and sliced	1/4 tsp. allspice
2 large tomatoes, cut into large chunks	lime wedges for garnish

Procedure

Arrange watercress around the perimeter of a large platter. Arrange alternating rows of mangoes, hearts of palm, and tomatoes to fill platter. Combine lime juice, coriander, and allspice separately in a small bowl. Pour dressing over salad. Cover and refrigerate at least 30 minutes before serving. Garnish with lime wedges before serving.



Coconut Macaroon Cookies

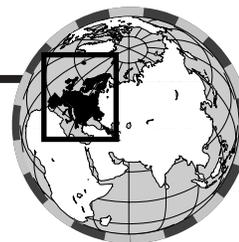
(makes 3 dozen)

Ingredients

2 raw egg whites	2/3 cup sugar
1/2 tsp. vanilla	3 1/2-oz. (1 and 1/3 cups) flaked coconut
pinch of salt	
1 tbsp. margarine or shortening	

Procedure

Preheat oven to 325° (F). Separate the whites and yolks from 2 eggs. (Save the egg yolks for another recipe or for scrambled eggs.) Place the egg whites into the bowl of an electric mixer and beat them, along with the vanilla and salt, until soft peaks form. While beating, gently scrape the sides of the bowl with a rubber spatula, so that the mixture stiffens equally. Gradually add the sugar, a little at a time, and continue beating until stiff peaks form. Gently use the rubber spatula to stir in the coconut. Grease 2 baking sheets with margarine or shortening. With a small spoon, drop small portions of the cookie batter about an inch apart onto the sheets. Bake for about 20 minutes, until the tops are lightly browned. Transfer cookies to wire cooling racks gently with a metal spatula. When they are cool, store them in an airtight cookie tin.



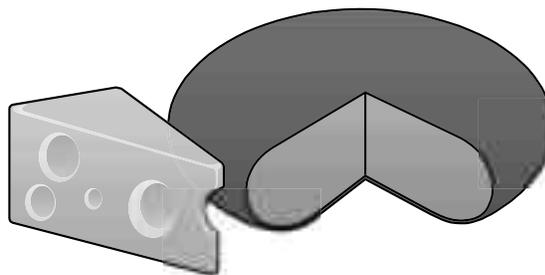
Foods of Northern Europe

Northern Europe is a land of diverse geographical features, which makes it difficult to present the food of Northern Europe as a unified whole. To the far north are the steep, icy coasts and fishing ports along the Scandinavian peninsula. South of the peninsula, separated by the North Sea, are the flat lowlands and busy harbors of Denmark and the Netherlands. Spanning the middle section are the broad and fruitful river valleys and farmlands of France and Germany. To the east are the snow-covered Alps of Switzerland and Austria and the mountains, lakes, and valleys of Poland. To the west of the European mainland are the islands of the United Kingdom and the green, rolling hills of Ireland.

Regional Specialties

Northern Europe has abundant livestock and dairy products. Some of the world's finest cheeses come from the Netherlands, Switzerland, and France. Many recipes from this region contain milk, cream, and eggs, both in sauces and as a base for creamy custards. Beef, veal, pork, poultry, and lamb provide the basis for all kinds of roasts, chops, stews, and sausages. Many of the nations lie along the shores of cold seas that enrich the various cuisines with fish, crabs, clams, and other seafood.

From the farmlands come fresh greens and other vegetables, as well as grapes, apples, berries, nuts, and herbs. Fresh food of the region is traditionally purchased from farmers' markets or from small specialty shops. People prefer the local products, for freshness and quality, and to help sustain the local agriculture.



Taking Another Look

Directions: Answer the questions below on a separate sheet of paper.

1. What makes it difficult to describe a typical kind of food that comes from the region of Northern Europe?
2. In trying the recipes on the following page, you will see each comes from a different country of this region. What do you think is the purpose of marinating the meat for the sauerbraten for so long?



Global Gourmet

Christmas in Norway would not be complete without the serving of *lutefisk*, a fish preparation that might not appeal to all tastes. Fish is a staple of Scandinavian diets. Lutefisk is basically cod that has been preserved in lye and is often baked in a milk sauce.

Regional Recipes



dessert



salad



side dish



soup



main dish



snack



vegetarian



drink



Scottish Oat Cakes (Scotland)

(serves 8 to 10)

Ingredients

1/2 tsp. baking soda	2 cups bran flakes
1/2 cup boiling water	2 cups rolled oats
2 cups flour	1 1/4 cups sugar
1 tsp. baking powder	1 1/4 cups butter
1 tsp. salt	

Procedure

Preheat the oven to 375° (F). Add baking soda to boiling water and let stand until cool. Mix together flour, baking powder, salt, bran flakes, rolled oats, and sugar. Cut in butter. (To *cut* means to mix with cutting motions.) Stir in the standing water and soda to form a ball of dough. Roll it out thin on a floured board. Cut into 4-inch circles and place on a baking sheet. Bake about 15 minutes or until golden brown.



French Onion Soup (France)

(serves 6)

Ingredients

2 onions, thinly sliced	6 slices of French bread, toasted
1/4 cup butter	1/2 cup freshly grated Parmesan cheese
2 tbsp. all-purpose flour	1/2 cup shredded Swiss cheese
2 10.5-oz. cans beef broth	
2 1/2 cups water	

Procedure

Preheat the oven to 425° (F). Separate sliced onion into single rings. In a medium saucepan sauté onions in butter until soft, approximately 20 minutes. Stir in flour and gradually add broth and water. Bring to a boil and simmer for 20 minutes. Meanwhile, toast French bread slices. Place toasted bread into soup bowls. Pour soup mixture over bread and sprinkle with Parmesan and Swiss cheese. Bake for 10 minutes.



Sauerbraten (Germany)

(serves 6)

Ingredients

4 lbs. boneless beef roast	2 whole cloves
1 cup water	2 tbsp. vegetable oil
1 cup wine vinegar	1 medium tomato, peeled and chopped
2 medium onions, sliced	2 tbsp. unbleached flour
1 tsp. salt	2 tsp. sugar
6 peppercorns	1/4 cup water
2 bay leaves	

Procedure

Place meat in a large glass container. In a saucepan bring water, vinegar, onions, salt, peppercorns, bay leaves, and cloves to a boil. Simmer for 10 minutes. Cool this marinade to room temperature. Pour marinade over meat. Refrigerate for 2 to 3 days, turning several times each day. Remove meat from marinade, and dry. Brown meat in hot vegetable oil in a Dutch oven. Add the tomato and marinade liquid. Cover and simmer gently 1 to 2 hours, until meat is tender. Remove meat from juices. Also remove peppercorns, cloves, and bay leaves. Mix flour and sugar with water until lumps disappear. Add to pan juices and cook until thickened. Serve with boiled potatoes and red cabbage.



Caraway Pork Chops (Poland)

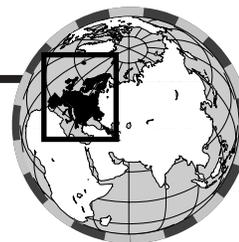
(serves 4)

Ingredients

8 slices bacon	1 tsp. salt
4 1-in.-thick pork chops	1 tsp. caraway seeds
4 large potatoes, peeled and thinly sliced	3/4 cup chicken broth
2 medium onions, sliced	2 garlic cloves, finely chopped
1/2 tsp. pepper	1 tbsp. fresh parsley, finely chopped

Procedure

In a large frying pan, fry 3 slices of the bacon until crisp. Drain the bacon on paper towels, then crumble into pieces and set aside. Trim the fat from the pork chops. Brown the chops quickly, on both sides, in the bacon drippings left in the pan. Preheat oven to 300° (F). Put half the potatoes in the bottom of a large ovenproof dish with a tight-fitting lid. Top potatoes with half of the onions and half the salt and pepper. Place the chops on top. Add the rest of the potatoes, onions, and salt and pepper. Add crushed caraway seeds, chicken broth, and garlic. Place remaining uncooked bacon on top. Cover dish with 2 layers of aluminum foil, and then with lid. Bake for 2 hours. Discard bacon slices and skim off any fat. Sprinkle top of dish with parsley and crumbled bacon before serving.



Foods of Southern Europe

The Mediterranean climate with its hot, sunny summers and mild, rainy winters provides ideal conditions for bringing abundant vegetables, meat, and seafood to the kitchens of Southern Europe. The many nations of this region have distinctive cuisines based largely on their own traditions, geographical features, and agricultural specialties. Distinctive flavors common to this region include saffron, mustard, anise, capers, olives, anchovies, and pine nuts.

Italian Specialties

Pasta with various sauces is, of course, a staple of Italian cuisine. The sauces vary from the rich, red sauces of southern Italy to the creamy, white sauces of northern Italy. Agricultural products that play important roles in Italian cuisine are olives, whose oil is used for cooking and flavoring, and grapes, used for wine-making. Squid and octopus are common ingredients in Italian cooking throughout the country. Soups, stews, and salads often include these popular delicacies.

Foods of Spain and Portugal

In Spain and Portugal, as in Italy, many of the dishes are laced with tomatoes, peppers, onions, and garlic. Seafood, chicken, beef, and lamb are often served with rice, and many dishes are spiced with saffron. Saffron is a particularly unique and precious spice that comes from the tiny orange stalks inside the crocus flower.

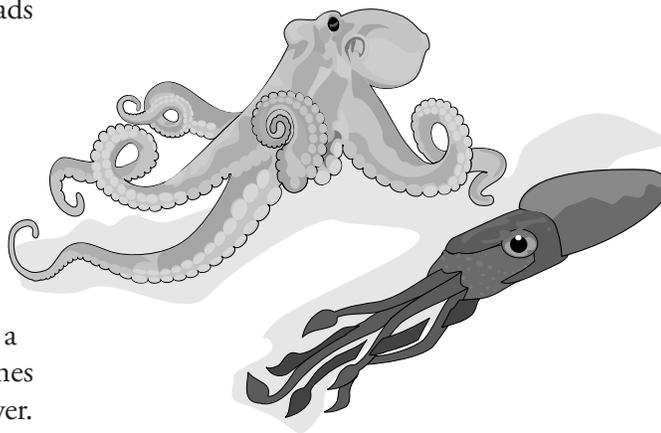
Characteristics of Other Southern European Cuisines

In the eastern part of Southern Europe are Hungary, Romania, Bulgaria, and Greece. Beef, pork, and lamb are the main meats eaten here. Stews simmering with meat, potatoes, eggplant, and other vegetables characterize the cuisine. Spices used include paprika, rosemary, and mint.

Taking Another Look

Directions: Answer the questions below on a separate sheet of paper.

1. Which herbs and spices are commonly used in Southern European cooking?
2. As you try the recipes on the following page, which country's recipe requires you to add saffron? What is saffron and what is its source?



Global Gourmet

In Southern Europe, the continental style of eating is followed. The fork is held in the left hand, the knife is held in the right hand, and the two are never interchanged. When finished eating, the knife and fork are placed parallel across the plate. In Spain, if the knife and fork are left crossed on the plate, or at its side, it means the person wants more to eat.

Regional Recipes



dessert



salad



side dish



soup



main dish



snack



vegetarian



drink



Greek Cucumber and Yogurt Salad (Greece)

(serves 6)

Ingredients

1 pint plain yogurt	1/2 cup olive oil
1 unpeeled cucumber, finely chopped	juice of 1/2 lemon
1 clove garlic, crushed	1 tsp. salt
	parsley

Procedure

To the yogurt add the cucumber, garlic, olive oil, lemon juice, and salt. Blend well with fork. Top with parsley. Refrigerate. Serve with melba toast as first course or as a side dish during dinner.



Saffron Rice (Spain)

(serves 4 to 6)

Ingredients

2 tbsp. olive oil	3 cups boiling water
2 tbsp. finely chopped onions	1 1/2 tsp. salt
1 1/2 cup long-grain rice	1/8 tsp. ground Spanish saffron

Procedure

In heavy skillet, cook onions in oil 5 minutes over moderate heat. Pour in rice and stir to coat grains well with oil. Do not let rice brown. Add water, salt, and saffron. Bring to a boil, stirring constantly. Cover, reduce heat, and simmer for 20 minutes before serving.



