

## **CHAPTER-1**

### **INTERNATIONAL CUISINE:**

#### **THE COOKING OF GREAT BRITAIN**

##### **Historical Background**

Unlike the French, the British have no Grande cuisine or customs of elegant restaurant eating. Almost everyone royalty and commoner ate the same food, however fancy or plain. The royal kitchens merely drew on a wider variety of foodstuffs and in greater quantities. Britain was a worldwide trader since the 16<sup>th</sup> century and could afford to import the best the world had to offer from tea, coffee and rice to exotic spices and fruits and all these found their way into home cooking.

##### **The British Breakfast**

The British consider it their finest meal. A truly traditional British breakfast would include Baps (a soft round roll) or some other traditional bread with preserves, bacon, sausage, tomatoes, mushrooms, eggs - boiled, fried or scrambled, ham kedgeree, stewed prunes, sautéed kidneys, smoked haddock or kippers, cereals with milk and of course tea. The English breakfast owes, in particular much to the Scots. They eat an even more substantial breakfast than the English and the Welsh or the Irish. They consume vast quantities of porridge and considerable amount of bread usually in the form of a breakfast roll called a 'Bap" and drink large quantities of tea sometimes laced with whisky. Aberdeen was the birthplace of the breakfast sausage, while Dundee is the home of marmalade without which no breakfast is completed.

Bacon is in origin entirely English. Ham, which also often figures on the breakfast table, is the cured hind leg of the pig. Only the English cured the pig, usually by salting, while the rest of Europe ate it fresh. Bacon and ham are cured all over the country, but the ham from York became most

famous. **Wiltshire ham** is also famous especially for the mild and delicately flavoured **Braden ham**.

Oatmeal and porridge are also breakfast favorites. In Scotland, porridge is traditionally eaten unsweetened but well salted, and with cold milk. English people eat their porridge with sugar.

### **Tea**

Tea is consumed at almost all hours of the day as a bracing start to the morning, a welcome break in the work at offices or in the factories and a pleasant cup at bedtime. In rural areas, where dinner is eaten at midday the evening meal or supper is called the “high tea” or “meal tea”. Among the gentry and middle class, tea is a hospitable spread for guests. Today, nearly half the tea consumed in Britain comes from India.

### **A Nation of Meat Eaters**

The main Sunday meal served at mid-day frequently is roast Beef. It is served with its classic accompaniment of Yorkshire pudding and its attendant of roast potatoes, which is an integral part of the meal. So are the other accompaniments - mustard, horseradish sauce and a sauce boat of rich brown gravy. Green vegetables and perhaps carrots add a splash of colour.

India's long association with Britain and educated the British palate to more fiery flavours. Into the sauces went turmeric, cumin and cardamom. The East India Company also introduced the chutney to the British. In the big cities the faster life styles have led to the more time-consuming meat dishes like stews and casseroles to disappear from the daily menu. Chops, steaks and cutlets are now the more easily prepared cuts and hence more popular.

The thrifty use of leftovers lead to the creation of homely recipes such as shepherds pie, toad-in-the-hole and froise or fraise (a slice of leftover bacon, batter fried). Other popular stews include Irish stew, Lancashire hot pot,

lobscouse (a mutton and vegetable stew with barley) boiled bacon and cabbage with peas pudding and beef roll.

The British are also great hunters– both furred and feathered. These include deer, rabbit, hare, goose, partridge, pheasant etc. The general principle for all game is that they should be properly hung. It should be allowed to age for anything between 3 days and three weeks. The strong flavours of hare and venison demand a sweet adjunct – red currant jelly or the fruity Cumberland sauce.

Game birds, when roasted are often served with crisp bacon, **skirlie** (oatmeal and chopped onion fried in fat) game chips and cranberry sauce. Wild duck is always served with orange sauce and goose was the traditional Christmas dish, long before the advent of turkey.

## **FISH**

The English do eat Roast Beef, but only on Sundays. Every other day they eat fish and chips, and with roast beef, it wrestles for supremacy for the national dish of Britain. The fish and chips shops which dot every city, town and village of the country are a legacy of the industrial revolution in the 18<sup>th</sup> century factory workers needed quick, cheap and nourishing meals. Shops that specialized in hot pies, potted eels (jellied), sausages and mash and fish and chips grew steadily in demand. Cod, plaice, hake, skate and haddock are all popular traditional fish used for frying. Salt, vinegar, pickled onions and gherkins, ketchup, HP sauce all serve as accompaniments. Fish and chips sold as takeaways are always wrapped in newspaper. A true Britisher feels that without the newspaper, fish and chips do not taste the same.

Every part of the British Isles, from Scotland to Ireland has its own specialty. Scotland is the place Salmon and Trout. For prawns it's the Yorkshire coast of the North Sea. But for oysters you have to go to the Channel Islands. Ireland is known for it's mackerels and the famous Dublin Bay prawns sole

traditionally comes from the south namely Dover. Another popular dish from Cornwall is 'Stargazey Pie' which uses Pilchards and Herrings in a puff pastry blanket.

## **CHEESE**

*Cheshire* – the oldest and in many ways the most distinctive of the detectable variety of English cheeses. It is mellow with a hint of sharpness, firm but slightly crumbly, it has for years been one of the prime cheeses of England. It is the cheese of the rich and the poor, the kind and the peasant, the sailor and the soldier. Stilton was named after the tiny village of Stilton in Huntingdonshire. Of all the Blue Cheeses, the finest is Stilton. It stands besides Roquefort, Bleu de Bresse, Gorgonzola and Cheshire as the worlds greatest. It is white cheese, tinted with yellow and richly marbled with greenish blue. The crust is dark and wrinkled and the flavour subtly mellow. Wheels of Stilton weigh around 14 lbs and are covered by a crust peculiar to each manufacturer.

Most popular of all British cheeses include Leicester, Derby, Stilton, Cheddar, Wensleydale, Cheshire, Gloucester from England and Caerphilly from Wales. Many cheeses such as the Daventry, Lincoln, Oxford, and York are long forgotten. But of the cheeses that remain, the three greatest cheddar, Cheshire and Stilton are here to stay.

## **THE BRITISH PUDDING**

Each country in Britain has produced a wealth of puddings, large and small, hot and cold, all of them delicious. Rich golden ones, topped with jam and cream, tender beef and kidney ones steamed for hours. Puddings from country villages like those in Bedfordshire, where farmers wives created a sausage like object called a clanger containing meat and chopped vegetables at one end and jam and fruit at other.

The men working in the fields could thus carry their entire lunch in one piece. A Christmas speciality is the flaming Plum Pudding while Yorkshire pudding is the traditional accompaniment to Roast Beef.

In virtually every home in Britain you will find a deep bowl with a thick rim that is called a pudding basin. Although most puddings are steamed or boiled, many others are baked. Apricot pudding is a mixture of baking and steaming; a cross between a pie and a pudding.

Almost as popular as puddings are pies. A pie is usually a deep dish lined with pastry crust. A fruit pie would have a little sugar added to the dough. Tradition demands meat pies to be decorated with pastry strips while fruit pies are left plain. In this way you can tell if a pie is sweet or savoury. A tart may look like a pie but it is always a sweet dish made with fruit and jam. Tarts range from small jam-filled hollows of pastry (tartlettes) to large plate-sized pastry cases. Tarts are usually left uncovered by pastry. But hard and fast rules cannot be applied. Some tarts are covered. Some pies are not. As a general rule, if the dish is shallow, call it a tart, if it is deep call it a pie. Thyme, sage, majoram are used for flavouring and so were spices. Until quite recent times, meat pies were sold all over Britain by traveling piemen.

Popular preparations:

- Shepherd's Pie: A layer or minced meat topped with a layer of mashed potatoes and browned.
- Bubble and squeak: Usually made of left over vegetables that are mashed and made into paties and pan fried till golden and crisp.
- Fish and chips: Batter fried fish along with potato chips or French fries.
- Roast beef: Traditional Sunday roast with Yorkshire pudding.

- Toad in the hole: Made by cooking sausages in Yorkshire pudding batter.
- Bangers and mash: Sausages are called bangers in England. Cumberland sausage grilled and served on a bed of mashed potatoes with rich onion gravy.
- Haggis: Popular Scottish preparation made by stuffing stomach of sheep with minced lamb, offals, spices and oats.
- Bread and butter pudding: Made by layering bread with preserve / butter and pouring egg custard over it before baking.
- Scones and clotted cream: popular tea time accompaniment
- Dundee cake: Rich fruit cake from Scotland made by creaming butter, sugar, eggs and flour with candied fruits, almonds and other nuts.
- **Beef Wellington** is a preparation of filet steak coated with pâté (often pâté de foie gras) and duxelles, which is then wrapped in puff pastry and baked

## THE COOKING OF FRANCE

- Medieval period: Usually marked by elaborate buffets with elegant presentations and decorations. It was in a way a statement on the social and financial status of the host. The food was richly flavoured with spices such as cinnamon, nutmeg and cloves and use of cold meat and charcuterie was prominent.
- Seventeenth century: Emergence of haute or high cuisine. The style was popularized by famous Chef La Varenne who modified the heavy dishes and made dishes were light and easy to prepare. He also popularized various kinds of pastries and desserts.
- Eighteenth century: French cookery thrived and refined. Chef Marie – Antonine Careme credited for creating and classifying mother sauces. Speciality dishes such as soufflé were created.

- Nineteenth century: French cuisine was modernized and popularized in hotels. The father of modern French cuisine – Chef Escoffier was responsible for creating the kitchen brigade system and organizing the French cuisine.
- Twentieth century: Period of many innovations and emergence of Nouvelle or New cuisine popularized by Chefs such as Paul Bocuse and Michel Guerard. The salient features of nouvelle cuisine included presence of light sauces (use of less flour), small portions and multiple courses. The cooking principles were made simpler and the ingredients were cooked just until done to retain the flavours and textures. Cooking times for most fish, seafood and game birds and green vegetables were reduced in an attempt to preserve natural flavours. Steaming was preferred. Heavy sauces laced with roux were replaced with reduced stocks to form fumets which were thickened with cold butter. The chefs paid close attention to the dietary needs of their guests. The chefs also emphasized on presentation of food and new combinations or pairings of various food items were explored.

Provincial cooking is sometimes quite different from haute (grande) cuisine. It simply means, the cooking that springs from regional areas called provinces. In true provincial cooking, there is no need for complexity. Food is cooked in its own juices and served right in the casseroles in which they are cooked.

### **Prominent Culinary Provinces of France**

1. BRETAGNE (Brittany) takes its food and cooking simply. The sea supplies an abundance of fish and excellent Belon oysters are found along the coast. Bretagne can also be credited with inventing the French version of the pancake – the delicate crepe.
2. NORMANDIE – can boast of richest milk, cream and butter in all of France, Norman cream is an important ingredient in some of the best French

dishes, and much of the milk goes into the world famous Camembert cheese. The meat from the region is also excellent, especially the sheep and lamb pastured in the salt marshes along the coast. Apples grow abundantly, most of them going into cider, the favorite accompaniment to Norman meals, or in the fiery brandy called calvados.

