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## **TASTES OF TRADITIONS**

**для самостійної роботи студентів  
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## **1. American Cuisine (United States)**

The cuisine of the United States reflects its history. The European colonization of the Americas yielded the introduction of a number of ingredients and cooking styles to the latter. The various styles continued expanding well into the 19th and 20th centuries, proportional to the influx of immigrants from many foreign nations; such influx developed a rich diversity in food preparation throughout the country.

Early Native Americans utilized a number of cooking methods in early American cuisine that have been blended with early European cooking methods to form the basis of American cuisine. When the colonists came to Virginia, Massachusetts, or any of the other English colonies on the eastern seaboard of north America, they farmed animals for clothing and meat in a similar fashion to what they had done in Europe. They had cuisine similar to their previous British cuisine. the american colonial diet varied depending on the settled region in which someone lived. Commonly hunted game included deer, bear, buffalo and wild turkey. A number of fats and oils made from animals served to cook much of the colonial foods.

Prior to the revolution, New Englanders consumed large quantities of rum and beer, as maritime trade provided them relatively easy access to the goods needed to produce these items: rum was the distilled spirit of choice, as the main ingredient, molasses, was readily available from trade with the west indies. In comparison to the northern colonies, the southern colonies were quite diverse in their agricultural diet and did not have a central region of culture.

Beer is a favorite alcoholic beverage of Americans. The alcohol content of beers can vary widely, from a light weak beer with a low alcohol percentage to beers with a high alcohol percentage.

## **2. Armenian Cuisine**

The cuisine from Armenia belongs to the family of Caucasian cuisines, and has strong ties with Turkish cuisine, Georgian cuisine, Persian cuisine, and Levantine cuisine. Armenian cuisine is similar to those of neighboring countries with many features but it differs from them a lot, too. For example, Armenians value the natural taste of food.

The flavor of the food relies on the quality and freshness of the ingredients rather than on excessive use of spices. Fresh herbs are used extensively, both in the food and as accompaniments. Dried herbs are used in the winter, when fresh herbs are not available.

Wheat is the primary grain and is found in a variety of forms, such as: whole wheat, shelled wheat, bulgur (parboiled cracked wheat), semolina, farina, and flour. Historically, rice was used mostly in the cities (especially in areas with a large Turkish population) and in certain rice-growing areas (e.g., Marash and the region around Yerevan).

Legumes are used liberally, especially chick peas, lentils, white beans, and kidney beans. Nuts are used both for texture and to add nutrition to Lenten dishes. Of primary usage are walnuts, almonds, pine nuts, but also hazelnuts, pistachios, and nuts from regional trees.

Fresh and dried fruit are used both as main ingredients and as sour agents. As main ingredients, the following fruit are used: apricots (fresh and dried), quince, melons, and others. As sour agents, the following fruits are used: sumac berries (in dried, powdered form), sour grapes, plums (either sour or dried), pomegranate, apricots, cherries (especially sour cherries), and lemons.

In addition to grape leaves, cabbage leaves, chard, beet leaves, radish leaves, strawberry leaves, and others are also stuffed.

### 3. Belgian Cuisine

Belgian cuisine is widely varied with significant regional variations while also reflecting the cuisines of neighbouring France, Germany and the Netherlands. It is sometimes said that Belgian food is served in the quantity of German cuisine but with the quality of French food. Outside the country, Belgium is best known for its chocolate, waffles, fries and beer.

Though Belgium has many distinctive national dishes, many internationally popular foods like hamburgers and spaghetti bolognese are also popular in Belgium, and most of what Belgians eat is also eaten in neighbouring countries. Belgian cuisine therefore usually refers to dishes of Belgian origin, or those considered typically Belgian.

Belgian cuisine traditionally prizes regional and seasonal ingredients. Ingredients typical in Belgian dishes include potatoes, leeks, grey shrimp, white asparagus, Belgian endives and local beer, in addition to common European staples including meat, cheese and butter. Belgians typically eat three meals a day, with a light breakfast, medium or large-sized lunch and small dinner.

Belgium has a plethora of dishes and products that are local to a specific area. Examples include waterzooi from Ghent, the couque biscuit from the town of Dinant, and tarte au riz from Verviers. While their local origins are acknowledged, most such dishes are enjoyed throughout Belgium.

Moules-Frites is a popular main dish of mussels and fries originating in Belgium. It is sometimes considered the national dish of Belgium.

Belgian cuisine has a wide range of delicious desserts that you must try. La dame Blanche is a sweet dessert from Belgium, consisting of vanilla ice cream, whipped cream, and a warm chocolate sauce made with chocolate, cream, and butter.

#### **4. Belizean Cuisine**

Belizean cuisine is an amalgamation of all ethnicities in the nation of Belize and their respectively wide variety of foods. Breakfast consists of bread, flour tortillas, or fry jacks that are often homemade. Fry jacks are eaten with various cheeses, refried beans, various forms of eggs or cereal, along with milk, coffee, or tea.

Midday meals vary, from lighter foods such as rice and beans, tamales, panades (fried meat pies), escabeche (onion soup), chimole (soup), stew chicken and garnaches (fried tortillas with beans, cheese, and sauce) to various constituted dinners featuring some type of rice and beans, meat and salad or coleslaw.

In the rural areas meals may be more simplified than in the cities. The Maya use recado, corn or maize for most of their meals, and the Garifuna are fond of seafood, cassava (particularly made into cassava bread or Ereba) and vegetables.

Belize abounds with restaurants and fast food establishments selling fairly cheaply. Local fruits are quite common, but raw vegetables from the markets less so. Mealtime is a communion for families and schools and some businesses close at midday for lunch, reopening later in the afternoon.

A Belizean Salbutes is a puffed deep fried tortilla that is topped with lettuce, sliced avocado, pulled chicken or turkey, tomato and pickled red onion. Salbutes originate from the Yucatan peninsula and are a staple in Belize. Belizean Salbutes are mostly sold in the evenings when parties of friends or family go out to eat. Salbutes are served at fast food restaurants called panucherias which also serve panuchos, tostadas, tortas, and caldos. Salbutes are fried and topped to order and often served with soda drink.



## 5. Beninese Cuisine

Beninese cuisine is known in Africa for its exotic ingredients and flavorful dishes. Beninese cuisine involves lots of fresh meals served with a variety of sauces. Meat is usually quite expensive, and meals are generally light on meat and generous on vegetable fat.

In southern Benin cuisine, the most common ingredient is corn, often used to prepare dough which is mainly served with peanut- or tomato-based sauces. Fish and chicken are the most common meats used in southern Beninese cuisine, but beef, pork, goat and bush rat are also consumed. Meats are often fried in palm or peanut oil.

Rice, beans, tomatoes and couscous are also significant staple foods. Fruits are common in this region, including mandarin oranges, oranges, bananas, kiwi, avocados, pineapples and peanuts.

Yams are the main staple in the northern Benin, and are also often served with peanut- or tomato-based sauces. The population in the northern provinces uses beef and pork meat which is also fried in palm or peanut oil or cooked in sauces.

Cheese is also frequently used in some dishes. Couscous, rice and beans are also commonly eaten, along with fruits such as mangos, oranges, and avocados.

Kuli-Kuli is a West African food that is primarily made from peanuts. Kuli-Kuli is a popular snack in Nigeria, Benin, northern Cameroon and Ghana. It is often eaten alone or with a mixture of garri, sugar and water popularly called «garri soakings». It is also eaten with koko, fura, kamu; and is sometimes ground and put into salad. It is often ground as used as an ingredient for Suya and Kilishi. To make Kuli-kuli, peanuts are roasted and then ground into a paste called «Labu». The paste is then mixed with spices, salt, and sometimes ground pepper.

## **6. Brazilian Cuisine**

Brazilian cuisine has European, African and Amerindian influences. It varies greatly by region, reflecting the country's mix of native and immigrant populations, and its continental size as well. This has created a national cuisine marked by the preservation of regional differences.

Ingredients first used by native peoples in Brazil include cassava, guaraná, açaí, cumaru and tacacá. From there, the many waves of immigrants brought some of their typical dishes, replacing missing ingredients with local equivalents.

For instance, the European immigrants (primarily from Portugal, Italy, Spain, Germany, Poland and Switzerland) were accustomed to a wheat-based diet, and introduced wine, leaf vegetables, and dairy products into Brazilian cuisine. When potatoes were not available they discovered how to use the native sweet manioc as a replacement.

The African slaves also had a role in developing Brazilian cuisine, especially in the coastal states. The foreign influence extended to later migratory waves – Japanese immigrants brought most of the food items that Brazilians would associate with Asian cuisine today, and introduced large-scale aviaries, well into the 20th century.

