

A World Atlas of Food

Kate Heyhoe

Illustration Credits

Bill Smith Studio

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Send all inquiries to:

Glencoe/McGraw-Hill
21600 Oxnard Street, Suite 500
Woodland Hills, CA 91367

ISBN 0-07-861652-2

Printed in the United States of America

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Teaching with *A World Atlas of Food*

Often in the past, studying world foods has meant focusing only on several selected cuisines. That has worked well, but today a broader approach may be even better. Educators are well aware that many students have limited knowledge of geography. What better way to help them build their geography skills than by studying world foods. With the tools in this booklet, you can introduce your students to global foods in a way that's fresh and motivating—and clearly linked to the academic area of social studies.

Organization of the Booklet

A World Atlas of Food divides the world into eight geographic areas. Each of these is represented by a section in the booklet. Because the entire world is covered with this structure, students are encouraged to learn about foodways the world over. The materials in each section of the booklet include all of the following:

- **Map and Introduction.** A basic map orients students to the area of the world covered.
- **Map Investigation.** This handout has questions about geography for students to answer. Additional reference maps will be needed for finding answers.
- **Article About the Area.** This article gives general information about the area of the world covered in the section.
- **Reading Check & Applications.** This handout provides questions about the article for students to answer. Activity ideas are also included.
- **Culinary Connections.** Each section in *A World Atlas of Food* has several of these articles. They focus on how a particular food is used in different nations. The articles touch on social studies, nutrition, history, and geography. They show how recipes and their ingredients link some cultures, yet they also show how distinct some ingredients and recipes have remained. A follow-up question or activity accompanies each article.
- **Recipes.** A recipe follows each “Culinary Connections” article, providing an example of how the food is used in the area of the world covered.
- **Extended Learning.** To complete the study of a section, this page provides ideas for further exploration.

In the front of this booklet, you will find several items to use during the course. They include a basic map of the world, a recipe worksheet for students to use when preparing recipes, and an idea for an International Foods Day. A list of countries in the world and a recipe index are other handy tools.

Making Use of Maps

Although *A World Atlas of Food* includes maps for quick and general reference, you will want to provide others with additional detail. Students might like to find maps and geographic information on the Internet. A world globe would be useful and might be borrowed temporarily from the Social Studies Department in your school.

When starting each section, review maps to identify the area. Note the topography, climate, seasonal changes, and special geographic features, such as waterways, lakes, coastline, terrain, and natural resources. By exploring these features, students can better understand what crops and livestock are raised in a region. Encourage students to extend what can be seen on maps to the way a country's foods, customs, economy, and history have developed. For example, a lack of resources may contribute to how a country's trade and alliances developed. Levels of wealth and poverty may also be impacted.

Compare regions based on latitude. For example, parallel 33 runs through (or near) Marrakech, Morocco; Baghdad, Iraq; San Diego, California; and Shanghai, China. Ask students how foods and crops are similar in countries that lie on the same degree of latitude. If there are differences, what caused them? Has this impacted the way the same foods are prepared?

Using the Recipes

Recipes spin off from the “Culinary Connections” to show how the food discussed is used in a recipe common to a particular nation. All of the recipes have these additional features:

- Recipes are inviting, appealing, and tasty.
- They accurately represent the country or region.
- Recipes can be prepared either at home or in a lab situation in a relatively short time.
- They can be prepared within a reasonable budget.

Further Exploration

A World Atlas of Food can be a springboard to curiosity about the world. Through additional exploration, students can delve into specific subjects of interest. A more extensive look at history, for example, can reveal how a culture and its foodways developed. Students might learn more about transportation, invasions, border changes, self-sufficiency, and a country’s natural wealth. Famines, cataclysmic natural events, wars, inventions, and politics are just some of the topics students might want to explore and discuss. They may wish to talk about social and economic issues that are raised through their studies.

As students use the materials in this booklet and more, they will build insights. For example, a food that seems unappetizing can be seen as fitting for people in another part of the world after social and geographic perspectives are examined. Through a study of world foods, students have much to gain, including the following:

- World-wide understanding of foods.
- Greater knowledge of geography.
- Increased understanding of diverse cultures and customs.
- Interest in exploring global cultures through travel.
- A desire to learn more through media and other resources.
- Improved critical thinking skills as students analyze foodways and what impacts them.

No single book or course could hope to cover all the foodways of the world, but this is a place to start. By introducing students to foods from a truly global perspective, you give them the tools they need to put new information into a meaningful framework.

For the Student

A World Atlas of Food

Discovering the World Through Food

What better way to learn more about the world than through food. That's the purpose of the materials introduced to you here. Through a series of handouts supplied by your teacher, you will study foods under a worldwide geographic framework.

For your study, the world has been divided into eight areas. These are the materials that will guide your exploration in each area:

- **Map and Introduction.** Use this basic map to become familiar with the area of the world covered.
- **Map Investigation.** Answer the geography questions on this handout. You will need additional reference maps to find some answers.
- **Article About the Area.** Read this article about whichever area of the world you're studying. It will help you become more familiar with the area and general food characteristics.
- **Reading Check & Applications.** Answer the questions on this handout after reading the article. Your teacher may also assign activities on the handout.
- **Culinary Connections.** Read this article to learn how a particular food is used in different countries. You may read several of these articles when studying an area of the world.
- **Recipes.** Study the recipe that goes with each "Culinary Connections" article. The recipe provides an example of how the food is used in the area of the world you're studying. You may be asked to read and discuss the recipe and possibly prepare the dish for sampling.

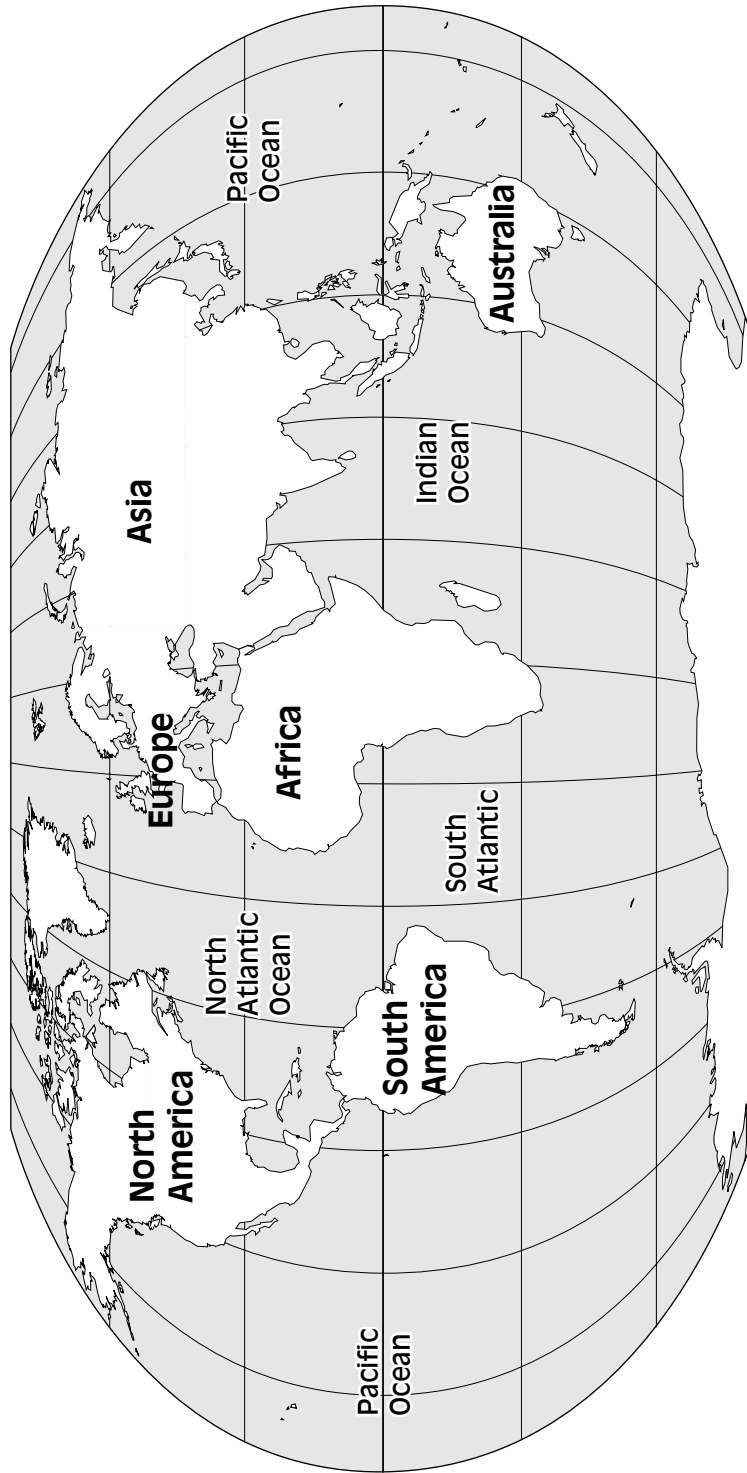
Thanks to restaurants today, you might know more about what a person from Mexico, China, or Greece eats than you do about the country itself. While you study world foods in this class, use the opportunity to learn more about the areas where the foods are eaten. Locate countries on the map. Learn how geographic features impact what is eaten. Read about cultures and customs. Check out topics like these to expand your knowledge: transportation, invasions, border changes, a country's natural wealth, famines, cataclysmic natural events, wars, inventions, and politics. You might like to talk about social and economic issues that come up during your exploration.

To assist your study, a wide variety of media can provide both entertainment and insight. You might consult print, on-line, film, and video resources like these:

- Cookbooks
- Travel guides
- Cooking and travel magazines
- Newspaper food-and-travel sections
- Web sites
- Tourism departments and publications
- Almanacs, atlases, and encyclopedias
- The CIA World Factbook
- Televised series and specials
- Films shot on location, including foreign films

Sharing food has traditionally been the first bridge comfortably crossed between people of different cultures. From ancient times to today, food has been instrumental in breaking down barriers and opening up pathways to other forms of exchange, such as science, tools, language, and the arts. Just like the many people who have gone before you, you can build bridges of understanding as you learn about foods and the cultures that claim them.

Map of the World



Countries of the World

The world includes countries that may be unfamiliar to you. Use this list to learn about them. Locate them on maps as you study the different areas of the world.

SECTION 1 The United States & Canada

United States

Areas of the United States:

- Hawaii
- Northeast
- Northwest
(including Alaska)
- Midwest
- South
- Southwest
- West

Canada

Provinces in Canada:

- Alberta
- British Columbia
- Manitoba
- New Brunswick
- Newfoundland
- Nova Scotia
- Ontario
- Prince Edward Island
- Quebec
- Saskatchewan

Canadian Territories:

- Northwest, Yukon, and
Nunavut

SECTION 2 Latin America & the Caribbean

Mexico

Central American Countries

- Belize
- Costa Rica
- El Salvador
- Guatemala
- Honduras
- Nicaragua
- Panama

South American Countries

- Argentina
- Bolivia
- Brazil
- Chile
- Colombia
- Ecuador
- French Guiana
- Guyana
- Paraguay
- Peru
- Suriname
- Uruguay
- Venezuela

Caribbean Countries

- Antigua
- Barbuda
- Barbados
- Bahamas
- Cuba
- Dominica
- Dominican Republic
- Grenada
- Haiti
- Hispaniola
- Jamaica
- Puerto Rico
- St. Kitts-Nevis
- St. Lucia
- St. Vincent and the
Grenadines
- Tobago
- Trinidad

SECTION 3 Western & Northern Europe

Western European Countries

- Austria
- Belgium
- France
- Germany

- Liechtenstein
- Luxembourg
- Netherlands
- Republic of Ireland
- Switzerland
- United Kingdom
 - England
 - Northern Ireland
 - Scotland
 - Wales

Northern Europe Countries (Scandinavia)

- Denmark
- Finland
- Iceland
- Norway
- Sweden

SECTION 4 Southern Europe Mediterranean Countries

- Andorra
- Cyprus
- Greece
- Italy
- Malta
- Monaco
- Portugal
- San Marino
- Spain
- Vatican City

SECTION 5 Eastern Europe & Russia Eastern European Countries

- Albania
- Bosnia-Herzegovina
- Bulgaria
- Croatia
- Czech Republic
- Estonia

Countries of the World (*continued*)

Hungary
Latvia
Lithuania
Macedonia
Poland
Romania
Slovakia
Slovenia
Yugoslavia

Russia

European Russia
Far Eastern Russia
Siberia

The Independent Republics

Armenia
Azerbaijan
Belarus
Georgia
Kazakhstan
Kyrgyzstan
Moldova
Tajikistan
Turkmenistan
Ukraine
Uzbekistan

SECTION 6

Southwest Asia & Africa

Southwest Asian Countries

Afghanistan
Bahrain
Iran
Iraq
Israel
Jordan
Kuwait
Lebanon
Oman
Qatar
Saudi Arabia
Syria
Turkey
United Arab Emirates
Yemen

North African Countries

Algeria
Egypt
Libya
Morocco
Tunisia

Countries of Sub-Saharan Africa

Angola
Benin
Botswana
Burkina Faso
Burundi
Cameroon
Cape Verde Islands
Central African Republic
Chad
Comoros
Congo
Congo, Democratic Republic of
Côte d'Ivoire
Djibouti
Equatorial Guinea
Eritrea
Ethiopia
Gabon
Gambia
Ghana
Guinea
Guinea-Bissau
Kenya
Lesotho
Liberia
Madagascar
Malawi
Mali
Mauritania
Mauritius
Mozambique
Namibia
Niger
Nigeria
Rwanda
São Tomé and Príncipe
Senegal
Seychelles
Sierra Leone
Somalia
South Africa
Sudan
Swaziland
Tanzania
Togo
Uganda
Zambia
Zimbabwe

SECTION 7

South & Eastern Asia

South Asian Countries

Bangladesh
Bhutan
India
Maldives
Nepal
Pakistan
Sri Lanka

East Asian Countries

China
Hong Kong
Japan
Macao
Mongolia
North Korea
South Korea
Taiwan

Southeast Asian Countries

Brunei
Cambodia
Indonesia
Laos
Malaysia
Myanmar
Philippines
Singapore
Thailand
Vietnam

SECTION 8

Australia & Oceania

Australia
Federated States of Micronesia
Fiji
Kiribati
Marshall Islands
Nauru
New Zealand
Palau
Papua New Guinea
Samoa
Solomon Islands
Tonga
Tuvalu
Vanuatu

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- Salami & Bean Salad (97)

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- Raisin Scones (71)
- Spring Onion Pancakes (163)

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A World Atlas of Food

Recipe Worksheet

Names of Lab Partners _____

Name of Recipe _____

Planning the Lab

1. List the equipment you need in order to prepare this recipe.

2. On separate paper, make a work plan for preparing this recipe in the foods lab. You will need to list all tasks, the amount of time needed to do each one, and the time to start each task. Then put your list in time order and assign tasks.