3. CHAMPAGNE – makes one supreme contribution to French cuisine – the famous sparkling wine, named after the province. Although its repertoire of food is limited, the region produces excellent ham and sausages and neighboring Flanders has invented many different ways to serve the herrings.
4. TOURAINE – is often called ‘the garden of France’. Its recipes can be as delicate as Trout in Aspic or as robust as Roast Pork with Prunes. The Loire Valley that cuts through the province is ‘Chateaux Country’ where French kings relaxed in the splendor of their country estates while their chefs made most of the regions fine fruits and vegetables.
5. ILE DE FRANCE – The fertile land surrounding Paris is the birthplace of the classic cooking style known as Le Grande Cuisine. It was here, in the cavernous kitchens of kings and lords that French cooking became a high art. Cooks competed with one another to invent even more elaborate dishes. The cooking of Ile de France lacks a striking regional personality, but it draws on the culinary genius of all the provinces.
6. ALSACE AND LORRAINE – have often come under German domination and this is reflected in their cooking. The food with its sausages and sauerkraut has a Germanic heritage. The food of Lorraine is slightly more French in character. The most famous dish is the Quiche Lorraine. The province is



also known for its excellent Potée, a cabbage soup with salted pork and vegetables. The fruity Rhine wine of Alsace rival those of Germany.

7. BOURGOGNE (Burgundy) is justly well known throughout the world for its wines, and these wines, white and red, play a dominant role in Burgundian cooking. Red burgundy is a key ingredient in Boeuf Bourguignon the king of beef stews and also in most regional dishes. An annual gastronomic fair held in Dijon, the region's principal city and the 'mustard capital' draws gourmets from all over the world.
8. BORDEAUX and the country around it are best known for their wine, which rank with the ones from Burgundy as the best of French produce. Bordeaux cooks have developed a highly specialized cuisine to go with their great wines. Also in this region are cognac (the brandy capital) and Perigueux; whose truffles go into the making of Pate de foie gras the most extravagant delicacy of French table.
9. FRANCHE – COMTE along with its neighboring provinces of Savoie and Dauphine is mostly mountain country and the food is as robust as the climate. Perhaps the greatest contribution of this region to the national cuisine is the Bresse Chicken, a small bird whose flesh is so delicate that even the inventive French prefer it simply roasted without any spices or sauces to obscure its flavor. The cows of this region produce more milk than its inhabitants can consume and much of the surplus is used to make cheese. The French version of Swiss Gruyere the Comte comes from this region.
10. LANGUEDOC, FOIX AND ROUSSILLON – Languedoc was once an outpost of the Roman Empire and it has retained traces of Roman influence in the cuisine. Especially popular here are the old Roman 'Cassoulets' which are rich concoctions of goose or duck, pork or mutton plus sausage and white beans. To the west, along the Pyrenees is Foix and

Roussillon, the Spanish culinary influence prevails, particularly in the omlettes prepared with green peppers, ham and tomato.

11. PROVENCE – has been a favorite vacation center since Roman times. Like some other regions of north Mediterranean, it bases its cooking on garlic, olive oil and tomatoes. Bouillabaisse, the famed fish stew/Soup comes from the Marseille waterfront. In general, the cuisine of Provence is much more highly flavored than the rest of France.

### **The breads of France**

Bread is usually eaten at all three meals of the day - always in the morning, with hot milk, chocolate or coffee; always at noon with a bowl of a hearty soup and often at night with the main meal. Although very rarely is any bread leftover surplus quantities go into the making of stuffing and puddings or made into breadcrumbs. Very rarely will it be eaten as bread the next day.

By far the most popular kind of bread in France is the **Baguette**, a golden brown, rod shaped loaf, 2 feet long characterized by length, crisp crust and slits that enable proper expansion of gases. Next comes the Petit Parisien which is shorter and fatter than the Baguette. There are whole grain breads like the one made of black rye Courte d' Auvergne. The croissant, brioche and Vienna rolls are all special treats and are popularly known as breakfast rolls.

### **Soups**

The soup is served for supper, with perhaps a light egg dish to follow. In simple French fare, the soup is kept simple, since it is eaten at the end of the day. However a complex dish such as Bouillabaisse is seldom served at night.

**Bouillonbaise** is a traditional fish stew prepared with different kinds of fish flavoured with herbs and spices. **Puree Saint Germain** is a puree soup made of green peas and bacon. However, generally, soups are based more on vegetables. **French Onion Soup** is a type of soup usually based on meat stock

and onions, and often served gratinated with croutons and cheese on top or a large piece of bread.

### **Fish**

Depending on where they are caught, these shellfish may be prepared with butter, cream and egg yolk in the north or with olive oil, tomato and garlic in the south. Most of the supply of fish in France comes from the southern part of Marseille. It has one of the most colourful marketplaces where an inconceivable amount of fish is available and sold. The catch could include eels, mullet, sardines, shrimp, clams, mussels, oysters, sea urchins, bass, red snapper, trout, cod, rockfish, whitefish and mackerels.

### **Poultry and meat**

France is known for its variety of poultry meats. Every house is well versed in the preparation of various **fricassees, stews and blanquettes**. Best of all, perhaps are the chickens, simply roasted with good butter, flavoured with tarragon or lemon juice. Cockerels, Leghorns and Hens are stewed or braised and used in making of that famous dish Coq au Vin. Turkeys, which are becoming increasingly popular in France, are best treated like chickens, depending on their age.

In France, meat is more likely to be lamb, veal or pork, roasted simply to bring out its best flavour. If a good piece of beef is to be served, it is generally browned first and then braised or stewed in its own juices along with a few vegetables. Lamb most often than not, is served pink in France and leg of baby lamb is one of the favourite dishes of the French family. Besides these dishes, the French are also very fond of offals or innards as they are more popularly known as. In France, the innards are treated as respectfully as any other part of the carcass. Tripe, brain, liver, kidney, tongue are all deliciously prepared and are among the favourites of the local French population.

- Blanquette de veau is a famous veal ragout made by stewing veal with root vegetables and herbs.
- Coq au vin is a braised preparation in which chicken is marinated in red wine along with aromatic vegetables overnight. It is then braised.
- Pot au feu: Literally meaning pot on fire. The tougher cuts of meat are stewed on a slow fire along with various vegetables and herbs until the meat is very soft and gelatinous.
- Poulet sauté chasseur: cooking chicken in hunter style. Chicken stew combined with tomatoes and mushrooms and cooked on low heat for long duration.
- Boeuf bourguignon: stewed preparation of chunks of beef with root vegetables and red wine based sauce.
- Fricassee: This is a method of cooking meat in which it is cut, sautéed and braised, and served with its sauce, traditionally a white sauce.

## Cheese

Cheese in many cooked or heated forms can be used in any part of a well-planned meal to add flavour consistency and interest! It can be found in omelettes, soufflés and tarts to start a dinner or to be the main course of a lighter lunch or supper. It can form an essential part of many sauces, or it can be used to vary colour, and flavour in dishes. But to serve cheese as such is unthinkable in France until the end of the meal. Then is the time to finish the last few bites of bread. It is a near truth that cheese is never eaten without bread, but there are expectations. Probably the best example is “coeur a la crème” a white creamed cheese served with strawberries.

Cheese comes in a wider variety of tastes, shapes and textures in France than anywhere else in the world. However, this leadership is more than numerical – the quality is of international repute. Camembert , Brie, Roquefort, bleu de bresse etc All cheeses are best eaten at room temperature, removed from the refrigerator 2-3 hours before service. Although generally

eaten with fruit and bread as the dessert at the end of a meal, they are equally well suited for an hors d'oeuvre or a midday snack.

### **Desserts:**

A crème anglaise is a standard in any French housewives kitchen. It can be thin, to pour over fresh or poached fruits, somewhat thicker to half fill a piecrust and thicker still to spread between two layers of sponge. The soufflé is one of the most popular desserts normally kept plain and simple or perhaps flavoured with a liqueur such as Grande Mariner or grated lemon or orange rind. Crème caramel, Paris Brest, Profiteroles, Gateau St.Honore and the Diplomate are all traditional French favourites.

- Crepe Suzette: French pancake sewed in orange flavoured sugar syrup and flamed with brandy.
- Madeleine: a small shell shaped cake served with tea.
- Tarte tartin: Apples are sauted with sugar and covered with puff pastry and baked. It is served inverted where pastry forms the base and apples are on top.
- Gateau Opera: A traditional cake made with almond sponge which is alternately layered with chocolate truffle and coffee buttercream.
- Macaroons: It is a sweet meringue-based confection made with egg white, icing sugar, granulated sugar, almond powder or ground almond, and food coloring. Popularly typical macaroon is presented with a ganache, buttercream or jam filling sandwiched between two such cookies.
- Crème brûlée, also known as burnt cream, crema catalana, or Trinity cream is a dessert consisting of a rich custard base topped with a contrasting layer of hard caramel. It is normally served at room temperature.

### **Structure of Meals:**

- Le petit déjeuner – The breakfast is often a quick meal consisting of slices of French bread with jelly or jam, croissants or pain au chocolate along

with coffee or tea. Children often drink hot chocolate in bowls along with their breakfast.

- **Le déjeuner** – The lunch was once a two hour mid-day meal, but has recently seen a trend towards the one hour lunch break. In some smaller towns, the two hour lunch may still be customary. Sunday lunches are often longer and are taken with family.
- **Le dîner** – the dinner often consists of three courses, hors d'oeuvre or entrée (introductory course, often soup), plat principal (main course) and a cheese course or dessert, sometimes with a salad offered before the cheese or dessert. You may replace the cheese course, while a normal every day dessert would be fresh fruit. The meal is often accompanied by bread and wine. The number of courses may be more and elaborate depending on the time available and lavishness of the meal.
- **Beverages** – Traditionally, France has been a culture of coffee and wine consumption.

The quality of the ingredients one uses will be key to your success as an everyday French chef. What follows is a description of food products that are regularly used in French cooking.

- **Black pepper**
- **Butter** / Most French recipes call for unsalted butter. Use the real thing, not margarine or other substitutes.
- **Crème fraîche** / This is a thick, high-fat cream with a distinctive tangy flavour. It's not as sweet as heavy cream but it's not as sour as sour cream either. Less sour than sour cream, thicker than heavy cream, crème fraîche is usually unavailable outside of France., Usually a mixture of heavy cream and buttermilk that is allowed to ferment overnight – but it is easier for everyday chefs to use a substitute.
- **Fresh herbs** / Creative use of fresh herbs can boost French cooking from great to spectacular. My favorites — and I do grow some of these myself — are rosemary, thyme, sage, cilantro, dill, basil, chervil, parsley, mint, tarragon and chives.

- **Herbes de Provence** / This is a mixture of herbs that typically includes thyme, rosemary, basil, oregano, savory and sometimes other dried herbs, among them marjoram, chervil, savory, tarragon, and sage. If you live outside of France and cannot find ready-mixed *herbes de Provence*, simply blend your chosen herbs together in a small bowl and store in an airtight jar. It's good to keep a supply on hand, for this herbal mixture from southern France appears very frequently in French cuisine.
- **Lemon juice** / Use only real juice from freshly squeezed lemons. Bottled lemon juice is made from concentrate and contains additives. It tastes totally different from real juice. When using lemon juice while cooking — adding a dash to soup, for example — squeeze the lemon through a sieve held over the pot to filter out the seeds.
- **Mustard** / It is very hard to find Dijon mustard outside of France. Why this should be is a mystery to me. The mustard sold as Dijon in the States — Grey Poupon — is sweeter than the French variety, apparently to suit the American palate. But this distorts the taste. Go for the real thing if you can possibly find it. Do not use grainy mustards like Moutarde de Meaux unless they are specifically called for in the recipe.
- **Olive oil** / Use extra virgin cold pressed. It's worth the cost — do not settle for anything less.
- **Rice** / In general, choose a long-grain rice. As for brown rice, it is not used in traditional French cuisine but appears (very occasionally) on Parisian menus these days and can marry well with some French dishes.
- **Saffron** / This wonderful spice comes from a purple crocus, and some masters of the culinary arts might argue in favor of using the variety sold in threads – the actual stigmas of the flower. But for everyday chefs, powdered saffron is preferable. It is much easier to use and just as flavorful.
- **Sea salt** / As it is more intense and flavorful than table salt, it is regularly called for in recipes like soups and stews. There are many qualities of French sea salt, all of which have the advantage of being

natural. I prefer sel de Guérande, which comes from the Brittany coast, but there are many other fine varieties from France and elsewhere. If sea salt is unavailable, kosher salt is a good substitute. As for table salt, any kind will do.

