

INTERNATIONAL FOODS

An illustration of four stylized figures in white clothing holding a large globe. The globe is green and blue, representing Earth. The figures are positioned around the globe, with two on the left and two on the right, all holding it together.



International Foods

★ The Culture & Cuisine of:

- Latin America
 - Mexico, Central America, South America & the Caribbean.
- British Isles
 - England, Wales, Ireland, Northern Ireland & Scotland.
- Western Europe
 - France, Spain, Portugal, Germany, Italy, Greece & Scandinavia (Norway, Sweden, Denmark & Finland).



Influencing Factors



★ What factors influence the cuisine of different cultures?

- Land
- Religion
- Cultures & Lifestyles
- Economics





Land

The food that is available and bountiful in a particular region of the world will determine part of a person's diet.

★ Surrounded by water?

- Seafood is available.

★ Warm climate?

- Fruits, vegetables and herbs are grown year around.

★ Cold weather?

- Root vegetables and wheat are grown.

★ Grasslands?

- Grain products and beef are available.



Religion



★ **Hindus do not eat beef.**

★ **Muslims do not eat pork; also they fast during Ramadan.**



★ **Jews follow dietary restrictions to "keep kosher" (the laws of kashrut).**



★ **Catholics don't eat meat on Fridays during Lent.**



Cultures

- ★ **Countries throughout the world have a mix of ethnic groups that have influenced their cuisine.**
- ★ **Early explorers brought their foods, traditions, and eating habits with them.**





Lifestyles



- ★ Families in these areas are traditionally close-knit. Children helping parents at home with the care of the family and providing an income is often needed.
- ★ Old & new economies and technologies have influenced lifestyles. Industry, businesses and skyscrapers in contrast to rural farming.
- ★ Great wealth and great poverty creates lifestyles of contrast.



Economics



- ★ **A country's economy influences food production and availability.**
- ★ **Family income influences what types of foods are prepared by the income available.**
- ★ **Purchasing locally grown food is convenient and economical.**

Latin American Region



★ **Mexico**

★ **Central America**

★ **South America**

★ **Caribbean**



Latin American

★ Early history was dominated by three native cultures.

- Aztec
- Incan
- Mayan





Mexico

Mexican cuisine has developed from an abundance of native foods and the influence of the Aztec and Spanish population.

★ Characteristics of Cuisine:

- Corn, beans, and peppers are grown locally and are staple ingredients.
- Vegetables, fruits, and protein foods such as meat and seafood are used to create flavorful dishes.



Mexican Foods



- ★ **Corn:** since Aztec civilization, corn has been the basis of Mexican cuisine.
 - Tortillas: made from cornmeal and water.
 - Tamales: made from corn husks.
- ★ **Beans:**
 - Numerous varieties
 - Most common bean dish is frijoles refritos (refried beans).
- ★ **Peppers:**
 - 30 different varieties from mild to hot.



Mexican Foods



★ Tacos:

- Folded tortillas filled with meat, beans, vegetables, and a spicy tomato sauce.



★ Tostados:

- A crispy fried tortilla spread with the same ingredients used in tacos.

★ Enchiladas:

- Flour tortillas rolled around meat, beans, cheese, and topped with salsa and grated cheese.

Central America



★ This region is where the early Mayan Empire flourished.

★ The cooking has Mayan and Aztec Indian origins with Spanish and Caribbean influence.



Central America

★ Characteristics of Cuisine:

- Rice, corn, red and black beans, and fruits and vegetables are locally grown.
- Chicken is prepared in a variety of ways with pineapple, pumpkin and tomato sauces.
- Fish is abundant and used in soups, stews, and main dishes.





Central American Foods

★ Chayote:

- Crisp, delicately flavored vegetable that is often sliced and simmered.



★ Red Beans & Rice:

- Cooked with a spicy salsa.

★ Plantain:

- Starchy food that looks like a large green banana.



★ Fish Stew

The Caribbean



These tropical islands have a rich heritage starting with Columbus, who landed there when he was looking for the spice route to India. Later came the Spanish, Dutch, Portuguese, British, and French.





The Caribbean

★ Characteristics of Cuisine:

- A mix of all the island nationalities' cooking styles with the following common ingredients:
 - Rice
 - Fish & shellfish (surrounded by water)
 - Fruits & vegetables (grow in abundance)
 - Chili peppers
 - Coconut milk





Caribbean Foods

★ **Moros y Christianos:**

- The Cuban national dish made with black beans and rice.