Questions About the Recipe

1. How does this recipe reflect the food traditions of its native country or region?

2. How would you rate the nutritional value of this dish? Why?

Lab Evaluation Questions

After preparing the recipe, evaluate the results by responding to the following items:

1. Describe and evaluate the aroma of the product.

2. Describe and evaluate the appearance of the product.

3. Describe and evaluate the texture of the product. Was it appropriate for the dish?

4. Describe and evaluate the taste of the food.

5. What changes would you make in the recipe? Why?

6. List any difficulties you had in preparing the recipe.

7. How would you solve the problem(s) when making the dish again?

An international foods day, whether it's a classroom event, a school lunchtime program, or a community fair, can provide opportunities to prepare and sample representative dishes from all over the world.

Project Purpose

To prepare and sample foods from many parts of the world.

Resources

- Internet and other information sources that focus on ethnic foods
- Ethnic cookbooks
- Community resources (restaurants, cultural centers, and individuals)

Materials

- Recipes
- Recipe ingredients
- Food preparation equipment
- Tables and chairs
- Serving and eating dishes and utensils
- Tablecloths and napkins
- Decorations, as needed
- Invitations or poster board for signs
- Markers
- Labels

Procedure

1. As a class, decide on the scope of your project. Will you invite other students, teachers, grade school students, family members, or members of your community to attend? What activities or extras will the event include? Here are some possibilities:
 - Booths serving foods from different countries
 - Music playing at each booth
 - Servers wearing native costumes
 - Posters and other decorations
 - Information for display about the country or area of the world
 - Demonstrations and activities, such as folk dances and crafts
2. With your teacher's help, set a date, time, and location for your event. Allow at least a month to get ready. The larger the event, the more time you will need to plan and prepare.
3. As a class, make a list of what needs to be done.

(Continued on next page)

International Foods Day Project (*continued*) 

4. Form one or more committees to handle overall tasks. The list of tasks to be done may include the following:

General Responsibilities for Committees

- Determine tasks for each committee member.
 - Set a schedule so that everything will get done on time.
 - Arrange for a location.
 - Set a budget.
 - Advertise the event.
 - Gather equipment, such as tables and chairs.
 - Keep a list of borrowed items and label each item with the owner's name.
 - Set up booths.
 - Tear down booths and clean up after the event.
 - Return borrowed items.
 - Write thank-you notes.
5. Form committees to manage the presentation for each country or world area to be represented. If separate booths will be set up, include a poster with the name of the country and a list of the dishes served. Have a label for each type of food so the people who visit the booths can identify the different dishes. Your list of committee responsibilities may include the following:

Responsibilities for Committees Handling Countries

- Determine tasks for each committee member.
 - Set a schedule so that everything will get done on time.
 - Research foods and find recipes.
 - Make arrangements for costumes, music, entertainment, and decorations, as needed.
 - Obtain necessary food-preparation and serving equipment.
 - Make a shopping list and purchase ingredients.
 - Prepare foods.
 - Serve foods at the booths.
 - Clean up.
6. Contact people in the community for help. For example, perhaps local ethnic restaurants would be willing to donate some foods or recipes. Embassies and tourist bureaus may be able to help with ideas or posters. Foreign language and social studies teachers may have suggestions.
 7. Set up and carry out the event. When preparing and serving the foods, remember to follow proper sanitation procedures. Be sure you have a way to keep hot foods hot and cold foods cold.
 8. Follow up the event with an evaluation. Discuss in class what worked well and what problems were encountered. What would you do differently if holding the same event?

Section 1

United States & Canada

Map of the United States & Canada

Directions: Study the map below and then answer the “Map Investigation” questions that follow. Use geography books and other reference maps as needed.

It’s hard to believe that the giant continent of North America consists of just three countries: the United States, Canada, and Mexico. Canada is the world’s second largest country after Russia, followed by the U.S. and China.

When it comes to food, the countries in North America may have as many cooking styles as found on all the continents of Europe, Africa, and Asia—largely because available resources are so diverse and the

numerous settlers in North America came from every part of the planet.

In this section, you’ll explore foods of the United States and Canada. As the map shows, these two countries are neighbors with a lengthy shared border. Alaska and Hawaii are two states that are geographically separated from the rest of the United States. Canada is divided into ten provinces and three territories.



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Section 1

United States & Canada

Map Investigation

1. Examine a detailed map of the United States. What points are farthest east and west? What points are farthest north and south?

2. What states have coastlines on the Gulf of Mexico? How does this closeness to coastline affect the climate and types of regional dishes served?

3. What is the Mason-Dixon line? Where is it located and why is it significant?

4. Where is the Hudson Bay? What provinces border it? What was the main business of the Hudson's Bay Company?

5. State nicknames often suggest or refer to the climate, crops, flora, fauna, or geographical features of the states. Which states correspond to the following nicknames: a) Grand Canyon State; b) Sunshine State; c) Prairie State; d) Pelican State; e) Cornhusker State; f) Beehive State? Locate them on a map.

Section 1**United States & Canada**

Flavors of the United States & Canada

Directions: Read this article and then answer the “Reading Check” questions that follow. Complete the “Application Activities” as directed by your teacher.

Canada and the United States together include almost every climate and terrain imaginable. Some areas are so cold and frozen that people live mainly by hunting and preserving food, while other regions are sunny, fertile, and rich enough to provide fresh fruits, vegetables, and cereals to many nations around the world. The immense span of territory yields grains and livestock in the Midwestern plains, seafood along the coasts, fish from lakes and rivers, and orchards and fields of produce in temperate valleys. Because of the influence of the continent’s many immigrants, these same foods may be prepared in very different ways.

Native Americans

Before the United States and Canada were established as nations, Native Americans lived off the land as hunters, gatherers, and farmers. They taught the early settlers much about feeding themselves in this unfamiliar territory.

In the Great Lakes region of both countries, Native Americans harvested wild rice, which is actually not rice at all but the seeds of a nutritious grass. In Louisiana, the Choctaw Indians taught newcomers how to thicken soups, gumbos, and stews with filé powder (a spice that comes from sassafras leaves). Native Americans in Alaska and the frigid Pacific coast of Canada survived in bitter cold winters by whaling; trapping fish and such animals as wolves, caribou, and foxes; and by preserving meats by freezing or drying them. Besides food, the animals’ fur, fat, and bones provided shelter, fuel (made from fat), clothing, tools, and weapons. Arctic hare, bird eggs, ducks, and berries were also eaten in non-winter months. Native Americans taught the colonists about the Three Sisters, a highly productive method of growing corn, beans, and squash together. These native crops were unknown to the colonists but immediately became critical to their survival.

The United States

Despite its relatively short national history, the United States has developed its own set of unique regional cuisines, and recent arrivals continue to make culturally diverse contributions. When new immigrants arrive, they usually cook and eat pretty much the same way as they did in their homelands.

Over time, the flavors and ingredients begin to mix with mainstream tastes and local ingredients. As a result, new dishes are formed that differ from both their ethnic origins and existing foods and flavors. A dish of chow mein in Chicago, for instance, tastes far different from its counterpart in Beijing.

The continental U.S. can be divided into geographical regions, broadly based on common natural features and terrain as well as shared cultural influences. These are the Northeast, Midwest, South, Southwest, and West. Alaska and Hawaii have their own unique physical and cultural identities, and each is as different from the other in food as they are to the mainland.

The Northeast

The coastal Northeast was home to the first permanent European settlers. The area is characterized by traditional European dishes; shellfish, cod, and other seafood; and the native foods typically served at Thanksgiving, including turkey, corn, cranberries, beans, squash, and pumpkins. Traders introduced molasses (a by-product of sugar production) from the Caribbean, and it became a standard ingredient in baked beans and Boston’s steamed brown bread. Europeans imported a variety of apples, which produced fruit for cider, pies, main dishes, and cobblers. The Germans who settled in Pennsylvania in the seventeenth century focused on farming, raising pork, and baked goods, for which the region is still famous today.

New York was first settled by the Dutch and later became a landing point for other Europeans. Tight-knit communities of Jewish immigrants from

(Continued on next page)

Flavors of the United States & Canada (*continued*)

Russia and Eastern Europe as well as Irish, Italian, and Chinese immigrants created their own distinct neighborhoods in New York City. More recent arrivals from the Caribbean, Latin America, and Southeast Asia have also formed their own polarized communities. They've all helped make New York rich in dishes from every part of the planet and become part of the great melting pot that is the United States.

The Midwest

The flat and fertile Midwest yields corn, wheat, and other grains, bountiful vegetables, chickens and eggs, hogs, cattle, and dairy products. Known to be hearty but simple, Midwestern cooking was influenced by German and other European immigrants and by Southerners who came to farm the fertile Mississippi and Ohio River valleys after the Civil War.

Also known as the Heartland, this region specializes in beef, pork, sausage, bread, and cheese. Kansas City is famous for its barbecue, while Wisconsin is known as "the cheese state" and heralds the dairy cow as its official domesticated animal. The Great Lakes, shared by the United States and Canada, constitute the largest continuous mass of fresh water in the world, yielding plentiful catches of lake trout, salmon, walleye, perch, white fish, smallmouth bass, steelhead, and brown trout, among other species.

The South

Native Americans introduced beans and corn to Southern settlers too, but regional dishes here were also influenced by African slaves, climate, and terrain. The warmer climate meant Southerners could grow rice and cotton, crops that brought wealth to English and French landowners. The African slave trade introduced new crops to the South, including peanuts, watermelon, black-eyed peas, and okra. In the North, seafood chowders and stews are typically served with potatoes or wheat breads. Rice, however, is the grain that Southern cooks prefer to serve with gumbo or other stews. Rice is also combined with beans in traditional dishes like Hoppin' John and red beans and rice. Dried corn is ground into cornmeal and corn flour for breads and fried coatings. Coarsely ground corn kernels, called grits, are boiled until soft and served as a hot breakfast cereal or side dish.

Just as it does today, the sea fed the early Southerners living along the coast. Oysters, crabs, and shrimp are served plain or cooked in stews (with

rice and sometimes chicken or pork), casseroles, and even sandwiches. French cooking techniques, courtesy of the French Acadians who were expelled from Canada (called Cajuns), are applied to many sauces, sausages, and desserts. Creole cookery developed out of French, Spanish, and African influences. Today, the unique Cajun and Creole dishes of Louisiana owe their heritage to a combination of influences from French, African, Native American, Caribbean, English, and Spanish settlers.

Florida has its own style of cooking. Seafood, of course, is common in this peninsular state. Unlike the dishes of Alabama and Georgia, however, the food in Florida is seasoned with flavors of the neighboring Caribbean: tropical fruits, citrus, allspice, and fiery chiles. Black beans and rice are standard fare, as they are in Central America and parts of South America.

The Southwest & West

Prior to 1848, most of western North America below Canada was not a part of the United States. Land that now constitutes all or part of California, Nevada, Utah, New Mexico, Arizona, Colorado, Texas, Wyoming, Oklahoma, and Kansas actually belonged to Mexico. These states still reflect the culinary influences of the original Native Americans, Mexicans, Spanish, and other European settlers.

The point where Arizona, New Mexico, Utah, and Colorado meet is known as "the Four Corners," and each of these states puts its own spin on Mexican food, as do Texas and California. Chile peppers dominate the sauces and seasonings, but that doesn't mean every dish is fiery in flavor. Chiles can range from hot to mild and are tempered when cooked with meat, poultry, tomatoes, cumin, tomatillos, and other ingredients. Beans are a basic element in many traditional meals. Bread comes in the form of flatbreads like tortillas and Indian fry bread. Cornbread, biscuits, and other quick breads, which don't require yeast, can be found in every diner. Yeast breads existed in the early frontier, but yeast was not a long-lasting ingredient, so people often made flatbreads with baking powder or no leavening agent at all.

In the 1800s, Europeans eagerly explored the new frontier. Germans settled in Texas, and some families in towns like Fredericksburg still speak German as their daily language and serve wurst (sausage) as a regular meal. In California in 1848, gold was discovered at Sutter's Mill, which was owned by a Swiss immigrant. That sparked the Gold Rush, which attracted all kinds of fortune-seekers to the West.