- **Fleur de Sel:** This is white and pure French salt, with a texture somewhere between fine and coarse, for garnishing.
- **Tomatoes** / The closer you can get to actual tomatoes grown in soil, the better the flavor will be. Fresh farm tomatoes and organic tomatoes are preferred.
- **Anchovy Paste:** A little addition gives a nice salty zing to dishes. It's also great mashed with butter and spread on toasted baguette.
- **Vinegar** / Red wine vinegar is traditional in French cooking, but it is increasingly being pushed aside by balsamic. It's not necessary to break the bank on this — good quality imported balsamic vinegar is available these days at reasonable prices. The recipes on this site specify which kind of vinegar to choose. Do not substitute cider vinegar or white vinegar for red wine vinegar, ever.
- **Lardons:** This is nothing more exotic than bacon cut into paperclip-sized pieces, something else it would be useful for grocery stores to sell in small packages, like the French can get. They are ideal for pasta dishes, salads, and for getting a head start on stew

***Sauces, stocks, pastry and grains: These are the basic recipes that every aspiring French chef needs to know, for they appear again and again in French cuisine.***

## **SAUCES**

- Aïoli / Garlic mayonnaise
- Beurre blanc / Creamy butter sauce
- Mayonnaise / Homemade mayonnaise
- Pistou / French basil sauce
- Rouille / Mayonnaise with garlic and saffron
- Sauce au vinaigre balsamique / Balsamic vinaigrette sauce



- Sauce béarnaise / Béarnaise sauce
- Sauce béchamel / Béchamel sauce
- Sauce citron-huile d'olive / Lemon-olive oil sauce
- Sauce hollandaise / Hollandaise sauce
- Sauce vinaigrette à la moutarde / Mustard vinaigrette sauce

### **STOCKS**

- Bouillon de boeuf / Beef broth
- Bouillon de légumes / Vegetable broth
- Bouillon de poule / Chicken broth

### **PASTRY**

- Pâte à choux / Cream puffs
- Pâte brisée / Savory pie crust
- Pâte sablée / Sweet pie crust

### **Soups Words & Phrases**

#### **English**

Beef broth, clear

Beef broth, jellied

Beef broth, rich

Creamy soup

Creamy soup made with  
seafood

Leek soup

Onion soup with bread and  
cheese

Potato soup

Rich consommé with meat  
and vegetables

Seafood stew

Thick soup made of pureed  
vegetables

#### **Français**

Le consommé

Le consommé en gelée

Le pot-au-feu

Le velouté

La bisque

Le potage de poireaux

La soupe à l'oignon

Le vichyssoise

La petite marmite

La bouillabaise

Le potage

## Herbs & Spices, Etc.

### **English**

anise, aneth \*  
basil  
bay leave \*  
caraway \*  
cardamom \*  
cayenne pepper  
celery salt  
chervil \*  
chive  
cilantro  
cinnamon \*  
clove  
coriander  
cumin  
dill  
fennel \*  
garlic \*  
garlic clove  
garlic powder, salt  
ginger  
herbs  
herbs de provence  
juniper berry  
lavender  
lemon balm \*  
lime  
mace  
marjoram, sweet \*  
mint

### **Français**

l'anis étoilé, la badiane  
le basilic  
la feuille de laurier  
le carvi  
la cardamome  
le poivre de Cayenne  
le sel de céleri  
le cerfeuil  
la ciboulette  
la coriandre  
la cannelle  
le clou de girofle  
la coriandre  
le cumin  
l'aneth  
le fenouil  
l'ail  
la gousse d'ail  
l'ail semoule  
le gingembre  
les herbs  
les herbs de provence  
le genièvre  
la lavande  
la mélisse, la citronnelle  
le tilleul  
la fleur de muscade  
la marjolaine  
la menthe

mustard  
nutmeg  
oregano  
paprika  
pepper  
parsley  
pimento  
poppy seeds  
rock salt  
rosemary \*  
saffron \*  
sage \*  
salt  
sesame seed  
sorrel \*  
summer savory \*  
tarragon \*  
thyme \*  
thyme, wild  
turmeric \*  
vervain  
watercress

la moutarde  
la noix de muscade  
l'origan  
le paprika  
le poivre  
le persil  
le piment  
les grains de pavot  
le gros sel  
le romarin  
le safran  
la sauge  
le sel  
le sésame  
l'oseille  
la sarriette  
l'estragon  
le thym  
le serpolet  
le curcuma  
la verveine  
le cresson

### Meats Words & Phrases

#### **English**

Bacon  
Beef  
Beef stew  
Blood sausage  
Bologna  
Chopped meat

#### **Français**

Le lard, le bacon  
Le boeuf  
Le pot au feu  
Le boudin  
La mortadelle  
La viande hachée

Double tenderloin  
End of tenderloin of beef

Frog legs

### Game

Goat

Ham

Kidneys

Lamb

Leg of lamb

Liver

Marinated beef with red  
wine and vegetables

### Meat

Pepper steak

### Pork

### Poultry

Pork chops

Prime rib

### Rabbit

Rack of lamb

Rolls of pounded, baked  
meat

Roast

Roast beef

Sirloin

Steak

Salt pork

Sausages

Small fillets of beef

Small rounds of beef

Stew

Spareribs

Le Chateaubriand

Le filet mignon

Les cuisses de grenouilles

Le gibier

La chèvre

Le jambon

Les rognons

L'agneau

Le gigot

Le foie

Le boeuf a la mode

La viande

Le steak au poivre

le porc

La Volaille

Les côtes de porc

La côte de boeuf

Le lapin

Le carrée d'agneau

Les quenelles

Le rôti

Le rosbif

L'entrecôte, l'loyau

Le bifteck

Le petit salé

Les saucisses

Les tournedos

Les médaillons de boeuf

Le ragoût

Les basses côtes

Stewed meat with white  
sauce

Sweetbreads

Tenderloin steak

Veal

Veal chops

La blanquette

Les ris de veau

Le filet

Le veau

Les côtes de veau

**Eggs**

**Words**



IHM NOTES

## English

Baked whipped egg whites,  
 yolks

and sauce

Baked whipped egg whites,  
 yolks, sauce and mushrooms

Baked whipped egg whites,  
 yolks, sauce and carrots

Baked whipped egg whites,  
 yolks, sauce and crab

Egg

Fried

Hard-boiled

Medium-boiled

Poached

Poached on carrots

Poached on spinach

Poached in artichoke bottoms

Scrambled

Soft-boiled

Omelet

Omelet, plain

Omelet with fine herbs

Omelet with French-fried  
 cheese

Omelet with truffles

Scrambled

## Fowl Related Words

### English

Chicken

## Français

Le soufflé de cuisine

Le soufflé aux champignons

Le soufflé a la crécy

Le soufflé de crabe

L'oeuf

Au plat

Durs

Mollets

Oeufs pochés

Oeufs pochés crécy

Oeufs pochés Florentine

Oeufs côte d'azur

brouillés

à la coque

une omelette

une omelette nature

une omelette aux fines herbs

une omelette au fromage frit

une omelette aux truffes

Oeufs brouillés

### Français

Le poulet

Chicken, stewed with wine  
and mushrooms

Duck

Goose

Pheasant

Pigeon

Poultry

Turkey

Quail

Le coq au vin

Le canard

L'oie

Le faisane

Le pigeon

La volaille

La dinde

La caille

### **Fruit Related Words**

#### **English**

apple

apricot

banana

blueberry

cantaloupe

citrus fruit

coconut

coconut milk

date

dried grape

fig

fruit

grapefruit

grape

lemon

lemon juice

lime

melon

orange

orange juice

peach

#### **Français**

la pomme

l'abricot

la banane

la myrtille

le melon

les agrumes

le noix de coco

le lait de noix de coco

la datte

le raisin sec

le figue

les fruits

le pamplemousse

le raisin

le citron

le citron pressé

le citron vert

le melon

l'orange

l'orange pressé

la pêche



IHM NOTES

pear  
pineapple  
plum  
pomegranate  
prune  
raisin  
raspberry  
strawberries  
stewed fruit  
watermelon

la poire  
l'ananas  
la prune  
la grenade  
le pruneau  
le raisin sec  
la framboise  
lay fraises  
la compote  
la pastèque

### **Nuts**

#### **English**

almond  
cashew  
chestnut  
hazelnut  
nut  
peanut  
walnut

#### **Français**

l'amande  
l'anacarde  
lr mstton, la châtaigne  
la noisette  
la noix  
l'arachide, la cacahouète  
la noix

### **Vegetable**

#### **English**

Artichoke  
Asparagus  
Avocado  
Baked potatoes  
Beet, beetroot  
Beet, white  
Bell pepper [green, red,  
yellow]

#### **Français**

L'artichaud  
L'asperge  
L'avocat  
Les pommes de terre au four  
La betterave  
La blette  
Le poivron



Bell pepper, green	Le poivron vert
Bell pepper, red	Le poivron rouge
Boiled corn	La polenta jaune
Boiled potatoes	Les pommes de terre à l'anglaise
Broccoli	Le brocoli
Brussels sprout	Le chou de Bruxelles
Cabbage	Le chou
Cabbage, Savoy	le chou de Milan
Cauliflower	Le chou-fleur
Celery	Le céleri
Chicory	La chicorée
Chips	Les frites
Carrot	La carotte
Corn	Le Maïs
Cucumber	Le concombre
Eggplant	L'aubergine
Endive	La scarole
French fried potatoes	Les pommes frites
Green beans	Les haricots verts
Green peas	Les petits pois
Kale [a green]	Le chou frisé
Kidney beans	Les haricot rouges
Leek	Le poireau
Lettuce	La laitue, la salade
Lettuce leaf	La feuille de salade
Mashed potatoes	Les pommes de terre en purée
Onion	L'oignon
Potatoes	Les pommes de terre
Radish	Le radis
Scallion, Welsh onion, spring Onion	La ciboule

Shallot  
Sorrel  
Spinach  
Squash  
Tomato  
Truffle  
Turnip  
vegetables  
watercress  
White beans  
Zucchini

L'échalote  
L'oseille  
Le épinard  
La courge  
La tomate  
La truffe  
La navet  
Les légumes  
le cresson  
Les haricots blancs  
Le courgette



IHM NOTES

## **Vegetable Preparation**

### **English**

Assortment of vegetables

Boiled vegetables

Braised vegetables

Diced mixed vegetables

Mixed fried vegetables

Raw vegetables

Steamed vegetables

Vegetable soup

Vegetables in cream sauce

Whole vegetables

### **Français**

Le méli mélo de légumes

Les légumes bouillis

Les légumes braisés

Une macédoine de légumes

Une poêlée de légumes

Les légumes crus

Les légumes à vapeur

Le potage de légumes

Les légumes à la crème

Les légumes en branches

## **ITALIAN CUISINE**

Italy is located in Southern Europe and comprises the boot shaped Italian Peninsula and a number islands including Sicily and Sardinia. It is bordered by Mediterranean sea and is a region of mountains, sea and lush green meadows.