Homemade Red Pasta Sauce (Italy)

(serves 8 to 10)

Ingredients

2 tbsp. olive oil	1/2 lb. ground beef
2 large onions, chopped	2 28-oz. cans crushed tomatoes
2 garlic cloves, finely chopped	2 small cans tomato paste
1/2 cup green pepper, chopped	1 tsp. salt
3/4 cup sliced fresh mushrooms	1 tsp. sugar
1 tbsp. oregano	freshly ground pepper to taste
1 tbsp. fresh parsley, chopped	
1 lb. hot Italian sausage	

Procedure

(Note: If you prefer a meatless sauce, omit the sausage and ground beef.) Slip the sausage meat out of its casings. Discard the casings and cut the sausage into small pieces. Set aside. Heat oil in a large, deep pot. Add the onions. Cook and stir until they are limp but not brown. Add the garlic, green pepper, and mushrooms. Cook and stir until garlic begins to brown lightly. Stir in the oregano and parsley. Add the sausage meat and ground beef. With a wooden spoon, break both up into small pieces as they cook. Continue to cook until meat is lightly browned. Add the crushed tomatoes, tomato paste, salt, and sugar. Stir to blend. Taste the sauce. Add pepper and additional seasonings to taste. Turn the heat to its lowest point, cover the pot, and simmer for about an hour. Stir every 15 minutes. Serve hot on top of spaghetti or other pasta.



Goulash (Hungary)

(serves 4 to 6)

Ingredients

2 tbsp. cooking oil	2 tomatoes, chopped
2 large onions, chopped	1 tbsp. canned tomato paste
1 small green pepper, chopped	2 tsp. salt
1 tbsp. paprika	1 cup boiling water
1 1/2 lbs. beef stew meat, cut into cubes	2 large raw potatoes, cut into small pieces

Procedure

Heat the oil in a large pot. Add the onions and cook until they are golden brown. Add the tomatoes, green pepper, paprika, beef cubes, tomato paste, and salt. Cook and stir until the beef has turned from bright red to pink. Add the water. Reduce the heat and cover the pot. Simmer for 1 1/2 hours. Remove the meat from the pan juices. Strain the juices through a sieve into a large bowl. Return the meat and strained juices to the pot. Add the potatoes. Cover the pot and simmer, on low heat, for about 45 minutes before serving.



Traditional Russian Foods

Russia is a vast land that stretches across two continents and over 11 time zones. Russia's foods are as diverse and varied as its geography.

Crops of Russia

Many areas of Russia are suitable for growing cold-weather crops. As a result, many traditional Russian recipes are based on cold-weather crops such as beets, cabbage, and hearty wheats. All traditional Russian cooking, to some extent, is based on healthy and simple products. Porridge, a common dish, can be made with different kinds of grains such as millet, oats, barley, or buckwheat. Cereal grains such as wheat and barley are the staples of life in Russia. Russia's national herb, dill, is grown in the southern regions of Russia.



fished, gathered herbs, kept beehives, made wine, and baked breads as well as smoked and preserved meats, fruits, and vegetables. They developed and wrote down many of their recipes.

Siberian Foods

Ancient traditions and a bleak climate influence the diet of the Siberian people. During the brief summer months, Siberians enjoy dairy products and vegetables. They spend some of the time preparing food for the long winter. They pickle cabbage, cucumbers, and beets. Pickling preserves the vegetables so that they will have them in the winter. Animals from their herds are slaughtered during the winter months to provide food.

Taking Another Look

Directions: Answer the questions below on a separate sheet of paper.

1. What types of food are the staples of Russian life?
2. Who were the first people to write down Russian recipes?

Influences from Russia's Past

It is thought that monks were the first to write down Russian recipes. The hardworking monks grew all their own food. They worked the land,



Global Gourmet

In most of Russia early breakfasts are usually eaten, but they might not interest everyone. Fishcakes and hard-boiled eggs are common fare. Soup is a usual dish for lunch, and heavier dinner is served after 6 P.M. A popular item at any Russian meal is *zakuski*, or appetizers of different kinds.

Regional Recipes



dessert



salad



side dish



soup



main dish



snack



vegetarian



drink



Russian Tea

(serves 6)

Ingredients

8 oranges (sliced)	1 quart water
6 lemons (sliced)	46 oz. pineapple juice
6 cinnamon sticks	1 1/2 cups sugar
1 tbsp. cloves, whole	3 quarts tea

Procedure

Combine fruit slices, cinnamon, cloves, and water in a large non-aluminum saucepan; bring to a boil. Boil 5 minutes. Press mixture through a strainer, discarding pulp and spices. Add pineapple juice, sugar, and tea to citrus mixture, stirring well. Serve hot.



Kisel

(serves 4–6)

Ingredients

1 1/2 lbs. cranberries (or lingonberries)	dash of salt
1 1/4 cups sugar	cream or milk to serve on the side
1 tbsp. cornstarch for each two cups of liquid	

Procedure

Wash the cranberries and place them in a pot with just enough water to cover them. Simmer for 10 to 12 minutes. Pour the cranberries and juice through a sieve. Return the cranberry juice to the pot. Add sugar and bring to a boil. Measure the mixture. Use one tablespoon of cornstarch for each two cups of water. Dissolve cornstarch into a small amount of cold water. Add one cup of the berry mixture and mix well. Blend the starch mixture with the berry mixture, add a dash of salt, and boil again. Remove from heat and ladle into individual serving dishes. Let cool for several hours.



Cold Beet Soup (Borscht)

(serves 4)

Ingredients

4 cups canned beets (2 16-oz. cans)	2 tbsp. sugar
1 1/2 cups beet juice	salt and pepper to taste
2 tbsp. lemon juice	4 tbsp. sour cream

Procedure

Spoon the beets from the cans, reserving the juice. Add water, if necessary, to make 1 1/2 cups of juice. Cut the beets into cubes and put them with the juice in a large bowl. Add the lemon juice and sugar. Mix well to blend, making sure the sugar dissolves. Add salt and pepper to taste. Pour the soup into individual bowls. Chill in the refrigerator. Serve each bowl of chilled soup with a spoonful of sour cream on top.



Kasha

(serves 4–6)

Ingredients

1 egg	2 cups canned chicken or beef broth
1 cup kasha (crushed buckwheat)	3/4 tsp. salt
1/4 cup butter or margarine, cut into pieces	1/4 tsp. freshly ground pepper

Procedure

In a small bowl, beat the egg lightly with a fork. Add the kasha and stir with a spoon, coating all the grains with the egg. Transfer the mixture to a large frying pan. Cook over moderate heat, stirring constantly, until the kasha is lightly toasted and appears “dried out.” Be careful not to burn the kasha. Add the remaining ingredients and mix well. Turn heat to low. Cover the frying pan with a tight-fitting lid. Simmer for about 15 minutes, stirring occasionally. If the kasha has absorbed all the liquid but is not yet tender, add 2 tbsp. of hot water. When cooked, the grains should separate. Fluff the kasha with a fork, and serve hot.



Ethnic Influences on Russian Cooking



Did you know that a popular dish served in American homes is actually Russian in origin? Beef Stroganoff is often served in the United States. The dish was originally created for Count Pavel Alexandrovich Stroganoff (1774–1817), a member of one of the richest families in Russia. The count served as the Russian ambassador to Sweden, Spain, and Turkey.

puffs and ice cream Russians enjoy for dessert were brought by Parisian chefs who worked in the court of Catherine II, also known as Catherine the Great. French chefs were not the only artists attracted to Russia during this period. Italian architects, German composers, British poets—all were welcomed in St. Petersburg, an important cultural center. During the 34 years when she reigned as empress of Russia (1762–1796), Catherine founded the Hermitage, the world's largest and one of its most important museums. All the artists brought more than their skills as artisans; they also brought their favorite recipes from home. Many of these recipes became a part of Russian cuisine.

Cultural Influences

Russian cooking, like American cooking, borrows heavily from its neighbors. Many of the favorite foods in Russia are actually transplants from Russia's neighbors. From Iran and Turkey, Russians enjoy pilafs and kebabs. The dainty cream

Taking Another Look

Directions: Answer the questions below on a separate sheet of paper.

1. What common American main dish is Russian in origin?
2. How did Catherine the Great influence Russian food?



Global Gourmet

Russians love their tea; and they love to prepare it in a samovar. Charcoal or wood is burned in a vertical pipe through the center, heating the water in the samovar. The tea is brewed on top of the samovar, using the boiling water from the samovar to dilute the tea. The samovar came to Russia from Iran and other Southwest Asian countries in the eighteenth century.

Regional Recipes



dessert



salad



side dish



soup



main dish



snack



vegetarian



drink



Georgian Garlic Salad (originated in Georgia)

(serves 4)

Ingredients

50 to 75 cloves of garlic	1 tsp. freshly ground or cracked black pepper
1/2 tsp. salt	1 tbsp. oregano
1/2 cup fresh lemon juice	lettuce
1 cup extra virgin olive oil	

Procedure

Start by peeling the garlic. Bring a saucepan of water to boil. Once the water is boiling, turn off heat and drop garlic cloves into hot water. Let them sit in water for 3 to 5 minutes. (Use the shorter time if you like a sharper raw garlic flavor; the longer time results in a much milder garlic flavor.) Remove the garlic cloves and plunge them into cold water to stop the cloves from "cooking" any further.

Dissolve the salt into the lemon juice. Make a vinaigrette dressing by combining the olive oil, lemon juice, salt, pepper, and oregano. Place garlic into jars and pour oil mixture on top of the cloves. Refrigerate for a minimum of 1 week. Serve on a bed of lettuce.



Circassian Chicken (originated in Circassia, a region in southwest Russia)

(serves 6)

Ingredients

3 1/2 lbs. stewing chicken	5 cups water
1 carrot diced	2 cups walnuts, chopped
1 large onion, peeled and chopped	3 stale white bread slices
1/4 cup parsley	1 tbsp. paprika
salt (to taste)	
pepper (to taste)	

Procedure

Put chicken, carrot, onion, parsley, salt, pepper, and 5 cups of water in a large kettle. Bring to a boil. Reduce heat and simmer, covered, for 2 hours, or until chicken is tender. Remove chicken from pot to cool. Strain broth and put liquid aside. Cut meat into shreds. Put the walnuts through a meat grinder twice. After each grinding, separate the oil from the nuts. Set the oil aside. Soak bread in some of the strained chicken broth until soft. Squeeze dry and mix with ground walnuts, onion, and pepper. Put this mixture through a meat grinder two more times. Then gradually add about 1 cup of the strained chicken broth to the mixture to make a paste or sort of mayonnaise-type sauce. Combine 1/2 of this sauce with the shredded chicken and spread evenly on a platter. Cover with remaining sauce. Garnish with the reserved walnut oil by sprinkling it, along with the paprika, over the sauce.



Crimean Sour Cream Dessert (originated in southeast Ukraine)

(serves 4-6)

Ingredients

2/3 cup strawberries or blueberries	1/2 tsp. vanilla
1 1/3 cups sour cream	1 packet unflavored gelatin
2/3 cup powdered sugar	

Procedure

After washing and crushing the berries, force them through a sieve. Place berries, sour cream, sugar, and vanilla in a bowl and beat with an electric beater or rotary beater until the mixture doubles in size and becomes fluffy. The sour cream must be very cold. Dissolve gelatin in a small amount of warm water and slowly add to the sour cream mixture, blending it thoroughly. Pour into individual serving dishes or forms. Refrigerate for at least 2 hours before serving.



Lamb Pilaf (originated in Turkey)

(serves 8-10)

Ingredients

3 lbs. leg of lamb	1 onion, sliced
pepper	2 to 2 1/2 cups water
salt	3/4 cup rice
3 tbsp. butter	1/2 bay leaf

Procedure

Cut the lamb into slices about 1/2 inch thick. Rub with plenty of pepper and a little salt. Brown the meat well in hot butter, add the sliced onion, and continue cooking gently for 10 minutes. Add 1 cup of water. Cover the pan and simmer for 20 minutes. Wash rice thoroughly. Scald it with boiling water and let it stand for 10 minutes in the hot water. Drain. Rinse with cold water. Drain again, then put the rice on top of the lamb. Add the bay leaf, more salt, and the rest of the water so that it just covers the meat. Cover and cook for 45 minutes at 325° (F). When the rice is soft, remove from oven and serve hot.