(Continued on next page)

Flavors of the United States & Canada (*continued*)

When the transcontinental railroad was expanded from the Atlantic to the Pacific coasts, Chinese laborers completed most of the work in the West and eventually settled all along the coastal states. Once the East and West Coasts were linked, waves of immigrants and settlers made their homes in California, Oregon, Washington, and other western states.

Some of the United States' most sought after fruits and vegetables come from the West Coast. Washington and Oregon are rich with tree fruits (especially apples and pears) and berries. California has the largest agricultural yield in the country, producing everything from asparagus to zucchini, and from fruits to nuts.

With such a bountiful climate and soil, these states have developed their own emphasis on fresh foods and preparations. Large Hispanic, Southeast Asian, and Asian neighborhoods dot the communities of the West, and with them come their favorite foods, ranging from guacamole, to stir-fried crabs, to sushi. California is very similar in climate and geography to the Mediterranean, so it's no surprise that olives and foods with Italian, French, Greek, and Spanish influences appear on menus throughout the state. Many typical Mediterranean ingredients (like olive oil, cheese made from goat's and cow's milk, grapes, and rosemary) are now produced in California. Other immigrants have also been attracted to the West Coast, so just about every nationality has its own neighborhood in major cities and suburbs.

Like California, Texas has a large agricultural base, growing avocados, grapefruit and other citrus fruits, tree fruits, and other produce crops. In the Old West, frontier chuck wagons were invented in 1866 by trail driver Charles Goodnight. Chuck wagon chefs, called "cookies," fed cowboys on the Chisholm Trail, from Texas to Kansas. They served biscuits, bacon, coffee, beef, fresh river trout, potatoes, and beans, all of which are still enjoyed, though with far less rustic preparation. Today, a traditional Texas or Kansas City meal contains a beefy platter of barbecued ribs, brisket, and coleslaw.

Alaska & Hawaii

The Pacific Ocean is rich in seafood and shellfish, from Hawaii's tuna, mahi-mahi, and swordfish all the way north to Alaska's salmon, halibut, and Dungeness crab. Alaska prides itself on clean marine and freshwater habitats and the pure seafood they produce. While Alaska isn't well known for its fruits and vegetables, the long daylight hours of summer

can produce vegetables of extraordinary size. In the Matanuska Valley near Anchorage, farmers have grown cabbages weighing more than 90 pounds.

Hawaii, far from Alaska's frigid shores, incorporates tropical ingredients with the seasoning sense of a wide range of Asian and Polynesian cultures. Sugar-cane and pineapple are the main crops on the Hawaiian Islands, where the traditional outdoor feast with music and dancing is known as a luau. Portuguese settlers introduced their own style of sweet yeast bread, which is sold commercially today as "Hawaiian bread." They also brought Portuguese sausage and other dishes, plus a small four-string, guitar-like instrument now known as the ukulele.

Canada

Gazing out across the tundra and ice of northern Canada, you might mistake it for Russian Siberia. Like Russia, which is the only country larger than Canada, this area has a layer of frigid permafrost (permanently frozen) that prevents about one-third of Canada's land from being developed. About 85 percent of Canadians live in the more temperate zones near its border with the United States, where the terrain ranges from plains and mountains in the west to lowlands in the southeast. From coast to coast, Canada is known for the quality of its ocean seafood, river and lake fish, maple syrup, wild rice, wheat, cranberries, and cheese (especially Cheddar).

British & French Settlers

Canadian cooking reflects the traditions of its English and French settlers, as well as its own natural foods as prepared by Native Americans. Native Americans, including the Inuit people of the Arctic, were the first known inhabitants of Canada, and today they constitute about four percent of the population.

By the sixteenth century, Canada was the focus of an ongoing rivalry between Britain and France over the territories in North America and the lucrative fur trade. The French first claimed the area surrounding the St. Lawrence River as their own, but the British eventually forced them out of the Atlantic Maritime provinces (though not out of Canada). Throughout the eighteenth century, Canada was torn between the British-French conflict and the exuberance of exploration and expanding frontiers.

Canada received its independence from Britain in 1867. Today, descendants of the original French

(Continued on next page)

Flavors of the United States & Canada (*continued*)

pioneers live primarily in the French-speaking province of Quebec; some also live in New Brunswick, Ontario, and Manitoba. Most of the remaining Canadian population is of British stock, though Canada is also home to a large number of immigrants from Europe and Asia. Most of these people settled in urban areas like Toronto—a large cosmopolitan city with people and restaurants from all parts of the globe.

Canadian Provinces

If you were to “eat your way” across Canada, traveling west from the Atlantic, you’d likely first taste a hot bowl of soup or stew. In Newfoundland, the soup would be a seafood chowder, perhaps served with crackers or home-baked oatmeal bread sweetened with molasses. In Quebec, a bowl of pea soup made with pork and dried yellow split peas would take the chill off. You wouldn’t want to miss another Quebec specialty with a French name, *tourtière*, which is a hot, pork-filled pie.

Ontario is a good place to start the day with a breakfast of lean back bacon (elsewhere known as Canadian bacon), along with fresh Canadian blueberries, a stack of cornmeal johnnycakes, and pure maple syrup tapped from trees in Quebec. For lunch, stop off in Toronto and pick any cuisine you want from the many Greek, Italian, Chinese, Indian, and other neighborhoods.

Get ready for hearty farm food in Manitoba, Saskatchewan, and Alberta. These are the prairie lands, rich in wheat, rye, and barley. Cattle ranches

provide the beef for steaks and stews. The half-million Ukrainians who settled here have made traditional *pierogies* (stuffed meat pies) a regional specialty. To the west, British Columbia’s Pacific shores yield vast catches of seafood, most notably salmon. In this province, you can also enjoy high tea (complete with crumpets) and taste a bit of Canada’s historic Victorian English traditions. At the same time, you can also sample the world of international cuisines offered by more recent arrivals from Asia, Africa, and the Caribbean.

Finally, your last taste of Canada would likely mean sampling some unfamiliar North American foods: sea lion, whale, caribou, and moose—foods of the bitterly cold Yukon and Northwest territories. In the tundra, tribes of native peoples have learned to exist on these mammals as well as on seafood. They have mastered various techniques for preserving fish, meat, and berries, which carry them through times when fresh foods are not available. One example is *pemmican*, a high-energy trail food that helped sustain tribes through winters and is one of the most effective ways of preserving fresh foods.

To make pemmican, North American Indians dried meat (jerky), pulverized it, and packed it in buffalo hide bags. Then they topped it with tallow (animal fat) and sometimes flavored it with berries and nuts. The bags were stitched shut and sealed with tallow on the seams. Before the tallow hardened, the bags were flattened for easy storage and transport. Pemmican could last many years and allowed people to eat without the need to hunt. British, French, and other non-native trappers and soldiers in the 1800s often traded their goods for pemmican.

Section 1

United States & Canada

Reading Check & Applications

Reading Check

1. How does climate affect foods of the United States and Canada?

2. What is wild rice?

3. Describe how newcomers to Louisiana learned to thicken soups and stews.

4. What is meant by the “Three Sisters”?

5. In general, how have immigrants impacted foods in the United States?

6. What was the food focus of the Germans who settled in Pennsylvania?

Reading Check & Applications (*continued*) 

7. Why did New York become a significant melting pot of cuisines?

8. How would you describe Midwestern cooking?

9. What is the food significance of the Great Lakes?

10. What is the difference in origin between Cajun and Creole cooking?

11. Why were yeast breads not typically made on the western frontier?

12. What typical Mediterranean foods are produced in California and why?

13. In Texas, what were “cookies” and what did they do?

14. Why can Alaskans grow many very large vegetables?

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Reading Check & Applications (*continued*)

15. What are two of Hawaii's main crops?

16. What effect does permafrost have on Canada?

17. Why do many people in Canada descend from the British, while others are French-speaking?

18. What typical dishes might you taste in these Canadian provinces: a) Newfoundland; b) Quebec; and c) Ontario?

19. What are some foods eaten in the bitterly cold Yukon and Northwest Territories of Canada?

20. How is pemmican made?

Application Activities

1. **Impacts on Eating.** Immigrants have had a strong influence on foods and preparation. The Industrial Revolution was another influence. Research and report on the food impacts of this historical period.
2. **Representative Dish.** What dish do you think represents the town or state where you live? Find recipes for the dish and choose one to prepare.
3. **Canadian Foods.** Choose a Canadian province and learn about typical dishes from that area. Team with other students to create a bulletin board display of Canadian foods.

Section 1**United States & Canada****Culinary Connections****Fry Breads & Flatbreads**

If you've ever eaten a tortilla or pizza, you've eaten a flatbread. Flatbreads may be cooked in oil on the stove, as with Indian fry bread, or on a hot griddle, without oil, as with tortillas.

Some flatbreads are baked in ovens. In India, *naan* is shaped into flat rounds or oval loaves and baked on the sloping sides of a barrel-shaped, tandoori clay oven. The thinnest flatbreads contain no yeast to make them rise, but even yeast dough when rolled thin can be considered a flatbread, as in the case of Italian pizza dough or *focaccia*.

The flour used depends on what grains are available, such as wheat, rice, barley, sorghum, or corn. In some places, lentils, chickpeas, and other legumes are made into flour for flatbreads, such as India's *pappadam*, paper-thin lentil wafers that puff up when deep-fried.

Some cultures specialize in several types of flatbreads, including these:

- **Middle East.** Pita bread (soft, flat pocket bread); *lahvosh* (dry, paper-thin sheets of bread that are moistened with water to soften before eating).
- **India and Pakistan.** Naan (soft, flat, oval yeast breads); *chapati* (thin, whole wheat skillet breads); pappadam; *dosa* (crepelike breads).
- **Ethiopia.** *Injera* (thin, sour bread with a spongy texture, made from a highly nutritious grain called teff). The batterlike dough is poured onto a pan about 18 inches (45 cm) in diameter and cooked. *Injera* is both a bread and a utensil: pieces of injera are torn off and used to eat with, instead of forks or spoons, by scooping up foods with the pieces.
- **Europe.** Pizza; focaccia (Italian yeast bread, rolled thin, with toppings); *fougasse* (thin, French yeast bread); *lefse* (Norwegian wrapping bread, from potatoes); oatcakes (Scotland).
- **North America.** Corn and flour tortillas (Mexico); fry bread (Native American); bannock (a Scottish sweet bread now common in Canada).

Flatbread Taste Test

Conduct a taste test of three different types of flatbreads, each from a different nation. How do they compare?

Section 1**United States & Canada****RECIPE United States: Native American**

Indian Fry Bread

In the nineteenth century, Native Americans created this bread from the rations they were given on reservations: flour, powdered milk, baking powder, and lard. When neither powdered nor fresh milk was available, they substituted water. Today, this deep-fried flatbread is a source of Native American pride from coast to coast, symbolic of strength in tough times. In homes and at gatherings called powwows, the bread is drizzled with honey for a sweet snack or topped with beans, beef, tomatoes, and lettuce as an Indian Taco.

Yield About 12 pieces

Ingredients

2 cups (500 mL) all-purpose flour
 1 Tbsp. (15 mL) baking powder
 ¼ cup (60 mL) sugar
 ¾ tsp. (4 mL) salt
 1 cup (250 mL) milk (fresh, or prepared from powdered milk)
 Vegetable oil for deep-frying

Directions

1. In a large bowl, mix the flour, baking powder, sugar, and salt together. Stir in just enough milk for the mixture to form a soft dough.
2. With floured hands, turn the dough out onto a floured surface. Knead the dough until smooth, adding more flour if the dough sticks. Pinch off egg-sized pieces of dough and roll or shape them into flat disks, about ¼-inch (.6-cm) thick. With your finger, poke a hole in the center of each round. (This helps them fry evenly.)
3. Heat 1 to 2 inches (2.5 to 5 cm) of oil in a heavy skillet or a deep-fat fryer until it's hot but not smoking, about 375°F (190°C). The oil is ready
4. Fry the breads in batches, turning once with a slotted spoon, about 1 to 2 minutes per side, or until each piece turns golden brown. (Be careful when frying: hot oil may splatter. Wear protective clothing with long sleeves and use oven mitts.) Drain on paper towels.
5. Serve warm with soups or stews, or top with taco fixings. To serve the flatbreads as a dessert, drizzle with honey or maple syrup, or sprinkle with cinnamon-sugar.

Nutrition Analysis *Per serving:* 129 calories, 5 g fat (38% calories from fat), 3 g protein, 17 g carbohydrate, 3 mg cholesterol, 234 mg sodium

Section 1**United States & Canada****Culinary Connections****Garlic & Other Food Festivals**

Gilroy, California, the self-proclaimed garlic capital of the world, hosts an annual Garlic Festival filled with costumes, live entertainment, and old-fashioned fun, all revolving around garlic. Highlights of the event include the Great Garlic Recipe Contest and Cook-Off, Gourmet Alley (an enormous open-air kitchen), and booths serving up every type of garlicky dish imaginable—garlic fries, Chinese pot stickers, and even garlic ice cream.

Food celebrations around the world are as old as the first harvests. In some cultures, food festivals are part of religious or holy ceremonies that give thanks for plentiful harvests. Today, some of the most elaborate food festivals also promote a country's cultural heritage, with dances, theater, arts, and crafts. Here are a few food festivals that attract locals and tourists from around the world:

La Tomatina (Buñol, Spain)

Duck and cover! This is possibly the world's largest food fight, and it's definitely the messiest, with more than 20,000 participants gathering to hurl 240,000 pounds of tomatoes at each other.