Caipirinha is Brazil's national cocktail, made with cachaça (sugarcane hard liquor), sugar and lime. Cachaça is Brazil's most common distilled alcoholic beverage. Although both rum and cachaça are made from sugarcane-derived products, in cachaça the alcohol results from the fermentation of fresh sugarcane juice that is then distilled, while rum is usually made from refinery by-products such as molasses. The drink is prepared by smashing the fruit and the sugar together, and adding the liquor. This can be made into a single glass, usually large, that can be shared amongst people, or into a larger jar, from where it is served in individual glasses.

## 7. British Cuisine

British cuisine is the specific set of cooking traditions and practices associated with the United Kingdom. However, British cuisine has absorbed the cultural influence of those who have settled in Britain.

Fish and chips, a popular take-away food of the United Kingdom Celtic agriculture and animal breeding produced a wide variety of foodstuffs for indigenous Celts and Britons. Anglo-Saxon England developed meat and savory herb stewing techniques before the practice became common in Europe.

The Norman conquest introduced exotic spices into England in the Middle Ages. The British Empire facilitated a knowledge of India's elaborate food tradition of «strong, penetrating spices and herbs». It has been claimed, contrary to popular belief, that people in southern England eat more garlic per head than the people of northern France.

British cuisine has traditionally been limited in its international recognition to the full breakfast, fish and chips, and the Christmas dinner. Other British dishes include the Sunday roast, steak and kidney pie, shepherd's pie, and bangers and mash.

British cuisine has many regional varieties within the broader categories of English, Scottish and Welsh cuisine. Each has developed its own regional or local dishes, many of which are geographically indicated foods such as Cornish pasties, the Yorkshire pudding, Cumberland Sausage, Arbroath Smokie, and Welsh cakes.

Pound Cake is a type of cake traditionally made with a pound of each of four ingredients: flour, butter, eggs, and sugar.

Rumbledethumps is a traditional dish from the Scottish Borders. The main ingredients are potato, cabbage and onion. It is very special dish for Scottish and United Kingdom people they prepared it for family every day or week.

## **8. Cambodian Cuisine**

Khmer cuisine is traditional cuisine of the people of Cambodia. Average meals typically consists of more than one dish and ideally contrasts flavours, textures and temperatures within the meal using plenty of herbs, leaves, pickled vegetables, dipping sauces, edible flowers and other garnishes and condiments.

The staple food for Cambodians is rice. Today rice is consumed by most Cambodians daily and with all meals, using a great number of cooking styles and techniques.

There are hundreds of varieties of indigenous Khmer rice, from the fragrant jasmine-scented malis rice to countless types of wild, brown and sticky rice. Sticky rice is most often consumed as a dessert, often with slices of tropical fruit like mango or durian and coconut milk.

Rice is eaten throughout the day in the form of street-side snacks, such as deep-fried rice cakes with chives and spinach, for breakfast, as in Cambodia's famous rice noodle soup kuyteav or rice porridge, and in many desserts.

Plain white rice is served with nearly every family meal, typically served with grilled freshwater fish, a samlor or soup, and an assortment of seasonal herbs, salad leaves and vegetables.

Samlor Kako is considered as one of Cambodian's national dishes. The dish consists of Kroeung, fish paste, fish flesh, pork or chicken and vegetables.

Amok refers to the process of steam cooking a curry in banana leaves, or to the resulting dish. Thick coconut cream and galangal are classic ingredients, added to a wide range of possible kinds of leaves and staple ingredients. Amok is a major national culinary tradition in Cambodia. Amok is thick soup cooked with fish, meat, vegetables, eggs and coconut milk. It is a common dish served at restaurants. The most common types of amok are made with fish, beef, or chicken as the main proteins. Amok can also be eaten with rice.

## **9. Chinese Cuisine**

Chinese cuisine includes styles originating from the diverse regions of China, as well as from Chinese people in other parts of the world. The history of Chinese cuisine in China stretches back for thousands of years and has changed from period to period and in each region according to climate, imperial fashions, and local preferences. Over time, techniques and ingredients from the cuisines of other cultures were integrated into the cuisine of the Chinese people due both to imperial expansion and from the trade with nearby regions, and from Europe and the New World.

Styles and tastes also varied by class, region, and ethnic background. This led to an unparalleled range of ingredients, techniques, dishes and eating styles in what could be called Chinese food, leading Chinese to pride themselves on eating a wide variety of foods while remaining true to the spirit and traditions of Chinese food culture.

Shanghai cuisine, also known as Hu cuisine, is popular style of Chinese food. It takes «color, aroma and taste» as its elements like other Chinese regional cuisines, and emphasizes in particular the use of seasonings, the quality of raw materials and original flavors.

Sichuan cuisine has bold flavours, particularly the pungency and spiciness resulting from liberal use of garlic and chili peppers, as well as the unique flavor of the Sichuan pepper. There are many local variations within Sichuan province. Four sub-styles include Chongqing, Chengdu, Zigong, and Buddhist vegetarian style.

Guangdong dishes are characterized by their tender and slightly sweet taste. The most widely used sauces in Guangdong Cuisine include: hoisin sauce, oyster sauce, plum sauce and sweet and sour sauce. Other ingredients popular in Guangdong Cuisine include spring onions, sugar, salt, soya bean products, rice wine, corn starch, vinegar and sesame oil.

## 10. Croatian Cuisine

It is heterogeneous and is known as a cuisine of the regions since every region of Croatia has its own distinct culinary tradition. Its roots date back to ancient times. The differences in the selection of foodstuffs and forms of cooking are most notable among those in the mainland and those in coastal regions.

Mainland cuisine is more characterized by the earlier Slavic and the more recent contacts with neighbouring cultures – Hungarian and Turkish, using lard for cooking, and spices such as black pepper, paprika, and garlic. The coastal region bears the influences of the Greek and Roman cuisine, as well as of the later Mediterranean cuisine, in particular Italian.

Coastal cuisines use olive oil, and herbs and spices such as rosemary, sage, bay leaf, oregano, marjoram, cinnamon, clove, nutmeg, and lemon and orange rind. Peasant cooking traditions are based on imaginative variations of several basic ingredients (cereals, dairy products, meat, fish, vegetables, nuts) and cooking procedures (stewing, grilling, roasting, baking), while bourgeois cuisine involves more complicated procedures and use of selected herbs and spices.

Croatian cuisine can be divided into a few regional cuisines which all have their specific cooking traditions, characteristic for the area and not necessarily well known in other parts of Croatia. Most dishes, however, can be found all across the country, with local variants.

Zagorski Strukli is a popular traditional Croatian dish served in households across Hrvatsko Zagorje and Zagreb regions in the north of the country, composed of dough and various types of filling which can be either cooked or baked. Zagorski Strukli is a mixture of cottage cheese with eggs, sour cream and salt are spread thinly over the pastry. Then the pastry is rolled lengthwise from both sides into two joined rolls and finally cut into 10–20 cm long pieces.

## **11. Cuban Cuisine**

Cuban cuisine is a fusion of Native American Taino food, Spanish, African, and Caribbean cuisines. Some Cuban recipes share spices and techniques with Spanish and African cooking, with some Caribbean influence in spice and flavor. This results in a unique, interesting and flavorful blend of the several different cultural influences, with strong similarities with the cuisine of the neighboring Dominican Republic and Puerto Rico.

A small but noteworthy Chinese influence can also be accounted for, mainly in the Havana area. During colonial times, Cuba was an important port for trade, and many Spaniards who lived there brought their culinary traditions along with them.

As a result of the colonization of Cuba by Spain, one of the main influences on the cuisine is from Spain. Along with Spain, other culinary influences include Africa, from the Africans that were brought to Cuba as slaves, and French, from the French colonists that came to Cuba from Haiti.

One of the important factors is that Cuba itself is an island, making seafood something that greatly influences Cuban cuisine. Another contributing factor to Cuban cuisine is the fact that Cuba is in a tropical climate. The tropical climate produces fruits and root vegetables that are used in Cuban dishes and meals.

Croqueta Preparada is a Cuban sandwich. Mustard is spread on the Cuban bread, pickles, swiss cheese, smoked ham, ham croquetas are added and lastly the sandwich is grilled in a panini style grill like the classic Cuban sandwich.

Cafecito is one ounce and a half or so of Cuban coffee. It is sweet but not cloying, covered in a rich, creamy head. In Cuba a cafe con leche is a cup of warm, steamed or boiled milk with a shot of Cuban coffee. You may get it light or dark. It should have enough sugar to sweeten it. A cortadito is a coffee beverage made of a espresso shot topped off with steamed milk and it is pre-sweetened.

## 12. Djiboutian Cuisine

Djiboutian cuisine consists of a mixture of Somali, Afar, Yemeni, and French cuisine, with some additional South Asian (especially Indian) culinary influences. Meals are typically halal. Several popular dishes feature seafood and meat, including Fah-fah (spicy boiled beef soup).

The main dish is typically a pancake-like bread called lahoh, which might also be eaten with a stew or soup, such as wat.