### **Ingredients**

- Cheese – An immense variety of cheese is popular in Italy. Prominent ones are the hard Parmesan, Soft creamy Ricotta and Mascarpone, the blue Gorgonzola, the elastic Mozzarella and many more.
- Pasta – Pasta is a firm dough made from durum wheat, semolina, eggs and can be flavoured and coloured with vegetables purees (spinach, basil, mint, saffron, squid ink), herbs etc. Fresh pasta is highly perishable and should be consumed within a day. Dry pasta can be packed and marketed. Depending on the shapes, pastas are named in variety of ways - The tubular Penne, bow shaped Farfalle, sheets of pasta Lasagna, thin long strips Fettucine, sea shell shaped Conchiglie etc. A popular pasta Gnocchi is made with mashed potatoes.

Hollow or grooved pastas are usually served with a chunky sauce so that the chunks are captured in the grooves and hollow spaces. Smooth pastas are served with smooth sauces that tends to stick to pasta surface.

Ravioli is prepared by stuffing between two sheets of pasta and sealing the ends. Lasagna is a sheet pasta which is prepared by layering sheets with sauce, cheese, meats or vegetables and finally baked.

#### Categories of Pasta

- i. Flat pasta – Spaghetti, Linguine, Fettuccine
- ii. Hollow pasta – Penne, Rigatoni, Cannelloni
- iii. Mini pasta – Orzo, Stelline (used in soups or stews)
- iv. Special shapes – Cappelli, Alfabetto
- v. Stuffed pasta – Ravioli, Tortelloni
- vi. Layered sheet pasta - Lasagna

- **Pasta sauces:**

- Alfredo – cream, butter and cheese
- Napolitaine – fresh tomatoes, onion, garlic, carrot, celery and white wine
- Arrabbiata – napolitaine with more garlic and chillies
- Pesto – green paste of basil, parsley, parmesan, pine nuts and seasoning.
- Carbonara – Cream, egg yolk and cheese
- Bolognese (originate from Bologna) – onion, carrot, celery, beef or pork, white wine, tomato
- Marinara (originate from Naples)- Italian tomato sauce that originated in Naples, usually made with tomatoes, garlic, herbs, and onions. Its many variations can include the addition of capers, olives, spices, and a dash of wine.

- **Olives & olive oil**

### Types of olive oil-

- i. Extra virgin : Oil extracted from first press of olives, free of chemicals, low smoke point so not used for cooking, used to top salads, pastas etc, usually dark in colour and viscous.
  - ii. Virgin olive oil
  - iii. Olive Oil
  - iv. Olive pomace oil: The last extract from remains of used olives, chemicals used in extraction of oils, refined, high smoke point.
- Balsamic vinegar – A popular condiment, from Modena in Italy, vinegar made from Trebbiano grapes and aged.
  - Salami – *Bologna, Mortadella* are few of the popular Italian sausages.
  - Ham - Prosciutto
  - Rice – the most popular of all is Risotto made from Arborio rice (others are Carnaroli, Vialone nano etc), a short grain starchy variety, cooked to a creamy texture.
  - Polenta – Cornmeal flour used as accompaniments, to make cakes etc
  - Chickpeas – Also called Garbanzo beans used in making stews and broths.

### **Dishes:**

- Minestrone – A popular vegetable broth thickened with starch from potatoes, pasta or borlotti beans.
- Pollo alla cacciatora (hunters chicken) – Braised chicken with fresh tomatoes, mushrooms, onions, herb and red wine
- Osso bucco – A dish of sliced veal shanks braised with vegetables, tomatoes and red wine.
- Insalata Caprese – A fresh salad made by combining fresh tomatoes, buffalo mozzarella, pesto and olive oil.
- Tiramisu – A popular dessert made with finger biscuit (Savoiardi) , cream cheese (mascarpone) and coffee liqueur.

- Pizza
- Pasta with sauces
- Biscotti also known as Cantuccini – Biscuits baked twice for extra crispiness. First in the form of a loaf with lots of nuts, then sliced and re-baked to give it crunchiness. They are dipped in a drink traditionally Vin Santo.
- Arancini – Balls made up of sticky risotto rice, may be stuffed and flavoured, deep fried served with a sauce.

## **Meal Pattern**

### **Aperitivo**

The aperitivo opens a meal, and it is similar to an appetizer. Most people gather around standing up and have alcoholic/non-alcoholic drinks such as wine, prosecco, spritz, vermouth, gingerino. Occasionally small amounts of food are consumed, such as olives, crisps, nuts, cheese, sauce dips, little quiches or similar snacks.

### **Antipasto**

The antipasto is a slightly heavier starter. It is usually cold and lighter than the first course. Examples of foods eaten are salumi (such as salame, mortadella, prosciutto, bresaola and other charcuterie products), cheeses, sandwich-like foods (panino, bruschetta, tramezzino, crostino), vegetables, cold salmon or prawn cocktails; more elaborate dishes are occasionally prepared.

### **Primo**

A *primo* is the first course. It consists of hot food and is usually heavier than the antipasto, but lighter than the second course. Non-meat dishes are the staple of any *primo*: examples are risotto, pasta, soup and broth, gnocchi, polenta, crepelle, casseroles, or lasagne.

### **Secondo**

This course may include different meats and types of fish, turkey, sausage, pork, steak, stew, beef, zampone, salt

cod, stockfish, salmon, lobster, lamb, chicken, or a roast. The *primo* or the *secondo* may be considered more important depending on the locality and the situation.

### **Contorno (side dish)**

A *contorno* is a side dish and it's commonly served alongside a *secondo*. These usually consist of vegetables, raw or cooked, hot or cold. They are usually served in a separate dish, not on the same plate as the meat.<sup>[2]</sup>

### **Insalata**

If the *contorno* contained many leafy vegetables, the salad might be omitted. Otherwise, a fresh garden salad would be served at this point.

### **Formaggi e frutta**

An entire course is dedicated to local cheeses and fresh seasonal fruit. The cheeses will be whatever is typical of the region

### **Dolce**

Next follows the *dolce*, or dessert. Frequent dishes include tiramisu, panna cotta, cake or pie, panettone or pandoro (the last two are mainly served at Christmas time) and the Colomba Pasquale (an Easter cake). A gelato or a sorbetto can be eaten too.

### **Caffè**

Coffee is often drunk at the end of a meal, even after the *digestivo*. Italians, unlike many countries, do not have milky coffees or drinks after meals (such as *cappuccino* or *caffè macchiato*), but strong coffee such as espresso, which is often drunk very quickly in small cups at very high temperatures.

### **Digestivo**

The digestivo, also called ammazzacaffè if served after the coffee, is the drink to conclude the meal. Drinks such as grappa, amaro, limoncello or other fruit/herbal drinks are drunk. *Digestivo* indicates that the drinks served at this time are meant to ease digestion of a long meal.

## THE COOKING OF SPAIN

In spite of being part of Europe, Spain is very near to African continent and falls in the Mediterranean region. It is known for producing world's best quality saffron. Dates, raisins, figs, pomegranate and tomatoes are also popular. Spanish Tapas (appetizers) are very popular. The Spanish Siesta ( a short nap) or the a long afternoon break is a must for every Spaniard. This is the time when people get together for meal and drink and spend time together. The flavor profile of Spain is similar to other Mediterranean countries . **Food is cooked with lots of olives, olive oil, parsley, almonds, garlic and saffron. Egg and egg yolk sweets are often seen. The range of fresh fish and shellfish from the waters of two seas (Mediterranean and Atlantic) is tremendous and cooking methods such as slow simmering in earthen ware dishes are shared by all.**

The festival of La Tomatina is a famous Tomato fight held for entertainment in August in Bunol.

### **SALIENT FEATURES:**

#### **The Tapas:**

In the evenings, people like to stop in at bars and cafes to enjoy a drink, usually sherry and a choice of tempting snacks called 'Tapas'. The word 'tapa' literally means lid (to cover), and the first tapas were pieces of bread used to cover sherry glasses to keep out the fruit flies! Today tapas are appetizers but of a variety that is unknown in other countries and range from eels to omelettes. A sample of tapas served at a Madrid café would include

- Potato omelette
- Mushrooms garnished with garlic and parsley butter
- Fish and crabmeat in brandy sauce with carrot
- Kidneys sautéed in white wine sauce with onions and peas
- Chopitos – batter fried baby squids
- Cheese and olives etc



## **Paella -**

The colorful paella, the Spanish culinary triumph best known outside the country, is from the eastern coast of Spain. The dish draws on a number of possible ingredients, lobster, shrimp, clams, mussels, squid, chorizo, sausages, chicken, rabbit, beans, tomato peas and peppers (red, green and yellow). However only rice, olive oil and saffron are always used and the paella will appear in various forms depending on the supplementary ingredients that are used. The first paellas were always cooked outdoors over small fires and most Spaniards believe this is still the best way to cook paella.

## **Gazpacho**

Gazpacho is a traditional Spanish soup from the Andalusian region in the south of Spain. It is made of chilled vegetables, wine vinegar, olive oil, ice, garlic and a tinge of bread. The term gazpacho is a derivative of the Arabic term which means soaked bread. Many people add various other ingredients ranging from fried croutons to pitted cherries. As a rule, different parts of the country make this dish in different ways. In Jerez de la frontera chopped raw onions are used, in Sanlucar de Barrameda, mayonnaise is added and in Malaga it is called ajo blanco con uvas (white garlic with grapes) and has a base of almonds. There is even a hot winter gazpacho from the region of Cadiz.

## **THE COOKING OF PORTUGAL**

In the southwestern corner of Europe lies Portugal, 260 miles long and 140 miles wide. It is isolated from the rest of the continent by Spain and is isolated from Spain by rugged mountains. To its west it lies totally exposed to the harsh Atlantic Ocean. From North to South, the kitchens of Portugal share a wide variety of ingredients, fresh herbs like coriander as well as preserved foods such as salted cod are often found. Fresh lemon juice, traditionally used with fish is squeezed onto meat over here. **Fresh and dried figs, nuts, rice egg yolks, vanilla and even curry powder are used through the country.** More noticeable is the number of ways in which ingredients are used. The diversity of taste combinations is what makes Portuguese cooking most

special. It can also be attributed to the numerous discoveries and colonial invasion of Portugal in Asia, Africa and South America.

We can notice a lot of influence of Portuguese cuisine in Goan cuisine. Dishes like Caldo Verde, Use of Pork and beef, Arroz etc in Goan cuisine have strong roots in Portuguese cuisine.

Minho's **Caldo Verde** is the most common Portuguese soup. It is made with potato, shredded kale and chunks of chourico (a sausage). It has become a kind of national dish. The river waters of the region provide Lamprey for the traditional deep yellow gravied **Lamprey stew**. This often tastes and smells of curry, an ingredient brought back from India by Vasco da Gama in 1497. Curry is used as a flavour rather than a spice and it blends well with the dark, almost meaty flavour of the river Lamprey. A lot of Cod fish is eaten in Portugal in various forms – sauted, grilled or stewed or **salted (preserved) Bacalhau**. Porto is equally famous as the place to eat Tripe (part of stomach). The citizens, in fact are known as Tripe eaters in the rest of the country. The region is also famous for its yolk and sugar sweets. Rich egg based desserts include **leite – crème** (a dessert of an egg custard base topped with a layer of hard caramel, **arroz doce** (a rice pudding) and **aletria** (vermicelli pudding).