The fun begins early in the week with parades, fireworks, music, and dancing. A *paella* cook-off with more than fifty contestants is held the night before the Tomatina. Pans the size of trash can lids simmer over outdoor wood fires, filling the air with aromas of seafood, poultry, rice, saffron, and, of course, tomatoes.

At 11 a.m. the next day, red projectiles begin flying wildly in all directions, and everyone in sight is fair game. Then at 1 p.m., a bottle rocket goes off to signal the end of the tomato fight. By that time, the streets are literally flooded with tomato juice, pulp, seeds, and skins—the slop is ankle deep and all over the walls. Everyone helps clean up the mess with huge hoses that pump water from a Roman aqueduct.

Kona Coffee Cultural Festival (Kona, Hawaii)

Held for nine days each November, this is Hawaii's oldest food festival. It's the only coffee festival in the United States.

Kona's rich volcanic soil produces some of the world's finest coffee. It's grown primarily on small plantations, and some of the farmers, mostly of Japanese and Filipino descent, have been growing coffee for as many as five generations. Their heritage is as much a part of the festival as the Cupping Competition for the best Kona coffee beans, the coffee-bean picking contest, and the roasting classes. Other events include tours of the coffee plantations, a cooking contest, and a pageant with floats, marching bands, and an appearance by the newly crowned Miss Kona Coffee.

Vegetarian Festival (Phuket, Thailand)

This festival's main events—Chinese operas, lively dancing, spectacular fireworks, colorful parades, and sumptuous vegetarian feasts—mark a tragedy from about 180 years ago. That's when a fatal epidemic plagued the large Chinese community of tin workers that had settled here. A visiting opera troupe also fell ill, but after nine days of a strict vegetarian diet and praying to the gods of purification, the troupe recovered.

Ever since, the local people have hosted this festival to honor the gods and cleanse themselves physically and spiritually. They don't eat meat, quarrel, tell lies, or kill any living creature during the festival. Some participants put garden variety daredevil acts to shame by engaging in mysterious and extreme rituals intended to invoke the gods, like walking barefoot on coals (without pain or injury).

Create a Food Festival

Pick a food and create a food festival in its honor. When and where will it be held? What events will you include? Write a schedule of events and devise a brochure to publicize the festival.

Section 1**United States & Canada****RECIPE United States: California**

Roasted Garlic

Garlic can be pungent when raw, but when slowly roasted, it turns sweet and mellow. This recipe calls for one whole head (or bulb) of garlic, but you can cook several heads at the same time if you're a garlic-lover. Roasted garlic became a popular ingredient in California, where it's grown in abundance, and rapidly spread to cooks and restaurants across the country.

Roasted garlic has many uses. You can mix it with olive oil and parmesan cheese for a pasta sauce. Add a spoonful when mashing potatoes, or blend a teaspoon or two into salad dressings. Make a roasted-garlic spread with cream cheese or a dip with sour cream. Toss hot steamed vegetables with butter and roasted garlic. Blend it with butter for spreading on corn on the cob, or spread it directly on pizza dough before adding other toppings for a roasted-garlic pizza.

Yield 1 head of garlic: about 4 servings

Ingredients

1 whole head of garlic
2 tsp. (10 mL) olive oil

Directions

1. Heat the oven to 425°F (218°C). Tear off a section of aluminum foil about 12 inches long, large enough to wrap around the garlic head.
2. Peel away the loose outer layers of the garlic head's skin, leaving the cloves intact. Slice across the pointed section of the head to expose the top of the cloves.
3. Place the garlic head cut side up on the foil. Drizzle the olive oil over it. Wrap the sides of the foil up and over the garlic, enclosing the head completely. Set the wrapped garlic on a baking sheet or pie pan in case the oil leaks.
4. Bake until the cloves are soft when pressed, about 40 minutes. Carefully open the foil and let the garlic rest until cool enough to handle.
5. To serve, break the head into individual cloves. Squeeze the pulp into a small dish and mash it with a fork. You can squeeze out the roasted garlic with your fingers directly onto French or Italian bread and eat right away or add the garlic to recipes. To store, coat the garlic pulp with a little olive oil, seal tightly, and refrigerate for up to one month.

Nutrition Analysis *Per serving:* 35 calories, 2 g fat (56% calories from fat), 1 g protein, 3 g carbohydrate, 0 mg cholesterol, 2 mg sodium

Section 1**United States & Canada****Culinary Connections****Noodles**

What do wheat, buckwheat, yams, potatoes, eggs, rice, soybeans, and mung beans have in common? They're all used to make noodles. Basically, flour and water are mixed to make a dough. Then the dough is shaped into noodles. Sometimes ingredients are added, such as eggs or flavorings (like cooked spinach or herbs).

Noodles come in all shapes and sizes: flat, thin, plump, round, hollow, and even grainlike, as with bead-shaped couscous and rice-shaped orzo. European and Western countries tend to eat mostly wheat-based noodles, such as spaghetti and flat egg noodles. Since Hawaii is heavily influenced by Asian cultures, you can find almost every type of noodle imaginable there. Here are a few of the more common Asian noodles:

- **Bean thread noodles.** These dried white noodles are made from mung bean starch and are also known as cellophane noodles because they turn translucent when cooked. Mung beans themselves are commonly served as bean sprouts in Asian dishes. Cooked bean thread noodles are valued for their slippery texture and their ability to absorb liquids well. They are served in soups and salads or sometimes tossed with a saucy stir-fried topping.
- **Rice noodles.** These Southeast Asian noodles are made from the same rice flour dough as the paper-thin wrappers used for Vietnamese and Thai spring rolls. They come in various sizes, from thin and round to flat and fat. They are also known as rice noodle vermicelli or rice sticks and are added to soups, salads, and stir-fries. Thin rice sticks, when deep-fried, puff up, turning crisp and billowy white.
- **Chinese wheat noodles.** From thin to thick, these wheat flour noodles are often made with eggs, giving them a yellow color. They're used in stir-fries and salads. When pan-fried, they become crisp, brown noodle cakes.
- **Somen, ramen, and udon.** All of these Japanese noodles are made from wheat flour; *udon* and *ramen* usually contain eggs. *Somen* are thin and good for salads; ramen are thin, curly, and shaped into dried blocks; udon are thick. All are good in soups and stir-fries.
- **Soba noodles.** These thin Japanese noodles are made from buckwheat flour. They have a pleasantly earthy flavor and are often served in soups or cold, as in a salad. The Korean version (*naengmyon*) is made from buckwheat flour and potato starch.
- **Korean sweet potato noodles (tangmyon).** Also known as yam noodles, these are made from sweet potatoes and mung bean starch and have a translucent quality when cooked. They're good in stir-fries, especially the popular Korean dish known as *chap chae*.

Use Your Noodle

Use your imagination to create your own personal noodle. Describe the ingredients, flavor, and shape and suggest ways to use it in cooking.

Section 1**United States & Canada****RECIPE United States: Hawaii**

Chicken Long Rice

No Hawaiian luau would be complete without a serving of chicken long rice. The “long rice” isn’t actually rice; it’s bean thread noodles made from mung beans. When cooked, the noodles become translucent and so are often called cellophane or glass noodles. When dried, the noodles are white and so hard that they’re impossible to cut or break. You can find them where Chinese noodles are sold.

Yield 4 servings

Ingredients

3 lbs. (2.5 kg) chicken thighs
 1-in. (2.5-cm) piece of fresh ginger, cut into 4 slices
 2 cans chicken broth (14 oz./396 g each)
 1 package bean thread noodles (3.5 oz./100 g), called “long rice” in Hawaii
 1 Tbsp. (15 mL) soy sauce
 4 green onions, green and white parts chopped

Directions

1. Place the chicken, ginger, and chicken broth in a large pot. Add just enough water to cover the chicken. Bring to a boil over medium-high heat. Reduce heat and simmer for 15 minutes.
2. While the chicken cooks, soak the noodles in warm water to soften. When the noodles are flexible, drain them in a colander. With shears, snip the noodles into 3-inch (7-cm) lengths.
3. With a slotted spoon or tongs, carefully remove the chicken pieces from the pot to a platter, leaving the broth in the pot. When the chicken is cool enough to handle, separate the skin and bones from the chicken meat and discard. Shred the chicken meat into bite-size pieces.
4. Remove the ginger from the broth and discard. Reheat the broth. Stir in the noodles, soy sauce, green onions, and continue to simmer until the stock is mostly absorbed but the mixture is still moist, about 5 additional minutes.
5. Stir in the chicken and cook just until heated through. Serve hot.

Variation For added flavor, cook matchstick-cut carrots and celery for 5 minutes in the broth in Step 4 before adding the noodles.

Nutrition Analysis *Per serving:* 528 calories, 13 g fat (23% calories from fat), 68 g protein, 32 g carbohydrate, 225 mg cholesterol, 2238 mg sodium

Section 1**United States & Canada****Culinary Connections****Cheeses**

Cheese-making is both simple and complicated. Cheese was probably discovered by accident when milk, which spoils easily, became curdled by coming in contact with digestive enzymes from animals or plants. This may have happened in the prehistoric era when humans first began herding animals and the stomachs of sheep, goats, and cows were used as pouches for holding liquids. Since then, the simple process of converting fermented milk to cheese has become an art, and the finest cheeses take great skill and anywhere from a few hours to several years to make.

Cheese may be made with the milk of almost any animal, although cows, sheep, and goats are the most common sources. Places in the world where such livestock is common are the most famous cheese producers. Cows produce five times the amount of milk as goats or sheep, but the smaller animals adapt better to rugged, arid terrain. You're more likely to eat a goat or sheep cheese in the Middle East, Greece, or Africa than a cheese made from cow's milk, though exceptions do exist. In Europe and North America most cheese has traditionally been made from cow's milk, although sheep and goat cheeses have become quite popular in the past few decades and are now widely available. Korea, Vietnam, and other Asian countries have little dairy stock, so cheese is pretty much nonexistent in their cuisines.

While each specific type of cheese typically originated in one country, most are now made worldwide. Cheddar, for example, is a British cheese produced in Canada, the U.S., Australia, and many other countries. Have you tried these cheeses?

- **Feta.** A brine-packed, crumbly sheep or goat milk cheese of Greek origin, though Danish, French, and Israeli versions now exist.
- **Cheddar.** From mild to sharp, this firm cow's milk cheese originated in the English town of Cheddar. The color ranges from white to orange, which is created by adding annatto (a natural coloring agent made from the seeds of the annatto tree). Aged Cheddars have a richer, more intense flavor.
- **Chèvre (French goat's milk cheese).** Chèvre actually means goat in French, and it is really a classification of goat cheeses that are known for their tangy, delicate flavor. They can be soft and moist or dry and semifirm. Good quality goat cheeses of this type are now made throughout Europe and North America.
- **Mozzarella.** An easy melting, mild Italian cheese originally made from the milk of water buffalo, though most mozzarella today comes from cow's milk. Regular mozzarella has a semisoft texture, while fresh mozzarella is more soft and delicate and comes packaged in liquid whey or water.
- **Roquefort.** An aged French sheep's milk cheese that is creamy white. Blue veins are caused by a particular strain of mold, which helps create a pungent, sharp flavor. Other blue-veined cheeses include Italy's Gorgonzola, England's Stilton, and America's Maytag Blue.
- **Manchego.** Spain and Mexico each make their own very different versions of this buttery, sharp cheese, which is named after Spain's Manchego sheep. Unlike the Spanish version, Mexican Manchego contains cow's milk and is not as tangy, making it more like Monterey Jack cheese.

Cheese Around the World

On a map, locate a dozen countries that are known for cheese-making. Also find a dozen where cheese is rarely, if ever, made. What accounts for the difference?

Section 1**United States & Canada****RECIPE United States: Wisconsin**

Cheese Soup

Wisconsin proudly calls itself the “cheese state.” In fact, it’s the nation’s leading cheese producer, followed closely by California. Among the many cheese varieties produced in Wisconsin’s dairy land, mozzarella is the leader (33 percent of all Wisconsin cheese), but Cheddar comes close at 31 percent. Cheddar cheese is a hard to semihard cow’s milk cheese that melts well. Cheddar improves and grows sharper with age. While aged Cheddar may cost more than young Cheddar, it has a special flavor that shines in cheese dishes like this one.

Yield 6 servings

Ingredients

2 Tbsp. (30 mL) butter

¼ cup (60 mL) finely chopped onion

¼ cup (60 mL) finely chopped carrot

¼ cup (60 mL) finely chopped celery

2 Tbsp. (30 mL) all-purpose flour

¼ tsp. (1 mL) dry mustard (optional)

⅛ tsp. (.5 mL) nutmeg

3 cups (750 mL) chicken broth

1½ cups (375 mL) cream

1 cup (250 mL) milk

1½ cups (375 mL) shredded sharp Cheddar cheese (preferably aged)

⅛ tsp. (.5 mL) Worcestershire sauce

Salt to taste

Pepper to taste

Directions

1. Melt the butter in a heavy saucepan over medium heat. Stir in the onion, carrot, and celery. Cook, stirring occasionally, until the vegetables soften, about 5 minutes. Stir in the flour, mustard, and nutmeg. Stir and cook until the flour is absorbed and stops bubbling, about 3 minutes.
2. Stir in the chicken broth. Bring to a boil. Then reduce the heat and simmer for 15 minutes.
3. Pour in the cream and milk and raise the heat slightly. When the mixture is hot but not yet boiling, stir in a handful of cheese. Stir until the cheese melts. Continue adding handfuls of cheese, stirring until melted. Do not let the mixture boil.
4. When the cheese is completely melted and the soup is smooth, stir in the Worcestershire sauce and add salt and pepper to taste. Serve hot.