A side dish of liver (usually beef), goat meat (hilib ari), diced beef cooked in a bed of soup (suqaar), or jerky (oodkac or muqmad), may also be served. Three pieces of lahoh are often eaten along with honey, ghee, and a cup of tea.

Lunch (qado) and dinner (casho) are often served with an elaborate main dish of stew (maraq), which comes in a variety of styles and flavors. Rice (bariis) is often served with meat and/or a banana on the side.

In Djibouti City, steak and fish are widely consumed. Pasta (baasto) is frequently presented with a heavier stew than the Italian pasta sauce, but is otherwise served in a similar manner as the rice. Grilled meats are frequently eaten with the pasta.

Skoudehkaris is one of the national and most popular rice recipes in Djibouti, very easy to make and very flavorful. It is a one-pot lamb and rice dish. Beef or lamb is stewed until tender, then cooked in a lightly spiced tomato rice.

Although Djibouti is much envied by neighbor Ethiopia because of its coastal location, Djiboutians are originally nomadic and pastoral people, and hence do have a particular preference for camel, goat and lamb meat over seafood and fish. Assuming you are not vegetarian, you absolutely have to try fah-fah, a classic Djiboutian stew made with goat meat, vegetables and chillies, that can also be made with camel or lamb meat. This dish is normally served with a sponge-like bread called canjeero to soak up the stew sauce.



### **13. Dominica's Cuisine**

Dominica's cuisine is similar to that of other Caribbean islands, particularly Jamaica, Saint Lucia, and Trinidad and Tobago. Like other Commonwealth Caribbean islands, Dominicans have developed a distinct twist to their cuisine.

Breakfast is an important daily meal, typically including saltfish, dried and salted codfish, and «bakes» (fried dough). Saltfish and bakes are combined for a fast-food snack that can be eaten throughout the day; vendors on Dominica's streets sell these snacks to passersby, together with fried chicken, fish and fruit, and yogurt "smoothies".

Other breakfast meals include cornmeal porridge, which is made with fine cornmeal or polenta, milk or condensed milk, and sugar to sweeten. Traditional British-influenced dishes, such as eggs and toast, are also popular, as are fried fish and plantains.

Common vegetables include plantains, tannias (a root vegetable), sweet potatoes, potatoes, rice, and peas. Meat and poultry typically eaten include chicken, beef and fish. These are often prepared in stews with onions, carrots, garlic, ginger, and herbs. The vegetables and meat are browned to create a rich dark sauce.

Popular meals include rice and peas, brown stew chicken, stew beef, fried and stewed fish, and many different types of hearty fish broths and soups. These are filled with dumplings, carrots, and ground provisions.

Mountain Chicken actually refers to a species of giant frog native to the area. The legs, which form the basis of a dish, is considered Dominica's national food.

Broth is a savoury liquid made of water in which bones, meat, fish, or vegetables have been simmered. It can be eaten alone but is most commonly used to prepare other dishes such as soups, gravies, and sauces. Broth is a traditional dish of Dominica.

## 14. Ecuadorian Cuisine

Ecuadorian cuisine is diverse, varying with altitude, and associated agricultural conditions. Pork, chicken, beef, and cuy (guinea pig) are popular in the mountainous regions, and are served with a variety of carbohydrate-rich foods, especially rice, corn, and potatoes.

A popular street food in mountainous regions is hornado, consisting of potatoes served with roasted pig. Some examples of Ecuadorian cuisine in general include patacones (unripe plantains fried in oil, mashed up, and then refried), llapingachos (a pan seared potato ball), and seco de chivo (a type of stew made from goat).

A wide variety of fresh fruit is available, particularly at lower altitudes, including granadilla, passionfruit, naranjilla, several types of bananas, uvilla, taxo, and tree tomato.

The food is somewhat different in the southern mountainous areas, featuring typical Loja food such as repe, a soup prepared with green bananas; cecina, roasted pork; and miel con quesillo or «cuajada», as dessert.

In the rainforest, a dietary staple is the yuca, elsewhere called cassava. The starchy root is peeled and boiled, fried, or used in a variety of other dishes. It's also used as a bread, and has spread throughout the nation, most notably, to Quito where a company sells the native pan de yuca in a new sense; different types sold with frozen yogurt. Many fruits are available in this region, including bananas, tree grapes, and peach palms.

Fanesca is a soup traditionally prepared and eaten by households and communities in Ecuador during Holy Week. The components of fanesca and its method of preparation vary regionally, or even from one family to another. It is typically prepared and served only in the week before Easter (Holy Week).

## **15. Eritrean Cuisine**

The Eritrean cuisines shares similarities with the northern half of Ethiopian but with a subtle difference in the foods, given the history of the two countries.

The main traditional food in Eritrean cuisine is tsebhi (stew), served with taita (flatbread made from teff, wheat, or sorghum), and hilbet (paste made from legumes; mainly lentil and faba beans). A typical traditional Eritrean dish consists of injera accompanied by a spicy stew, which frequently includes beef, goat, lamb or fish.

Overall, Eritrean cuisine strongly resembles that of neighboring Ethiopia, although Eritrean cooking tends to feature more seafood than Ethiopian cuisine on account of its coastal location. Eritrean dishes are also frequently lighter in texture than Ethiopian meals as they tend to employ less seasoned butter and spices and more tomatoes, as in the tsebhi dorho delicacy.

Additionally, owing to its colonial history, cuisine in Eritrea features more Ottoman and Italian influences than are present in Ethiopian cooking, including more pasta specials and greater use of curry powders and cumin.

People in Eritrea likewise tend to drink coffee, whereas sweetened tea is preferred in Somalia. Christian Eritreans also drink sowa (a bitter fermented barley) and mies (a fermented honey beverage), while Muslim Eritreans abstain from drinking alcohol.

Zigini is a spicy stew prepared with berbere spices and beef or lamb cubes. The stew is usually served with a flatbread called Injera. It is one of the traditional stew of Eritrea.

Hamli is a traditional African dish originating from Eritrea. It consists of sautéed collard greens. They are first steamed until tender, then sautéed with a mix of garlic, cilantro, oil, onions, parsley, and tomatoes. The dish is sautéed until the collard greens are fully tender and full of flavour. Once prepared, hamli is usually accompanied by injera bread on the side.

## **16. Fijian Cuisine**

Traditional Fijian food is a wonderful amalgam of fresh, local ingredients found in the tropics and the traditional preparations and cooking methods passed down the generations. Coconut, fish, rice, taro, sweet potatoes, cassava and breadfruit are the main components in local Fijian dishes.

Lovo is a Fijian delicacy prepared for communal events such as weddings and festivals. A makeshift underground oven is fashioned by digging a hole into the ground and lining it with coconut husks, which are then lit on fire and covered by stones. Meats, fish and vegetables wrapped in banana leaves are then placed on top of the heated stones and cooked for about two and a half hours. Most large resorts in Fiji have a lovo night once a week.

Another national delicacy is kokodo, raw mahi-mahi (a type of fish) marinated in coconut cream, lime, onions and tomatoes. Coconut cream is an important ingredient in two other Fijian delicacies: Rourou, a dish made of taro leaves, and tavioka, a baked dish made of tapioca and mashed bananas.

Duruka, an unusual asparagus-like vegetable that is seasonal during the months of April and May, is also a popular traditional Fijian dish.

The national drink of Fiji is kava, which was traditionally prepared by virgins, who chewed the root of the pepper plant before mixing it with water, but is now made in a more hygienic fashion: by pounding the root in a wooden bowl.

Topoi is a Fijian dumpling made with grated cassava and coconut, coconut milk or cream, and sugar. The sweet cassava mixture is typically shaped into balls, which are then simmered in a pot of boiling water until soft and thoroughly cooked. Once boiled, the cassava dumplings are taken out, and the remaining water is further cooked with additional grated cassava and coconut milk until it has thickened to a porridge-like consistency.

## **17. German Cuisine**

Germany has the second-highest number of Michelin starred restaurants, after France. German cuisine has evolved as a national cuisine through centuries of social and political change with variations from region to region.

The southern regions of Germany, including Bavaria and neighbouring Swabia, share many dishes. Austrian cuisine is very similar. This originates in common religious and cultural history. Southern Germany and Austria are mainly Catholic, so religious fasting rules for Friday, Lent and Advent, even if no longer widely practiced, have influenced the cuisine.

Bavarian cuisine includes many meat and Knödel dishes, and often uses flour. Due to its rural conditions and cold climate, only crops such as beets and potatoes do well in Bavaria, being a staple in the German diet.

The Bavarian dukes, especially the Wittelsbach family, developed Bavarian cuisine and refined it to be presentable to the royal court. This cuisine has belonged to wealthy households, especially in cities, since the 19th century. The Bavarian cuisine is closely connected to Czech cuisine and Austrian cuisine, mainly through the Wittelsbach and Habsburg families. Bavarians were closely connected to their neighbours in Austria through linguistic, cultural and political similarities, which also reflected on the cuisine.