★ **Djon-djon:**

- Black mushrooms found in Haiti.

★ **Jamaican Saturday Soups:**

- Carrots, hot peppers, turnips, and pumpkin added to beef stock.

★ **Seafood:**

- Cooked in coconut milk and seasoned with chili peppers.



South America



- ★ **South America is the southern half of the western hemisphere.**
- ★ **Native South Americans were the Incas, who settled in the Andes Mountains and were known for their advanced farming and building techniques.**
- ★ **The Spanish invaded the area in search of gold. Later came the Europeans and Africans. All have contributed to the culture and cuisine of South America.**

South America

★ Characteristics of Cuisine:

- Potatoes, beans, wheat and corn are the staple foods in much of South America.
- The northern countries grow an abundance of fruits and vegetables.
- The common meats are chicken, sheep, goats, guinea pigs, and beef.



South American Foods



★ **Feijoada:**

- National dish of Brazil made from black beans, smoked sausage, beef, pork, onions, rice, greens, and sliced oranges.



★ **Churrasco:**

- Marinated, grilled beef.



★ **Mariscada:**

- Fish stew.

★ **Empanadas:**

- Meat and vegetable turnovers (pies).

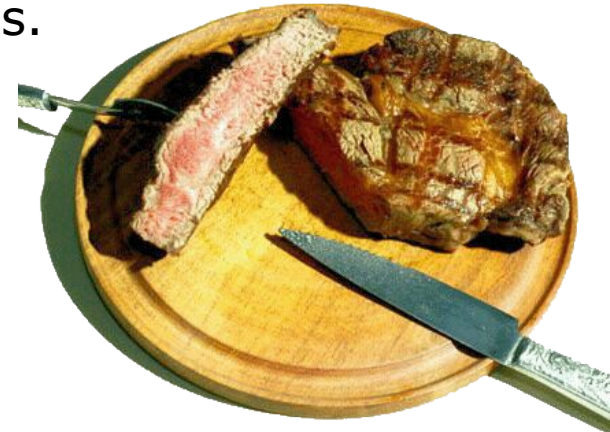


★ **Tortillas de Maiz:**

- Corn pancakes.

★ **Platanos Tumulto:**

- Broiled bananas.



British Isles



- ★ The British Isles are steeped in history and traditions. Varied groups including the Celts, Romans, Germanic tribes, and Normans of French and Scandinavia Viking heritage have contributed to their culture.
- ★ Surrounded by water, with farmland and pastures for animals.

British Isles

★ Characteristics of Cuisine:

- British, Scottish, Irish and Welsh cuisine each has traditional dishes, but the cooking styles are similar.
- Food is hearty and cooked by plain, simple methods (roasted, steamed or boiled).



British Isle Foods



★ **Roast Beef & Yorkshire Pudding:**

- Beef baked with a mixture cooked in the pan drippings.



★ **Shepherd's Pie:**

- Meat pie covered with mashed potatoes.



★ **Cornish Pasties:**

- Meat, onions, chopped potatoes, and carrots baked in a pastry crust.



★ **Bubble & Squeak:**

- Chopped leftover meat and vegetables mixed with mashed potatoes and fried until crisp and brown.



British Isle Foods

★ Fish & Chips:

- Butter fried fish cooked with French fried potatoes.



★ Trifle:

- Cake or lady finger cookies layered with fruit, custard, and whipped cream.



★ Scones:

- A sweeter version of a biscuit.



★ Savory:

- A dish somewhere between an appetizer and main dish; ex: Welsh rarebit (cheddar cheese on toast).

Western Europe

- ★ Surrounded by water with several inland rivers and lakes.
- ★ Scandinavia and northern Germany have shorter growing seasons, resulting in an abundance of hearty vegetables and fruits, such as apples, pears, and berries.
- ★ Sunny central and southern Europe produces tomatoes, peppers, olives, fruits, and grapes.





Western Europe



★ Influencing Cultures & Religions:

- Christian holidays and celebrations vary according to heritage and tradition passed down through the generations.
- Distinctive histories and traditions have resulted in varied cuisine from country to country.
- Fishing and agriculture are important to Europe's economy.



France

France is the largest country in Western Europe.

★ **Characteristics Cuisine:**

- Meat shops, cheese shops and bakeries are in abundance for daily shoppers who like their food fresh.
- Cooking is considered an art in France.
- Dining is a leisurely occasion, usually consisting of several courses.