Nutrition Analysis *Per serving:* 372 calories, 31 g fat (74% calories from fat), 16 g protein, 9 g carbohydrate, 99 mg cholesterol, 1046 mg sodium

Section 1**United States & Canada****Culinary Connections****Wild Rice & Native American Grains**

The world is full of grains. Wheat, rice, and corn are some of the best known, occupying about half the earth's total croplands. Less common grains, however, can be both nutritious and flavorful. In North and South America, some of these grains come from places as different as the high mountains of Peru and the low marshlands of Canada. You can often find these grains in natural food stores and specialty markets, or you can order them by mail or on-line.

Wild Rice

Wild rice is highly nutritious and richer in protein, iron, niacin, and riboflavin than corn, hard red winter wheat, or brown rice. This chewy, nutty-flavored grain is actually an aquatic grass native to North America's Great Lakes region.

The true wild rice long harvested by Native Americans is considered far more flavorful than the commercially grown varieties now being produced in places like California.

Quinoa

The super-nutritious grain quinoa was first cultivated eight thousand years ago at elevations over 10,000 feet by the Incas in the Andes Mountains. The Incas called this grain "the mother grain." (At around the same time, farmers were just beginning to plant wheat in the Near East and rice in the Far East.)

The quinoa plant has an amazing ability to withstand drought and frost, tolerate poor and rocky soil, and grow in places where no other vegetation can. It is now also cultivated in North America.

Quinoa has as much protein as milk and has the highest nutritional profile of all grains. It contains B

vitamins, iron, zinc, potassium, calcium, and vitamin E. More importantly, quinoa, unlike other grains, is considered to be a complete protein because it contains all eight essential amino acids. The small, bead-like grains are also quite flavorful, with a nutty taste and a pleasant texture.

Quinoa has another survival trait: a bitter-tasting coating called saponin, which acts as a natural pesticide. Therefore, when preparing quinoa, be sure to rinse it well before cooking. Removing saponin is easy—just rub the grains in a bowl of water, and then rinse and drain in a colander. Quinoa may be steamed or boiled until tender and translucent. Serve it as you would rice or couscous. It is also ground into flour for use in baked goods and pastas.

Amaranth

The Aztecs of Mexico domesticated the amaranth plant more than 5,000 years ago. At one time it was as common in their diet as corn.

Amaranth grows wild on most continents, and the United Nations encourages the cultivation of amaranth because of its nutritional profile. The pinhead-size grains contain more protein and calcium than milk and have unusually high levels of the amino acid lysine.

Amaranth cooks down quickly, making it suitable for soups. Adding a few spoonfuls to bread dough, beans, rice, and other grains enhances their nutritional value. Amaranth is also ground into flour. Its leaves (ranging from green to magenta in color) are often cooked as a vegetable, like the amaranth relatives, the spinach and chard plants.

Label Design

Pick a multigrain bread that you like and design a label that clearly indicates which grains it includes.

Section 1**United States & Canada****RECIPE Canada: Ontario**

Basic Wild Rice

Wild rice is not really rice at all. It's an aquatic grain. Native Americans were the first to harvest wild rice, and the process is much the same today as it was hundreds of years ago. Two people travel through the marshy rice beds in a canoe or low boat. One person uses a long, forked pole to push the boat; the other bends the long stalks over the side of the boat and beats them with two juniper sticks. The kernels shake loose and fall into the boat.

The cooking time for wild rice depends on when the rice was harvested and the type of wild rice used. Some varieties are very black; others are more brown or tan. Wild rice is sold in supermarkets and health food stores.

You can use wild rice in many creative ways. To add flavor, toss wild rice with butter, olive oil, herbs, or spices. Make a salad by mixing cooked wild rice with marinated artichoke hearts, mushrooms, green onions, tomatoes, olive oil, and vinegar. Stir cooked wild rice into soups, stews, and stuffings. Make rice pudding with wild rice instead of white rice. Eat wild rice for breakfast as you would hot oatmeal, with milk and sugar or syrup. Add a nutty flavor and texture to white or brown rice by blending them with wild rice.

Yield About 4 cups (1 L) cooked wild rice (6 servings)

Ingredients

1 cup (250 mL) wild rice
1 qt. (1 L) water
½ tsp. (2 mL) salt (optional)

Directions

1. Rinse and drain the wild rice.
2. Bring the wild rice, water, and salt to a boil in a heavy 3-quart (3-L) saucepan. Reduce the heat, cover loosely, and cook 45 to 60 minutes, until the rice has "butterflied," or puffed open.
3. Taste a few grains. The wild rice should be tender and a bit chewy, but not mushy. If the rice is too firm, add ¼ to ½ cup (60 to 125 mL) water and continue to cook until tender, or if necessary, drain away any excess water.
4. Remove the pot from the heat. Fluff the rice with a fork, cover tightly, and let stand for 5 minutes before serving.

Nutrition Analysis *Per serving:* 95 calories, less than 1 g fat (3% calories from fat), 4 g protein, 20 g carbohydrate, 0 mg cholesterol, 184 mg sodium

Section 1**United States & Canada****Culinary Connections****Syrups & Sweeteners**

“Sweetwater” was what Native Americans called the sap they tapped from maple trees and boiled down into maple syrup. Canada produces about 85 percent of the world’s maple syrup. Around the globe, other trees produce sap, bark, and fruits that are also converted into sweet syrups. In Alaska, birch syrup is made from the sap of the paper birch tree. Shagbark hickory syrup is made from a tree that grows only in Indiana, Kentucky, and Michigan. Sugar syrup is infused with an extract rendered from the bark of the trees, producing a unique sweetener with a smoky, nutty flavor. Other countries have their own sweeteners:

- **Pomegranate molasses.** A staple of Middle Eastern kitchens, this is actually a sweet-and-sour syrup made from concentrated pomegranate juice, which is reduced until it is so thick and dark it resembles molasses. A special variety of pomegranate gives this syrup its characteristic tart, fruity flavor, with a hint of sweetness. Iranians use it to flavor *fesenjan*, a traditional duck and walnut dish. Armenians flavor shish kebabs with pomegranate molasses, and it’s used throughout Southwest Asia with lamb and poultry, in stews, in sauces, and in other savory dishes.
- **Honey.** Honey is one of the most important sweeteners around the world. It’s even been used as a form of payment and a symbol of value. The Egyptians used honey as a sweetener and as a form of tribute as early as the fortieth century B.C. Today in the United States, Utah is known as the Beehive State because of its cultivation of honey and bees. Some of the world’s most traditional dishes are made with honey, and in some cultures, honey is the predominant sweetener and preferred over sugar. Some honey-rich recipes include Greek *baklava* (honey-topped pastries made from paper-thin phyllo dough) and *medovaya kovrizhka* (Russian honey cakes sandwiched together with jam).
- **Date syrup.** Dates are made into a sweet syrup in Iraq and other date-growing countries. The dates are boiled in water until soft and almost dissolved. The liquid is mashed and strained to produce a syrup for baked goods or to be used plain, like honey.

Sweeten Up

Try tasting three different sweeteners, either on waffles or pancakes or in iced tea. Compare their flavors.

Section 1**United States & Canada****RECIPE Canada: Quebec****Biscuits with Maple-Apple Sauce**

Fuel up with this hot and hearty biscuit dish for breakfast, and you'll be primed and ready to shovel snow. It's made with two of Canada's favorite ingredients: maple syrup and apples. In fact, the red leaf on the Canadian flag is, not surprisingly, a maple leaf.

Yield 9 biscuits

Ingredients for Maple-Apple Sauce

3 Tbsp. (45 mL) butter

$\frac{3}{4}$ cup (175 mL) finely chopped, peeled apple

$\frac{1}{3}$ cup (75 mL) maple syrup

Ingredients for Biscuits

1 cup (250 mL) all-purpose flour (plus extra for work surface)

2 tsp. (10 mL) baking powder

$\frac{1}{2}$ tsp. (2 mL) salt

3 Tbsp. (45 mL) cold butter, cut into small pieces

$\frac{1}{3}$ cup (75 mL) milk (about)

Directions

1. Preheat oven to 375°F (190°C). Lightly flour a work surface for rolling out the biscuit dough.
2. Make the sauce: Melt the butter in a small pan over medium heat. Stir in the apple and cook until it softens. Stir in the maple syrup and cook just until warm. Pour the mixture into a 9-inch (23-cm) cake pan, coating the bottom evenly.
3. Make the biscuit dough: Combine the flour, baking powder, and salt in a mixing bowl. Cut in the cold butter. Lightly rub the butter and flour mixture between your fingers until it looks like coarse breadcrumbs. Stir in just enough milk to form a soft dough. Turn the dough out onto the floured surface. Gently knead it, 5 or 6 turns, just until the dough comes together smoothly. (Don't mix or knead the dough too much or the biscuits will be tough.)
4. Roll the dough (or pat it out) to a thickness of about $\frac{1}{2}$ inch (1 cm). Using a biscuit cutter or the rim of a small drinking glass dipped in flour, cut the dough into 9 biscuits. Place the biscuits in the pan on top of the sauce. Bake 14 to 16 minutes, until the sauce bubbles up around the biscuits. Serve hot.

Nutrition Analysis *Per serving (1 biscuit):* 165 calories, 8 g fat (43% calories from fat), 2 g protein, 22 g carbohydrate, 22 mg cholesterol, 282 mg sodium

Section 1**United States & Canada**

Extended Learning

Directions: Complete the extended learning activities assigned by your teacher. Use cookbooks, encyclopedias, the Internet, and other resources as needed. Report your findings on separate paper.

1 Food Origins

Certain regional dishes are unique to the United States, but they may have roots in multiple cultures. Find out how each of these dishes evolved: gumbo, clam chowder, benne seed cookies, chile con carne, and succotash.

2 Thanksgiving

Canada and the United States both celebrate a holiday known as Thanksgiving, but on different days. How does the Canadian Thanksgiving differ from that in the United States? When is each observed?

3 Cultural Influences

Canada is home to many people with varied ethnic backgrounds, but the British, French, and Native American cultures have had the most influence on its cuisine. If you were to cook a typical Canadian meal from each of these three cultures, what recipes would you include and what ingredients would you need? Prepare a menu with a shopping list for each one.

4 New Destinations

When large numbers of people leave their homeland to settle in another country, they usually do so for an important reason. Sometimes it's because of bad conditions at home or because the new destination promises a better life. Why did the Portuguese come to Hawaii? What happened to the Chinese after the transcontinental railroad was built? What is the importance of Ellis Island in New York?

5 The Acadians

Learn more about the Acadians. Where did they settle in Canada? Why did they later move to the United States? What regional cooking style of Louisiana is named after them?

6 U.S. Territories

In addition to the fifty states of the United States, nine territories fall under U.S. domain. What are these, and where are they located on a world map?

Section 2

Latin America & the Caribbean

Map of Latin America & the Caribbean

Directions: Study the map below and then answer the “Map Investigation” questions that follow. Use geography books and other reference maps as needed.

Latin America spans from Mexico in North America, through Central America and the island nations of the Caribbean Sea, and all the way to the far tip of South America, which is just above Antarctica. As you see on the map, Central America connects Mexico and South America. The Central American countries that form that link extend from Belize (buh-LEEZ) and Guatemala to Panama. Hundreds of tropical islands lie in the Caribbean Sea.

They include some that may be familiar to you: the Bahamas, Dominican Republic, Haiti, Puerto Rico, Cuba, and Jamaica.

This area of the world encompasses a wide range of geographic features: snowy mountains, equatorial heat, active volcanoes, tropical islands, rain forests, and barren deserts. The vastness of this region is only surpassed by the diversity of its cuisine.



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Section 2

Latin America & the Caribbean

Map Investigation

1. Mexico and South America are connected by the seven countries of Central America. What are those countries?

2. Where is the Panama Canal? Why is it significant?

3. Name three major crops in Central America. Why are these grown there?

4. What bodies of water surround South America?

5. What is the largest mountain range in South America? How does it compare to the world's other mountain ranges?

6. What countries in South America do not border Brazil?

7. What is the largest rain forest in South America? Where is it located?

8. Why are plateaus and plains important to the Latin American people?

Section 2**Latin America & the Caribbean**

Flavors of Latin America & the Caribbean

Directions: After reading this article, answer the “Reading Check” questions that follow. Complete the “Application Activities” as directed by your teacher.

For centuries native people (including the Aztecs, Mayas, Olmecs, Toltecs, and Incas) lived in isolation throughout Latin America and the Caribbean. They developed their own civilizations with distinct cultures, foods, customs, and technology.

The Spanish, Portuguese, French, and other Europeans arrived primarily in the 1500s, initially as explorers, then as colonists. They brought with them their languages, religions, cuisines, and practices, which merged with those of the existing native populations.

Today, Latin America’s heritage includes native people, Europeans, and more recent immigrants, from places as diverse as Africa, Japan, and Lebanon. Consequently, the concept of a traditional meal ranges from seafood wrapped and cooked in banana leaves in Mexico’s Yucatán peninsula to Italian-style, breaded veal cutlets, pan-fried and served with pasta, in Argentina.

Mexico & Central America

The foods of Mexico and Central America reflect the influences of two main cultures: native Indians, with their chiles, tomatoes, corn, tortillas, and beans, and the Spanish, who introduced chicken, beef, pork, lard, cheese, and rice. The Aztecs and Mayans were among the many early Indians who lived in Mexico. The reign of the Aztecs ended when the Spanish gained control of the land in the 1500s and began to blend their foods and cooking methods with the Indian ways.