A characteristic Bavarian cuisine was further developed by both groups, with a distinct similarity to Franconian and Swabian cuisine. A Bavarian speciality is the Brotzeit, a savoury snack, which would originally be eaten between breakfast and lunch.

Maultaschen is a traditional German dish. It consists of an outer-layer of pasta dough which encloses a filling traditionally consisting of minced meat, smoked meat, spinach, bread crumbs and onions and flavoured with various herbs and spices.

## **18. Honduran Cuisine**

Honduran cuisine is a fusion of indigenous (Lenca) cuisine, Spanish cuisine, Caribbean cuisine and African cuisine. There are also dishes from the Garifuna people. Coconut and coconut milk are featured in both sweet and savory dishes.

Regional specialties include fried fish, tamales, carne asada and baleadas. Other popular dishes include: meat roasted with chismol and carne asada, chicken with rice and corn, and fried fish with pickled onions and jalapeños. In the coastal areas and in the Bay Islands, seafood and some meats are prepared in many ways, some of which include coconut milk.

Among the soups the Hondurans enjoy are bean soup, mondongo soup (tripe soup), seafood soups and beef soups. Generally all of these soups are mixed with plantains, yuca, and cabbage, and served with corn tortillas.

Other typical dishes are the montucas or corn tamale, stuffed tortillas, and tamales wrapped in plantain leaves.

Also part of Honduran typical dishes is an abundant selection of tropical fruits such as papaya, pineapple, plum, sapote, passion fruit and bananas which are prepared in many ways while they are still green. Soft drinks are often drunk with dinner or lunch.

Honduran Rosquilla is a donut-shape baked cheese dough. It is normally eaten as a snack or for breakfast.

The Baleada is one of the most common street foods in Honduras. The basic style is made of a flour tortilla which is folded and filled with refried beans, quesillo or cheese and sour cream. Many people add roasted meat, avocado, plantains or scrambled eggs as well. There are Honduran Fast-food chains that serve different kinds of Baleadas.

## 19. Hungarian Cuisine

The cuisine characteristic of the nation of Hungary and its primary ethnic group, the Magyars. Traditional Hungarian dishes are primarily based on meats, seasonal vegetables, fruits, fresh bread, dairy products and cheeses.

Hungarians are especially passionate about their meat stews, casseroles, steaks, roasted pork, beef, poultry, lamb and game. The mixing of different varieties of meats is a traditional feature of Hungarian cuisine.

Goulash, stuffed peppers, cabbage rolls, and Fatányéros (Hungarian mixed grill on a wooden platter) are all dishes that can combine beef and pork, and sometimes mutton. Goulash is a stew with more gravy or a soup using meat with bones, paprika, caraway, vegetables (typically carrots and parsley root) and potatoes or various tiny dumplings or pasta simmered with the meat.

Other famous Hungarian meat stews include paprikás, a paprika stew with meat simmered in thick creamy paprika gravy, and pörkölt, a Hungarian stew with boneless meat (usually beef or pork), onion, and sweet paprika powder, both served with nokedli (small dumplings).

In old fashioned dishes, fruits such as plums and apricots are cooked with meat or in piquant sauces/stuffings for game, roasts and other cuts. Various kinds of noodles and dumplings, potatoes, and rice are commonly served as a side dish. Hungarian sausages (kolbász) and winter salami are a major part of Hungarian cuisine.

Pogacha is a type of bread baked in the ashes of the fireplace, and later on in the oven, found in the cuisines of the Balkans, Hungary, and Turkey. It can be leavened or unleavened, but only experienced cooks can make good quality unleavened pogacha, while the pastry with yeast is easier to make. It is generally made from wheat flour, but barley and sometimes rye may be added. It can be stuffed with potatoes, ground beef, or cheese, and have grains and herbs like sesame, black sesame, dried dill in the dough or sprinkled on top.

## **20. Indonesian Cuisine**

Indonesian cuisine is one of the most vibrant and colorful cuisines in the world, full of intense flavor. It is diverse, in part because Indonesia is composed of approximately 6,000 populated islands of the total 18,000 in the world's largest archipelago, with more than 300 ethnic groups calling Indonesia their home. Many regional cuisines exist, often based upon indigenous culture and foreign influences. Indonesia has around 5,350 traditional recipes, with 30 of them considered the most important.

In 2011, Indonesian cuisine began to gain worldwide recognition, with three of its popular dishes make it to the list of World's 50 Most Delicious Foods (Readers' Pick), a worldwide online poll held by CNN International. Rendang top the list as the number one, followed closely by nasi goreng in number two, and satay in number fourteen.

Indonesian cuisine varies greatly by region and has many different influences. Sumatran cuisine, for example, often has Middle Eastern and Indian influences, featuring curried meat and vegetables such as gulai and kari, while Javanese cuisine is mostly indigenous, with some hint of Chinese influence.

The cuisines of Eastern Indonesia are similar to Polynesian and Melanesian cuisine. Elements of Chinese cuisine can be seen in Indonesian cuisine: foods such as bakmi (noodles), bakso (meat or fish balls), and lumpia (spring rolls) have been completely assimilated.

Nasi Goreng refers to fried pre-cooked rice, a meal including stir fried rice in small amount of cooking oil or margarine, typically spiced with kecap manis (sweet soy sauce), shallot, garlic, ground shrimp paste, tamarind and chilli and accompanied by other ingredients, particularly egg, chicken and prawns.

Spekkoek is a type of Indonesian layer cake. It contains a mix of Indonesian spices, such as cardamom, cinnamon, clove, mace and anise. The cake is made of flour, yolk, rich in butter or margarine.



## **21. Italian Cuisine**

Italian cuisine has developed through centuries of social and political changes, with roots as far back as antiquity.

Significant changes occurred with the discovery of the New World and the introduction of potatoes, tomatoes, bell peppers and maize, now central to the cuisine but not introduced in quantity until the 18th century. Italian cuisine is noted for its regional diversity, abundance of difference in taste, and it is probably the most popular in the world, with influences abroad.

Italian cuisine is characterized by its simplicity, with many dishes having only four to eight ingredients. Italian cooks rely chiefly on the quality of the ingredients rather than on elaborate preparation. Ingredients and dishes vary by region. Many dishes that were once regional, however, have proliferated with variations throughout the country.

Cheese and wine are a major part of the cuisine, with many variations. Coffee, specifically espresso, has become important in Italian cuisine.

Italian-American cuisine is a style of Italian cuisine adapted throughout the United States of America. Italian-American food has been shaped throughout history by various waves of immigrants and their descendants, called Italian Americans. As immigrants from the different regions of Italy settled throughout the various regions of the United States, many brought with them a distinct regional Italian culinary tradition. Many of these foods and recipes developed into new favorites for the townspeople and later for Americans nationwide.

Pesto Lasagna is a great lasagna for summer. It contains no meat and there is no tomato sauce. It makes use of that great summer basil and it can either be a side dish to grilled meats or a main dish. These noodles require a lot of liquid or sauce in order for them to cook properly. each layer is covered in plenty of sauce.

## 22. Japanese Cuisine

The traditional food of Japan is based on rice with miso soup and other dishes, with an emphasis on seasonal ingredients. The side dishes often consist of fish, pickled vegetables, and vegetables cooked in broth. Fish is common in the traditional cuisine. It is often grilled, but it may also be served raw as sashimi or in sushi. Seafood and vegetables are also deep-fried in a light batter as tempura.

Apart from rice, staples include noodles, such as soba and udon. Japan has many simmered dishes such as fish products in broth called oden, or beef in sukiyaki and nikujaga.

Foreign food, in particular Chinese food in the form of noodles in soup called ramen and fried dumplings, gyoza, and western food such as curry and hamburger steaks are commonly found in Japan. Historically, the Japanese shunned meat, but with the modernization of Japan in the 1860s, meat-based dishes such as tonkatsu became common. Japan has an indigenous form of sweets called wagashi, which include ingredients such as red bean paste, as well as its indigenous rice wine sake.

Japanese cuisine, particularly sushi, has now become popular throughout the world. World class famous Japanese cuisine, introducing Sushi, a name for hundred dishes that contain toppings with vinegar seasoned sushi rice. With its variety and distinct flavors, Sushi can be anywhere from raw seafood to vegetarian compatible, mild to spicy, sour, sweet or even bitter.

Tonkatsu, is a Japanese food which consists of a breaded, deep-fried pork cutlet. It is often served with shredded cabbage. Tonkatsu originated in Japan in the 19th century. Tonkatsu is one of the most beloved «western style» Japanese foods in Japan. It is pork chop breaded with flour, egg, and bread crumbs, then deep fried. It's not the healthiest food but rather comfort food. There are a lot of nice Tonkatsu restaurants in Japan.