Foods of the Caucasus and Central Asia

The Caucasus

The mountains, valleys, and grasslands of the republics of the Caucasus and Central Asia combine with a moderate climate to yield an abundance of crops. The Caucasus are comprised of three republics: Georgia, Armenia, and Azerbaijan. Vegetables are a fundamental part of the Georgian diet. Many Armenian dishes resemble those of Georgia, but there are noticeable differences, too. Where Georgians use corn, walnuts, and dried beans, Armenians prefer bulgur (cracked wheat), pine nuts, and chickpeas, and they have many more pastries and desserts.

provide the very best portions of appetizers, meat, breads, and tea. Lamb is the primary meat eaten. The arrival of guests often signals the time to slaughter a lamb to provide fresh meat for the meal. The meat is boiled to retain its juices.

The Central Asian Republics

The independent republics of Central Asia include Kazakhstan, Kyrgyzstan, Tajikistan, Turkmenistan, and Uzbekistan. People from these countries treat guests with great honor. They welcome them into their homes, give them the best seats at the table, and

Spices and Yogurt

Spices are important ingredients in the cuisines of the Caucasus republics. In the Central Asian republics, spice mixtures become less complex, although cinnamon is widely used. The Caucasus and Central Asian cuisine is notable for an abundance of all kinds of meat, fish, and cheese. Many strong seasonings give the food of this region a distinctive flavor. Yogurt is also a key ingredient in the cooking of the Caucasus region.

Taking Another Look

Directions: Answer the questions below on a separate sheet of paper.

1. What are the three republics of the Caucasus?
2. How is meat generally prepared in Central Asia?



Global Gourmet

The food of Kyrgyzstan developed from the diets of nomads. It consists mainly of meat, milk products, and bread. Not all Kyrgyz food is bland, though. It is common to serve a bland meal of meat and potatoes with a spicy side dish hot enough to burn a hole in your mouth. Tea without milk is the drink of choice for Central Asians.

Regional Recipes



dessert



salad



side dish



soup



main dish



snack



vegetarian



drink



Georgian Rice Pilaf (Georgia)

(serves 6 to 8)

Ingredients

1/3 cup butter	2 large tomatoes, coarsely chopped
3 medium onions, finely chopped	3/4 cup fresh parsley, finely chopped
2/3 cup walnuts or pine nuts, coarsely chopped	1 tsp. dried sage
1/3 cup raisins	1/2 tsp. dried coriander
2 cups converted rice	1/2 tsp. ground cinnamon
4 cups canned chicken broth	
salt and pepper to taste	

Procedure

Melt the butter over medium heat in a large frying pan. Add the onions, stirring constantly, and cook for 3 to 5 minutes, or until onions turn a golden brown. Add the nuts and raisins. Cook for 1 more minute, stirring constantly. Add the rice. Continue stirring and cook for about 3 to 4 minutes. Stir in the remaining ingredients and mix thoroughly. Bring mixture to the boiling point. Then turn the heat down to very low and cover the frying pan with a tight-fitting lid. Cook for about 20 minutes or until the rice is tender. Turn off the heat and remove lid. Place a clean dish towel over the pan, then replace the lid. Let stand for 5 minutes before serving.



Yogurt and Honey Drink (all of Central Asia)

(serves 2)

Ingredients

1/2 pint plain yogurt	2–4 tbsp. lemon juice
1 tsp. honey	

Procedure

Beat all ingredients together with a fork or use an electric blender. Serve cold.



Chickpea Salad (Uzbekistan)

(serves 4)

Ingredients

3 turnips	7 oz. chickpeas
1 white onion	1/4 cup of sour cream
2 carrots	salt and fresh dill to taste

Procedure

Clean and boil turnips and carrots. Cube turnips and carrots (about size of the chickpeas), dice onion, and chop the fresh dill. Soak the chickpeas overnight, boil until tender, and drain off water. (You may use canned chickpeas instead, draining the liquid from the chickpeas before adding them to the other vegetables.) Combine vegetables in a large bowl, add sour cream, salt, dill, and mix well.



Cheese with Walnuts (Armenia)

(serves 6)

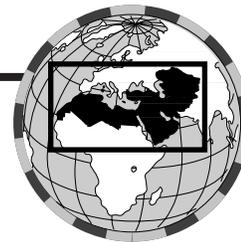
Ingredients

1 cup farmer's cheese	pinch of salt
3 tbsp. walnuts, finely chopped	Boston lettuce leaves
1/4 cup plain yogurt	1/4 cup walnuts, coarsely chopped
1 tsp. dill	toasted pita triangles or whole wheat crackers
1 tbsp. parsley, finely chopped	
1 clove garlic, minced	

Procedure

Process the farmer's cheese, finely chopped walnuts, and yogurt in a food processor until smooth. Transfer the cheese to a bowl and mix with herbs, garlic, and salt. Shape into a ball, cover, and refrigerate for 4 hours.

Line a small serving platter with several lettuce leaves and carefully transfer the cheese ball to the platter. Press the coarsely chopped walnuts into the ball so they more or less cover it. Serve with the toasted pita triangles or whole wheat crackers.



Foods of North Africa and Southwest Asia

North Africa

Over the centuries, diets in North Africa have been shaped by the region's unique geographic features. Ancient Egyptians ground wheat from their fields and baked bread. The tombs of ancient Egyptian pharaohs contained preserved foods and wall paintings that depict planting and harvesting seasons. The foods of North Africa today have roots in ancient Mediterranean cultures. The ancient Romans called Tunisia their empire's "breadbasket" because of its abundant harvests of wheat. The great local dish of North Africa is cous-cous—steamed wheat or semolina grains—served with meats, poultry, and vegetables piled on top of and around the grain.

Food Imports

Most North African countries must import food to feed their own people. For example, Libya's terrain is 99 percent desert. As a result, Libya imports almost 75 percent of its food. Morocco, on the other hand, is self-sufficient in food production. Moroccans grow wheat, barley, corn, sugarcane, sugar beets, fruits, and vegetables. They also raise livestock and enjoy an international reputation for fine food and hospitality.

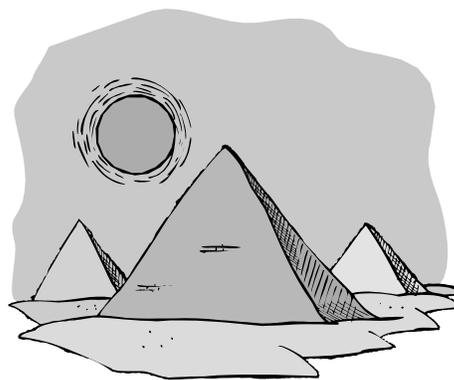
Southwest Asia

The earliest inhabitants of Southwest Asia were nomads who lived in tents. Since they moved from place to place, they developed a cuisine around foods that could be easily stored and carried from place to place, such as rice and dates. Grains, especially rice, formed the staple part of the nomads' diet. Their protein came from the meat of their herds of sheep and camels. Coffee and mint tea are the favorite drinks of the region.

Taking Another Look

Directions: Answer the questions below on a separate sheet of paper.

1. What did ancient Romans call Tunisia? Why?
2. What influenced the development of the cuisine of Southwest Asia?



Global Gourmet

North Africa's main religion is Islam, which dictates some eating habits of its followers, called Muslims. They do not eat pork and avoid all alcoholic beverages. Muslims also fast during the holy month of Ramadan. If you are invited to a Muslim home, you should remove your shoes upon entering.

Regional Recipes



dessert



salad



side dish



soup



main dish



snack



vegetarian



drink



Egyptian Torte (Egypt)

(serves 6 to 8)

Ingredients

1 yellow cake mix, baked as directed 1 tsp. coconut extract

Filling:

1 8 oz. pkg. pitted dates, chopped 1/2 cup butter
 1 1/3 cups evaporated milk 1 tsp. vanilla
 1 1/3 cups sugar 1 cup sliced almonds, toasted
 4 egg yolks, slightly beaten

Procedure

Prepare cake mix as directed, adding coconut extract to the mix. Bake as directed in two 9-inch round cake pans. Combine dates, milk, sugar, egg yolks, butter, and vanilla in a medium saucepan. Cook and stir filling over medium heat until thickened. Add the toasted almonds. Cool. Split cake layers. Spread the filling between layers and on top and sides of cake. Refrigerate.



Tabbouleh (Lebanon)

(serves 6)

Ingredients

1 cup bulgur (cracked wheat) 6 green scallions
 1/2 to 3/4 cup hot water 1 1/2 cups parsley, chopped
 4 ripe, firm tomatoes 1/8 cup olive oil
 1 cucumber, peeled 1/4 cup fresh lemon juice
 2 green peppers salt to taste

Procedure

Put the bulgur in a medium-sized bowl. Pour enough hot water over the bulgur to barely cover it. Let stand for 1 hour. On a cutting board, finely chop all the vegetables. Mix all the vegetables into the bulgur. Toss with the olive oil and fresh lemon juice. Add salt to taste.



Moroccan Almonds (Morocco)

(serves 10 to 12 as appetizers)

Ingredients

1 lb. blanched almonds salt to taste
 1 1/2 tbsp. olive oil

Procedure

Preheat oven to 350° (F). Place the almonds on a cookie sheet. Drizzle the olive oil over them. Bake in the oven until they are well-browned on one side, about 10 minutes. Take out of the oven and turn almonds over with a spoon or spatula. Continue baking until other side is well-browned. Remove almonds from the oven and drain on paper towels. Salt the nuts to taste and serve them warm.



Eggplant and Chili Pepper Salad (Saudi Arabia)

(serves 6 to 8)

Ingredients

4 medium eggplants 1/2 cup corn oil
 4 tomatoes (cut in rings) 1/2 teaspoon ground black pepper
 3 green chili peppers salt to taste
 1/2 cup white vinegar

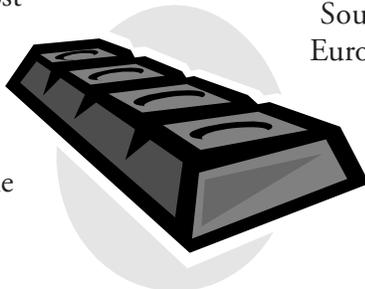
Procedure

Wash, peel, and cut the eggplant into medium-sized rings. Put in a sieve, sprinkle with salt. Leave for half an hour, then wash off the salt and drain. Dry with a towel and fry each piece on both sides until golden brown. Place on paper towels to soak up the excess oil. Fry the tomato rings. Place the eggplant, followed by tomato rings on a plate. Clean the chili peppers by cutting off the stalk and removing the seeds. Wash, dry, cut into rings, and fry. Place on top of the tomato rings. Mix the vinegar, salt, and pepper together and pour over the vegetable rings. Serve chilled.



Foods of West and South Africa

Africa South of the Sahara includes about three-fourths of the continent. Almost all of this region lies within the parallels of the Tropic of Cancer and the Tropic of Capricorn. The tropical or subtropical climate, landforms, and different ethnic groups influence the foods and styles of cooking in Africa.



West Africa

In West Africa, the variety of soils and climates makes it possible to grow many different kinds of foods. In Ghana, cacao, coffee, yams, corn, cassava, cashew nuts, pepper, millet, peanuts, rice, and ginger are significant food crops. Most families have small gardens to grow vegetables. They also fish the coastal and inland waters. Like the Ghanaians, the people of Nigeria also grow a variety of foods, including taro (a broad-leaved plant with a starchy, edible root), millet, black-eyed peas, corn, and cacao. Many other West African nations, such as Cameroon, also harvest and export cacao, which is used to make chocolate and cocoa.

South Africa

South Africa has been influenced by Europeans, such as the Dutch who first founded a trading settlement in 1652.

Both Asian and European influences can be found in South African cooking, giving it distinctive dishes and flavors.

Some of Africa's best cattle-grazing lands are found in southern Africa. The nations of Lesotho and Zimbabwe however, have poor or sandy soil, unfit for farming. Crops such as peanuts, corn, and papaya are grown.

Taking Another Look

Directions: Answer the questions below on a separate sheet of paper.

