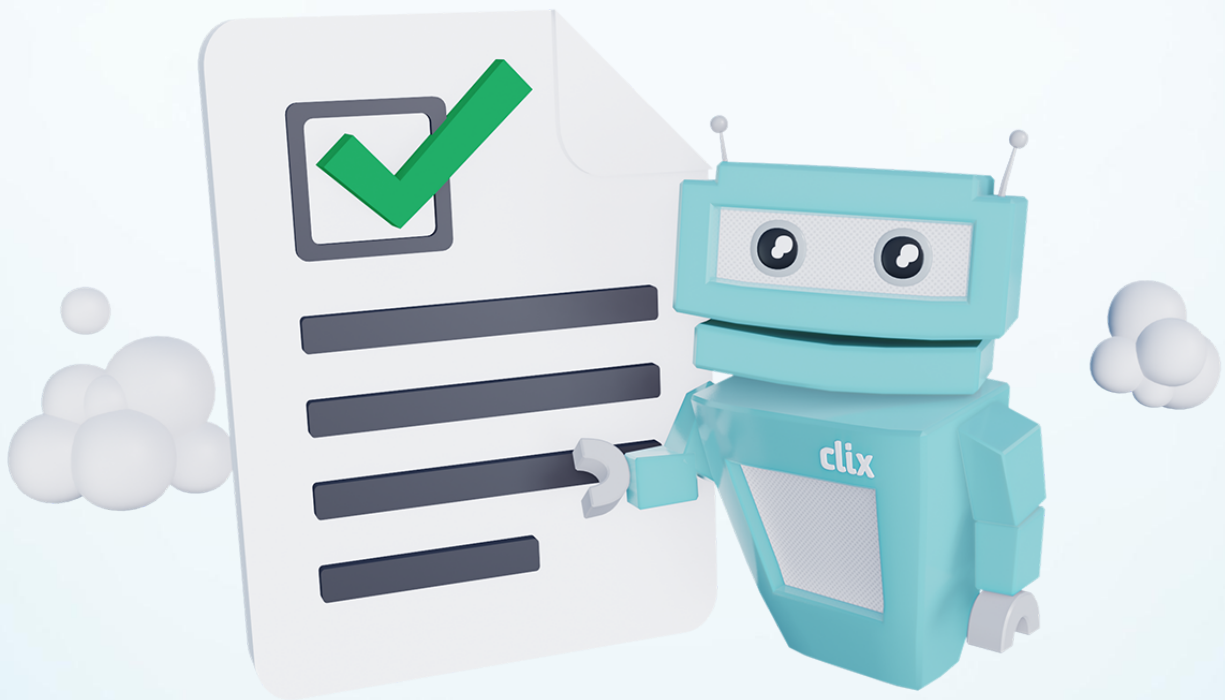


# Home Ec

Research tips: Task 3: Culture



## What is a cuisine?

According to: <https://www.britannica.com/topic/cuisine>

Cuisine is defined as: the foods and methods of preparation traditional to a region or population.

According to: <https://www.collinsdictionary.com/dictionary/english/cuisine>

The cuisine of a country or district is the style of cooking that is characteristic of that place.

## Italy

- **Staple Foods**

Pizza, pasta, focaccia bread, Italian cheese, tomatoes, olives, basil, parma ham, polenta.

- **Flavours and cooking**

*Flavours/Foods:* Olive oil, basil (pesto), tomato, cheeses, dry-cured meats, balsamic vinegar, oregano, porcini mushrooms.

*Cooking Techniques:* **Alla Bolognese:** This refers to the way in which a meat-based tomato and vegetable sauce that is cooked for several hours over low heat.

**Al Dente:** 'To the teeth' is the literal meaning of al dente which refers to a way of cooking pasta. This means when you bite it, it feels firm to the teeth and not soft.

- **Popular starters**

Bruschetta, caprese salad, garlic bread, pancetta-wrapped halloumi fries with smoky chilli tomato relish, tomato & burrata salad with basil oil, crostini, stuffed mushrooms, antipasto platter, chicken Florentine flatbread, Tuscan truffles, arancini balls, minestrone, ribollita (soup), panzanella (salad).