French Foods



★ **Ragout:**

- Flavorful stew made with vegetables and meat (poultry or fish).

★ **Beef Bourguignon:**

- Popular stew of cubed beef, onions, mushrooms, carrots and seasonings.



★ **Quiche:**

- Egg custard served in many variations as an appetizer or main dish.



★ **Pain:**

- French bread.

★ **Mousse au Chocolat:**

- Rich chocolate dessert.

Germany, Austria & Switzerland

Neighboring countries that share a common language and similar food customs.

★ Characteristics of Cuisine:

- Meats are the foundation of German cuisine and are made in numerous ways from soups to hearty stews.
- Sausages originated in Germany and there are hundreds of different varieties.
- Cabbage, beets, and sauerkraut are popular vegetables.
- Dark, whole grain breads and fruit-filled pastry desserts.
- Swiss cheeses and meat for fondue.



German, Austrian & Swiss Foods



★ Sauerbraten:

- Beef roast marinated for several days and simmered in the same sweet sauce.

★ Schnitzel:

- Meat cutlet, breaded and fried.

★ Stollen:

- Yeast bread with raisins and candied fruit; popular at Christmas.

★ Linzertorte:

- Cake made with ground walnuts and spread with jam.

★ Rotkohl:

- Red cabbage cooked with vinegar and spices.

★ Swiss Fondue:

- Bread, meat, or fruit is dipped into hot cheese or broth.




Italy

During the Renaissance, Italian cooking became the “mother cuisine” and spread around the world.



★ Characteristics of Cuisine:

- Herbs, spices and other seasonings to enhance flavors.
 - Pasta, the national dish of Italy.
 - Rice, grown locally.
 - Meat, used in small amounts to flavor food.
 - Seafood, used in many dishes near the coastal regions.
 - Pizza originated in southern Italy.
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Italian Foods

★ Antipasto:

- A variety of vegetables and meats served before the meal.

★ Polenta:

- Cornmeal cooked in milk or water and sliced.

★ Risotto:

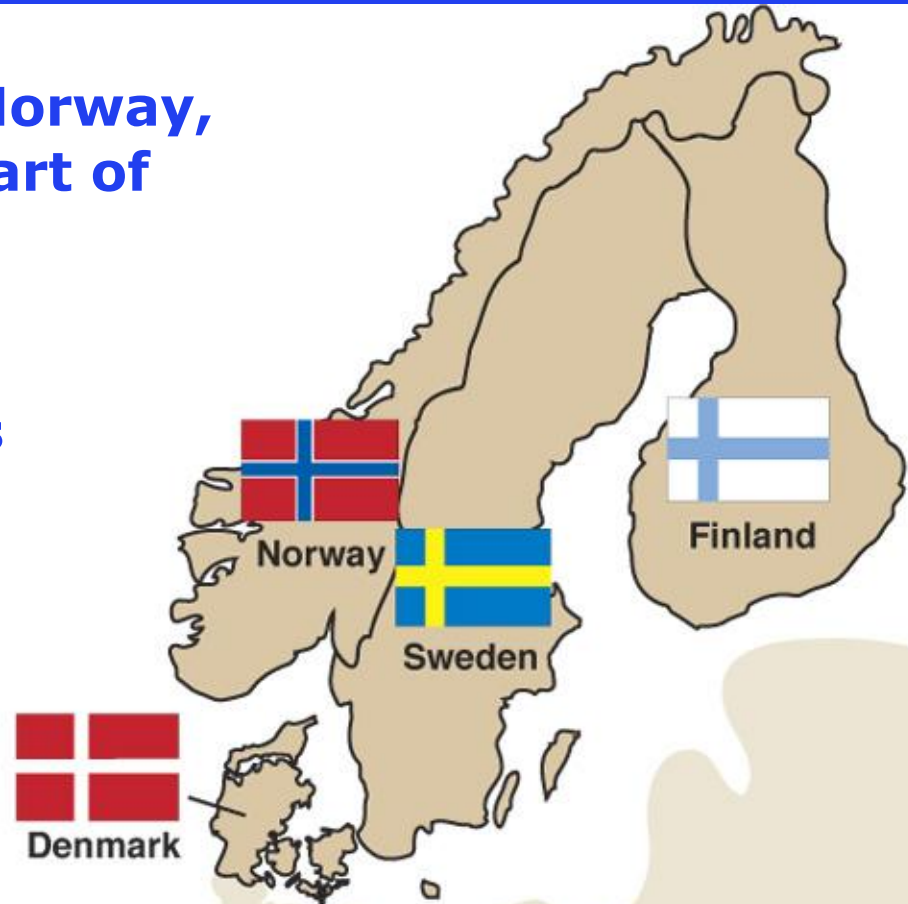
- Grain dish made from rice.