1. What contributed to the richness and variety of the foods of South Africa?
2. Review the recipes on the following page. What ingredients in these recipes are typical of the foods eaten and produced in Ghana?



Global Gourmet

Angolans created the spicy piri-piri sauce used in many Portuguese dishes. The main ingredient for the sauce are small red chilies imported from Brazil. At one time both Brazil and Angola were Portuguese colonies.

Regional Recipes



dessert



salad



side dish



soup



main dish



snack



vegetarian



drink



Fish with Greens (West Africa)

(serves 4 to 6)

Ingredients

3 tbsp. peanut oil	1/4 tsp. freshly ground black pepper
2 onions, chopped	2 cups water
1 green pepper, cored, seeded, and chopped	2 lbs. fillets of firm white fish, cut into strips
1 lb. fresh greens (collards, kale, or spinach), washed and torn into bite-sized pieces	

Procedure

Pour the peanut oil into a large saucepan and heat over medium heat. Sauté the onions and green pepper for 5 minutes. Add black pepper, greens, and water. Cover and cook over medium-high heat for 20 minutes. Add the fish on top of the vegetable mixture and cover the pan again. Lower the heat and simmer until fish can be flaked with a fork.



African Salsa (Nigeria)

(makes 2 cups)

Ingredients

2 cups water	1/2 tsp. ground white or black pepper
1 onion, finely chopped	1 lb. fresh okra, stems and tips trimmed, each piece cut into thirds
2 garlic cloves, finely chopped	
salt to taste	
1/2 tsp. cayenne pepper	
whole wheat crackers	

Procedure

Put the water, onion, garlic, salt, cayenne pepper, and white or black pepper into a medium-sized saucepan. Bring to boil over medium-high heat. Add the okra and simmer for about 15 minutes, or until almost all the liquid has evaporated. Stir occasionally. Drain the okra in a fine-mesh sieve or colander and rinse under cold water. Drain well again. Transfer the okra to a bowl and cover. Refrigerate for at least 1 hour. Serve with whole wheat crackers.



Tomatoes and Corn Casserole (South Africa)

(serves 4 to 6)

Ingredients

1 tbsp. butter or margarine, softened	1 egg, lightly beaten
3 tbsp. butter, cut into small bits	1 tsp. light brown sugar
5 medium-sized ripe tomatoes, chopped	1 1/2 tsp. salt
2 cups thawed frozen corn kernels	freshly ground pepper to taste
	1 cup fresh bread crumbs

Procedure

Preheat oven to 325° (F). Use a paper towel to grease the bottom and sides of a 1 1/2-quart baking pan with the softened butter or margarine. In a large bowl, mix well the tomatoes, corn, egg, sugar, salt, and pepper. Spoon the mixture into the greased pan. Press it down with a spoon until it is smooth. Sprinkle the top with bread crumbs and butter bits. Bake for 1 hour, or until the bread crumbs are golden brown.



West African Iced Ginger Drink (West Africa)

(makes 2 1/2 quarts)

Ingredients

2 quarts water	1/2 cup fresh lemon juice
1/2 pound fresh ginger, peeled and thinly sliced	1 cup honey
	ice cubes

Procedure

Put 2 cups of the water and the ginger in a medium-sized saucepan. Simmer over medium heat for 20 minutes. Stir in the lemon juice and honey. Let the liquid cool completely. Strain the mixture into a large pitcher. Add the remaining 1 1/2 quarts of water. Add the ice cubes. Refrigerate for 1 hour before serving.



Foods of East and Central Africa

On the African continent, the greatest differences in climate exist in East Africa. The savannas are hot and dry while the highlands are cool and moist.

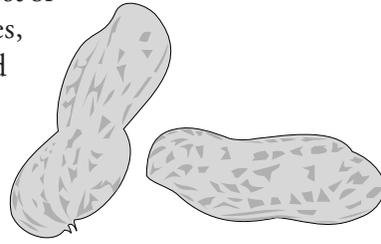
East Africa

Over the centuries, the people of East Africa have been herders who have raised livestock but traditionally did not eat them. Animals are used as a form of currency to buy and sell goods. Diets consist primarily of vegetables and different grains, such as corn. Europeans, including the British and Portuguese, brought different fruits and vegetables to East Africa. The natural resources of the region have also played a major role in determining the diet. Fish and shellfish caught in the ocean or in rivers provide protein. In Sudan, the Nile River and the Red Sea are sources for perch and other fish.

Central Africa

Although the nations of Central Africa are located close to or on the Equator, the high altitudes of the plateaus keep the temperatures from soaring. In Niger, a landlocked nation, many peo-

ple live in the Niger River basin area. Here they can raise crops and livestock. In the dry, western region of Niger, however, farmers must make the most of temporary lakes, which are formed by the seasonal rains. Millet, sweet potatoes, and peanuts are staple crops for many Central Africans. In Chad, peanuts are an important food and are among the nation's biggest exports.



Taking Another Look

Directions: Answer the questions below on a separate sheet of paper.

1. For what purpose are livestock and herds traditionally used in East Africa?
2. Sample the recipes from East and Central Africa found on the following page. Which recipe would most likely be served in Chad? Why?



Global Gourmet

In Ethiopia leaving some food on the plate after a meal is considered polite. By custom foods are eaten with fingers of the right hand, in a communal fashion—all those seated at the table eat from the same bowls. Many Ethiopian households include extended families, which means mealtime could involve a large crowd.

Regional Recipes



dessert



salad



side dish



soup



main dish



snack



vegetarian



drink



Chicken Moambe (Democratic Republic of the Congo)

(serves 6 to 8)

Ingredients

3 1/2 lbs. chicken, cut up	1 cup canned tomato sauce
6 cups water	1 tsp. ground nutmeg
2 tbsp. vegetable oil	salt and pepper to taste
1 large onion, finely chopped	rice or beans
2 stalks celery, finely chopped	

Procedure

Put the chicken pieces in a large saucepan and cover with water. Bring to a boil over medium heat, then reduce to simmer. Cover the saucepan and cook about 40 minutes, or until chicken is tender. Set aside. Heat oil in a frying pan over medium heat. Add onions and celery and cook about 5 minutes, or until the vegetables are soft. Stir occasionally. Reduce heat to simmer. Add tomato sauce, nutmeg, and salt and pepper to taste and stir. Carefully pour the contents of the frying pan over the chicken and mix well. Simmer for about 20 to 30 minutes. Serve with rice or beans.



Sweet Potato Salad (Chad)

(serves 6)

Ingredients

2 14- or 16-oz. cans of sweet potatoes	1 cup shelled roasted peanuts
1 small onion, chopped	salt and pepper to taste
1/2 cup fresh lemon juice	2 tomatoes, each cut into 4 wedges
2 tbsp. peanut oil	

Procedure

Cut the sweet potatoes into 1/4-inch slices. Put them in a large bowl. Add the onion and stir gently. In a small bowl, combine the lemon juice and oil. Pour over the potatoes and onions and mix well. Add peanuts and salt and pepper. Mix gently. Place the tomato wedges around the edge of the salad. Chill in the refrigerator for 1 hour before serving.



Greens with Lemon Sauce (Kenya)

(serves 4 to 6)

Ingredients

2 lbs. fresh greens (collards, kale, or spinach)	2 tomatoes, chopped
1 1/4 cups water	2 1/2 tbsp. fresh lemon juice
2 tbsp. vegetable oil	1 tbsp. all-purpose flour
1 onion, chopped	1/2 tsp. salt

Procedure

Rinse the greens, drain them well, and pat dry on paper towels. Remove and discard the thick stems. Stack the leaves a few at a time and cut them into 1/2-inch-wide strips. Pour 1 cup of the water into a large frying pan and bring to a boil. Add the greens, cover, and cook over medium heat, stirring frequently. Cook until the greens are barely tender, about 10 minutes. Remove the greens, draining them thoroughly. Dry the frying pan and use it to heat the oil. Add the onion and cook about 5 minutes, stirring often. Add the tomatoes and cook for 3 minutes. Stir in the drained greens. In a medium bowl, blend together until smooth the remaining 1/4 cup water, lemon juice, flour, and salt. Stir this into the greens and reduce heat to low. Simmer, stirring often, for about 3 minutes, or until the sauce has thickened.



Flatbread (Ethiopia)

(makes 18 thin rounds)

Ingredients

4 cups self-rising flour	2 cups club soda
1 cup whole wheat flour	4 to 4 1/2 cups water
1 tsp. baking powder	vegetable oil

Procedure

In a large bowl, blend together the self-rising and whole wheat flours. Add baking powder and mix well. Add club soda and 4 cups water. Mix into a smooth batter. Heat 2 tablespoons of oil in a large frying pan over medium-high heat. Thinly spread 1/2-cup of the batter into the pan. Do not make too crisp; if necessary, lower heat. Cook one side only. Spread a clean kitchen towel onto a clean surface. Use a spatula to carefully move the bread from the frying pan to the towel. Before cooking the next pancake, add a little oil to the pan to prevent sticking. Repeat until you have used all the batter.



Food of the Northern Indian Subcontinent



The northern Indian subcontinent is bordered by one of the world's highest mountain ranges—the Himalaya. On the broad and grassy foothills, sheep graze. Farmers in Pakistan and Nepal produce broadleaf vegetables, such as cauliflower and spinach. In Bangladesh, the rivers and coastline are sources of fish and shellfish.

Religious Beliefs and Traditions

Just as the geographic features influence people's diets, so do religious beliefs and traditions. With Muslims, Hindus, Sikhs, Christians, Jews, and Buddhists all living in this region, the religious influences are ancient, diverse, and complex.

The two greatest cultural influences on Indian cooking and food habits are the Hindu and the Muslim traditions. Many Hindus are vegetarians as a matter of religious practice. Muslims of Pakistan and Bangladesh do not eat pork, but they do eat other meats that have been slaughtered according to proper Muslim tradition.

Land of Spices and Rice

Connecting the foods of this diverse region are two essential ingredients: spices and rice. For thousands of years, the people of this ancient and rich civilization have been growing and blending their own spices such as peppers, chilies, turmeric, ginger, cardamom, and coriander. Interestingly, the term *curry*, synonymous with this region's food, does not always refer to a spice. It can refer also to the spicy stew-like preparation of meats and vegetables that is served with rice.

Taking Another Look

Directions: Answer the questions below on a separate sheet of paper.

1. What two religious groups have exerted the most influence on the cuisine and diets of the northern Indian subcontinent?
2. By trying the flavorful recipes on the following page, you can create an entire meal. What spices that are typically added to foods in this region are included in these recipes?



Global Gourmet

Agricultural scientists continue to try to improve rice production. In 1992 Indian scientists developed a purple-leafed rice plant meant to stand out from weeds, to be simpler to harvest. Unfortunately, the weeds became hybrids of the rice plant and scientists developed something they had not expected – a purple-leafed weed.

Regional Recipes



dessert



salad



side dish



soup



main dish



snack



vegetarian



drink



Curried Meat Patties (Pakistan)

(serves 2 to 4)

Ingredients

1 lb. ground beef	1 green pepper, finely chopped
1 egg	3 tbsp. vegetable oil
2 tsp. curry powder	1 onion, thinly sliced
juice of half a lemon	1 tbsp. cilantro, chopped

Procedure

Put the meat, egg, curry powder, lemon juice, and green pepper in a bowl. Mix these ingredients into a smooth paste. Divide the mixture into four patties, each 1/2-inch thick. Heat the oil in a skillet over medium-high heat. Add the patties and reduce the heat to medium. Fry the patties about 8 minutes on each side or until brown and cooked through. Put the patties on a serving platter and decorate with the slices of onion and chopped cilantro.



Boiled Rice (entire region)

(serves 4)

Ingredients

1 cup long-grain rice, such as basmati	6 cups water
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Procedure

Bring the water to boil in a large saucepan. Add the rice, stirring constantly. Lower heat to medium and cook uncovered for 15 minutes. Stir the rice once or twice to keep it from sticking to the pan. When the rice starts to puff up, drain off the water by pouring the rice and water mixture through a fine-sieved strainer. Pour the rice back into the saucepan and lower the heat to very low. Cover the saucepan and cook for five minutes. Put the rice in a bowl and serve.