- **Popular main courses**

Risotto, pizza, pasta dishes, gnocchi, lasagne, ribollita, tortelli, ravioli, Fiorentina steak, carbonara, canederli (dumplings), tagliatelle ai funghi.

- **Popular desserts**

Gelato, tiramisu, creme caramel, creme anglaise, semifreddo (meringue), crostata (fruit-filled pastry), savoiardi (sweet sponge biscuits), ciambella (lemon cake), torrone (Italian nougat).

- **Helpful links**

<https://www.hotelmousai.com/blog/dining/top-10-traditional-foods-in-italy/>

<https://yourstory.com/mystory/8926a21d4d-do-you-know-these-10-italian-cooking-methods->

<https://www.masterclass.com/articles/guide-to-italian-ingredients-and-recipes>

## Thailand

- **Staple Foods**

Jasmine brown rice, cha tra meu tea, coconut milk, coconut sugar, evaporated milk, garam sala (spice), garlic, noodles, chilli, fish sauce, peanuts, egg plant, bamboo shoots.

- **Flavours and cooking techniques**

*Flavours/ Foods:*

**Salty** - fish sauce, shrimp paste, soya sauce

**Spicy** - chillies, pepper

**Sour** - lime, tamarind(fruit), green mango, papaya

**Sweet** - palm sugar, fruits, lemongrass

*Cooking Techniques:*

Stir-frying 'Pad', stewing 'Toon', steaming 'Neung', deep frying 'Tod', grilling 'Yang'.

- **Popular starters**

Tom yum soup, Thai chicken lettuce boats, chicken satay skewers, fresh spring rolls, Thai corn fritters, Coconut shrimp with Thai chilli ginger sauce, Tod Mun Pla (fish cakes), Miang Kham (shrimp salad), Thai beef salad.

- **Popular main courses**

Stirfrys, Pad thai, Massaman curry, red curry, green curry, Thai basil shrimp curry, Suki (noodle dish), Thai rice noodle salad, Thai prawn curry, yam naem sot (pork salad), Thai pandan chicken, pla muek yang (shrimp dish), chicken/ duck pad prik (stirfry).

- **Popular desserts**

Kluai thot (deep-fried banana), Khao Niaow Ma Muang (mango sticky rice), Khao Lam (bamboo sticky rice), Khao Tom Mud (banana in sticky rice), Pa Thong Ko (donuts).

- **Helpful links**

<https://siam.recipes/blogs/news/thai-cooking-techniques>

<https://rosasthai.com/thai-tips/four-essential-flavours-thai-cuisine>

<https://www.willflyforfood.net/thai-desserts/>

## China

- **Staple foods**

Rice, eggs, noodles, tofu, Chinese eggplant, white radishes, onion, soybean sprouts, green beans, carrots, ginger, spring onion.

- **Flavours and cooking techniques**

*Flavours/ Foods:*

**Spicy** - sichuan spice

**Salty** - picket vegetables

**Sweet** - sugar, honey, jams

**Sour** - vinegar

*Cooking Techniques:*

Boiling, stir-frying, roasting, braising, deep-frying, steaming

- **Popular starters**

Crispy aromatic duck, BBQ spare ribs, satay chicken, salt & chilli chicken/prawns/wings, beef dumplings, won ton soup, crab meat & sweetcorn soup, hoisin duck spring rolls.

- **Popular main courses**

Curries, chow mein noodles, chicken/ beef fried rice, sweet & sour chicken, cantonese chicken, chicken/beef/king prawns in a black bean sauce, szechuan chicken/beef, kungpoa chicken, chicken with cashew nuts, salt & chilli shredded chicken, duck in plum sauce, steamed seabass in a ginger & spring onion sauce.

- **Popular desserts**

**Soya milk pudding, pineapple tarts, bubble tea, almond cookies, mung bean cake, fa gao (fortune cake), red bean buns, almond jelly.**

- **Useful links**

<https://www.orientalmart.co.uk/blog/cooking-methods-chinese-cuisine>

<https://insanelygoodrecipes.com/chinese-desserts/>

<https://www.chinahighlights.com/travelguide/chinese-food/food-flavors.htm#:~:text=%22The%205%20Flavors%22%20%E2%80%94%20a,sour%2C%20sweet%2C%20and%20bitter.>