Climate and geography influence the types of fruits, vegetables, grains, and meats available in any given region of Mexico. Mountainous areas give way to valleys and rolling plateaus. Dense forests, tropical rain forests, and grassland all add to the variety.

Chile peppers are used extensively in Mexico and Central America. They may be fiery hot or sweet and mild. They are mixed with tomatoes or lime (sometimes both), often with some combination of garlic, onion, cumin, cinnamon, oregano, and saffron. Cilantro (the leaves of the coriander plant) is the favorite fresh green herb. Mexico’s Yucatán Peninsula shares most of the Caribbean’s coastal traditions, including cooking with sour oranges, achiote seeds, and banana leaves.

The Caribbean

The Caribbean islands have remarkable differences in land and weather. Trade winds, which are ocean breezes, account for some of these differences. Since the winds affect rainfall, some islands are more suitable for growing crops than others are. Mountains also have impact, since they exist on some islands but not at all on others.

Imagine the world as one big supermarket, and you’ll get an idea of the many ingredients that go into Caribbean cooking.

Because the islands are blessed with gentle breezes, warm water, and miles of coastline, seafood is plentiful. Equally abundant are the native foods of the Americas—corn, beans, root vegetables, chiles, pineapple, guava, and allspice. As new arrivals came to the area, they brought pork and ham, olives, capers, garlic, cilantro, rice, dairy products and Edam cheese, sweets, ginger, soy sauce, tamarind, coconut, and curry. Those who brought these new foods included foreign explorers; African slaves; English, French, Portuguese, and Dutch traders; and Asian laborers.

The Caribbean is also home to a large Creole population, whose cooking reflects a mixed European, African, and native Indian heritage. European

(Continued on next page)

Flavors of Latin America & the Caribbean (*continued*) 

traders also brought Middle Eastern and Indian spices and ingredients. Jamaican jerk dishes, rum and molasses, tropical fruits, seafood and shellfish, beans, cassava, *roti* bread (originally from India), stews, and one-pot meals now typify Caribbean cuisine, which is as diverse as the people who live there.

South America

The continent of South America is very large, yet only two countries have no borders on an ocean or sea. These are Bolivia and Paraguay. All the other countries touch the Pacific Ocean, the Atlantic Ocean, or the Caribbean Sea. For those close to these bodies of water, seafood is a mainstay in the diet.

The Andes Mountains run for thousands of miles from the northern part of the continent southward along the eastern coastline. Although mountains make raising crops difficult, the Inca Indians carved terraces in certain areas of these mountains. They were highly successful in growing many varied vegetables on land that wouldn't have seemed suitable for farming.

The second largest river in the world, the Amazon, lies in South America. In areas where it runs, tropical forests can be found.

The South American continent varies widely in terrain and climate. Mountainous areas and dense

jungles in some areas contrast with tropical rain forests and desert in others. These varying climates have had strong impact on how cuisines developed on the continent. Also, with rugged terrains causing isolation, foods and customs have not been easily shared.

South American cooking, like that in Mexico, reflects a blend of native Indian, Spanish, and Portuguese flavors. One difference, though, is the greater influence of slaves from Africa, and more recently, of European and Asian immigrants.

South America has a large and varied mix of countries and cuisines. Brazilian food is predominantly a mix of African, Portuguese, and Quechua Indian, augmented by West Indies flavorings and Dutch cheeses. The dominant ingredients in Peruvian cooking still reflect its pre-European heritage: potatoes (including purple potatoes), corn, and chiles. Argentina is famous for its charcoal-grilled, spit-roasted beef and other meats. Chileans, with their long coastline, specialize in seafood.

A wide variety of other cuisines have become commonplace in South America during the last century. In cattle-rich Argentina, Italians have made breaded and fried veal cutlets almost a national dish, while the Japanese have introduced *sushi* and *tempura* to Peru.

Section 2

Latin America & the Caribbean

Reading Check & Applications

Check Your Reading

1. What groups of native people lived for centuries in Latin America?

2. Why are traditional meals in Latin America so varied?

3. What determines the kinds of foods grown or raised in a region?

4. How are chile peppers used in Mexico and Central America?

5. What is a favorite herb used in Mexico and Central America?

6. What foods were introduced to the Caribbean by new arrivals?

Reading Check & Applications (*continued*)

7. Who were the new arrivals that brought the foods named in the previous question?

8. How does South American cooking compare with that in Mexico?

9. What contributions to South American cooking were made by the Italians and the Japanese?

10. What Latin American foods have you eaten? Describe your favorites.

Application Activities

1. **Planning a Trip.** Suppose you're planning a trip to Latin America. On separate paper, describe where you would like to go and which foods you want to taste.
2. **Chiles Poster.** Create a poster that identifies different kinds of chiles.
3. **Interview.** Write a list of questions to ask someone from Latin America about the foods of the person's homeland. Conduct an interview and report what you learn.

Section 2**Latin America & the Caribbean****Culinary Connections****Beans**

Beans not only feed much of the world, but they also do so in a world of different ways. Beans come in many varieties. They may be brown, red, white, black, or multicolored. Some are small and flat; others are as big as grapes. Moreover, beans are economical. They grow in even the poorest conditions and can be dried and stored for long periods.

By themselves, beans are a nutritional powerhouse full of folate, B vitamins, fiber, magnesium, iron, copper, and potassium. Beans are also a rich source of vegetable protein, making them a staple of meatless diets. When consumed with certain other foods, beans become even more nutritious. Like all legumes, beans supply most but not all essential amino acids, the building blocks of protein. However, other foods can supply the essential amino acids that beans don't have. By eating varied foods, you can get all the amino acids your body needs. This is the way to get "complete" protein. You don't have to eat the foods with beans at the same meal.

To get complete protein when you eat beans, include these foods in your diet: rice, corn, wheat, or

other grains; nuts; seeds; or small amounts of animal protein, such as eggs, meat, or cheese. Cultures all over the world seem to have at least one favorite way of eating beans and grains together. Here are a few of these tasty dishes:

- **Africa.** Black-eyed peas and rice.
- **Cuba.** Black beans and rice, known as "Moors and Christians."
- **Mexico.** Beans and corn or wheat tortillas.
- **Japan.** Red bean cakes, using adzuki beans encased in a sweet dough.
- **India.** *Dal* (the general name for cooked lentils, split peas, and beans) served with rice or flatbread.
- **Italy.** *Pasta e fagioli* (pasta and bean soup) is cooked with white cannellini or navy beans.
- **Louisiana, United States.** Red beans and rice and Hoppin' John, a dish of black-eyed peas, ham hock, and rice.
- **Middle East.** *Falafel*, deep-fried balls of spicy ground chickpeas, served in pita bread.

Bean Promotion

Create a poster promoting the advantages of eating beans and grains. Glue actual dried beans and grains on poster board to make a mosaic as part of the poster's design.

Section 2**Latin America & the Caribbean****RECIPE Mexico**

Frijoles de Olla

Peek into a traditional Mexican kitchen and you'll most likely find "pot beans" simmering all day on the stove. Beans, one of the most important staples in Latin American cooking, used to be cooked in a burnished earthenware pot, known as an olla. Today, modern metal pots have replaced the olla in most homes.

Frijoles de olla are meant to be quite soupy. The beans and their flavorful broth are served in small bowls or cups, often coming after the main course and before the dessert to ensure that diners are well fed. As an alternative, the beans may simply be served by themselves, with warm tortillas on the side.

Yield 8 servings

Ingredients

- 1 lb. (450 g) dried pinto beans
- 1 onion, chopped
- 2 cloves garlic, minced
- 2 tsp. (10 mL) salt, or to taste

Directions

1. Pick through the beans to discard any pebbles or other debris. Rinse the beans well and drain.
2. Place the beans, onion, and garlic in a heavy pot. Pour in 2 quarts (about 2 L) water, or enough to cover the beans by "two knuckles."
3. Bring the beans to a boil on high. Then reduce the heat until the beans cook steadily at a bare simmer. Do not cover the pot.
4. Simmer the beans slowly, without stirring, for 1 hour. Then stir the beans up from the bottom. If necessary, add enough water to cover the beans by 1 inch (2.5 cm). Simmer another 30 minutes. Then stir and check the water level again. If needed, add enough water to cover the beans by about ½ inch (1 cm).
5. When the beans start to feel soft, stir in the salt. Check the beans every 15 minutes or so, stir-

ring and adding only enough water to just cover them. To test the beans for doneness, blow on them. If the skin splits, they're just about done; at this point, taste them to see whether they're cooked through. They should be tender but not mushy. Optional: To thicken the bean broth, purée ½ to 1 cup (125 to 250 mL) of the beans and return them to the pot.

6. Serve the beans in small bowls or cups with some of their liquid, or drain and use them in other recipes.

Variations Pump up the flavor of beans by simmering them with dried or fresh herbs, such as cilantro, thyme, basil, oregano, rosemary, parsley, *epazote* (a Mexican herb), and sage; ham hocks, salt pork, bacon, or smoked turkey legs or wings; sweet peppers, hot chile peppers, or ground chiles; such spices as cumin, saffron, or coriander; or aromatic vegetables like carrots and celery.

Nutrition Analysis *Per serving:* 201 calories, 1 g fat (3% calories from fat), 12 g protein, 38 g carbohydrate, 0 mg cholesterol, 539 mg sodium

Section 2**Latin America & the Caribbean****Culinary Connections****Pupusas & Other Filled-Dough Snacks**

Snacks made from cornmeal dough are enjoyed throughout Latin America. Sometimes these corn cakes are topped with shredded vegetables, smeared with *crema* (a type of sour cream), or slathered with butter. The dough is made from finely ground cornmeal flour, known as *masa harina*, and is the same ingredient used in making corn tortillas. In some countries, fresh corn kernels or coarse-ground cornmeal is mixed into the dough for added texture. Regional variations can include sweet stuffings or, in coastal areas, seafood.

In El Salvador, these snacks are called *pupusas*. The tasty little corn cakes are stuffed with savory fillings and are crispy on the outside but slightly soft and chewy inside. They are fried on a hot griddle or special pan, known as a *comal*, and then sometimes finished in a hot oven.

In Mexico, these snacks are slightly thicker and known as *gorditas* (“little fat ones”). In Venezuela and Colombia, people eat *arepas*, which can be as thick as a biscuit. They are often served for breakfast, topped with a fried egg or filled with cheese, beans, or cooked meats (including bacon).

What’s the difference between a pupusa and a tamale, another stuffed specialty made from corn masa dough? Unlike pupusas and gorditas, which are slightly crisp on the outside from being cooked on a griddle, tamales are wrapped in cornhusks and steamed over hot water. The tamales pick up the flavor of the cornhusk, and they’re soft and tender throughout.

Other countries make similar fried or baked snacks, though most non-Latin cultures use either wheat dough or, as in Asia, rice flour dough. Even in Latin America, wheat flour is the main ingredient in the dough used to make a different type of stuffed pastry: *empanadas*, which are essentially baked or fried turnovers filled with meat, cheese, or fruit.

Travelers visiting Mexico, El Salvador, or Venezuela might find tamales, pupusas, and arepas similar to these treats from other parts of the world:

- **Char shu baos.** These are plump Chinese buns made of wheat dough and filled with shredded, cooked pork (*char shu*) and steamed. They’re often sold in Chinese bakeries.
- **Pasties.** These are also called Cornish pasties. Believed to have originated in Cornwall, England, pasties served as portable lunches for underground miners, and the hand-held meal caught on throughout the British Isles. In the 1800s, migrating miners left Cornwall after the collapse of the mining industry. They brought pasties with them to other parts of the world, including Michigan and the United States, Australia, New Zealand, South Africa, and Canada. These turnovers are more like empanadas than pupusas, in that they’re made with a wheat-flour pastry that is stuffed and then baked. Most traditional pasties are filled with meat and potatoes, though other variations exist, including ones stuffed with jam and fruit.

Original Snack

Create your own stuffed-dough snack. What type of dough and filling will you use? Will your snack be baked or fried? What will you call it? Prepare your recipe idea for sampling.

Section 2**Latin America & the Caribbean****RECIPE El Salvador**

Pupusas de Queso

In El Salvador, pupusas are made from corn flour dough and filled with cheese (as in this recipe), meats, beans, or a combination of these ingredients. They're served with a tangy cabbage slaw, known as *curtido*, and they also taste good with a tomato salsa.

Look for *masa harina de maiz*, the type of ground cornmeal needed to make the dough, in Latin American markets or in the Mexican aisle of some supermarkets. It is commonly sold under the Maseca or Quaker brands. Masa harina is also used to make tortillas and tamales. If you live near a tortilla factory, you can buy freshly made masa dough for this recipe.

Yield 12 to 14 pupusas (about 6 servings)

Ingredients

- 3 cups (750 mL) masa harina de maiz (instant corn tortilla dough mix)
- 1 cup (250 mL) shredded cheese (such as Monterey Jack)
- 2 Tbsp. (30 mL) vegetable oil (about)

Directions

1. Combine the masa mix with 2 cups (500 mL) water in a mixing bowl (or follow package instructions). Knead the dough until soft and pliable, about 5 minutes. The dough should be light and firm but not sticky. To test the consistency, try shaping the dough into a flat patty. If the dough cracks as you shape the patty, add more water. If it's too moist or sticky, add more masa mix. (Skip this step if using pre-made masa dough.)
2. Pinch off pieces of the masa dough and roll into golf-ball-size pieces, about 2 tablespoons (30 mL) of dough per piece. Flatten the dough balls into thin patties, between ⅛- and ¼-inch (.3- and .6-cm) thick, and 3 inches (7 cm) in diameter. (Use a tortilla press or rolling pin to flatten the dough, or pat it between the palms of your hands, as if clapping.)
3. Place about 1 tablespoon (15 mL) of cheese in the center of a patty. Top with another patty. Press the edges shut to completely seal the pupusa. Repeat until all pupusas are made.
4. Heat 1 tablespoon (15 mL) oil in a griddle or skillet over medium heat. Place as many pupusas as will fit comfortably on the skillet. Cook, turning once, until they are speckled and browned on both sides. Continue cooking the pupusas in batches, adding more oil as needed. Serve warm with *curtido*.