Spicy Chickpeas (Pakistan)

(serves 4)

Ingredients

2 to 4 tbsp. butter or margarine	1/2 tsp. ground or crushed red pepper
1 onion, finely chopped	1 cup canned chickpeas
1 tsp. curry powder	1 tsp. sugar
1 tsp. ground cumin	salt and pepper to taste
1/2 tsp. ground ginger	

Procedure

Drain the liquid from the can of chickpeas and set aside 1/2 cup of the liquid. Heat 2 tablespoons butter or margarine in a large, heavy frying pan. Add onion and fry over medium heat for about 5 minutes, or until the onion is golden brown. Add curry powder, cumin, ginger, and red pepper. Mix well in the pan. Reduce heat to low. Add the chickpeas, the drained chickpea liquid, sugar, and salt and pepper to taste. If the mixture seems sticky, add 1 or 2 more tablespoons of butter or margarine. Cook for about five minutes.



Chopped Cucumber Salad (Nepal)

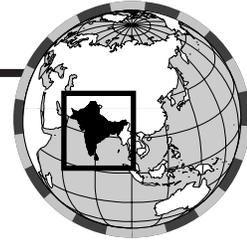
(serves 4)

Ingredients

1 large cucumber, peeled and finely chopped	1 tbsp. fresh lemon juice
1 large onion, finely chopped	1 cup cilantro, chopped
1 large tomato, finely chopped	salt to taste

Procedure

Place the diced cucumber, onion, and tomato into medium-sized bowl. Add lemon juice, cilantro, and salt to taste. Mix well. Cover with plastic wrap. Chill in the refrigerator for two hours before serving.



Food of the Southern Indian Subcontinent and Coastal Islands

South Indian food is largely non-greasy, roasted, and steamed. Rice is the staple diet and forms the basis of every meal. Coastal regions enjoy a bountiful harvest of fish from the Indian Ocean. Wheat, which is ground into flour, is used to produce chapattis, puris, and parathas—the delicious, everyday breads of the region. Coconuts and tropical fruits, such as bananas, mangoes, plums, and kiwi, are readily available.

South Asia is the home of rice. More than 1,000 varieties of rice are grown in India alone. In Bangladesh, about 80 percent of cultivated fields are used to grow rice.

Foods of Sri Lanka

The island nation of Sri Lanka, off the coast of southern India, enjoys a bountiful harvest of fish from the Indian Ocean. Coconuts and tropical fruits are readily available. For Sri Lanka, like its neighbors on the Indian subcontinent, rice is the staple grain.

In Sri Lanka, if rice and fish provide the backdrop for its delicious meals, then coconut and coconut milk are the stars and are used in many recipes. To add contrast to the spicy curried dishes, Sri Lankans make cool and fresh side dishes from bananas, mangoes, plums, and kiwi.

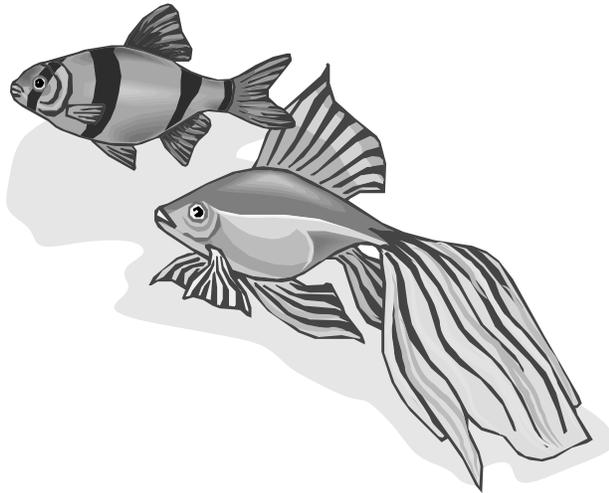
Importance of Side Dishes

Throughout South Asia, meals are served with many different side dishes. Raita, chutneys, raw salads, pickles, snacks, and sweets are all placed on the table with the main dish. Tea and warmed milk are served as beverages.

Taking Another Look

Directions: Answer the questions below on a separate sheet of paper.

1. What is the staple grain for the Indian subcontinent and the island of Sri Lanka?
2. How do cooks in Sri Lanka add contrast to their spicy curry dishes?



Global Gourmet

Kolakenda, a porridge of brown rice and coconut cream flavored with the juice of green herbs, is the traditional breakfast in Sri Lankan villages. It is a modern nutritionist's dream of a perfectly balanced meal. Kolakenda is served steaming hot with a piece of jaggery — a delicious brown palm candy, and makes a very satisfying and nutritious breakfast.

Regional Recipes



dessert



salad



side dish



soup



main dish



snack



vegetarian



drink



Mango Ice Cream (Sri Lanka)

(serves 2 to 4)

Ingredients

2 ripe mangoes
2 cups milk or 1 cup milk
and 1 cup heavy cream

1/4 cup sugar

Procedure

Wash, peel, and slice the mangoes (throw out the seed in the middle after scraping off the fruit). The easiest way to cut a mango is to cut lengthwise parallel to the seed. Combine the mango, milk, and sugar in a food processor and whirl it around a few times. Once the mixture is combined, strain it to remove stringy fruit parts. This will give the ice cream a smooth texture. Pour the mixture into two ice trays and put into the freezer. For best results eat soon after it is set.



Dhania Chicken (India)

(serves 4)

Ingredients

1 whole chicken cut into pieces
2/3 tsp. coriander powder
1 tsp. roasted cumin seeds powder
2 tsp. pepper powder
1 to 2 tsp. red chili powder,
according to taste

2 tbsp. ginger and garlic paste
2 tbsp. vinegar or lemon juice
1 tsp. oil
1 tsp. turmeric powder,
optional
salt to taste

Procedure

Mix all ingredients except the chicken in a large bowl. Place the chicken pieces in the bowl, coating each piece with the marinade. Refrigerate overnight. The next day grill the chicken until done. Serve hot with sauce or mint chutney.



Mango and Coconut Chutney (Maldives)

(serves 4)

Ingredients

4 medium mangoes
4 tbsp. ginger, finely chopped
1/4 tsp. salt

1/2 tsp. red pepper flakes
1/4 cup cilantro, finely chopped
1/2 cup shredded coconut

Procedure

Cut the mango into chunks. Put all ingredients in a bowl and toss gently until completely mixed. Refrigerate for at least one hour before serving. Serve as a condiment with curry.



Spicy Lentils (Sri Lanka)

(serves 4)

Ingredients

1 cup dried lentils
3 cups water
2 tbsp. vegetable oil
1 tsp. salt

1 tsp. ground cumin
1 tsp. ground turmeric
3 garlic cloves, chopped
1 onion, finely chopped

Procedure

Put the lentils and water into a medium-sized saucepan. Turn the heat to high, and bring the water to a boil. Reduce the heat to simmer, and cover the saucepan. Cook the lentils for about 45 minutes, or until tender. Stir frequently. Heat the oil in a heavy frying pan. Add salt, cumin, turmeric, garlic, and onion. Mix well. Cook about two minutes, or until tender. Stir the onion mixture into the lentils. Simmer, uncovered, for about 20 minutes. Stir frequently. Serve hot.



Foods of Mongolia, China, and Taiwan

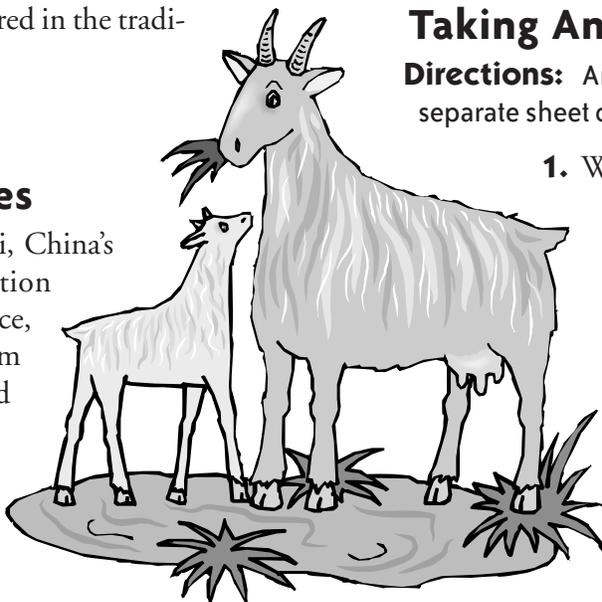
With more than 20 percent of the world's population, East Asia has many mouths to feed. The farmers must produce the most crops possible from the arable land, and cooks must show both resourcefulness and imagination.

Resources for Mongolian Cuisine

Regional land available for farming is extremely limited by the Gobi. Mongolians graze their sheep, yaks, goats, horses, cattle, and camels, which provide meat for their diet, on the high grasslands. In addition, Mongolians use other products from their animals, such as cheese, milk, and yogurt. In Mongolia's extremely cold climate, only a few vegetables—mostly cabbage and onions—can be grown. The people also drink a hot and soothing tea prepared in the traditional manner.

China and Its Food Resources

South of the Gobi, China's large farming population grows grain crops of rice, corn, and wheat. From wheat, flour is ground to make the many different kinds of noodles used in cooking. China is the leading



producer of rice in Asia. Rice is such an important crop that its Chinese name means "meal." Other agricultural products used in Chinese cooking include bok choy, red beans, soybeans, mung beans, mushrooms, and ginger root. Pork, poultry, fish, and shellfish are also important in Chinese cuisine. Tea is usually served with meals.

Chinese Regional Specialties

Beijing, Shanghai, and other urban centers are all known for their fine regional cooking. The rich and ancient traditions of Chinese cuisine can be experienced in the dim sum, or finger foods, of Chinese teahouses; the "street food" of sidewalk food stalls; and the exotic dishes prepared for formal banquets.

Taking Another Look

Directions: Answer the questions below on a separate sheet of paper.

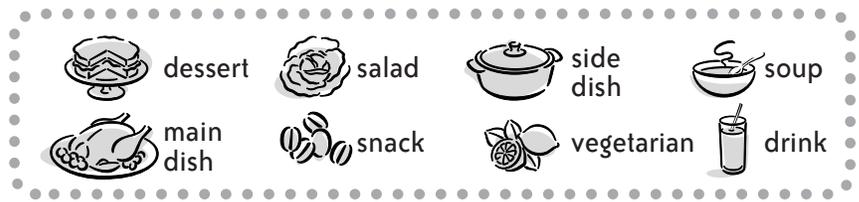
1. What products from the herds of animals raised by Mongolians are part of their diet?
2. Sample a taste of East Asia by trying the recipes on the following page. As you do, what ingredients will you be using that you have never tasted before?



Global Gourmet

Foods from different cultures may sometimes seem very unusual to Americans. In China, for example, it is not unusual to be offered a taste of Bear Paw Soup, Bird's Nest Soup, (made from swallows' nests), 1,000-Year-Old-Eggs (really only about 100 days old), or lotus root.

Regional Recipes



Pork and Bamboo Shoots (China)

(serves 4)

Ingredients

2 lbs. lean pork	1 tsp. ground ginger
1/4 cup soy sauce	4 cups water
1 tsp. brown sugar	4 oz. bamboo shoots

Procedure

Cut the pork into small cubes. Mix the soy sauce, sugar, and ginger together, add to the pork, toss well, and leave for 10 minutes. Put pork and flavorings in a large pan, add the water, and bring gently to a boil. Reduce heat, cover, and simmer for 1 hour. Drain bamboo shoots and shred finely, add to the pan and simmer for 10 minutes.



Stir-fried Shrimp with Peas (Taiwan)

(serves 4 to 6)

Ingredients

1 lb. raw, shelled shrimp	1 tsp. fresh ginger, finely chopped
1 egg white	1 1/2 cups frozen peas, thawed
2 tsp. cornstarch	1 tsp. salt
3 tbsp. vegetable oil	
2 green onions (white part only), finely chopped	

Procedure

Put the shrimp in a large bowl. Add the egg white and cornstarch to the shrimp and mix well. Place bowl in refrigerator for 20 minutes. Heat the oil in a wok or heavy frying pan. Place the shrimp in the pan and stir-fry over moderate heat for about a minute. Gently remove the shrimp from the pan and drain them on a paper towel. Increase the heat under the wok or frying pan. Add the green onions, ginger, peas, and salt and stir-fry for 2 minutes. Return the shrimp to the wok and cook with the vegetables and seasonings for 1 more minute.