In the South of Portugal lies its capital Lisbon, one of the loveliest and most conveniently forgotten capitals. Here, one can find the finest coffees from Angola, Mozambique and other Portuguese missions overseas. Also from Brazil, Colombia and the Orient. The national sweet **Pudim Flan** is a rich caramel custard, very popular in Lisbon and is the perfect accompaniment to coffee. It is creamier, heavier and sweeter than the one found in Spain and often is Portugal is flavoured with a liqueur.

## **THE COOKING OF SCANDINAVIA**

Scandinavian cuisine includes the dishes made in Denmark, Norway, Sweden, and Finland. Majority of the ingredients used for cooking food in these countries come from the sea.

**NORWAY:** Norway is also known as the land of midnight sun as for almost 3 to 4 months, the sun is visible throughout the night. This sunlight favours the growth of some of exotic berries that are relished throughout the world eg Bilberry, Seabuckthorn, cloudberry, rosehip etc. Low fat meat of reindeer has always been popular with the Nordes. Atlantic cod is the most popular fish eaten by the Nordes.

The most popular preparation of Nordic cuisine is smoked salmon which is served as an appetizer, as a filling of sandwiches or topping an open faced sandwich. Another popular preparation is **Gravalax** ie cured salmon with salt and sugar for three to four days. Similarly pickled Herring is served as **Inglad Sill**. Norway is also popular for its paper thin crisp breads served with meat and vegetables. Milk from cows and goats is used to make some cheese e.g. **geitost**.

**DENMARK:** Long winters in Denmark and influences from neighboring countries has resulted in popularity of heavy and rich fatty dishes. A large amount of pickling and curing is done to keep the food for a longer duration of time. People living in coastal regions eat fish and seafood while those living in plains largely rely on root vegetables such as potato, swede and artichoke. Denmark is also famous for **Danish blue cheese and Danish pastry**.

**FINLAND:** Long harsh winters have resulted in Finnish cuisine being largely depends on seafood and meat. The western part mainly relies on meat and fish while the eastern part has inclusion of vegetables such as mushrooms, potatoes, turnips and beetroot. The use of whole meal products such as rye, barley and oats is also common. **Skyr** is a strained yoghurt often eaten salted or with addition of sugar.

**SWEDEN:** There is a marked variation in the entire length of the country and there is strong influence of the neighboring countries on the cuisine. Apart from meat and some vegetable produced like all other Scandinavian countries. Tea from England, honey cakes from Germany and French sauces and soups are popular in Sweden. **Köttbullar** is a popular Swedish preparation made by

mincing meat along with minced onions, herbs, eggs and breadcrumbs. They are rolled in dumplings and deep fried, baked, braised or steamed served with mashed potatoes.

The traditional Scandinavian breakfast is very light, consisting mainly of some cookies and coffee. Bread is also used, with butter and jam, but in most cases this meal is not considered very important – that's also because Scandinavians usually go to work early. Lunch is richer in nutrients than breakfast, but most Scandinavians don't place all that much importance on it – a quick snack or a sandwich will do in most cases. The cold **smorresbrod** is usually the lunch of the Danes and Norwegians

Dinner, however, is served early, around 6 p.m., and it is the main meal of the day. All Scandinavian countries see dinner as a family event, where all the members of the family return from school or work and enjoy the meal together. A Scandinavian dinner usually consists of a soup to start and a fish or meat dish for main course. Desert is sometimes served, but it is not a daily dish.

Scandinavia, snacks may range from chips and crackers to nutritious sandwiches. Popular snacks like cheese doodles - Delicate and crispy corn arches, with mild cheese flavor, Grilled potato chips - Crispy potato chips flavored with onion or Dill chips - Potato chips flavored with dill are quite popular all around Sweden and Norway. Light sandwiches with some thin meat and dill may also serve as a popular snack in Denmark. Although they are not traditional Scandinavian snacks, peanuts and other types of nuts are well known and appreciated.

## **THE COOKING OF GERMANY**

### **Meat**

Pork, beef, and poultry are the main varieties of meat consumed in Germany, with **pork** being the most popular. Among poultry, chicken is most common,

although duck, goose, and turkey are also enjoyed. Game meats, especially boar, rabbit, and venison are also widely available all year round. Lamb and goat are also available, but are not as popular.

Meat is usually pot-roasted; pan-fried dishes also exist, but these recipes usually originate from France. Several cooking methods used to soften often tough cuts have evolved into national specialties, including **Sauerbraten**, involving marinating beef or venison overnight in a cooked wine vinegar marinade. A long tradition of sausage-making exists in Germany, including hundreds of regional variations. There are more than 1500 different types of sausage (**Wurst**) in Germany. Most Wurst is still made by German sausage makers (Metzger) with natural casings derived from pork, sheep or lamb intestine. Among the most popular and most common are the Bratwurst, usually made of ground pork and spices, the Wiener, which may be pork or pork/beef and is smoked and fully cooked in a water bath, and Blutwurst or Schwarzwurst made from blood (often of pigs or geese). The popular **Weiner Schintzel** (Escalope viennoise) is a popular veal escalope preparation in Austria.

### **Fish**

Trout is the most common freshwater fish on the German menu; pike, carp, and European perch also are listed frequently. Seafood traditionally was restricted to the northern coastal areas, except for pickled herring, often served as **Rollmops** (a pickled herring fillet rolled into a cylindrical shape around a piece of pickled gherkin or onion) or **Brathering** (fried, marinated herring). Today many sea fish, like fresh herring, tuna, mackerel, salmon and sardines are well established throughout the country.

### **Vegetables**

Vegetables are often used in stews or vegetable soups, but are also served as a side dish. Carrots, turnips, spinach, peas, beans, broccoli and **many types of cabbage** are very common. Fried onions are a common addition to many meat dishes throughout the country. Asparagus, especially white asparagus known in English as **spargel** (the German name for asparagus), is a common

side dish or may be prepared as a main dish. Restaurants will sometimes devote an

entire menu to nothing but white asparagus when it is in season. Spargel season (German: Spargelzeit or Spargelsaison) traditionally begins in mid-May and ends on St. John's Day (24 June). Potatoes, while a major part of the German cuisine, are usually not counted among vegetables by Germans. **Sauerkraut**, literally translating to sour cabbage is red or white cabbage allowed to ferment naturally sometimes flavoured with caraway seeds.

Noodles, made from wheat flour and egg, are usually thicker than the Italian flat pasta. Especially in the southwestern part of the country, the predominant variety of noodles are **spätzle**, made with large amounts of egg yolk, and flour made into a thick batter and passed through a special sieve with large holes directly in a pot of boiling water. It is tossed with caraway and served with meat. Potatoes most often are boiled (in salt water, Salzkartoffeln), but mashed (Kartoffelpüree) and fried potatoes (Bratkartoffeln) also are traditional. French fries, called Pommes frites or Pommes in German, are a common style of fried potatoes; they are traditionally offered with either ketchup or mayonnaise, or, as pommes rot-weiß, with both. Also common, especially in the south of Germany, are dumplings (including klöße or **knödel**) and potato noodles including **schupfnudel** which is similar to Italian gnocchi.

Spices and condiments: Generally, with the exception of mustard for sausages, German dishes are rarely hot and spicy; the most popular herbs are traditionally parsley, thyme, laurel, chives, black pepper (used in small amounts), juniper berries and caraway. Cardamom, aniseed, and

cinnamon are often used in sweet cakes or beverages associated with Christmas time, and

sometimes in the preparation of sausages, but are otherwise rare in German meals. Other herbs and spices like basil, sage, oregano, and hot chili peppers have become more popular in recent times.

Mustard (Senf) is a very common accompaniment to sausages and can vary in strength, the most common version being "Mittelscharf" (lit. middle-hot), which is somewhere between traditional English and French mustards in strength. Düsseldorf and the surrounding area is known for its particularly spicy mustard, which is used both as a table condiment and in local dishes such as Senfrostbraten (roasted steak with mustard). In the southern parts of the country, a sweet variety of mustard is made which is almost exclusively served with the Bavarian speciality Weißwurst. German mustard is usually considerably less acidic than American varieties.

Horseradish is commonly used as a condiment either on its own served as a paste, enriched with cream ("Sahnemeerrettich"), or combined with mustard. In some regions of Germany it is used with meats and sausages where mustard would otherwise be used.

Desserts: A wide variety of cakes and tarts are served throughout the country, most commonly made with fresh fruit. Apples, plums, strawberries, and cherries are used regularly in cakes. Cheesecake is also very popular, often made with quark. German doughnuts (which have no hole) are usually balls of yeast dough with jam or other fillings, and are known as Berliner, Kreppel or Krapfen depending on the region. Eierkuchen or Pfannkuchen are large, and relatively thin pancakes, comparable to the French Crêpes. They are served covered with sugar, jam or syrup. A popular dessert in northern Germany is "**Rote Grütze**", **red fruit pudding**, which is made with black and red currants, raspberries and sometimes strawberries or cherries cooked in juice with corn starch as a thickener. It is traditionally served with cream, but also is

served with vanilla sauce, milk or whipped cream. "**Rhabarbergrütze**" (**rhubarb pudding**) and "**GrüneGrütze**" (**gooseberry fruit pudding**) are variations of the "Rote Grütze". A similar dish, Obstkaltschale, may also be found all around Germany. **Apfel Struddle** (Apple straddle) and **Black forest pastry** are also popular desserts.

## **Bread**

Bread is served usually for breakfast and in the evening as sandwiches, but rarely as a side dish for the main meal. The importance of bread in German cuisine is also illustrated by words such as Abendbrot (meaning supper, literally Evening Bread). Bread types range from white wheat bread to grey (Graubrot) to black (Schwarzbrot), actually dark brown rye bread. Most breads contain both wheat and rye flour (hence Mischbrot, mixed bread), and often wholemeal and whole seeds (such as linseed, sunflower seed, or pumpkin seed) as well. Darker, rye-dominated breads such as Vollkornbrot or Schwarzbrot are typical of German cuisine. **Pumpernickel**, a steamed, sweet-tasting bread, is internationally well-known, although not representative of German black bread as a whole. It is made up of rye flour and small amount of wheat flour. Most German breads are made with sourdough. Whole grain is preferred for high fibre. Germans use almost all available types of grain for their breads: wheat, rye, barley, spelt, oats, millet, corn and rice. Some breads are made with potato starch flour. **Pretzel** is a knot shaped bread made during Oktoberfest. It is dipped in baking soda solution that gives it a characteristic crust and colour. It also induces thirst resulting in increased beer consumption.

## **Structure of meals**

Breakfast (Frühstück) commonly consists of bread, toast, and/or bread rolls with cold cut, cheese or jam ("Konfitüre" or more commonly called "Marmelade"), marmalade or honey, eggs, and strong coffee or tea (milk, cocoa or juice for children). Deli meats, such as ham, salted meats and salami, are also commonly eaten on bread in the morning, as are various cheeses. A variety of meat-based spreads such as Leberwurst (liverwurst) are eaten during breakfast as well.

Traditionally, the main meal of the day has been lunch (Mittagessen), eaten around noon. Dinner (Abendessen or Abendbrot) was always a smaller meal. Today, many people eat only a small meal in the middle of the day at work, and enjoy a hot dinner in the evening at home with the whole family.



Beer is very common throughout all parts of Germany, with many local and regional breweries producing a wide variety of superb beers. The pale lager / pilsener, a style developed in the mid-19th century, is predominant in most parts of the country today, whereas wheat beer (Weissbier) and other types of lager are common, especially in Bavaria. Beer is generally sold in bottles or from draught.