Nutrition Analysis *Per serving:* 318 calories, 12 g fat (34% calories from fat), 10 g protein, 44 g carbohydrate, 17 mg cholesterol, 105 mg sodium

Section 2**Latin America & the Caribbean****RECIPES El Salvador**

Curtido

This dish makes a delicious accompaniment to pupusas de queso, the corn flour dough snacks on the previous page.

Yield About 6 servings

Ingredients

½ of small head of cabbage, thinly shredded
1 carrot, grated
½ small onion, chopped
Dash of red pepper flakes
½ tsp. (2 mL) salt, or to taste
2 Tbsp. (30 mL) cider vinegar, or to taste

Directions

1. Soak the cabbage in a bowl of salted water for 15 minutes; then drain.
2. Combine the drained cabbage with the remaining ingredients in a large bowl and toss well. Let rest at least 30 minutes, or overnight, refrigerated, before serving. Stir before serving.

Nutrition Analysis *Per serving:* 30 calories, less than 1 gram fat (7% calories from fat), 1 g protein, 7 g carbohydrate, 0 mg cholesterol, 196 mg sodium

Section 2**Latin America & the Caribbean****Culinary Connections**

Ginger

It's almost as hard to imagine a world without ginger as it is to fathom a world without chiles. There would be no ginger ale, no gingersnap cookies, and no gingerbread houses. Curries and Asian stir-fries would taste completely different. Fiery hot African spice blends, which often feature ginger, and Caribbean cooking just wouldn't be the same—especially in Jamaica, an island famous for its ginger crops.

While chile peppers originated in the New World, ginger is Asian in origin. Persians brought ginger back with them from India in the fifth century B.C. A few centuries later, ginger found its way into the hands of a Greek baker who created the world's first gingerbread—around 2400 B.C. Ginger plants, which grow easily in transportable pots, eventually spread to every continent.

As a spice, ginger is used in three main forms: fresh, dried, and preserved. All three come from the brown, rootlike part of the ginger plant, which isn't really a root. It's a rhizome, a thick, underground stem that produces roots and plant shoots.

Fresh Ginger

With fresh ginger, the knobby clump that forms underground is called a “hand,” and the protruding branches that extend from the hand are, not surprisingly, called fingers. You can find ginger in the fresh produce section of supermarkets. Fresh ginger has a lemony freshness and pungent flavor, which can range from sweet and mild to hot and peppery.

Dried Ginger

Rhizomes can also be dried as slices. When finely ground, the rhizomes become the powdered ginger sold in the spice aisle. It has a pleasant, warm flavor but lacks the sharpness and peppery bite of its fresh counterpart. Dried ginger is most commonly used in baked goods.

Preserved Ginger

Ginger can also be preserved in a sweet syrup by brining or by pickling in a vinegar solution. In these processes, fresh ginger trades its sharp kick for desirable variations in flavor and texture. Draining or boiling off the sweet syrup and dusting the pieces with sugar results in crystallized ginger, which is often eaten like candy or sprinkled on pastries.

Pickled ginger is a favorite Asian condiment. Japanese and Chinese chefs use it to contrast fish and other strong flavors and as a palate cleanser. When paper-thin slices of fresh ginger are marinated in sweetened rice vinegar, a chemical reaction turns them a lovely pale pink (bright red pickled ginger gets its hue from food coloring). Pickled ginger is more delicate than fresh. It brightens a dish with a crisp and clean—yet mild and slightly sweet—bite. Look for pickled ginger in the refrigerated section of supermarkets where wonton wrappers and other Asian specialties are sold.

Ginger Taste Test

Conduct a ginger taste test. Using samples of fresh, dried, and preserved ginger, taste the forms. How do they compare?

Section 2**Latin America & the Caribbean****RECIPE Jamaica**

Ginger Cake

A baker trapped in a Jamaican kitchen just might consider it heaven. Among other crops, the Caribbean island of Jamaica produces sugar cane (from which sugar, rum, and molasses are made), bananas, coconut, cocoa, coffee beans, vanilla, allspice, nutmeg, and ginger—all ingredients used extensively in both sweet and savory recipes.

This cake is a version of gingerbread, and it shows how much Jamaicans love their spices. Ginger is a very versatile rhizome. Although this recipe uses fresh and dried ginger, you can also add a touch of pickled ginger to the mix if you have it. Serve the cake with a dollop of sour or whipped cream for dessert, or toasted for breakfast.

Yield One 8-in. (20-cm) square cake (about 9 servings)

Ingredients

2 cups (500 mL) all-purpose flour	1/3 cup (75 mL) butter
1/4 tsp. (1 mL) baking soda	3/4 cup (175 mL) sugar
2 tsp. (10 mL) baking powder	1 large egg, beaten
1 1/2 tsp. (7 mL) ground ginger	1/2 cup (125 mL) molasses
1 1/2 tsp. (7 mL) ground cinnamon	3/4 cup (175 mL) buttermilk
1/2 tsp. (2 mL) ground cloves	1 Tbsp. (15 mL) grated, raw, fresh ginger
1/2 tsp. (2 mL) salt	1 Tbsp. (15 mL) powdered sugar (about)

Directions

1. Preheat the oven to 350°F (175°C). Lightly grease and flour an 8-inch (20-cm) square baking pan.
2. Sift together the flour, baking soda, baking powder, ground ginger, cinnamon, cloves, and salt.
3. In a large mixing bowl, cream together the butter and sugar until light and fluffy. Blend in the egg and molasses. Beat in the flour mixture and buttermilk, alternating a small amount at a time until well blended. Stir in the fresh ginger. Bake for 45 to 50 minutes, until a toothpick inserted in the center comes out clean.
4. Let the cake sit and rest in the pan on a rack for 5 minutes. Remove the cake from the pan and set it on a rack to cool completely. Before serving, dust the cake with powdered sugar sprinkled through a sieve.

Nutrition Analysis *Per serving:* 297 calories, 8 g fat (23% calories from fat), 4 g protein, 53 g carbohydrate, 42 mg cholesterol, 339 mg sodium

Section 2**Latin America & the Caribbean****Culinary Connections****Chicken & Rice**

Chicken just might be the world's favorite bird. All but a very few cultures eat chicken, and it frequently appears with rice, one of the world's favorite grains. Sometimes the rice and chicken are cooked separately and then combined, as in Chinese chicken fried rice, but often they're cooked together on the stove or baked like a casserole, as in these one-pot meals:

- **Chicken jambalaya.** This Creole dish from Louisiana often combines rice with chicken, although crayfish, shrimp, sausage, or ham may also be tossed in the pot along with (or instead of) the bird. Jambalaya also usually includes tomatoes, bell peppers, and other vegetables.
- **Paella.** Spain's version is similar to *arroz con pollo*. Chicken is often used but not mandatory; rabbit, sausage, clams, and shrimp are other typical ingredients.
- **Chicken jollof (Ghana).** Africans typically add potent seasonings, such as fiery chiles, curry powder, cinnamon, and ginger, to their versions of chicken and rice. The dish is often cooked with green beans or cabbage and garnished with sliced hard-cooked egg.
- **Tah-cheen.** In Iran, rice and chicken are simmered in a sauce of yogurt, saffron, and egg yolks until tender and aromatic.
- **Chicken biryani.** In this East Indian recipe, chicken (known as *murg*) and rice cook together in typical Indian style, with loads of spices and aromatics, such as cinnamon, ginger, coriander, cardamom, garlic, and fiery green chiles. Basmati rice (an aged, long-grain rice with a delicate, nutty flavor) is used.
- **Chicken, shrimp, and rice pilau.** Rice was grown in North America as early as 1685 on the coastal lowlands of South Carolina. It rapidly became a major plantation crop in the United States. In the coastal areas of Georgia and South Carolina (known as the Low Country), rice is mixed with seafood, sausage, game, and poultry in all sorts of stews and casseroles. *Pilau* (also known as *purlow* and *perloo*) is derived from *pullao*, an East Indian rice-and-meat dish. The Low Country pilau dishes are similar to *arroz con pollo*, but include varying local ingredients and seasonings.

Familiar Chicken Dishes

Name some common dishes that combine chicken with a starch other than rice, such as potatoes, dough, or pasta.

Section 2**Latin America & the Caribbean****RECIPES Puerto Rico**

Arroz con Pollo

Every cook in Mexico, the Caribbean, Central America, and South America seems to make arroz con pollo, a dish of rice and chicken. Each, however, does it a little differently, adding local ingredients such as lime juice in the Caribbean or achiote seed in Mexico. Achiote (also called annatto) is available in Mexican markets. Like saffron, achiote turns rice a golden yellow hue, but it's not as flavorful or expensive as saffron. If you don't have saffron or achiote, you can leave it out or substitute ground turmeric, which also colors the rice yellow.

A recipe variation is to cook other ingredients with the rice. Try ham or cooked sausage, peas, green olives, capers, pimientos, green pepper, celery, paprika, bay leaves, parsley, cilantro, or cumin. In some places, short- or medium-grain rice is preferred over long-grain rice.

Yield 6 servings

Ingredients

2 Tbsp. (30 mL) olive oil	1 medium-size green or red bell pepper, chopped
4 lbs. (2 kg) chicken parts (perhaps thighs or cut-up chicken)	1 can chicken broth (14 oz./396 g)
Salt	¼ tsp. (1 mL) crumbled saffron threads or powdered achiote seed (optional)
Pepper	1 can diced tomatoes (14.5 oz./411 g)
1 large onion, chopped	1½ cups (375 mL) long-grain rice
2 cloves garlic, minced	

Directions

- Heat 1 tablespoon (15 mL) of oil in a Dutch oven or large deep-frying pan over medium-high heat. Add the chicken, skin-side down, and cook until brown. Flip the pieces over and brown the other side. (Browning takes about 10 minutes. Don't crowd the pan. If necessary, brown the chicken pieces in two batches, adding the remaining oil as needed.) Remove the chicken pieces to a platter; season with salt and pepper and set aside.
- Cook the onion, garlic, and bell pepper in the same pan over medium heat, stirring occasionally, until the vegetables are soft, about 5 minutes.
- Add the chicken broth. Bring the broth to a boil. Then add the saffron or achiote (if using).
Reduce the heat and let the broth simmer with the flavorings for 1 minute.
- Pour in the tomatoes with their juices. Bring the liquid to a boil. Stir in the rice and nestle the chicken pieces in a single layer in the liquid on top of the rice.
- Bring the liquid back to a boil. Then reduce the heat. Cover tightly. Cook over medium-low heat for about 25 minutes, until the chicken is fully cooked, the rice is tender, and all the liquid is absorbed. (If the rice is not cooked through, add more liquid and continue cooking.) Serve hot. If desired, garnish with chopped parsley, cilantro, olives, or a sprinkling of paprika.

Nutrition Analysis *Per serving:* 689 calories, 36 g fat (48% calories from fat), 44 g protein, 44 g carbohydrate, 183 mg cholesterol, 566 mg sodium

Section 2**Latin America & the Caribbean****Culinary Connections****Coconut**

“Plant a coconut tree for food and drink, and you’ll be wealthy in clothes and tools, warm nights, hot meals, a humble home, and a gift for your children.” This saying of the South Seas shows how valued the coconut is in some cultures.

The coconut palm, like the date palm, is one of the most useful trees in the world because it generates much more than coconuts. The tree’s leaves, bark, fruit, and trunk provide materials for making rope, soap, textiles, baskets, cups and bowls, medicines, and boat and building materials.

In cooking, the fruit of the coconut tree is equally versatile, producing a wide range of ingredients used in Malaysia (believed to be where the coconut originated), Asia, the Caribbean, India, the South Pacific, parts of Africa and South America, and in European and Western baked goods. The brown, hairy coconut “nut” sold in supermarkets is actually a drupe: a fruit with a hard stone (cherries and peaches are also drupes). You must go through several layers, however, before reaching the nut.

First, there is the coconut’s outer shell, which is smooth and ivory or gray when ripe. Next is a brown, hairy husk of loose, coarse fibers. This covers the nut’s hard, brown woody shell, with its small triangle of three indented “eyes.” Under this layer is a thin brown skin, which protects the interior kernel where the white coconut meat and juicy liquid center are. The entire coconut tree yields these edible products:

- **Leaves.** The coconut tree’s leaves are used to wrap foods for cooking.
- **Coconut meat.** The firm, sweet, nutty white flesh is scraped from the center of the coconut. It can be chopped or grated fresh (after the brown skin is peeled off), or bought already packaged in plastic bags or cans. Packaged coconut in most Western markets is sold sweetened and is good for baked goods, but it’s not appropriate for savory

recipes. However, unsweetened coconut is available in Asian markets and health food stores.