Spinach and Tofu Soup (China)

(serves 4)

Ingredients

1 cake of tofu (bean curd)	1 green onion, chopped
2 cups canned chicken broth	2 tsp. salt
2 cups fresh spinach leaves	black pepper, freshly ground

Procedure

Cut the tofu into 1/2-inch cubes. Wash and dry the spinach leaves thoroughly and tear them into small pieces. In a wok or medium-sized saucepan, bring the chicken broth to a boil. Add the spinach and green onion. Simmer over low heat for 3 minutes. Add the tofu. Simmer for 2 or 3 minutes. Skim off the fat from the broth with a spoon. Add salt and pepper to taste.



Chinese New Year's Cookies (China)

(makes 3 dozen)

Ingredients

2 cups all-purpose flour	1/4 cup cold water
6 tbsp. sugar	2 tbsp. sesame seeds
3 1/4 tbsp. butter	3 cups vegetable oil for deep-frying
1/4 tsp. vanilla extract	
1 egg	

Procedure

In a large mixing bowl, measure the flour, sugar, butter, and vanilla extract. Wash your hands, and use your fingers to blend the ingredients until the mixture looks like coarse meal. Add the egg and blend the dough well. Add cold water, a little bit at a time, until dough is soft but not sticky. Sprinkle the sesame seeds on a plate. Roll the dough in the sesame seeds until it is covered. Smooth about a quarter cup of flour onto waxed paper. Put the dough on the floured surface. With a rolling pin, roll the dough into a thin sheet. Cut the sheet into strips. Then heat oil in a deep frying pan and deep-fry the cookies, several at a time, until golden brown. Remove with tongs. Drain and cool on paper towels. Store in an airtight container.



Foods of North Korea, South Korea, and Japan

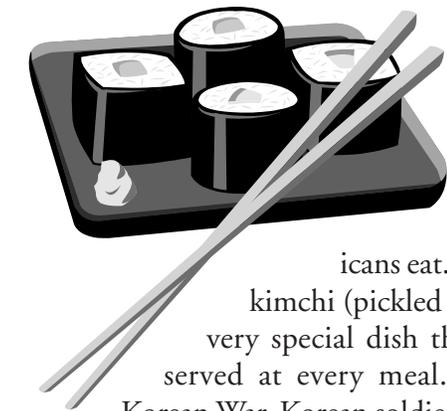
The physical location of Korea and Japan has fostered cross-cultural exchanges throughout history. Their cuisines have many similarities. The countries seek to balance sweet, salty, bitter, hot, and sour—the five flavors—in their approaches to cooking and eating.

Korean meals usually include soup, rice, and fish or beef. Japanese dishes usually include a variety of fish and shellfish, served raw or steamed.

Korean Traditions

Staple grains are essential to Korean meals, supplemented with side dishes and specialties.

Usually meals include soup, rice, and fish or beef in much smaller portions than Americans eat.



For Koreans, kimchi (pickled cabbage), is a very special dish that is usually served at every meal. During the Korean War, Korean soldiers took tins of kimchi into battle with them. Most Korean families observe the late autumn ritual of chopping cabbage and packing pickle pots to make kimchi for winter.

Ancient Artistry

The food of Japan is known worldwide for its artistic presentation. Japanese cooks carefully consider both symmetry and color contrast when planning meals. Because it is an abundant natural resource, fish provides much of the protein in Japanese meals. In many dishes, a variety of fish and shellfish is served raw—octopus, squid, sea bass, sea urchin, prawns, and shrimp. An entire fish, such as sea bass, may be steamed and served with dipping sauces. Many foods are stir-fried, to retain the natural flavors. Every meal is served with rice. A typical menu might include a main dish, a few side dishes, rice, pickles, soup, and green tea.

Taking Another Look

Directions: Answer the questions below on a separate sheet of paper.

1. Foods from what source provide most of the protein in the Japanese diet? What are some varieties of this food source?
2. As you experiment with the recipes from Korea and Japan, which recipe represents the most traditional Korean food? What is unusual about the preparation of this food?



Global Gourmet

Sushi does not mean raw fish; it refers to Japanese food preparations using seasoned rice. Sushi can be prepared using cooked or uncooked fish, rice, and vinegar, combined and served in small pieces. It is a traditional Japanese food that has become especially popular in the United States and around the world.

Regional Recipes



dessert



salad



side dish



soup



main dish



snack



vegetarian



drink



Kimchi (North and South Korea)

(serves 8)

Ingredients

- | | |
|---|--|
| 2 cups Chinese cabbage
(Napa cabbage, chopped) | 1 fresh ginger, peeled and
finely chopped |
| 1/2 cup coarse or kosher salt | 3 garlic cloves, finely chopped |
| 4 green onions, finely chopped | 1 tsp. sugar |
| 1 cup carrots, finely shredded | 3 tsp. red pepper flakes |

Procedure

In a large mixing bowl, toss the cabbage with the salt. Set aside for 30 minutes. Toss the mixture every 10 minutes. Transfer the cabbage to a colander and rinse under cold water. Drain well. Return cabbage to the large bowl. Add green onions, carrots, ginger, garlic, sugar, and red pepper flakes. Mix well. Pack the mixture in a clean jar and cover. Keep the jar at room temperature for about 2 days, then refrigerate. Serve as a side dish with a meal.



Ginger Chicken (Japan)

(serves 4 to 6)

Ingredients

- | | |
|--|---|
| For the chicken: | For the sauce: |
| 3 3/4 cups water | 1 cup soy sauce |
| 1 cut up frying chicken
(about 2 1/2 lbs.) | 2 cups water |
| 1 green pepper, cored,
seeded, and sliced | 4 green onions, thinly sliced |
| 1 red pepper, cored,
seeded, and sliced | 2 garlic cloves, finely chopped |
| 2 carrots, peeled and thinly sliced | 1 tbsp. sugar |
| 8 mushrooms, cleaned well
and thinly sliced | 2 tsp. freshly ground black
pepper |
| | 1 tbsp. fresh ginger, finely
chopped |

Procedure

In a large saucepan, bring the water to a boil. Add the chicken pieces and boil gently for 5 minutes. While the chicken is boiling, put all of the sauce ingredients in another large saucepan. Stir well and bring to a boil, then drain the chicken. Add it to the sauce and stir. Add peppers, carrots, mushrooms, and bring the mixture to a boil. Lower the heat and simmer for 20 minutes, or until the chicken is tender.



Cucumber Sesame Salad (Japan)

(serves 4)

Ingredients

- | | |
|--|---------------------|
| 2 cucumbers, peeled and
thinly sliced | 2 tsp. soy sauce |
| 1 tsp. salt | 1 tsp. sugar |
| 2 tbsp. rice vinegar | 1 tsp. sesame seeds |

Procedure

Put the sliced cucumbers into a medium-sized bowl. Sprinkle them with salt and mix well. Let the cucumbers stand for 10 minutes, then gently squeeze out the extra liquid. Put the slices in a sieve or colander and pour cold water over them. Drain thoroughly, squeezing out the extra juices as before. Transfer the cucumber slices back into the bowl. In another bowl or large measuring cup, combine the vinegar, soy sauce, and sugar. Pour over the cucumbers, mixing lightly. In an ungreased frying pan, toast the sesame seeds until they begin to jump. Then pour the seeds over the cucumber slices and serve.



Green Beans with Soy Sauce (South Korea)

(serves 4)

Ingredients

- | | |
|----------------------------|-------------------|
| 1 lb. fresh green beans | 2 tbsp. soy sauce |
| 1 cup canned chicken broth | |

Procedure

Wash the beans and trim off the ends. If the beans are long enough, snap them in half. Put the beans into a large saucepan. Add the broth and soy sauce. Simmer the mixture, uncovered, for about 15 to 20 minutes, until the liquid has evaporated and the beans are tender.



Foods of Mainland Southeast Asia



The mainland countries of Southeast Asia include Myanmar, Thailand, Laos, Cambodia, and Vietnam. The fertile river valleys, lush tropical rain forests, and marshy river deltas of Southeast Asia make it a region of great agricultural resources. Rice, yams, sugarcane, coconuts, bananas, and citrus fruits are common foods and leading exports.

Asian and European Influences

The cuisine of Southeast Asia has been greatly influenced by the cultures of its Asian neighbors, as well as by European traders and colonial powers. Throughout history Southeast Asia has been a crossroads for trade and exploration. Many of the common dishes and methods of food preparation popular in Southeast Asia today originated in India or China. For example, from India has come curry, and from China has come tofu, bok choy, and the method of stir-frying. Southeast Asia was halfway between the trading centers of India and China,

and the region became a popular stopping place and central trading area. In the 1500s, Spanish and Dutch traders brought tomatoes, chilies, peanuts, squash, potatoes, cabbage, and corn.

Characteristics of Everyday Meals

Today two-thirds of Southeast Asians live on farms in rural areas and create foods from the products they raise themselves. Rice is the main item in their diets, mixed with a little seafood, meat, or vegetables. Because of the hot, tropical climate, very few foods other than soup are served piping hot. Most foods are highly spiced with hot peppers and garlic. Spices and herbs such as curry, ginger, turmeric, lemongrass, mint, basil, and cilantro are widely used. Coconut milk is commonly used instead of cow's milk.

Taking Another Look

Directions: Answer the questions below on a separate sheet of paper.

1. What agricultural products grown in Southeast Asia are represented in the cuisine of the region?
2. Try the recipes on the following page to get a taste of Southeast Asian foods. What about these recipes makes them typical of the everyday meals served in this region of the world?



Global Gourmet

It is no wonder that fruit plays such an important role in Thai cuisine; Thailand's rich soil yields an extraordinary variety of fruits. Bananas, coconuts, papayas, pineapples, oranges, limes, guavas, and mangoes are familiar to us in the United States. Other fruits less familiar to Americans but prized by the Thai are durian (a spiny fruit with a potent aroma), the rambutan (a succulent sweet white fruit), and the mangosteen (a maroon-colored fruit that contains a number of sweet segments).

Regional Recipes



dessert



salad



side dish



soup



main dish



snack



vegetarian



drink



Homemade Limeade (Thailand)

(makes 4 glasses)

Ingredients

7 limes	pinch of salt
1/2 cup sugar	ice cubes
3 cups boiling water	

Procedure

Cut 6 of the limes in half. Squeeze the juice into a medium-sized bowl. Put the lime skins into a large heatproof bowl. Stir in the sugar and the boiling water in the heatproof bowl. Cover with plastic wrap or foil. Let it stand 15 minutes. Then stir in the salt. Strain the mixture into a large heatproof pitcher or jar. Discard the skins. Add the lime juice to the pitcher. Let the limeade cool. Then cover it and chill it in the refrigerator. To serve, cut the remaining lime into thin slices. Place one slice and 4 ice cubes in each glass. Fill with chilled limeade.



Cha Gio (Crispy Spring Rolls) (Vietnam)

(serves 4 to 6)

Ingredients

2 oz. translucent rice vermicelli or cellophane noodles, chopped	2 stalks spring onions, chopped
2 tbsp. dried tree ears (wood fungus or wood ears), soaked until soft and chopped	2 tbsp. nuoc mam (fish sauce)
3 Chinese mushroom caps, soaked until soft and chopped	1 tsp. pepper
6 oz. minced pork	1 egg, lightly beaten
4 oz. water chestnuts, chopped	12-14 sheets rice paper (or spring roll skin)
	vegetable oil for deep frying

Procedure

Put all ingredients except rice paper in a large mixing bowl and blend well. In a bowl of tepid water gently lower each sheet of rice paper until soft and shake off excess water. Very carefully, lay paper sheets on a clean chopping board. Place a heaped tablespoon of mixture on one side of the sheet, roll over once, and fold in sides. Roll over once more and tuck in firmly, patting the ends down. Finish making rolls as oil heats in the wok. Gently lower each roll in the oil with tongs to deep-fry—a few at a time—until light brown and crisp. Serve with fresh lettuce and mint leaves.