Wine is also popular throughout the country. German wine comes predominantly from the areas along the upper and middle Rhine and its tributaries. Riesling and Silvaner are among the best-known varieties of white wine, while Spätburgunder and Dornfelder are important German red wines. The sweet German wines sold in English speaking countries seem mostly to cater to the foreign market, as they are rare in Germany.

Coffee is also very common, not only for breakfast, but also accompanying a piece of cake in the afternoon, usually on Sundays or special occasions and birthdays. It is generally filter coffee, somewhat stronger than usual in the UK though weaker than espresso.

### **Middle Eastern cuisine**

**Middle Eastern cuisine** or West Asian cuisine is the cuisine of the various countries and peoples of the Middle East (Western Asia region including Egypt, Syria, Israel, Lebanon, Jordan, Iraq, Saudi Arabia, Kuwait, Bahrain, and Qatar).

The cuisine of the region is diverse while having a degree of homogeneity. Some commonly used ingredients include olives and olive oil, pitas, honey, sesame seeds, sumac, chickpeas, mint and parsley. *Some popular dishes include kibbeh and shawarma*

## History and influences

The Middle East was where wheat was first cultivated, followed by barley, pistachios, figs, pomegranates, dates and other regional staples. Fermentation was also discovered here to leaven bread and make beer. As a crossroads between Europe, Asia and Africa, this area has long been a hub of food and recipe exchange. During the Persian Empire (ca. 550–330 BCE) the foundation was laid for Middle Eastern food when rice, poultry and fruits were incorporated into their diets. Figs, dates and nuts were brought by Arabian warriors to conquered lands.

These were only the first influences on the area. During Turkey's Ottoman Empire the sweet pastries of paper thin phyllo dough and the dense, sweet coffee was brought to the area; coffee is now consumed throughout the Middle East.

The area was also influenced by dumplings from Mongol invaders; turmeric, cumin, garlic and other spices from India; cloves, peppercorns and allspice from the Spice Islands; okra from Africa; and tomatoes from the New World, via the Moors of Spain. Religion has also changed the cuisine as neither Jews nor Muslims eat pork, making lamb the primary meat. In addition, the Qur'an forbids alcohol, so consequently the region is not generally noted for its wines.

## Elements

Many Middle Eastern dishes are made with a paste called tahini. **Tahini** is a sesame paste made with hulled seeds, unlike its Asian counterpart. It is used to make such popular meze, or appetizers, as **baba ghanoush** (a roasted brinjal dip), **Muhammara** (hot pepper dip) and **hummus** (seasoned chickpea paste) along with pungent dipping sauces served with falafel (chickpea tikkis), keftes or kofta and vegetables, **Kibbeh** (cracked wheat, onions, lean beef, or lamb meat with spices, shaped and fried). **Shawarma** is a preparation where meat – chicken, turkey, beef, lamb etc is seasoned and grilled on low heat for a long time. It is usually served rolled in a thin bread along with salad greens.

Popular breads include – **Pita** (baked round bread), **Lavash** (crisp bread), **Fattoush etc**

Middle Eastern cuisine is based on healthy foods like vegetables, fruits, fish, lean meat, beans and nuts. It is also known for its aromatic spices and subtle flavors.

Beverages - Aside from the ever-popular Middle Eastern coffee, there is also an alcoholic drink called arak. Arak has a high alcohol content, so water and ice is almost always added, producing the drink nicknamed "the milk of lions."



IHM NOTES

## ORIENTAL CUISINE

The geography of the area that makes up "the Orient" includes Mongolia, Japan, Korea, Vietnam, Thailand and China.

### **Japanese cuisine**

Japan is an island nation its people eat much seafood. Meat-eating has been rare until fairly recently due to restrictions of Buddhism. However, strictly vegetarian food is rare since even vegetable dishes are flavored with the dashi stock. An exception is shōjin ryōri, vegetarian dishes developed by Buddhist monks.

Ingredients-

- Rice, rice wine (mirin – the sweet cooking wine and sake – the dry drinking wine)
- Nori – an edible seaweed marketed as sheets in dark red to black colour used to make sushi
- Wasabi – a horseradish with bitter pungent flavour
- Soya – soya sauce (light or dark), tofu
- Soba (thin, grayish-brown noodles containing buckwheat flour) and udon (thick wheat noodles) are the main traditional noodles and are served hot or cold with soy-dashi flavorings.
- Daikon – a kind of radish
- Tempura – seafood or vegetables, battered and deep fried till crisp

Cooking methods –

- Teppanyaki – cooking over grill
- Teriyaki – cooking over grill with some sauce and glazed with sugar (honey)
- Sukiyaki – the Japanese hot pot style dishes, slowly simmered.

Dishes –

- Sushi – Cooked rice along with some fish, meat or vegetables rolled in nori.
- Sashimi – thinly sliced raw meat

**Korean** cuisine is largely based on rice, noodles, tofu (in Korean, *dubu*), vegetables, and meats. Traditional Korean meals are noted for the number of

side dishes (*banchan*) that accompany steam-cooked short-grain rice. **Kimchi** is usually served at every meal. Commonly used ingredients include sesame oil, *doenjang* (fermented bean paste), soy sauce, salt, garlic, ginger, pepper flakes and *gochujang* (fermented red chili paste). Kimchi refers to often fermented vegetable dishes usually made with Napa cabbage, daikon, or sometimes cucumber, commonly fermented in a brine of ginger, garlic, scallions, and chili pepper.

**Mongolian** cuisine refers to the local culinary traditions of Mongolia and Mongolian styled dishes. The extreme continental climate has affected the traditional diet, so the Mongolian cuisine primarily consists of dairy products, meat, and animal fats. Use of vegetables and spices is limited.

- The most common rural dish is cooked mutton, often without any other ingredients. "Buuz" are dumplings filled with meat, which are cooked in steam. Other types of dumplings are boiled in water ("Bansh"), or deep fried in mutton fat ("Khuushuur"). Other dishes combine the meat with rice or fresh noodles into various stews (tsuivan, budaatai huurga) or noodle soups (guriltai shol).
- The most surprising cooking method is only used on special occasions. In this case, the meat (often together with vegetables) gets cooked with the help of stones, which have been preheated in a fire. This either happens with chunks of mutton in a sealed milk can ("Khorkhog"), or within the abdominal cavity of a deboned goat or marmot ("Boodog").
- Horse meat is eaten in Mongolia and can be found in grocery stores.
- For dessert, Mongolians have boortsog, a type of Mongolian biscuit or cookie

**Vietnamese** cuisine is a style of cooking derived from Vietnam with fish sauce, soy sauce, rice, fresh herbs, fruits and vegetables all commonly used. Vietnamese recipes utilize a diverse range of herbs, including lemongrass, mint, Vietnamese mint, long coriander and Thai basil leaves. Traditional

Vietnamese cooking is greatly admired for freshness of the ingredients and for the healthy eating style.

The most common meats used in Vietnamese cuisine are beef, pork, chicken, fish, and various kinds of seafood. The Vietnamese also have a strong vegetarian tradition influenced by Buddhist and Chinese values. A typical meal for the average Vietnamese family would include:

- Individual bowls of rice
- Meat, fish or seafood (grilled, boiled, steamed, stewed or stir fried with vegetables)
- Stir-fried, raw, pickled or steamed vegetables
- *Canh* (a clear broth with vegetables and often meat or seafood) or other Vietnamese-style soup
- Prepared fish sauce and/or soy sauce for dipping, to which garlic, pepper, chili, ginger or lime juice are sometimes added according to taste.
- Small dish of relishes, such as salted eggplant, pickled white cabbage or pickled bean sprouts.

All dishes apart from the individual bowls of rice are communal and to be shared

**Thai** cuisine places emphasis on lightly prepared dishes with strong aromatic components. Thai cuisine is known for being spicy. Balance, detail and variety are important to Thai cooking. Thai food is known for its balance of the five fundamental taste senses in each dish or the overall meal: hot (spicy), sour, sweet, salty, and (optional) bitter.

- Certain insects are also eaten in Thailand. Many markets in Thailand feature stalls which sell deep-fried grasshoppers, crickets, bee larvae, silkworm, ant eggs, Chaokuai - grass jelly is often served with only shaved ice and brown sugar, Khanom bua loi – taro root mixed with flour into balls in coconut, Khanom chan – multi-layers of pandan-flavored sticky rice flour mixed with coconut milk.

- Several types of *kapi* (shrimp paste) and bags of pla ra (fish sauce) is sold at a market
- Thai food is known for its enthusiastic use of fresh (rather than dried) herbs and spices. Common herbs include cilantro, lemon grass, Thai basil and mint. Some other common flavors in Thai food come from **coconut, ginger, galangal, tamarind, turmeric, garlic, soy beans, shallots, white and black peppercorn, kaffir lime** and, of course, chilies.
- The ingredient found in almost all Thai dishes and every region of the country is nam pla, a very aromatic and strong tasting fish sauce. Fish sauce is prepared with fermented fish that is made into a fragrant condiment and provides a salty flavor. Thai shrimp paste, is a combination of fermented ground shrimp and salt. It is used, for instance, in red curry paste.
- Rice is a staple grain of Thai cuisine, as in most Asian cuisines. The highly prized, sweet-smelling jasmine rice is indigenous to Thailand. This naturally aromatic long-grained rice grows in abundance in the verdant patchwork of paddy fields that blanket Thailand's central plains.
- Noodles are popular as well but usually come as a single dish, like the stir-fried phad thai or in the form of a noodle soup.

## THE COOKING OF MEXICO

### Salient Features:

- The staples of Mexican cuisine are typically corn and beans. Corn, traditionally Mexico's staple grain, is eaten fresh, on the cob, and as a component of a number of dishes. Most corn, however, is used to make dough for tamales, tortillas, gorditas, and many other corn-based foods. Squash and peppers also play important roles in Mexican cuisine. **Masa Harina** is the most popular corn dough made by drying and treating corn grain with alkaline lime. After processing it is dried and marketed as dry masa flour. This allows an elastic dough formation.
- A variety of chillies / peppers grow in Mexico – Jalapeno, Habanero, Morita, Serrano, ancho, pasilla, guajillo etc

- The most important and frequently used spices in Mexican cuisine are chili powder, cumin, oregano, cilantro, epazote, cinnamon, and cocoa. Many mexican dishes also contain garlic and onions.
- Next to corn, rice is the most common grain in Mexican cuisine.
- Chocolate: Chocolate played an important part in the history of Mexican cuisine. Chocolate was first drunk rather than eaten. Today chocolate is used in a wide array of Mexican foods, from savory dishes such as chicken mole to traditional Mexican style hot chocolate and a drink - **champurrados**, both of which are prepared with **molinillo** – a traditional turned wooden whisk.
- Popular dishes:
  - Tortilla – Sort and thin flatbreads made from finely ground wheat flour or corn.
  - Nachos – A tex – mex dish composted of tortilla chips often with cheese.
  - Taco – corn or wheat tortilla folded or rolled around a filling to form half moon shape.
  - Burrito – A tex-mex food consisting of tortilla wrapped around filling in a cylindrical shape.
  - Chimichanga – deep fried burrito.
  - Salsa di pomodoro – Salsa is a spicy dip and pomodoro refers to tomatoes usually served with tortilla chips.
  - Guacomole – An avocado based dip made of avocados, lime juice, jalapeno, onions, tomatoes, garlic and cilantro.
  - Tostadas – literally means toasted. Hence dishes with toasted ingredient as main base of preparation.
  - Quesadillas – Wheat or corn tortilla filled with cheese or savoury vegetables, folded and cooked on a griddle.
  - Refried beans – A dish of cooked and mashed usually pinto beans. A variety of other beans such as red kidney beans may be used. The paste is then baked or fried.
  - Enchilada – an enchilada is a corn tortilla rolled around a filling and covered with a chilli pepper sauce.