★ Cannelloni:

- Large pasta tubes filled with meat and cheeses, then baked in a sauce.

Scandinavia

- ★ The kingdoms of Sweden, Norway, Denmark and Finland are part of Scandinavia.
- ★ Nearly a quarter of the Scandinavian peninsula lies north of the Arctic Circle. The climate varies greatly from north to south.
- ★ The region's best farmland is in Southern Sweden.
- ★ Its coastal waters are important fishing grounds.





Scandinavia

★ Characteristics of Cuisine:

- Cheese and dairy products.
- Fish is dried, salted, or pickled.
- White and wheat breads.
- Fresh fruits and vegetables.
- Berries and mushrooms are used in sauces and soups.



Scandinavian Foods



★ Smorrebrod:

- Open faced sandwich for the Danes; means buttered bread.

★ Swedish Meatballs:

- Made from beef and pork; served in a cream sauce.



★ Lutefisk:

- Dried cod fish soaked in a lye solution.

★ Limpa:

- Swedish rye bread made with molasses, orange peel, and sometimes raisins.



★ Krumkake:

- Thin, delicate cookie baked on a special iron and rolled when hot into a cone shape.



Spain & Portugal

- ★ **Explorers to the New World brought back a host of food that is indispensable to both Spain and Portugal today.**
- ★ **Today, there are six regional cooking zones in mainland Spain known for various styles of cooking and ingredients.**
- ★ **Characteristics of Cuisine:**
 - Cod and sardines; dried, salted, or pickled.
 - Sausages, cheeses and regional sauces.
 - Meats roasted in wood ovens.



Spanish & Portuguese Foods

★ Fisherman's Stew:

- Pressure cooker filled with clams, rounds of sausage and cubes of ham in an intensely garlic-flavored tomato sauce.

★ Paella:

- Seafood, chicken and sausage cooked together.

★ Gazpacho:

- Cold vegetable soup.