Spicy Spareribs (Myanmar)

(serves 4)

Ingredients

2 tbsp. cooking oil	1 tsp. salt
2 large onions, finely chopped	2 tsp. turmeric
6 garlic cloves, finely chopped	1/8 tsp. ground red pepper
3/4 tsp. ground ginger	2 large tomatoes, coarsely chopped
3 to 4 lbs. spareribs	

Procedure

In a heavy pot with a tight-fitting lid, heat the oil over medium heat. Add onion and garlic. Cook and stir until onions are lightly browned. Add all the other ingredients. Stir to blend. Turn heat to low and cover the pot. Cook for 1 to 2 hours or until meat is tender.



Coconut Custard Dessert (Laos)

(serves 4)

Ingredients

5 eggs	1/4 tsp. salt
1 1/2 cups canned thick coconut milk	1/2 tsp. baking soda
1/2 cup whole wheat flour	1/2 cup brown sugar

Procedure

Preheat the oven to 350° (F). In a medium-sized bowl, beat the eggs lightly with a fork. Stir in the coconut milk. Set aside. In a large bowl, combine the flour, salt, baking soda, and brown sugar. Stir in the coconut milk mixture, a little at a time, stirring well after each addition. Pour the batter into a shallow ovenproof baking dish. Bake for 40 minutes, or until it is puffy and golden brown. Serve immediately.



Foods of the Islands of Southeast Asia

Hundreds of years ago, the islands of present-day Indonesia were known for the valuable spices that were native to the region. In fact, they were once called the Spice Islands. By the 1100s, Arab spice traders brought Islam, which is the major religion in Indonesia today. Because Islam forbids the eating of pork, few Indonesian recipes contain this meat. Spicy dishes of vegetables and rice with chicken, fish, or beef are very popular. Indonesia is a large exporter of cloves, pepper, and other products.



Historical Influences

Indonesia is located on the great trade routes between the Middle East and Asia. Traders brought their native cuisines with them. From India came curries, cucumber, eggplant, and cowpeas. From the Americas came chili pepper, vanilla, papaw, and pineapple. The Chinese brought the wok and stir-fry, Chinese mustard, and vegetables and cabbage. From Arabia arrived Middle Eastern ingredients such as kebab and flavorful goat stews. Peanuts, avocados, guavas, papayas, tomatoes, squashes, pumpkins, cacao, and soybeans were all introduced by Europeans.

In 1519, Spain sent the Portuguese explorer Ferdinand Magellan to find a westward route to the Spice Islands. In 1521, he reached the Philippines. Soon Spanish settlers and Christian missionaries came to Southeast Asia. A lasting Spanish influence on Philippine cuisine is evident in the popular use of tomatoes, onions, and garlic.

Dutch and British traders arrived in Southeast Asia shortly after the Spanish. European influences on regional cuisine continue, even though the countries have won their independence. Traditional Southeast Asian recipes contain a large portion of rice and other vegetables and small portions of meat, fish, or chicken. Side dishes of sauces, based on coconut milk, peanuts, or fiery spices, accompany many meals.

Taking Another Look

Directions: Answer the questions below on a separate sheet of paper.

1. What type of meat is rarely found in the Indonesian diet? Why?
2. What European country has had a lasting influence on Philippine cuisine?



Global Gourmet

Styles of eating away from home vary from culture to culture. For example, the street vendors of Indonesia offer enough foods to create a complete meal. Foods most often seen are cakes, breads, noodles and meatballs, and rice with fish. Tea is served in abundance.

Regional Recipes



dessert



salad



side dish



soup



main dish



snack



vegetarian



drink



Coconut Beef Patties (Indonesia)

(serves 3 to 4)

Ingredients

1 lb. lean ground beef	1/8 tsp. ground cumin
4 cups of flaked coconut	2 tsp. salt
1 egg	1/4 tsp. pepper
2 tsp. ground coriander	1/2 cup cooking oil
2 garlic cloves, finely chopped	

Procedure

In a large bowl, combine all ingredients except the oil. Beat with a wooden spoon until the mixture is light and fluffy. Form it into six or eight patties, each about 1/2 inch thick. Heat the oil in a large frying pan. Fry the patties, about 8 minutes on each side, until they are crisp and dark brown.



Sweet & Sour Cucumber Salad (Indonesia)

(serves 4)

Ingredients

3 large cucumbers
1 medium onion
1 chili pepper

Dressing:

1/4 cup white vinegar
1/2 tsp. salt
1/2 cup oil
2 tsp. sugar
1/2 tsp. garlic powder

Procedure

Peel and thinly slice the cucumbers. Slice the onion thinly. Seed and thinly slice the chili pepper. Put the cucumber slices in a shallow bowl, arrange the onion slices on top, and sprinkle with the chili slices. Combine all the ingredients of the dressing, mixing well. Taste and adjust seasoning with salt. Pour the dressing over the onions and cucumbers and refrigerate a few hours or overnight if possible to allow flavors to blend.



Curried Vegetables (Singapore)

(serves 4)

Ingredients

1 tbsp. vegetable oil	1 small carrot, diced
1 medium onion, finely sliced	1 cup string beans, cut into thirds
1 clove garlic, finely sliced	1 small eggplant, cubed
1 tsp. coriander	1 1/2 tsp. salt
1 red chili, crushed	3 cups coconut milk
1/2 cabbage, chopped coarsely	
1 cauliflower, parted into fourths	

Procedure

Heat oil in pan and sauté onion lightly. Add garlic and coriander. Fry for 3 minutes. Add chili, cabbage, cauliflower, carrot, string beans, eggplant, and salt. Cover and cook over low heat for about 10 minutes. Then add coconut milk and cook uncovered, stirring almost continuously, until vegetables are tender. Serve with rice.



Skewered Pork (Malaysia)

(serves 5 to 6)

Ingredients

8 brazil nuts, shelled and ground finely	1 tsp. salt
2 tbsp. ground coriander seeds	1 tbsp. brown sugar
1/8 tsp. ground red pepper	3 tbsp. lemon juice
1/2 tsp. black pepper	1/2 cup soy sauce
1 garlic clove, finely chopped	1 1/2 lbs. lean pork, cut into 2-inch cubes
1 small onion, finely chopped	cooking oil for basting

Procedure

In a large glass or ceramic bowl, combine all ingredients except the pork and the cooking oil. Stir well to blend. Then add the cubes of pork. Stir to coat the meat with the liquid. Cover with plastic wrap and place in the refrigerator for at least three hours. When ready to cook, either heat charcoal outdoors on a grill or preheat the oven broiler. String the pork cubes onto metal skewers. Broil slowly over charcoal coals outside, or under the oven broiler flame. Cook for 25 to 30 minutes, turning the skewers carefully during the broiling to brown the meat on all sides. Baste often by brushing on cooking oil to moisten the meat as it cooks.



Foods of Australia and New Zealand

Like Southeast Asia, Australia and New Zealand have cuisines that blend the foods of many different cultures. The earliest known Australians were the Aborigines, whose food consisted mainly of fish, game, and wild fruits and vegetables. The earliest New Zealanders were the Maori, who were knowledgeable farmers and hunters.

European Influences

European influences began in the 1500s, when Ferdinand Magellan arrived in the South Pacific during his circumnavigation of the globe. Dutch navigators were not far behind; in the 1600s, they were the first Europeans to reach Australia and New Zealand. British colonists soon arrived in Australia and New Zealand. With them they brought a “British” taste for such foods as roast beef, plum pudding, lamb chops, and fruitcakes. Although today Australia is a country of many cultures, the British influence remains the strongest. New Zealand’s culture and cuisine also retain a British flavor, although the Maori influence distinguishes it from Australia.

Land and Food Resources

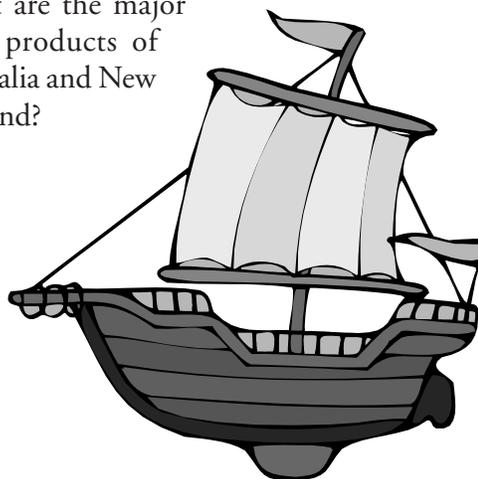
In the interior of Australia is a broad, dry region known as the outback. Only 8 percent of Australia’s land is suitable for farming, and this land is situated primarily in the coastal regions.

Today Australia is one of the world’s leading producers of wheat. Other major food products include sheep, cattle, fruits, and dairy products. British colonists were attracted to nearby New Zealand, which, like coastal Australia, provided rich fishing grounds. New Zealand also provided what Australia lacked—great expanses of fertile land for farming. New Zealand is known for its sheep and cattle ranches as well as for its fruit, especially the kiwi, and farm produce.

Taking Another Look

Directions: Answer the questions below on a separate sheet of paper.

1. What three ethnic groups have had the largest influence on the cuisines of Australia and New Zealand?
2. What are the major food products of Australia and New Zealand?



Global Gourmet

New Zealand is the largest exporter of kiwi, a fruit which has become widely available in the United States only in the last 30 years. The fuzzy brown kiwifruit resembles the kiwi bird, for which it was named. Originally called the Chinese gooseberry, this fruit is an excellent source of vitamin C.

Regional Recipes



dessert



salad



side dish



soup



main dish



snack



vegetarian



drink



Fried Fish with Macadamia Nuts (New Zealand)

(serves 4 to 6)

Ingredients

1 1/2 lbs. firm white fish fillets	1 cup macadamia nuts, finely chopped
1/2 tsp. salt	1/4 cup margarine
1 tbsp. milk	2 tbsp. cooking oil
freshly ground pepper	2 lemons, cut in wedges
2 eggs	
1/2 cup flour	

Procedure

Rinse the fish fillets, pat dry with paper towels, and sprinkle both sides with salt and pepper. In a shallow bowl beat the eggs and milk lightly. Spread the flour onto one large plate, and spread the nuts on another. Dip each fillet into the flour, then into the egg mixture, and finally into the nuts. Turn the fillets over to coat both sides lightly with nuts. Put each dipped fillet onto a wire rack. Set the rack on a baking sheet. Chill fillets in the refrigerator for 30 minutes to make the coating firm. In a large frying pan, melt the margarine with the oil. Add the fillets. Fry them for 3 to 5 minutes on each side. Put the cooked fillets on a heated platter, surrounded by the lemon wedges. Serve immediately.



Scones (Australia)

(serves 4 to 6)

Ingredients

2 cups flour	1/4 cup cold butter
4 tsp. baking powder	3/4 cup milk
1/2 tsp. salt	

Procedure

Preheat the oven to 425° (F). Sift dry ingredients into a medium-sized bowl. Add cold butter. Cut and rub it into the flour until the mixture is about the consistency of rolled oats. Pour all the milk at once into a well in the middle of the dry ingredients. Mix, adding more milk if necessary, until you have soft dough. Turn dough onto a floured board. Knead lightly 6 to 10 times. Pat out until about 1/2 inch thick. Cut into about 9 squares. Separate if you want hard-sided scones; leave together if you want soft-sided scones. Bake for 8 to 10 minutes until the bottoms and tops are golden.



Pumpkin Soup (Australia)

(serves 4 to 6)

Ingredients

2 lbs. pumpkin	ground pepper
2 large onions	packet of onion soup mix
2 tsp. sugar	nutmeg (optional)
1 tsp. salt	sour cream (optional)

Procedure

Chop onions and pumpkin. Simmer in water that barely covers the pumpkin and onions until tender. Blend. Make soup mix according to instructions on packet. When boiling, add the blended vegetables with the salt and pepper. Also add nutmeg if desired. This soup is especially good served with a dollop of cream floating on top.