## 23. Jewish Cuisine

Jewish cuisine is a diverse collection of cooking traditions of the Jewish people worldwide. It has evolved over many centuries, shaped by Jewish dietary laws (kashrut), Jewish Festival, and Shabbat (Sabbath) traditions. Jewish cuisine is influenced by the economics, agriculture, and culinary traditions of the many countries where Jewish communities have settled and varies widely throughout the world.

The distinctive styles in Jewish cuisine are Ashkenazi, Sephardi, Mizrahi, Persian, Yemenite, Indian, and Latin-American. There are also dishes from Jewish communities from Ethiopia to Central Asia.

Since the establishment of the State of Israel in 1948, and particularly since the late 1970s, a nascent Israeli «fusion cuisine» has developed. Jewish Israeli cuisine has especially adapted a multitude of elements, overlapping techniques and ingredients from many diaspora Jewish culinary traditions.

Using agricultural products from dishes of one Jewish culinary tradition in the elaboration of dishes of other Jewish culinary traditions, as well as incorporating and adapting various other Middle Eastern dishes from the local non-Jewish population of the Land of Israel (which had not already been introduced via the culinary traditions of Jews which arrived to Israel from the various other Arab countries), Israeli Jewish cuisine is both authentically Jewish (and most often kosher) and distinctively local «Israeli».

Traditionally gefilte fish is cooked and served as egg-shaped patties, like quenelles, but sometimes it is cooked in large logs or blocks and then sliced for serving. It is usually served cold or at room temperature. Each piece may be topped with a slice of carrot, with a horseradish mixture called khreyn on the side.

Challah is a special Jewish sweet white wheat bread eaten on Sabbath and Jewish holidays.

## **24. Jordanian Cuisine**

Jordanian cuisine is a traditional style of food preparation originating from, or commonly used in Jordan that has developed from centuries of social and political change.

There is wide variety of techniques used in Jordanian cuisine ranging from baking, sautéing and grilling to stuffing of vegetables (carrots, leaves, eggplants, etc.), meat, and poultry. Also common in Jordanian cuisine is roasting or preparing foods with special sauces.

As one of the largest producers of olives in the world, olive oil is the main cooking oil in Jordan. Herbs, garlic, onion, tomato sauce and lemon are typical flavours found in Jordan. The blend of spices called za'atar contains a common local herb called Sumac that grows wild in Jordan and is closely identified with Jordanian and other Mideastern cuisines.

Yogurt is commonly served alongside food and is a common ingredient itself, in particular, jameed, a form of dried yogurt is unique to Jordanian cuisine and a main ingredient in Mansaf the national dish of Jordan, and a symbol in Jordanian culture for generosity.

A famous meat dish in Southern Jordan is the Zarb which is prepared in a submerged oven also called a «taboon». It is considered a delicacy of that area.

Internationally known foods which are common and popular everyday snacks in Jordan include hummus, which is a puree of chick peas blended with tahini, lemon, and garlic and falafel, a deep-fried ball or patty made from ground chickpeas. A typical mezze includes foods such as kibbeh, labaneh, baba ghanoush, tabbouleh, olives and pickles. Bread, rice, freekeh and bulgur all have a role in Jordanian cuisine.

Turkish coffee and tea flavored with mint or sage are almost ubiquitous in Jordan. Arabic coffee is also usually served on more formal occasions. Arak, an aniseed flavoured spirit is also drunk with food.

## **25. Korean Cuisine**

Korean cuisine has evolved through centuries of social and political change. Originating from ancient agricultural and nomadic traditions in southern Manchuria and the Korean peninsula, Korean cuisine has evolved through a complex interaction of the natural environment and different cultural trends.

Korean cuisine is largely based upon rice, vegetables, and meats. Traditional Korean meals are noted for the number of side dishes (banchan) that accompany steam-cooked short-grain rice.

Kimchi is served often, sometimes 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).

Ingredients and dishes vary by province. Many regional dishes have become national, and dishes that were once regional have proliferated in different variations across the country. The Korean royal court cuisine once brought all of the unique regional specialties together for the royal family. Meals are regulated by Korean cultural etiquette.

Tteokbokki is a popular Korean food made from soft rice cake, fish cake, and the sweet red chili sauce called gochujang. It is commonly purchased from street vendors. Originally it was called tteok jjim and was a savory braised dish of sliced rice cake, meat, eggs, and seasoning.

Gopchang refers to the small intestines from pork or cattle, which, chopped into rounded sections, can be cooked into soups, stir-fried, or grilled. Grilled, it is yet another important aspect of Korean barbecue culture.

Chimaek refers to a combination of chicken (usually fried or spicy) as Anju and beer served around evening in many South Korean restaurants, including a number of specialized chains.

## **26. Kosovan Cuisine**

The Kosovan cuisine is a representative of the cuisine of the Balkans and consists of traditional dishes by ethnic groups native to Kosovo. Due to historical and ethnic connections with Albania, it has been significantly influenced by Albanian cuisine and has adopted elements of other Balkan countries.

Bread, dairy, meat, fruits, and vegetables are important staples in Kosovan cuisine. With a diversity of recipes, the Kosovan daily cuisine adjusts well to the country's occasional hot summers and the frequent long winters. As a result of its continental climate, fresh vegetables are consumed in summer while pickles throughout autumn and winter.

Breakfast in Kosovo is usually light, consisting primarily of a croissant with coffee, sandwiches, scrambled eggs, omelettes, petulla or toast with salami, processed cheese, lettuce and tea. Cereals with milk, waffles, pretzels and homemade pancakes with honey or marmalade are also frequently consumed especially by children.

Flija is a kind of pie, though is more like a pile of layered pancakes or crepes. It is a typical Albanian dish prepared with a saç, a metal dome over which hot cinders are poured to bake the dough.

Traditional white beans are used to make this traditional Albanian bean soup known as pasul. Various cuts of beef together with vegetables, such as onions, are also added. It is served with thinly sliced raw onion and crusty bread. This traditional comfort food is popular across the Balkans, particularly countries bordering Kosovo.

In Kosovo, sarma is eaten all year round as this wonderful delicacy suits all seasons. Sarma is essentially cabbage leaves stuffed with minced meat, rice, and onion; however, some prefer it made with grape leaves.

## **27. Lao Cuisine**

Lao cuisine is the cuisine of Laos, which is distinct from other Southeast Asian cuisines.

The staple food of the Lao is steamed sticky rice, which is eaten by hand. In fact, the Lao eat more sticky rice than any other people in the world. Sticky rice is considered the essence of what it means to be Lao. Often the Lao will refer to themselves as «luk khao niaow», which can be translated as «children or descendants of sticky rice». Galangal, lemongrass, and padaek (fermented fish sauce) are important ingredients.

The most famous Lao dish is larb, a spicy mixture of marinated meat or fish that is sometimes raw (prepared like ceviche) with a variable combination of herbs, greens, and spices. Another Lao invention is a spicy green papaya salad dish known as tam mak hoong, more famously known to the West as som tam.

Lao cuisine has many regional variations, corresponding in part to the fresh foods local to each region. A French legacy is still evident in the capital city, Vientiane, where baguettes are sold on the street and French restaurants are common and popular, which were first introduced when Laos was a part of French Indochina.

Khao Poon is a popular type of spicy Lao rice vermicelli soup. Khao Poon is a long-simmered soup most often made with pounded chicken, fish, or pork and seasoned with common Lao ingredients such as fish sauce, lime leaves, galangal, garlic, shallots, Lao chillies, and perilla.

Or Lam is a mildly spicy and thick Laotian stew mostly cooked with dried buffalo meat, beef, game meat or chicken, lemongrass, Sa Khan, chilies, mashed eggplants, wood ear mushrooms, and yard long bean.

## **28. Latin American Cuisine**

Latin American cuisine refers to typical foods, beverages, and cooking styles common to many of the countries and cultures in Latin America. Latin America is a highly diverse area of land that holds various cuisines that vary from nation to nation.

Some items typical of Latin American cuisine include maize-based dishes and various salsas and other condiments. These spices are generally what give the Latin American cuisines a distinct flavor. Yet, each country of Latin America tends to use a different spice and those that share spices tend to use them at different quantities. Thus, this leads for a variety across the land.

Sofrito, a culinary term that originally referred to a specific combination of sauteed or braised aromatics, exists in Latin American cuisine. It refers to a sauce of tomatoes, roasted bell peppers, garlic, onions and herbs.

Latin American beverages are just as distinct as their foods. Some of the beverages can even date back to the times of the Native Americans. Some popular beverages include mate, hibiscus tea, horchata, chicha, atole, cacao and aguas frescas.

Desserts in Latin America are generally very sweet in taste. They include dulce de leche, alfajor, rice pudding, tres leches cake, teja and flan.

Flan is a baked custard quite similar to crème caramel. It is typically made with eggs, cream or milk, gelatin and vanilla. Often, the custard is synonymous with crème caramel because it includes a layer of burnt or caramelized sugar on the bottom. Little ramekins of flan are then inverted, so the crunchy sugar is on the top.