Regional Cuisine: Mexican food varies by region, because of local climate and geography and ethnic differences among the indigenous inhabitants and because these different populations were influenced by the Spaniards in varying degrees. The six regions of Mexico differ greatly in their cuisines. In the Yucatán, for instance, a unique, natural sweetness (instead of spiciness) exists in the widely used local produce along with an unusual love for achiote seasoning. In contrast, the Oaxacan region is known for its savory tamales, celebratory moles, and simple tlayudas while the mountainous regions of the West (Jalisco, etc.) are known for goat birria (goat in a spicy tomato-based sauce).

Central Mexico's cuisine is largely influenced by the rest of the country, but has unique dishes such as barbacoa, pozole, menudo and carnitas.

Southeastern Mexico, on the other hand, is known for its spicy vegetable and chicken-based dishes. The cuisine of Southeastern Mexico has a considerable Caribbean influence due to its location. Seafood is commonly prepared in states that border the Pacific Ocean or the Gulf of Mexico, the latter having a famous reputation for its fish dishes, *à la veracruzana*.

Honey is an important ingredient in many Mexican dishes, such as the *rosca de miel*, a cake, and in beverages such as balché.

In *Pueblos* or villages, there are also more exotic dishes, cooked in the Aztec or Mayan style (known as *comida prehispánica*) with ingredients ranging from iguana to rattlesnake, deer, spider monkey, chapulines, ant eggs, and other kinds of insects.

Recently other cuisines of the world have acquired popularity in Mexico, thus adopting a Mexican fusion. For example, sushi in Mexico is often made with a variety of sauces based on mango or tamarind, and very often served with serrano-chili-blended soy sauce, or complimented with habanero and chipotle peppers.

Mexican food is widely available north of the U.S.-Mexico border. Cultural influences left from Spanish colonization of the Southwest and California remain not only in the names of places but also in the ingredients in cooking; these influences are strongly reinforced today by their proximity to northern Mexican states like Sonora, Baja California, and Chihuahua. Prickly pears (often made into jams) are as popular a food north of the border as they are south.

Ingredients common to both sides include chili peppers (the genus 'capsicum'), maize, beans, tomatoes, tortillas, tequila, and beef (both areas have a strong tradition of cattle ranching). However, there is an increasing American influence the farther one is away from Mexico, resulting in variations such as **Tex-Mex** cuisine. Nachos for example are rarely eaten in Mexico, whereas they are popular in the rest of North America; and the Chimichanga, a deep-fried burrito, is a Mexican-inspired dish popular in the United States.



### **Arab cuisine**

Arab cuisine is defined as the various regional cuisines spanning the Arab World, from Morocco and Tunisia to Yemen and Somalia, and incorporating Levantine, Egyptian and others.

### **History**

Originally, the Arabs of the Arabian Peninsula relied heavily on a diet of dates, wheat, barley, rice and meat, with little variety and heavy emphasis on yogurt products, such as **labneh** (yoghurt without butterfat). A group of Arabic spices and herbs in bowls, usually used in Medicine, and Arabic Cuisine

There is a strong emphasis on the following items in Arabian cuisine:

- **Meat:** Lamb and chicken are mostly used, while beef and camel are used to a lesser degree. Pork is completely prohibited—for Muslim Arabs, being both a cultural taboo and prohibited under Islamic law; many Christian Arabs also avoid pork as they have never acquired a taste for it, although

this is often not the case in Lebanon, where cold cuts of ham are frequently consumed in Christian neighborhoods.

- Dairy products: dairy products are widely used, especially yogurt and white cheese. Butter and cream are also used extensively.
- Herbs and spices: mint and thyme (often in a mix called **zatar**) are widely and almost universally used; spices are used much less than the Indian cuisine. Some of the included herbs and spices are sesame, saffron, turmeric, garlic, cumin, cinnamon, and **sumac**.
- Beverages: Hot beverages are used more than cold, coffee being on the top of the list, mostly in the Gulf countries. However, tea is also served in many Arab countries. In Egypt and Jordan, for instance, tea is a more important hot beverage than coffee.
- Grains: Rice is the staple and is used for most dishes; wheat is the main source for bread. Semolina is also used extensively.
- Legumes: Lentils are widely used as well as fava beans and chick peas (garbanzo beans).
- Vegetables and fruits: Arabic cuisine also favors vegetables such as cucumbers, eggplant (aubergine), zucchini (courgette), okra and onions, and fruits (primarily citrus) which are often used as seasonings for entrees. Olives as well as dates, figs and pomegranate are also widely used.
- Nuts: almonds, pine nuts, pistachios, and walnuts are often included.
- Greens: Parsley and mint are popular as seasonings in many dishes, while spinach and Corchorus (called "molokhia" in Arabic) are used in cooked dishes.
- Dressings and sauces: The most popular dressings include various combinations of olive oil, lemon juice, parsley, and/or garlic, and **tahini** (sesame paste). **Labaneh**, thinned yogurt, is often seasoned with mint and onion or garlic, and served as a sauce with various dishes.

Notably, many of the same spices used in Arabian cuisine are also those emphasized in Indian cuisine. This is a result of heavy trading and historical ties between the two regions.

Structure of meals - There are two basic structures for meals in the Arab world, one regular and one specific for the month of Ramazan.

Regular Meals: Breakfast - Cafés often offer croissants for breakfast. Breakfast is often a quick meal consisting of bread and dairy products with tea and sometimes with jam. The most used is labneh and cream (*kishta*, made of cow's milk; or qaimar, made of domestic buffalo milk). Labneh is served with olives, dried mint and drizzled with olive oil. Pastries such as *manaqesh*, sfiha, fatayer and *kahi* are sometimes eaten for breakfast. Flat bread with olive oil and za'tar is also popular. Most Arab families also consume hummus and falafel with pita bread. Lablabi is another heavy garbanzo-based stew popular for breakfast in Tunisia. A selection of **mezze**, appetizers or small dishes, in Petra, Jordan.

Lunch - Lunch is considered the main meal of the day and is traditionally eaten after the noon prayer. It is the meal for which the family comes together and, when entertaining, it is the meal of choice to invite guests to. Rarely do meals have different courses; however, salads and maza are served as side dishes to the main meal. The latter usually consists of a portion of meat, poultry or fish, a portion of rice, lentil, bread or bagel and a portion of cooked vegetables in addition to the fresh ones with the maza and salad. The vegetables and meat are usually cooked together in a sauce (often tomato, although others are also popular) to make maraq, which is served on rice. Most households add bread, whether other grains were available or not. Drinks are not necessarily served with the food; however, there is a very wide variety of drinks such as shineena (or laban), Karakaden, Naque'e Al Zabib, Irq soos, Tamr Hindi as well as fruit juices. During the 20th century, carbonated beverages and fruit based drinks, sold by supermarkets, have also become very popular.

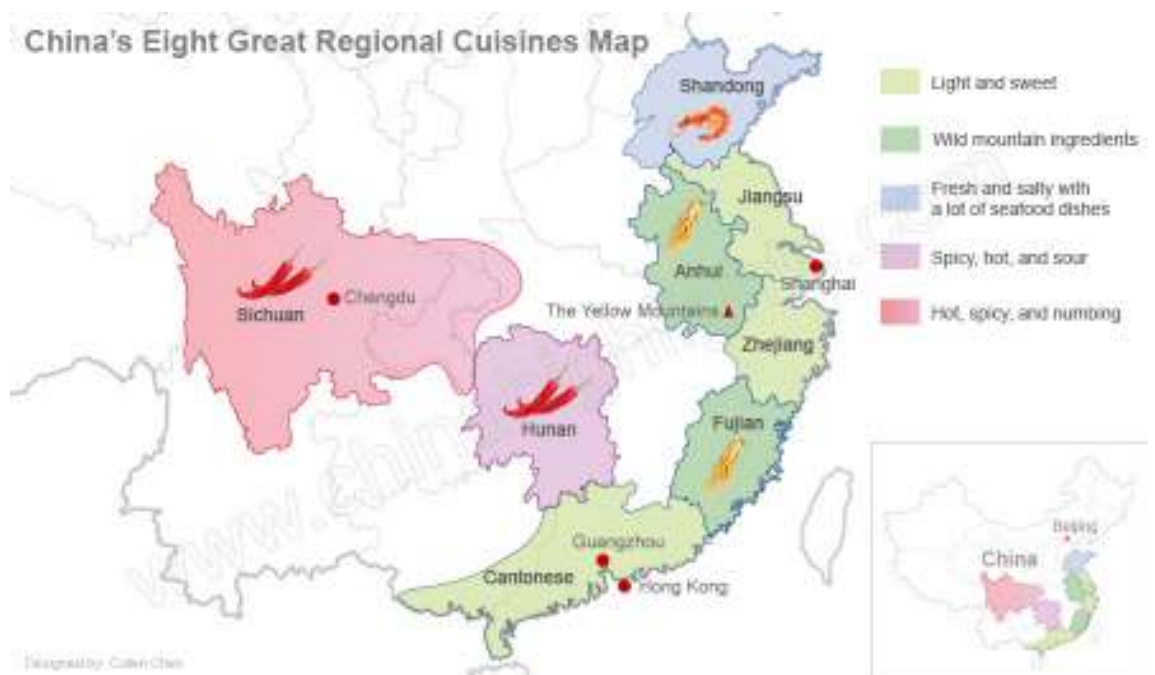
Dinner - Dinner is traditionally the lightest meal, although in modern times and due to changing lifestyles, dinner has become more important.

Ramazan meals - In addition to the two meals mentioned hereafter, during Ramadan sweets are consumed much more than usual; sweets and fresh fruits are served between these two meals. Although most sweets are made all year round such as knafeh, baklawa and basbousa, some are made especially for Ramadan, such as Qatayef.

Futuur (also called iftar) or fast-breaking, is the meal taken at dusk when the fast is over. The meal consists of three courses: first, an odd number of dates based on Islamic tradition. This is followed by a soup, the most popular being lentil soup, but a wide variety of soups such as chicken, oats, freeka (a soup made from a form of whole wheat and chicken broth), potato, mash and others are also offered. The third course is the main dish, usually eaten after an interval when Maghreb prayer is conducted. The main dish is mostly similar to lunch, except that cold drinks are also served.

## CHINESE CUISINE

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## REGIONAL COOKING STYLES

The 'great eight schools of cooking in China' are as following.

### 1. Cantonese Cuisine

- Making a great variety of soup is a feature of Cantonese cuisine.
- Sweeter, favoring braising and stewing, adding various mild sauces
- Variety of dim sums

Cantonese food is the most popular style internationally. Guangdong Province and Hong Kong are noted for **fine seafood dishes and rice dishes**. They eat a very wide variety of foods. The dishes they serve don't have strong flavors since it is lightly seasoned, and they often tend to be a little sweet.

The rich flavor of Cantonese dishes is the result of using a variety of flavorsome ingredients such as peanut oil, rice wine, anise, cassia bark, licorice root, ginger powder, dried tangerine

peel, oyster sauce, fish sauce, clam oil and curry, among other things. The methods used to prepare Cantonese dishes are sometimes quite unconventional and include salt-roasting, steaming with wine and slow-cooking.