Ginger Nuts (New Zealand)

(serves 2 dozen)

Ingredients

6 oz. flour	3 oz. butter or margarine
1/2 tsp. baking powder	3 oz. syrup (warmed)
pinch salt	3 oz. brown sugar
1/4 tsp. baking soda	1 tbsp. grated lemon rind
2 tsp. ground ginger	

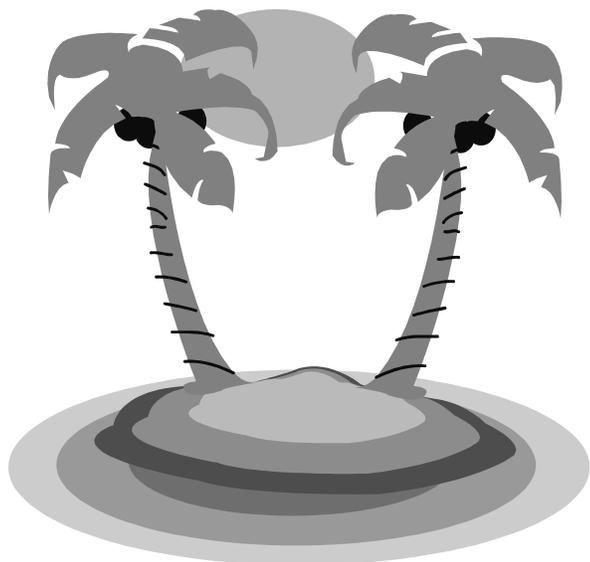
Procedure

Preheat oven to 325° (F). Sift flour, baking powder, salt, baking soda, and ginger together in bowl, cut in butter, stir in sugar and lemon peel, then add the warmed syrup. Mix well. Place walnut-sized pieces on a greased tray and bake in a preheated oven for 8 minutes. Allow to cool slightly on tray before lifting onto a wire rack.



Foods of Oceania

Because of the clear Pacific waters, fresh fish is the primary traditional food of the South Pacific islands of Oceania. This is especially true in the low coral reef islands, where the climate is hot and dry, and there is little land suitable for farming. In contrast the high lands, with moist air, tropical climate, and rich volcanic soil provide perfect growing conditions for sugarcane, coffee, cacao, pineapples, coconuts, bananas, and sweet potatoes. The cuisines of the individual islands, however, vary greatly. For example, pork and beef are widely used in Western Samoa and Polynesia, but are totally absent from the cuisine of Pitcairn Island. Most islands share the traditional use of nuts, spices, bananas, pineapples, and fish.



Influences of Settlers

The cuisine of Oceania generally can be called a combination of the many cultures that came to explore, settle, and colonize the islands. As in the case of Australia and New Zealand, Spain was the first outside nation to arrive in Oceania. In the 1800s, Oceania attracted powerful nations seeking Pacific naval and air bases. Spain, Great Britain, France, Germany, Japan, and the United States are among the nations that established military bases or industrial plants on the islands. Each nation brought its own flavors and tastes to the island cooking pots.

Tourism

Today tourism is an important business in Oceania. The arrival of many visitors from foreign lands has influenced the cuisine. An unfortunate fact is that tourists are among the “best fed” people on the islands. Most local peoples live on small family farms or in fishing villages, and the standard of living is generally low.

Taking Another Look

Directions: Answer the questions below on a separate sheet of paper.

1. How would you describe the influences that have shaped the foods of Oceania?
2. The flavorful foods of Oceania are represented in the recipes on the following page. As you try them, which seem the easiest to prepare?



Global Gourmet

In Papua New Guinea, pork is a favorite food. Great feasts of pork, greens, and yams are social gatherings for whole villages. At these feasts, pigs are cooked for about 8 hours over hot stones set in a large hole in the ground called an earth oven.

Regional Recipes



dessert



salad



side dish



soup



main dish



snack



vegetarian



drink



Spareribs with Pineapple Sauce (Guam)

(serves 4)

Ingredients

3-3 1/2 lbs. pork spareribs, cut into individual ribs	1/2 cup pineapple juice
1/4 cup brown sugar	1/4 cup red wine vinegar
1/3 cup mustard	1 tbsp. soy sauce
1/3 cup molasses	1 tsp. salt
	1/2 tsp. pepper

Procedure

Preheat oven to 325° (F). Place ribs on a rack in a roasting pan, and cover with foil. Bake about 1 1/2 hours. Meanwhile, in a medium-sized saucepan, combine brown sugar, mustard, molasses, and pineapple juice. Stir in all other ingredients. Heat and stir until sugar dissolves. Set aside to cool. After ribs have baked, remove them from the oven. With tongs, place them in a shallow glass or ceramic baking dish. Pour liquid from saucepan over ribs. Cover the baking dish. Place in the refrigerator overnight. When ready to serve, preheat oven broiler. Line the bottom tray of the broiler pan with foil. Drain and reserve liquid from ribs. Place ribs on the rack of the broiler pan. Brush tops with reserved liquid. Broil 5 to 6 inches from flame for 2 to 3 minutes. Turn with tongs. Brush with liquid. Broil on second side for 2 minutes or until crusty and brown. Serve from a heated platter.



Baked Sweet Potatoes (Papua New Guinea)

(serves 6)

Ingredients

3 large sweet potatoes	2 tsp. grated orange rind
4 tbsp. butter	2 tbsp. brown sugar
1/2 cup crushed pineapple, drained	1/2 tsp. salt
2 tbsp. pineapple juice	1/2 tsp. pepper
	pinch of ground nutmeg

Procedure

Preheat oven to 350° (F). Wash sweet potatoes under cold running water. Prick each one with a fork four to five times. Place potatoes on rack in the center of the oven. Bake for 1 hour. Remove from oven and set on wire rack to cool. When the potatoes are cool enough to handle, cut each in half lengthwise. Scoop out the contents into a bowl. Reserve the skins. Mash the contents thoroughly with a fork. Stir in all other ingredients except the nutmeg. Pack the mixture into the potato skins. Sprinkle nutmeg on the top of each one. Place filled potatoes on a baking sheet and return them to the oven to reheat. Remove from the oven when the tops are lightly browned.



Banana Shake (Tahiti)

(serves 4)

Ingredients

6 to 8 very ripe bananas	1/2 cup brown sugar
1 can sweetened condensed milk	2 scoops vanilla ice cream
1 cup ice cubes	

Procedure

Peel bananas. Combine all ingredients in a blender. Blend until smooth. Pour into tall glasses.



Tasty Cooked Bananas (Samoa)

(serves 6)

Ingredients

2 bunches green bananas, peeled
2 cans coconut milk
1 cup chopped onions
1/2 tsp. salt

Procedure

Fill pot with enough water to completely cover bananas. Bring water to boil and add bananas. Cook until tender when poked with fork. Drain water completely. Mix coconut milk, onions, and salt with bananas. Bring to boil. Bananas are cooked when the coconut milk has changed to thicker consistency.

Unit 1: Grains of the World

1. Diets rich in grains may decrease the onset and severity of diseases including cancer.
2. The grains used include rice, wheat (flour), barley, and oats.

Unit 1: Herbs and Spices of the World

1. Herbs and spices helped preserve food and they masked the taste of food that was spoiled.
2. Spicy Caribbean Chicken: ginger, turmeric, cumin, curry, cinnamon, cardamom, all-spice, garlic, onions (optional); Spiced Cottage Cheese: mustard (optional), chives, paprika, pepper; Spicy Swedish Cookies: ginger, cinnamon, cloves; Mattar Pullao: onion (optional), cinnamon, ginger, chili pepper, turmeric, cumin. Note: Salt is a seasoning, not a herb or spice. Onions may be considered a vegetable or a herb.

Unit 2: Foods of Canada and the Northern United States

1. Regional foods are difficult to describe because the area is so large geographically and so diverse ethnically.
2. Early Native Americans ate wild game, birds, fish, wild rice, cranberries, blueberries, rhubarb, maple syrup, greens, corn, squash, and sweet potatoes.

Unit 2: Foods of the Southern United States

1. Native American, Spanish, and French cultures influence the cooking of the southern United States.
2. Meat products from the central plains are pork, beef, and lamb.

Unit 3: Foods of Latin America

1. The Spanish brought foods such as chickens, pigs, beef, garlic, onions, olive oil, sugarcane, and rice to Latin America. The Spanish also introduced cooking techniques such as cooking with oils and fats.
2. Answers will vary depending on the students' experiences. Some examples may include jicama and cilantro (coriander).

Unit 3: Foods of the West Indies

1. Europe, Africa, and Asia have influenced cooking in the West Indies.
2. The ingredients that originated in Spain include cloves, coconut, eggplant, onions, and pepper.

Unit 4: Foods of Northern Europe

1. The diverse cultures and geography of Northern Europe makes it difficult to categorize a typical food of the region.
2. Answers may vary. Students should note that placing meat in the marinade allows the flavors of the marinade to soak into the meat. Some students may also explain that marinades are used to make the meat more tender.

Unit 4: Foods of Southern Europe

1. Herbs and spices include saffron, mustard, anise, paprika, rosemary, and mint. Many students may realize that herbs and spices are often used not only to season, but to preserve, meats.
2. The Saffron Rice recipe contains saffron. It is a spice derived from the tiny orange stalks inside the crocus flower.

Unit 5: Traditional Russian Foods

1. Cereal grains such as wheat and barley are the staples of Russian life.
2. Monks were the first to write down Russian recipes.

Unit 5: Ethnic Influences on Russian Cooking

1. Beef Stroganoff was first developed in Russia.
2. The empress brought French, Italian, German, and British influences and foods to Russia.

Unit 6: Foods of the Caucasus and Central Asia

1. The three republics of the Caucasus are Georgia, Armenia, and Azerbaijan.
2. Meat is usually boiled to retain its juices.

Unit 6: Foods of North Africa and Southwest Asia

1. They called it the “breadbasket” because of its abundant harvests of wheat.
2. A major influence in Southwest Asia’s cuisine is the nomadic culture that required food to be easily carried from place to place.

Unit 7: Foods of West and South Africa

1. Asian and European influences contribute to the variety of the South African cuisine.
2. Ingredients that are typical of Ghana include corn, peanuts, fish, pepper, and ginger.

Unit 7: Foods of East and Central Africa

1. Animals are not eaten. They are used as a form of currency to buy other food and goods.
2. Sweet Potato Salad is the recipe most likely to be served in Chad. It contains some of the country’s important crops such as sweet potatoes and peanuts.

Unit 8: Food of the Northern Indian Subcontinent

1. The Hindu and the Muslim religious traditions have had the most influence on Indian cuisine.
2. Traditional spices included in these foods are curry powder, pepper, coriander (cilantro), cumin, ginger, and red pepper.

Unit 8: Food of the Southern Indian Subcontinent and Coastal Islands

1. Rice is the staple grain.
2. To add contrast to their spicy curry dishes, Sri Lankans make cool and fresh side dishes from bananas, mangoes, plums, and kiwi.

Unit 9: Foods of Mongolia, China, and Taiwan

1. Mongolian food products from animals include the meat of the yak, goat, horse, sheep, cattle, and camel. Other related products are cheese, milk, and yogurt.
2. Answers may vary but could include ginger root, soy sauce, tofu, shrimp, and sesame seeds.

Unit 9: Foods of North Korea, South Korea, and Japan

1. Fish or seafood provide the major protein in Japanese diets. This fish or seafood comes in the form of octopus, squid, sea bass, sea urchin, prawns, and shrimp.
2. Kimchi, pickled cabbage, is a traditional Korean dish. Preparation is unusual because it is often left out of the refrigerator several days before being served.

Unit 10: Foods of Mainland Southeast Asia

1. Agricultural products include rice, yams, sugarcane, coconuts, bananas, and citrus fruits.
2. Rice is a major ingredient, coconut milk is used, and the foods are highly spiced.

Unit 10: Foods of the Islands of Southeast Asia

1. Pork is rarely found in Indonesian diets. A majority of Indonesians are Muslims. Islam forbids the consumption of pork.
2. Spain has had a lasting influence on the Philippines.

Unit 11: Foods of Australia and New Zealand

1. The Aborigine, Maori, and British cultures have had the most influence on the foods of this region.
2. Australia produces wheat, sheep, cattle, fruits, and dairy products. New Zealand produces sheep, cattle, fruit, especially kiwi, and farm produce.

Unit 11: Foods of Oceania

1. Answers may vary, but students should indicate that the cuisine of this region is a combination of many different cultures.
2. Answers may vary, but students will probably conclude that the Banana Shake and Tasty Cooked Bananas are easiest to make.

TEACHER NOTES