This custard is quite popular in Latin American countries, but its origin is French. Often, flan served in Latin countries or restaurants does not have the caramel sugar layer, but instead is simply plain, more resembling Italian cream.



## 29. Luxembourgish Cuisine

Luxembourg has many delicacies. In addition to French pâtisseries, cake and fruit pies, local pastries include the Bretzel, a Lent speciality; Quetscheflued, a zwetschge tart; verwurelt Gedanken or Verwurelter, small sugar-coated doughnuts; and Äppelklatzen, apples en croûte. Luxembourg's cheese speciality is Kachkéis or Cancoillotte, a soft cheese spread.

Fish from the local rivers such as trout, pike, and crayfish are the basis for dishes such as trout in Riesling sauce, pike in green sauce and crayfish, usually prepared in a Riesling sauce. Another favourite is Fritür or Friture de la Moselle, small fried fish from the River Moselle, accompanied by a local Moselle white wine.

Meat dishes include cold Oesling ham, from the mountainous north of the country, first marinated for a couple of weeks and then smoked for several days. It is usually served thinly sliced with chipped potatoes and salad.

Perhaps the most traditional of all Luxembourg meat dishes is Judd mat Gaardebounen, smoked collar of pork with broad beans. The pork is soaked overnight, then boiled with vegetables and spices. Served in copious slices together with the beans and boiled potatoes, it is considered to be the national dish of Luxembourg.

Hong am Rèisleck, similar to the French Coq au Riesling, consists of browned chicken pieces simmered in white wine with vegetables, spices and mushrooms. Huesenziwwi or Civet de lièvre is a jugged hare dish served during the hunting season.

A Stutenkerl belongs to the Saint Nicholas tradition in the German-speaking countries. It is a pastry made of Stuten, sweet leavened dough, in the form of a man. Stutenkerl is available usually around Saint Nicholas' Day, December 6, but in parts of the Rhineland at Saint Martin's Day in November.

### **30. Macanese Cuisine**

Macanese cuisine is unique to Macau, and consists of a blend of southern Chinese and Portuguese cuisines, with significant influences from Southeast Asia and the Lusophone world.

Many unique dishes resulted from the spice blends that the wives of Portuguese sailors used in an attempt to replicate European dishes. Its ingredients and seasonings include those from Europe, Latin America, Africa, India, and Southeast Asia, as well as local Chinese ingredients.

Common cooking techniques include baking, grilling and roasting. The former, seldom seen in other styles of Chinese cooking, speaks to the eclectic nature of Macanese cooking. Macau is renowned for its flavour-blending culture, and modern Macanese cuisine may be considered a type of fusion cuisine.

Typically, Macanese food is seasoned with various spices including turmeric, coconut milk, cinnamon and bacalhau, giving special aromas and tastes. Famous dishes include Galinha à Africana (African chicken), Bacalhau (traditional Portuguese salt cod), Macanese chili shrimps, and stir-fried curry crab. Other dishes include pig's ear and papaya salad, and rabbit stewed in wine, cinnamon and star anise. Tapas are also an integral part of Macanese cuisine.

The most popular snack is the pork chop bun. The most popular desserts are ginger milk, egg tarts, and almond cake.

Minchee is a Macanese dish based on minced or ground meat. It is made with beef or pork and flavoured with molasses and soy sauce. Served with a fried egg on top.

### **31. Malaysian Cuisine**

Malaysian cuisine consists of cooking traditions and practices found in Malaysia, and reflects the multiethnic makeup of its population.

The vast majority of Malaysia's population can roughly be divided among three major ethnic groups: Malays, Chinese and Indians. The remainder consists of the indigenous peoples of Sabah and Sarawak in East Malaysia, the Orang Asli of Peninsular Malaysia, the Peranakan and Eurasian creole communities, as well as a significant number of foreign workers and expatriates.

As a result of historical migrations, colonisation by foreign powers, and its geographical position within its wider home region, Malaysia's culinary style in the present day is primarily a melange of traditions from its Malay, Chinese, Indian, Indonesian and ethnic Bornean citizens, with heavy to light influences from Thai, Portuguese, Dutch, and British cuisines, to name a few. This resulted in a symphony of flavours, making Malaysian cuisine highly complex and diverse.

Because Peninsular Malaysia shares a common history with Singapore, it is common to find versions of the same dish across both sides of the border regardless of place of origin, such as laksa and chicken rice.

Also because of their proximity, historic migrations and close ethnic and cultural kinship, Malaysia shares culinary ties with Indonesia, as both nations often share certain dishes, such as satay, rendang and sambal.

Nasi Dagang is a Malaysian dish consisting of rice steamed in coconut milk, fish curry and extra ingredients such as fried shaved coconut, hard-boiled eggs and vegetable pickles. Nasi Dagang literally means "Trading Rice". It is a well-known breakfast food.

Nasi Lemak is a Malay fragrant rice dish cooked in coconut milk and pandan leaf. It is commonly found in Malaysia, where it is considered the national dish.

## **32. Mexican Cuisine**

Mexican cuisine is primarily a fusion of indigenous Mesoamerican cooking with European, especially Spanish, elements added after the Spanish conquest of the Aztec Empire in the 16th century.

The basic staples remain native foods such as corn, beans and chili peppers, but the Europeans introduced a large number of other foods, the most important of which were meat from domesticated animals (beef, pork, chicken, goat and sheep), dairy products (especially cheese) and various herbs and much spices.

African and Asian influences were also introduced into the mixture during this era as a result of African slavery in New Spain and the Manila-Acapulco Galleons. Over the centuries, this resulted in various regional cuisines, based on local conditions such as those in Oaxaca, Veracruz and the Yucatán Peninsula. Mexican cuisine is closely tied to the culture, social structure and popular traditions of the country.

An average household would usually have 3 big meals a day. Breakfast being the heartiest one, takes place first thing in the morning, anytime between 7 and 10 am. After that comes lunch, also quite heavy, anywhere from 2 to 5 pm and dinner is commonly served around 7 pm.

During lunchtime, they tend to indulge in a 4 course meal. They start with a warm soup, followed by the carb choice of rice or pasta, a main dish that could normally be a stew composed of meat and veggies like potatoes, and then followed by a sweet note with a small dessert.

Dinner consists of a small meal or snack to help your body make it through the night. Some people believe that smaller nighttime meals is a healthier way to eat since your body doesn't need much energy to sleep.

### **33. Mongolian Cuisine**

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.

The most common rural dish is cooked mutton, often without any other ingredients. In the city, every other local displays a sign saying «buuz». Those are steamed dumplings filled with meat. Other types of dumplings are boiled in water (bansh, manti), or deep fried in mutton fat (khuushuur).

Other dishes combine the meat with rice or fresh noodles made 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).

Kumis is a fermented dairy product traditionally made from mare's milk. The drink remains important to the peoples of the Central Asian steppes, of Huno-Bulgar, Turkic and Mongol origin.

Mongolian Mary is a famous Mongolian dish that is quite popular as a cure for hangovers. It is made of pickled eyeballs of a sheep in tomato sauce. It's actually a traditional cure that dates back to the times of the Mongolian leader Genghis Kahn.

Kashk is a fermented food that is made from grain mixed with sour milk or yogurt. Then it is sun dried into a biscuit. They are usually eaten as a dessert and often are served with butter as well. They are very heavy and satisfying.

### **34. Nepalese Cuisine**

Nepalese cuisine refers to the food eaten in Nepal. Nepalese dishes are generally healthier than most other South Asian cuisine, relying less on using fats and more on chunky vegetables, lean meats, pickled ingredients and salads.

Whilst Nepal does take heavy influences from its closest geographical companions such as India, China and Tibet, this mountainous country only opened up its borders to outsiders in the 1950s. This factor, in addition to transport and trade difficulties Nepal's geographical setting, has maintained a focus on using locally grown produce.

Common ingredients found across Nepalese cuisine include lentils, potatoes (which are particularly popular within the Newar communities in the Himalayas and Pahar region), tomatoes, cumin, coriander, chilies, peppers, garlic and mustard oil.

Yoghurt, or dahi is popular across Nepal, and is eaten for its healthy attributes and adaptable nature, as it can be used as a side dish or as an ingredient in drinks (Lassi) and desserts (Sikarni). While establishing a group of foods that are distinctly Nepalese is no easy task, there are some dishes that are mainstays when visiting the culturally diverse Nepal.

Momo is a type of steamed bun with some form of filling. Momo has become a traditional delicacy in Nepal, Tibet and among Nepalese/Tibetan communities in Bhutan, as well as Sikkim state and Darjeeling district of India. It is one of the most popular fast foods in Nepal. Momos have also spread to other countries like United States (some parts), United Kingdom and India. A simple white-flour-and-water dough is generally preferred to make the outer momo covering. Meat, vegetables, cheese, mashed potato can be stuffed in momo.