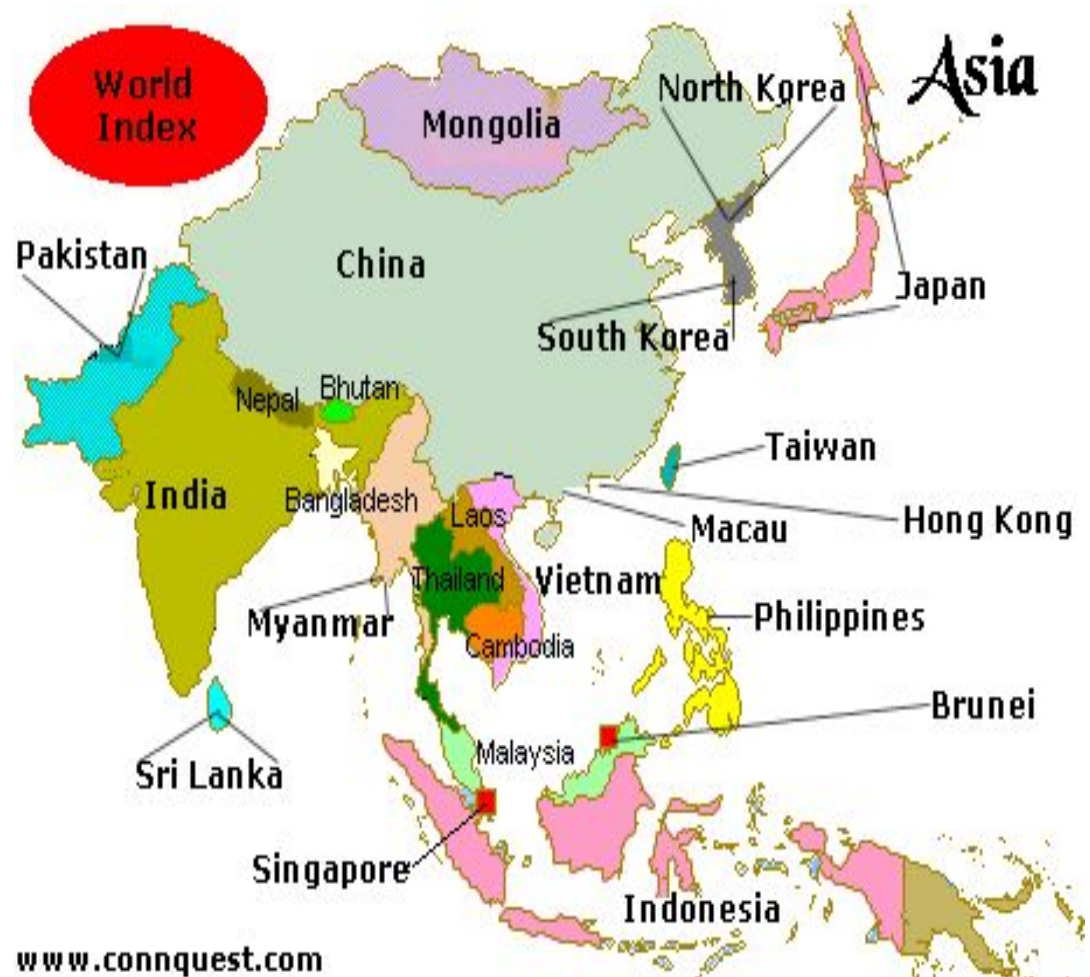
Greece

- ★ **Greece is on the southern tip of Europe and has one large landmass and many islands.**
- ★ **Greek history spans centuries, and the basis of Western civilization began here.**
- ★ **Greek meals reflect simplicity, and part of the cuisine has its roots in the Middle East.**
 - Lamb, roasted whole, broiled on skewers (kebabs), or in casseroles, soups and stews.
 - Olives are plentiful, the flavor of olive oil dominates Greek cuisine.
 - Baklava, thin layers of pastry filled with nuts and soaked in honey (honey was part of Ancient Greece and used as a sweetener in many foods today).
 - Moussaka, baked eggplant layered with lamb, covered with a cream sauce.



Asia

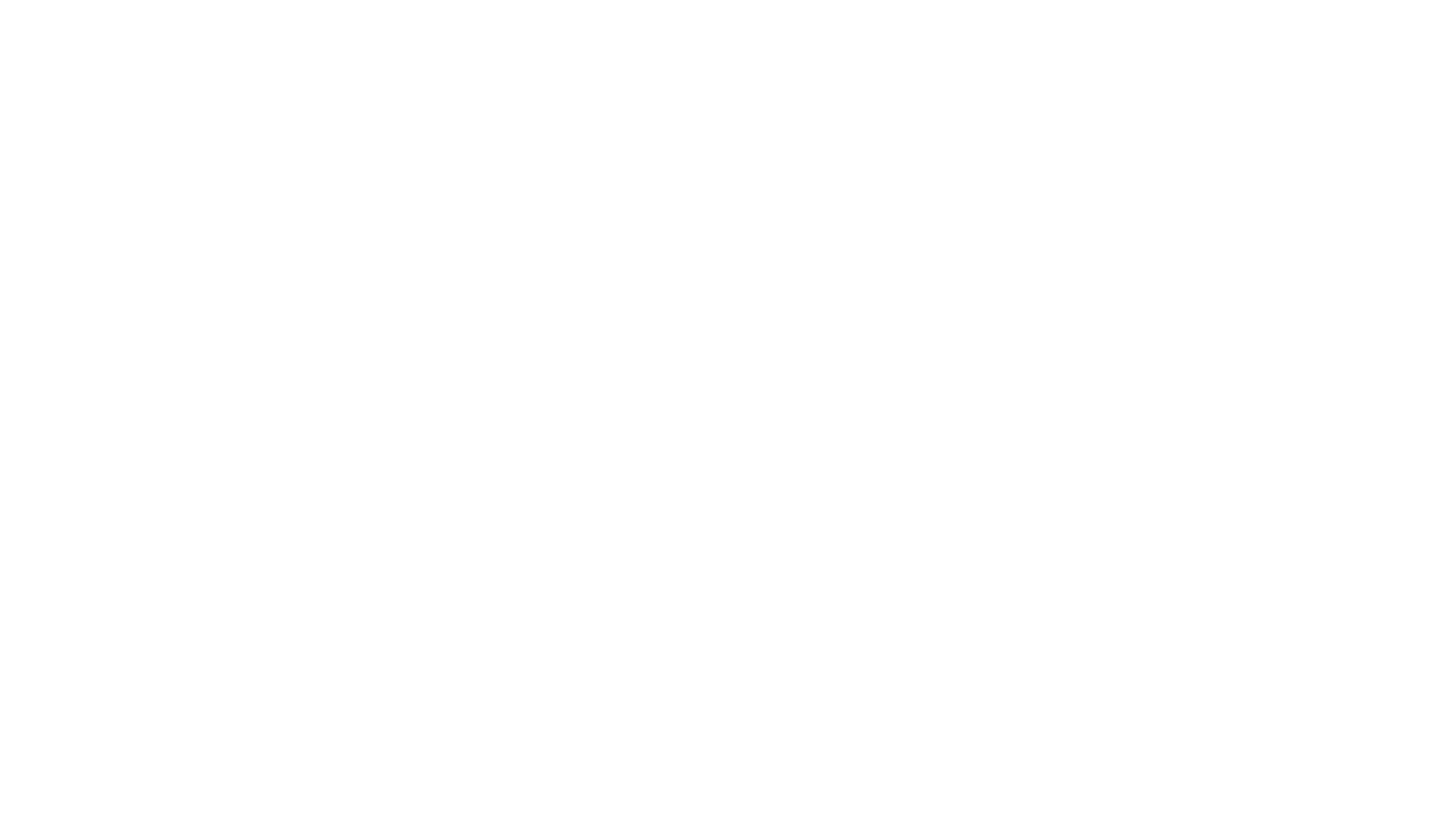
- ★ China
- ★ Japan
- ★ Thailand
- ★ India
- ★ Indonesia
- ★ Phillipines
- ★ Korea