The most famous Cantonese dishes include: Hong Kong egg custard tarts, wontons, spring rolls, Small pan rice, brine soaked duck etc

### 2. Sichuan Cuisine

- Spicy and bold, often mouth-numbing, using lots of chili, garlic, ginger, broad bean chilli paste, Sichuan peppers, star anise and peanuts

Sichuan Province produced the most widely served cuisine in China. Their dishes are famous for their hot-spicy taste and the **numbing flavor** of Sichuan peppercorn that is rare in other regional cuisines.

The most popular Sichuan dishes include: Mapo bean curd, Kung Pao chicken, Twice Cooked Pork and Sichuan hot pot etc.

### **3. Jiangsu Cuisine**

- Sweet and sour spare ribs is a famous dish from Jiangsu.
- Fresh, moderately salty and sweet, precise cooking techniques, favoring seafood, soups and artistic, colorful presentation

Jiangsu Province and China's biggest city, Shanghai, have a **very refined gourmet cuisine** that is often served at special banquets. What makes it special is the exquisite cooking techniques that produce richly aromatic and visually artistic dishes. Their chefs also focus on serving meals that promote health.

Famous examples of typical Jiangsu dishes include: Jinling salted dried duck (Nanjing's most famous dish), crab shell meatballs (pork meatballs in crab shell powder), Yangzhou steamed Jerky strips (dried tofu, chicken, ham and pea leaves), Farewell My Concubine (soft-shelled turtle).

### **4. Zhejiang Cuisine**

- Mellow, using fresh seafood, freshwater fish, and bamboo shoots, and a wide variety of cooking methods.

Zhejiang Province is the province south of Jiangsu, and it borders on Shanghai too, so their style is similar to theirs, but it is less elaborately prepared. They focus more on serving fresh food. The food is often served raw or almost raw and is **fresh and crispy and seasonal**. It is more like Japanese food.

The most famous Zhejiang dishes include: Dongpo Pork, Beggar's chicken and Shelled shrimp in Longjing tea.

### **5. Fujian/Min Cuisine**

- Lighter, with a mild sweet and sour taste, using ingredients from the sea and the mountains

Fujian Province is known for **great seafood and soups** and the precise use of scintillating but not tongue numbing spices. Adding much wild exotic delicacies from the sea and mountains makes their dishes have unusual flavors. It is like a culinary wild adventure.

Some of the most famous Fujian dishes include: Steamed chicken in red fermented rice, The Monk Jumps Over the Wall (shark fin soup), Fried Xi Shi's Tongue.

## 6. Hunan Cuisine

- People in the Hunan region can't seem to live without chilies; no dish is complete without chilies in Hunan cuisine.
- Quite spicy, with a hot and sour taste, favoring sautéing, stir-frying, steaming and smoking

Hunan food is **even hotter than sichuan**. It is tastier and more delicious because they don't use peppercorn that numbs the mouth. It is a rich agricultural area that produces a broad range of vegetables and herbs.

The most famous Hunan dishes include: Dong'an Chicken, Crispy Duck, Orange Beef and Spicy Frog's Legs

## 7. Anhui Cuisine

- Uses many wild plants and animals as ingredients, favoring stewing and more oil

Anhui cuisine is even wilder than Fujian cuisine. It is inland, and big mountains such as the Yellow Mountains are the source of lots of different wild foods and herbs. It is basically a **hearty mountain peasant food**. Some of the best dishes incorporate wild food for an **unusual taste**. Some dishes are sweet from added sugar.

Some of the best known Anhui dishes include: Stewed Soft-shelled Turtle in a Clear Soup, Bamboo Shoots with Sausage and Dried Mushrooms and Stinky Tofu.

## 8. Shandong Cuisine

- Salty and crispy, favoring braising and seafood



Shandong was one of the first civilized areas, and it set the pattern for northern styles of cooking. With a long coast, **seafood is its forte**. They preserve the original taste of the seafood by using simple ingredients and braising, and they like vinegar and salt. Unlike southern cuisines, they serve much more wheat food, including their noodles.

The most popular Shandong dishes include: sea cucumber with meat balls, braised shark's fin with shredded chicken and bamboo shoots.

Also being the capital of China for many centuries Peking (or Beijing as it is now called) occupies a unique position in the development of Chinese culinary art. Peking cooking is in short, the top table of Chinese culinary art. The famous **Peking duck** is a roast duck where air is blown between the flesh and skin of the duck before cooking. The slow cooking thus yields a crisp outer. The meat is cut in thin slices and eaten rolled in pancake with sweet bean sauce and cucumber.

### **Equipments**

#### Cleaver and the chopping block:



Chinese cleaver is an all purpose cook's knife that is used for slicing, shredding, peeling, pounding, crushing, chopping and even for transporting cut food from the chopping board or to a plate directly to the wok. They all have a blade of about 8 - 9 inches (20 - 23 cms) long and 3 - 4 inches (8 - 10 cms) wide. The heaviest, weighing almost 2 lb. (1 kg) called CHOPPER, is really meant for the professionals and is excellent for chopping bones such as drumsticks, pork spare ribs. The Chinese cook uses the back of the blade as a pounder and tenderizer and the flat side of the blade for crushing and transporting: the end of the handle acts as a pestle for grinding spices etc. The blades of a cleaver should be made of tempered carbon steel with wooden handle.

The traditional Chinese chopping block is a cross section tree trunk. Made of hardwood, they range from about 12 inches (30 cms.) in diameter and 2

inches (5 cms.) thick, to giant ones up to 20 inches (50 cms.) by 6 – 8 inches (15 – 20 cms.).

**Wok:**

The Chinese cooking utensils known as ‘WOK’ is the ‘POT’ .The wok was designed with a rounded bottom to fit snugly over a traditional Chinese cooking range. It conducts and retains heat evenly and because of its shape, the food always returns to the center of the wok where the heat is most intense that is why it is ideally suited for quick stir-frying.



Besides being a frying pan (deep or shallow), a wok is also used for braising, steaming, boiling, and even smoking. There are different types of wok – the DOUBLE HANDLED WOK with two handles on two opposite sides, and the frying pan type SINGLE HANDLED WOK. Both types are usually made of light weight iron or carbonized steel, and the diameter ranges from about 12 – 18 inches (32 – 46cms.).

**Wok brush:** A hard bamboo brush used to clean wok.



**Stirring equipments:**



versatile.

Some wok sets often consist of a pair of stirrers in the shape of a ladle and a spatula, made of iron and stainless steel, both have a long handle with wooden tip. Of the two, the ladle or scooper is more



**Bamboo Steamer:** A steamer made up of bamboo is traditionally used to prepare dimsums and steam foods.

**Chinese cooking range** – A high pressure range with a raised pan support to ensure concentration of heat in the centre of the vessel. This may have piped water connection too.



**Spider strainer** – A spider web shaped strainer with usually a bamboo handle, ideal for lifting hot foods out of water or stock. It is also most useful in taking off boiled noodles from the pot.



**Cutting techniques:** The cutting of various ingredients into different sizes, thickness and shapes is an important element in Chinese cuisine. As mentioned earlier, the Chinese always cut their food into small neat pieces before cooking, partly because of fuel conservation; small pieces of food can be cooked quickly before the sticks of firewood burn out! And partly because, small pieces of food are easier to be served and eaten with chopsticks, since knives and carvers have never been used on Chinese tables. The fact that small pieces of food only require a short cooking time, thus retain much of the natural flavors and nutritious value is an added bonus in Chinese cooking, which must be regarded as an incidental discovery.

There are certain shapes, which are standard in Chinese cooking. Slice, Strip, Shred, Chunk, Piece, Dice, Cube, Grain and Mince. The actual shape is decided by the character of the ingredient and the cooking method required.

**Cooking Methods:**

The Chinese divide the temperature of heat into 'Military' (high or fierce and medium) and 'civil' (low or gentle and weak). And proper control of temperature and cooking time is key to success or failure.

- High or fierce heat is usually used for quick cooking for and tender foods. Different kinds of frying, steaming, instant boiling etc., call for a high heat.
- Medium or moderate heat can be used for quick braising, steaming and boiling.
- Low or gentle heat is used for slow cooking allowing the flavours to penetrate through all the ingredients such as in roasting and simmering.
- Weak heat is used for long cooking, turning hard ingredients soft. It is used for simmering, braising and stewing.

## **Cooking Principles**

There are 5 basic flavors in Chinese Cuisine:

1. Salty – flavoring agents – salt, soy sauce, soyabean paste etc.
2. Sweet – sugar, honey, jam etc.
3. Sour – vinegar, lemon, orange, tomato sauce etc.
4. Hot – chilli, chilli sauce, pepper, ginger, mustard etc
5. Bitter – almond, mustard, orange peel, etc.

in addition, certain regional cuisines include 2 extra components:

6. Aromatic – flavoring agents – wine, garlic, spring onions, sichwan, pepper, sesame seeds, sesame seed oil, spices etc.
7. Delicious - This is a literary translation from the Chinese character XIAN, made up by joining a fish with a goat, produces the delicious flavor. Flavoring agents: Mono-sodium glutamate, oyster sauce, shrimp sauce, chicken and meat stock etc.

Out of these basic flavors. A Chinese cook can create several combination flavors:

- Sweet and sour: Salt, sugar, vinegar etc.
- Sweet and salty: Salt, sugar, soy sauce etc.
- Hot and sour: Chilli, chilli bean paste, vinegar etc.
- Salty and hot: Soy sauce, chilli sauce etc.
- Aromatic and hot: Chilli oil, curry powder, mustard etc.
- Aromatic and salty: Salt, sichwan pepper

### **Batters and thickening agents:**

Batters are used to coat ingredients before cooking. They help the food retain freshness, flavor and moisture. They will give the cooked food a crisp outside and a tender soft inside. Batters help retain the natural nutrients in food that would otherwise be lost in the cooking process. Finally, batters help the food retain shape where they might have been broken up or shrunken during cooking.

The *primary ingredients in batters* include egg, cornflour wheat flour, baking powder and breads crumbs.

1. Egg-white batter: made of egg white, cornflour and salt.
2. Egg and flour batter: made of whole egg, cornflour or wheat flour and salt.
3. Water and cornflour batter: made of conflour and water.
4. Baking powder batter: Made of baking powder, flour and water.
5. Egg batter and flour dredge: The food is first coated with a thin layer of dry cornflour, and then dipped in a batter before cooking.
6. Egg batter and breadcrumbs dredge: the food is first covered with batter and then rolled in breadcrumbs before deep-frying.

### **The meal pattern:**

An informal Chinese dinner served at home is essentially a buffer-style affair, with more hot dishes than cold served on the table at the same time, to be shared by everyone. Only at formal dinner parties or banquets dishes are served singly, or in groups course by course, and the order in which different course or dishes are served depends more on the method of cooking, and the way the ingredients are prepared before cooking, rather than on the actual food itself.

- First course: A variety of cold/hot starters.
- Second course: Quick stir - fried dishes, or deep fried or quick braised dishes (which should always be 'dry' rather than full of gravy); the exact number and variety of dishes are flexible here, it all depends on the scale of the occasion, or what was served before and to follow.
- Main course: 'Big' dishes; these can be steamed, long- braised (red cooked) or roasted, but usually consisted of a whole chicken, duck, fish and joint of meat. Again the number and variety of dishes are dependents on the occasion.
- Rice course: Noodles and dumplings are often served instead of, or as well as rice at the end of a big meal.

- Dessert: Only served at formal banquets in China, soup is often served for lesser grand occasions. As a compromise, fresh fruit and Chinese Tea can always be served at the end of a big Chinese meal instead of pudding.



IHM NOTES