### **35. Nicaraguan Cuisine**

It includes a mixture of indigenous cuisine, Spanish cuisine and Creole cuisine. Despite the blending and incorporation of pre-Columbian and Spanish-influenced cuisine, traditional cuisine differs on the Pacific coast from the Caribbean coast.

While the Pacific coast's main staple revolves around local fruits and corn, the Caribbean coast's cuisine makes use of seafood and coconut. As in many other Latin American countries, corn is a staple. It is used in many of the widely consumed dishes, such as nacatamal, and indio viejo. Corn is not only used in food; it is also an ingredient for drinks such as pinolillo and chicha as well as in sweets and desserts.

Other staples are rice and beans. Rice is eaten when corn is not, and beans are consumed as a cheap protein by the majority of Nicaraguans. It is common for rice and beans to be eaten as a breakfast dish. There are many meals including these two staples; one popular dish, gallo pinto, is often served as lunch, sometimes with eggs.

Nicaraguans do not limit their diet solely to corn, rice, and beans. Many Nicaraguans have small gardens of their own full of vegetables. From time to time, flowers are incorporated into their meals.

Commonly used ingredients (including fruits and vegetables) are jocote, grosella, mimbro, mango, papaya. Herbs such as culantro, oregano and achiote are also part of the cuisine.

Rondón is an Afro-Caribbean dish eaten in several Latin American countries that share a coast with the Caribbean Sea. It consists of a soup made up of different types of seafood (fish, crabs, small lobsters or shellfish), with coconut milk, plantain, vegetables, peppers and spices. It is a traditional dish in the Antilles, Colombia, Panama, Costa Rica, Nicaragua and Venezuela.

### **36. Polish Cuisine**

Polish cuisine is a style of cooking and food preparation originating in or widely popular in Poland. Meat is an important part of the Polish diet. Pork is the most popular meat, and the most commonly eaten meat dish is a fried, breaded pork cutlet served with thick sauce. Beef, ham, and sausage are also eaten regularly.

The meat stew called bigos is often called the national dish of Poland. Other famous Polish dishes are golabki (cabbage leaves stuffed with ground meat and rice) and golonka (fresh ham served with horse-radish). Poles also like to eat smoked and pickled fish, especially herring.

Most Polish meals start with one of Poland's many soups. These range from clear broth to thick soup so hearty it could be a meal in itself. The best known is the beet soup called borscht.

Czernina is a Polish soup made of duck blood and clear poultry broth. Sometimes known as «duck soup», hen, rabbit or pig blood can also be used. In English it can be called «duck blood soup».

Uszka is a type of small dumplings (a very small and twisted version of pierogi) usually filled with flavoursome wild forest mushrooms and/or minced meat. They are usually served with barszcz, though they can be eaten simply with melted butter and herbs sprinkled over.

Poles love desserts, especially cakes. Popular cakes include cheesecake, sponge cake, poppy seed cake, and a pound cake called babka. Special cakes are baked for feast days and weddings.

Popular beverages include coffee, tea, milk, buttermilk, and fruit syrup and water. However, vodka distilled from rye is known as the national drink.



### **37. Punjabi Cuisine**

Punjabi cuisine is associated with food from the Punjab region of India and Pakistan. This cuisine has a rich tradition of many distinct and local ways of cooking. One is a special form of tandoori cooking style that is now famous in other parts of India, United Kingdom, Canada and in many parts of the world.

The local cuisine of Punjab is heavily influenced by the agriculture and farming lifestyle prevalent from the times of the ancient Harappan Civilization. Locally grown staple foods form the major part of the local cuisine.

Distinctively Punjabi cuisine is known for its rich, buttery flavours along with the extensive vegetarian and meat dishes. Main dishes include Sarson da saag and makki di roti.

Basmati rice is the indigenous variety of Punjab and many varieties of rice dishes have been developed with this variety. The cooked rice is known as Chol in the Punjabi language. Many vegetable and meat based dishes are developed for this type of rice.

Baingan Bharta is a South Asian dish, that originated in Punjab, bearing a resemblance to baba ghanoush. Baingan bharta is a part of the national cuisines of India, Pakistan, and Bangladesh. Baingan Bharta is a vegetarian dish that is prepared by mincing eggplant that is grilled over charcoal or direct fire. This infuses the dish with a smoky flavour. The smoked and mashed eggplant is then mixed with cooked chopped tomato, browned onion, ginger, garlic, cumin, fresh coriander leaves, chili pepper, and mustard oil or a neutral vegetable oil.

Rumali Roti is a thin flatbread originating from the Indian subcontinent; popular in India and in Punjab, Pakistan. It is enjoyed with Tandoori dishes. The bread is usually made with a combination of whole and white wheat flours and best cooked on top of an inverted Indian wok (kadhai).

### **38. Serbian Cuisine**

The Serbian gastronomy is a strong mix of oriental, central European and local Balkan cuisines (such as Bosnia, Croatia, Montenegro, Slovenia, Macedonia), offering an overwhelming variety of meals. Serbs tend to eat lots of fast food, especially grilled for lunch, and pastry for any other meal. There is also a nice variety of seafood given it's close proximity to the Mediterranean coast (Adriatic sea). Serbian food is mainly heavy, with plenty of calories. Meat, pastry and local vegetables dominate in Serbian cuisine.

Sarma is basically ground beef and rice rolled into cabbage, greens or grapevine. In Serbia, the most popular is the cabbage sarma. Cabbage leaves are stuffed with the filling which are then baked, simmered, or steamed in a covered pot and generally eaten warm, often accompanied with a sauce. Some people prefer it with sour cream, while others like garlic with it.

Basically, this cabbage rolls are winter meal and they can be refrigerated in fridge, or preserved outside of fridge, for a few days. Also, there's a «lighter» summerish version of sarma or various Serbian recipes of sarma prepared in accordance to Orthodox Christian religious restrictions on using meat and animal fat during period of Lent.

The Vojvodina is located in the north part of the Republic of Serbia. In the history, due to its geographical position, the Vojvodina has been subject to a variety of cultural, traditional and other influences. Results of different cultures mixture through the history and people who have interfered in that territory you can find on every step, but the most are in Vojvodina's cuisine today.

Especially great influence on the Vojvodina's cuisine had the Germans arrival. Also, especially large impact on the Vojvodina's cuisine had a Serbian, Hungarian, Romanian and Slovakian cuisine, so no wonder why the tourists like to enjoy in the specific taste of Serbian cakes, Hungarian stew with onion and pepper, German steak.

### **39. Slovenian Cuisine**

Soups are a relatively recent invention in Slovenian cuisine, but there are over 100. Earlier there were various kinds of porridge, stew and one-pot meals. The most common soups without meat were lean and plain. A typical dish is aleluja, a soup made from turnip peels and a well-known dish during fasting. The most common meat soup is beef soup with noodles, which is often served on Sunday as part of a Sunday lunch (beef soup, fried potatoes, fried steak and lettuce). On feast days and holidays there is often a choice of beef noodle soup or creamy mushroom soup.

Pork is popular and common everywhere in Slovenia. Poultry is also often popular. There is a wide variety of meats in different parts of Slovenia. In White Carniola and the Slovenian Littoral mutton and goat are eaten. On St. Martin's Day people feast on roasted goose, duck, turkey, or chicken paired with red cabbage and mlinci.

Dandelion is popular as a salad ingredient in Slovenia and has been gathered in the fields for centuries. Even today dandelion and potato salad is highly valued. Since it can be picked only for a short time in early spring, much is made of it. Families go on dandelion picking expeditions, and pick enough for a whole week.

In the Middle Ages people ate acorns and other forest fruits, particularly in times of famine. Chestnuts were valued, and served as the basis for many outstanding dishes. Walnuts and hazelnuts are used in cakes and desserts. Wild strawberries, loganberries, blackberries, bilberries were a rich source of vitamins. Mushrooms have always been popular, and Slovenians liked picking and eating them. There are many varieties.

Honey was used to a considerable extent. Medenjaki, which come in different shapes are honey cakes, which are most commonly heart-shaped and are often used as gifts.

## 40. South Sudanese Cuisine

South Sudanese cuisine is unsophisticated. The staples are bread, pancakes and porridge made from corn, sorghum, maize and other grains. Look out in particular for kisra, a wide, flat bread made from fermented sorghum flour; gurassa, a thick corn bread; and brown wheat poshto.

A wide range of vegetables and pulses are available in the marketplace, many of them grown locally. In addition to potatoes, sweet potatoes, daal (lentils) and peas, you'll find bamia (okra), ful (mashed fava beans) and local specialities such as kudra (a leafy green vegetable rich in vitamins A and C), dodo (amaranth leaves), and pea leaves.

During mango season, you won't be able to move for sweet, ripe mangoes and will happily be able to gorge yourself on them at rock-bottom prices. The markets also sell juicy pineapples, papayas and oranges, apples, guava and avocados, although many of these are imported from neighbouring countries.