- ★ **I am still working on the rest of this powerpoint to include Asian COUntries. Some of my favorite dishes come from there. (Ms. Christopherson)**
- ★ **See next slide for some of my favorites.**

- ★ **Japan – sushi, miso soup**
- ★ **China – sweet and sour pork, ginger beef, fried rice**
- ★ **India – samosas, butter chicken, naan bread**
- ★ **Thailand – coconut curry, fresh rolls, pad thai, spicy basil pork**
- ★ **Korea – Kimchi, BBQ pork**

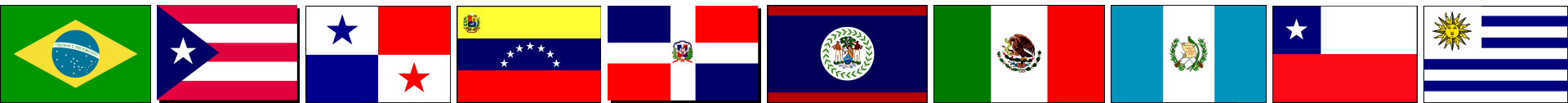




Applying What You've Learned

Choose one of the following activities to complete outside of class.

- ★ **Create a travel poster for one of the countries covered.** Identify the geography of the region as well as the highlights of the local cuisine.
- ★ **Design a menu for a complete meal in one of the countries covered.** Research what beverages, appetizers, main dishes, bread and desserts would be typical for the country and include them in your menu.
- ★ **Find a recipe for one of the country dishes covered in a magazine or on the internet.** Prepare the dish for your family and write a review about it.



Check Your Knowledge

- ★ **Name three factors that influence a country's cuisine.**
- ★ **Give two examples of how land/geography influences a country's cuisine.**
- ★ **Give two examples of how culture & lifestyles influence the cuisine of a country.**
- ★ **List two characteristics of South American Cuisine.**
- ★ **List two characteristics of British Cuisine.**
- ★ **Choose a country in Western Europe and describe what factors have influenced its cuisine.**

Web Resources

- ★ www.bpe.com (Food - ethnic cuisine)
- ★ www.cuisinenet.com (lower right - "Cuisines of the World")
- ★ www.e-commkitchen.com (Recipes – scroll down to country)
- ★ www.globalgourmet.com (Departments - "Global Destinations")
- ★ www.wtg-online.com (Click on a country, then choose "Social Profile")
- ★ www.foodtv.com (left column "Escapes" – choose a region)
- ★ www.about.com (Food & Drink — world/regional cuisines - left hand column "subjects") *Warning: This site has unwelcome pop-up ads, but does have educational content.*
- ★ www.lonelyplanet.com (general info about climate/topography and other quick statistics)
- ★ **For recipes of the country try:**
 - www.recipesource.com ("SOAR" Searchable Online Archive of Recipes — classified by type or by country)
 - www.recipegoldmine.com (Home and Family – Cooking and Recipes)

Please note that web addresses are constantly changing and being updated. You may need to revise this list.