Many types of foods are fried in cow brain rather than cooking fat as it gives a distinctive flavour and vegetarians should be aware that this applies as much to vegetables and pulses as to fish and meat.

Meat (usually mutton or goat) is typically boiled or stewed, and it can be served with spices and peanut or sesame sauce to add flavour. Dried or smoked beef is often eaten with peanut or groundnut sauce and may be made into a stew with bamia. A small amount of chicken is included in the diet, whilst pork is rarer as it has to be imported.

Some communities eat fish from the rivers and swamps, and dried fish is often added to kajaik (a popular type of stew) or to aseeda (sorghum porridge) to give added flavour. A popular roadside snack is rolled eggs. There are relatively few desserts and sweets in South Sudan, although if you find them it is definitely worth trying the delicious, chewy macaroons made from peanuts.

## **41. Thai-isaan Cuisine**

The Northeastern area of Thailand is known as Isaan Province. It is surrounded by Laos to the North and East, Cambodia to the South, and Thailand to the West. Family gatherings are a huge part of the Isaan culture and food is always present. Meals are often leisurely periods of time to enjoy eating Thai food and times to socialize while eating an array of dishes. Sticky Rice is the staple and an abundant form of energy in Isaan.

Issan has developed a multitude of outstanding dishes that have become famous throughout the world. Thai Papaya Salad also known as Som Tam originates from Isaan and is now one of the most sought after Thai dishes around.

Meat salads like Larb Moo and Nam Tok Moo are hugely popular as well. Grilled meats are marinated before being char-broiled to maximize sensational flavor. Fish are often coated with a thick layer of salt before being grilled in order to retain natural moisture and add flavor.

Most Isaan dishes served with sticky rice and are characterized by fiery chilies, strong fish sauces, sour bites, and flavorful saucy mixtures. Many dishes are prepared as salads with a spicy and sour (also fishy) sauce, convenient to be used as dipping sauces for balls of sticky rice.

Pad Thai is a stir-fried rice noodle dish commonly served as a street food and at casual local eateries in Thailand. It is made with soaked dried rice noodles, which are stir-fried with eggs and chopped firm tofu, and flavored with tamarind pulp, fish sauce, dried shrimp, garlic or shallots, red chili pepper and palm sugar, and served with lime wedges and often chopped roast peanuts. It may also contain other vegetables like bean sprouts, garlic chives, coriander leaves, pickled radishes or turnips, and raw banana flowers. It may also contain fresh shrimp, crab, chicken or another protein. Vegetarian versions may substitute soy sauce for the fish sauce and omit the shrimp.

## 42. Tunisian Cuisine

Tunisian cuisine, the cuisine of Tunisia, is a blend of Mediterranean and desert dwellers' culinary traditions. Its distinctive spicy fieriness comes from the many civilizations which have ruled the land now known as Tunisia: Romans, Vandals, Byzantines, Arabs, Spanish, Turkish, Italians, French, and the native Punic-Berber people.

Many of the cooking styles and utensils began to take shape when the ancient tribes were nomads. Nomadic people were limited in their cooking implements by what pots and pans they could carry with them.

The Tunisian tagine, is very different from the Moroccan dish. It is a type of a pie dish, made out of eggs, meat and vegetables, similar to the Italian frittata or the eggah.

The openness to trade and tourism also brought international cuisines, like the Chinese, Indian, Japanese cuisine, or fast-food. Moreover, the intensification of commercial exchange with Europe and the rest of the world, made certain uncommon products available, which in turn allowed locals to experiment with other cuisines.

Like all countries in the Mediterranean basin, Tunisia offers a «sun cuisine», based mainly on olive oil, spices, tomatoes, seafood and meat.

Kamounia is a beef and liver stew prepared with cumin. Kamounia is a part of Egyptian cuisine and Tunisian cuisine. Broth, garlic, olive oil and parsley can be also added as additional ingredients.

Lablabi is a Tunisian dish based on chickpeas in a thin garlic and cumin-flavored soup served over small pieces of stale crusty bread.

Assidat Zgougou is a Tunisian dessert often prepared to celebrate the Mūled. It was originally made out of honey, smen and semolina.

### **43. Uruguayan Cuisine**

The Cuisine from Uruguay is a fusion of Indigenous Charruan cuisine and the cuisines of several European countries, with a particular emphasis on Mediterranean food from Spain, Italy, Portugal and France. Other possible influences on the cuisine may result from immigration from countries such as Germany and Britain. The food is very similar to Argentine cuisine.

The base of the country's diet is meat and animal products, mostly coming from beef but also chicken, lamb, pig and sometimes fish.

Uruguayan gastronomy came from immigration, and surprisingly did not come from the Amerindians, because the new colonies did not trust the natives. The preferred cooking methods for meats and vegetables are still boiling and roasting, but with modernization also came frying.

Meanwhile, wheat and fruit comes mostly fried (torta frita and pasteles), comfited (rapadura and ticholos de banana) and sometimes baked (rosca de chicharrones), which is a new modern style.

Although Uruguay has exuberant flora and fauna, with the exception of yerba mate, the rest of it is mostly still unused. Consumption of fresh fruit is rare, and when fruit is eaten, it is not from locally grown areas.

Uruguayan food always comes with fresh bread; bizcochos and tortas fritas are a must for drinking with mate. Mate is a traditional South American caffeine-rich infused drink. It is prepared by steeping dried leaves of yerba mate in hot water and is served with a metal straw from a shared hollow calabash gourd.

Alfajor is two round, sweet biscuits made of wheat flour or cornstarch joined together with dulce de leche, and optionally coated with powder sugar. More modern «industrial» varieties in Chile, Uruguay, and Argentina, are coated with dark or white chocolate, or simply covered with powdered sugar. These are also known as a Chilean Oreo.

#### **44. Uzbek Cuisine**

Uzbek cuisine is influenced by local agriculture. There is a great deal of grain farming in Uzbekistan, so breads and noodles are of importance. Mutton is a popular variety of meat due to the abundance of sheep in the country and it is a part of various Uzbek dishes.

Uzbekistan's signature dish is palov, a main course typically made with rice, pieces of meat, grated carrots and onions. It is usually cooked in a kazan (or deghi) over an open fire; chickpeas, raisins, barberries, or fruit may be added for variation.

Palov is made on special occasions by the oshpaz, or the osh master chef, who cooks the national dish over an open flame, sometimes serving up to 1,000 people from a single cauldron on holidays or occasions such as weddings. Oshi nahor, or «morning plov», is served in the early morning to large gatherings of guests, typically as part of an ongoing wedding celebration.

Other notable national dishes include: shurpa, a soup made of large pieces of fatty meat (usually mutton) and fresh vegetables; norin and lagman, noodle-based dishes that may be served as a soup or a main course; manti, chuchvara, and somsa, stuffed pockets of dough served as an appetizer or a main course; dimlama (a meat and vegetable stew) and various kebabs, usually served as a main course.

Green tea is the national hot beverage taken throughout the day; teahouses (chaikhanas) are of cultural importance. The more usual black tea is preferred in Tashkent. Both are typically taken without milk or sugar. Tea always accompanies a meal, but it is also a drink of hospitality, automatically offered green or black to every guest. Ayran, a chilled yogurt drink, is popular in the summer, but does not replace hot tea.

The use of alcohol is less widespread than in the west, but wine is comparatively popular for a Muslim nation as Uzbekistan is largely secular.



## 45. Welsh Cuisine

Dishes such as cawl, Welsh rarebit, laverbread, Welsh cakes, bara brith and the Glamorgan sausage have all been regarded as symbols of Welsh food.

Originally made from broth of meat and vegetables, cawl is a traditional Welsh soup and can be served with plain oatmeal dumplings or currant dumplings also known as trollies. Traditionally, it is eaten with a carved wooden spoon and wooden bowl.

There is some variation in dishes around Wales, but the most pronounced difference is in the Gower Peninsula, an isolated rural area which was heavily influenced by Somerset and Devon. There the dishes created included whitepot and often incorporated pumpkin.

Welsh cuisine grew largely from the lives of the Welsh working folk, such as farmers, shepherds, and peasants, as these Welsh working people tended to be more isolated from outside culinary influences.

Welsh Celts and their more recent Welsh descendants originally practiced transhumance, moving their cattle to higher elevations in the summer and back to their home base in the winter. Once they settled to homesteads, a family would have generally eaten meat from a pig primarily, keeping a cow for dairy products. Vegetables beyond cabbages and leeks were rare.

In Wales, beef and dairy cattle are raised widely. Sheep farming, however, is extensive in the country, and lamb is the meat traditionally associated with Wales. Other important produce includes seafood – especially close to the coast, where fishing culture is strong and fisheries are common. This is exemplified by the use of cockles and laverbread in Welsh cuisine. The leek, the country's national vegetable, is also used frequently in Welsh cuisine. Since the 1970s, the rise of the gastropub and high-end restaurants has given Wales five Michelin-starred restaurants.

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