- **Coconut milk.** This liquid is squeezed and strained from grated coconut meat and simmered with water. Available canned, frozen, or as a dried powder, it is used frequently in cooking, especially in curries, soups, and sauces.
- **Coconut cream.** This is the first product that is extracted from coconut milk; it is quite thick, with a ratio of about 4 parts coconut to 1 part water. It’s sold canned or frozen and is used especially in thick sauces and desserts. Often called thick coconut milk, the coconut cream also rises to the top of a settled can of coconut milk and can be spooned off.
- **Cream of coconut.** This sweetened liquid is not the same as coconut cream (which is not sweetened). It is used for beverages and desserts.
- **Coconut oil.** Oil is pressed from coconut meat and used in cooking, cosmetics, ice cream toppings, crackers, and soap. Unlike most other non-animal fats, the oil is very high in saturated fat (12 out of 13 fat grams). Coconut oil also results when coconut milk or cream is heated to the point of separating.
- **Coconut palm vinegar.** This mildly acidic vinegar is used in Filipino dishes and is made from the sap of the coconut palm. It is used in marinades, salads, soups, and sauces.
- **Coconut water.** Fresh coconuts also yield coconut water, the white jellylike flesh of an unripe coconut. (When ripe, the flesh solidifies and becomes coconut meat.) Coconut juice is also produced. This is the liquid in the center of the nut or kernel. Also known as coconut water, it’s often used to nourish newborn babies and in tropical beverages. It’s not the same as coconut milk.

Coconut Comparison

Taste three different types of coconut products. How do they compare in coconut flavor and in texture? How is each product best used?

Section 2**Latin America & the Caribbean****RECIPE Brazil**

Coconut Rice

In Brazil, rice accompanies many dishes. Sometimes it's cooked and served plain, but often it's seasoned with herbs, spices, and, in this case, coconut milk.

Yield 6 servings

Ingredients

2 cups (500 mL) long-grain rice

$\frac{3}{4}$ tsp. (4 mL) salt

$\frac{3}{4}$ cup (175 mL) coconut milk

Directions

1. Rinse the rice and drain.
2. In a heavy pot, bring 2 cups (0.5 L) water and the salt to a boil. Add the rice. Bring the water back to a boil. Cook uncovered at a low or gentle boil for 15 minutes. Adjust the heat to make sure the water doesn't boil over.
3. Stir in the coconut milk. Cover the pot and cook on low heat, stirring frequently, until rice is tender and sauce is thick, about 10 minutes. Serve hot.

Nutrition Analysis *Per serving:* 294 calories, 8 g fat (23% calories from fat), 5 g protein, 51 g carbohydrate, 0 mg cholesterol, 276 mg sodium

Section 2**Latin America & the Caribbean****Culinary Connections**

Parsley

The practice of using parsley as a garnish is believed to date back to the early Romans, who actually ate it as a breath freshener to combat the strong odors of rich foods. Today, a bouncy sprig of parsley is often tossed onto plates or platters, pushed to the side, and discarded after the meal. It's rarely eaten.

The herb's culinary versatility tends to be overlooked, but as cooks in many cultures know, parsley can add sparkle to many dishes. It's also packed with nutritional benefits. Four ounces of parsley (about one cup, minced) supply more beta-carotene than a large carrot, more calcium than a cup of milk, twice as much vitamin C as an orange, and 20 times more iron than a serving of liver.

Parsley plays a dramatic role in some cultures. In Southwest Asia (believed to be the birthplace of parsley), a salad called *tabbouleh* (or *tabouli*) consists of bulgur wheat, minced parsley, lemon juice, and tomatoes. The parsley adds an appealing color and a flavor that is best described as fresh, slightly pungent, and herby, with a mild bite.

Parsley comes in two varieties: curly leaf and flat leaf (or Italian) parsley. Curly parsley is the garnish

most commonly used. Flat leaf parsley resembles small, dark green celery leaves. Flat leaf parsley has a slightly more pronounced flavor, but both types have a similar taste, and each can be substituted for the other.

In addition to tabbouleh, these dishes can put parsley at the heart of the meal, not just on the side:

- **Persillade.** The French liven up sautés with a spoonful of *persillade*, made from minced parsley and shallots or garlic and stirred in at the end of cooking.
- **Gremolata.** This Italian version of persillade is made with a bit of lemon zest added to the mix.
- **Deep-fried parsley.** This is one of Europe's favorite accompaniments to fish. The parsley must be dried well before frying.
- **Chimichurri sauce.** In Argentina, this is the ultimate sauce for grilled meats; it's made from minced parsley, garlic, vinegar, lemon juice, and olive oil.

Parsley Exploration

Parsley is easy to grow. You can put it in a clay pot and keep it right outside the door or grow it in a garden. Sample the two types of parsley to see which you like best. Then try growing some of your own. In what ways will you use it?

Section 2**Latin America & the Caribbean****RECIPE Argentina**

Chimichurri Sauce

If there is one single food that represents Argentina, it is beef. Spreading below the towering Andes, the rich grassland plains known as the pampas provide wheat and corn as staple food crops, and perhaps more importantly, grazing land for the nation's vast herds of cattle. Argentine beef is highly prized for flavor and tenderness. Small numbers of cattle were introduced in the sixteenth century. Within 200 years, these gave rise to a thriving cattle industry and a culture of Argentine cowboys, known as gauchos.

The people of Argentina enjoy their beef grilled, often on long skewers, and served with bowls of chimichurri sauce. This tart parsley, garlic, and vinegar sauce enhances any grilled food, from chicken, to sausage, to vegetables. You can whip up chimichurri sauce in just a few minutes using a hand blender, mini-chopper, or for larger amounts, a food processor. You can also finely chop the ingredients by hand.

Yield 1½ cups (325 mL) (about 8 servings)

Ingredients

- 8 cloves garlic
- 1 bunch parsley, stems removed
- ⅔ cup (150 mL) olive oil
- ¼ cup (60 mL) sherry wine vinegar (or red wine vinegar)
- 2 Tbsp. (30 mL) fresh lemon juice (or more vinegar)
- 1 tsp. (5 mL) salt
- ½ tsp. (2 mL) freshly ground black pepper, or to taste

Directions

1. To prepare the ingredients with a hand blender or food processor, chop the garlic in the work bowl. (If preparing by hand, see note in right column.)
2. Add the parsley to the work bowl. Pour the olive oil, vinegar, lemon juice, salt, and pepper on top of the parsley to weight it down for easier chopping.
3. Pulse until the mixture is finely chopped but not totally puréed. Taste and adjust the seasonings to your preference. Serve at room temperature.

Note If preparing by hand, chop the garlic and parsley on a cutting board, using a knife. Put both into a medium-size bowl, add remaining ingredients, and mix well.

Nutrition Analysis *Per serving:* 173 calories, 18 g fat (91% calories from fat), 1 g protein, 3 g carbohydrate, 0 mg cholesterol, 279 mg sodium

Section 2**Latin America & the Caribbean****Extended Learning**

Directions: Complete the extended learning activities assigned by your teacher. Use cookbooks, encyclopedias, the Internet, and other resources as needed. Report your findings on separate paper.

**1 Exploring Terms**

Why is this region of the world known as “Latin” America? What is the definition of the word “Hispanic”?

**2 Mexican States**

As with the United States, Mexico is divided into numerous states, each with its own capital and distinctive terrain. Compare the climate, topography, and ancestral history of Mexico’s Yucatan Peninsula (which was home to the Maya civilization) with that of Guanajuato in Central Mexico. How do these factors affect the fruits and vegetables grown in each state and the ways they are prepared?

**3 Traditional Cooking Tools**

Before there was electricity for blenders and food processors, the native people of Mexico ground grains, spices, nuts, and chiles by hand, using manual tools made from lava rock and other natural materials. The metate (meh-TAH-tay) and molcajete (mole-cah-HEH-tay) are still used today by some cooks. Research these tools, and describe how they’re made and used.

**4 South American Topography**

The continent of South America contains some of the most extreme topography on earth. What makes the Amazon River, Cape Horn, the Andes Mountains, and Lake Titicaca distinctive? In which countries are these features located? What are some of the typical meats, fish, vegetables, fruits, and crops of these countries?

**5 Aqueducts**

The earliest aqueducts were built by the Olmecs in Mesoamerica around 1700 B.C. The Romans built their aqueducts around 300 B.C. Research how aqueducts are built, and describe their importance to a civilization’s development.

**6 Food Origins**

Draw up a list of ten foods indigenous to the Americas. Then create a list of ten foods that were introduced to the Americas by Europeans. Can you think of any Latin American dishes that combine ingredients from both lists? Did the Africans introduce any new foods to Latin America? If so, which ones?

**7 Amazon Rainforest**

The Amazon Rainforest is one of the earth’s great resources. Explore the riches of the Amazon Rainforest, and identify the resources it provides. What are some of the issues threatening the Amazon and other rainforests today?

Section 3**Western & Northern Europe**

Map of Western & Northern Europe

Directions: Study the map below and then answer the “Map Investigation” questions that follow. Use geography books and other reference maps as needed.

Suppose you leave the North American continent on a flight to Western Europe. What route will get you there? You’ll fly east over the Atlantic Ocean. In seven or eight hours, you could land in the United Kingdom. The UK is about the size of Oregon, and the country is home to these regions: England, Wales, Scotland, and part of Ireland. Traveling onto the continent, you might visit other Western European countries. France is right across the English Channel. Travel north and you’ll reach Belgium, the Nether-

lands, and Germany. The map shows other countries that are part of Western Europe.

Above Germany lie the countries of Northern Europe. Together, these are known as Scandinavia, and they include Denmark, Norway, Sweden, and Finland. Iceland is also included, but it lies to the west in the Atlantic Ocean.

Wherever you go in these lands, you’ll find breathtaking scenery and delicious and varied cuisines.



Section 3

Western & Northern Europe

Map Investigation

1. During the tenth century, the Vikings are believed to have traveled from Sweden all the way to Constantinople in Turkey and to Baghdad, now the capital of Iraq. They returned home with exotic spices that are still used in Scandinavian cooking today. Since there are no oceans linking Sweden to Constantinople, how do you think the Vikings made their way to present-day Turkey? What is the name of Constantinople today?

2. Of all European rivers, the Rhine River is perhaps the most important. Describe its route. How long is it?

3. How did Hannibal cross the Alps? How do modern travelers cross this mountain range? What countries do the Alps extend through?

4. What is and where is the Arctic Circle? What crops grow there? What countries are at least partially located on the Arctic Circle?

5. Many Europeans speak more than one language, and Switzerland has more than one official language. Looking at the map, what would you expect the official Swiss languages to be?

6. France is about 80 percent the size of Texas. What European country north of Italy is smaller than Washington, DC?

Section 3**Western & Northern Europe**

Flavors of Western & Northern Europe

Directions: Read this article and then answer the “Reading Check” questions that follow. Complete the “Application Activities” as directed by your teacher.

Because of geography and climate, the countries of Western and Northern Europe can be set apart according to their primary food source: diets are mainly either meat-based or fish-based. Since some countries are blessed with coastlines for fishing as well as fertile land for farming and grazing, the people enjoy a wider variety of proteins.

If you’ve ever sampled fish and chips, smorgasbord, Danish pastries, or Edam cheese, you’ve tasted some of the specialties of Europe’s western and northern countries.

Western Europe

Besides the islands of Great Britain and Ireland, Western Europe stretches from the cold shores of the Baltic Sea to the dikes and canals of the Netherlands, across fertile plains and Bavarian forests, to the towering Alps that run through Austria, Switzerland, Germany, and France. The entire region is influenced by culinary and cultural fusion.

The British Isles

The British Isles are separated from continental Europe and the Northern European countries known as Scandinavia by the English Channel and the North Sea. This geographical grouping of islands includes Great Britain, Ireland, and a number of smaller islands, including the Isle of Man, the Isle of Wight, the Channel Islands, and others.

On the island of Great Britain, you’ll find England, Scotland, and Wales. Scotland has its own island chains, including Shetland, Hebrides, and others.

The island of Ireland is divided into two parts. One part is the Republic of Ireland, an independent nation. The second part is Northern Ireland, which lies at the top of the island. Northern Ireland joins with Great Britain (England, Scotland, and Wales) to form the country that is known as the United Kingdom (UK).

Historically, the British Isles have been home to ancient Celtic and Germanic tribes, Romans, and Normans. These early hunting and farming cultures helped form the foundation of early British food. Between the sixteenth and twentieth centuries, Brit-

ish colonies were established in Africa, India, Hong Kong, and North America, further shaping the contemporary foods and eating habits in both Britain and its former colonies.

While the terrain and food are similar throughout the British Isles, variations exist on each island. Having rich soil and ample rain has an impact. This means that about 85 percent of the land is dedicated to farming and raising beef, lamb, and pork. At the same time, the long coastlines provide an ample maritime harvest, including fish, shellfish, mollusks, and sea vegetables.

In Wales, laver, a type of highly nutritious seaweed that grows along the rocky shores, is made into a specialty known as “laverbread.” Scotland and Ireland are known for fine salmon and plentiful seafood. Often fish from Britain’s coastline, lakes, and streams is battered and deep-fried with cut-up potatoes and gobbled up in pubs and at corner stands as “fish and chips.” Inland, the soil is good for grazing and raising livestock, so beef, lamb, and pork are widely available throughout the United Kingdom. Chickens and eggs are also common. Milk is turned into butter and a wide variety of farmhouse cheeses, some of which are world famous.

In the United Kingdom, tea and sweets are a daily tradition, but they were once too expensive for common people to afford. Colonial expansion to India and the West Indies made sugar and tea leaves available to all, and to this day, the afternoon or evening tradition of taking tea continues. A light snack of pastries, cakes, or sandwiches is served with tea. In some families, tea and a snack may be the evening meal.

(Continued on next page)

Flavors of Western & Northern Europe (*continued*)

If you travel in the United Kingdom, you'll find some interesting, and sometimes confusing, names for various foods and dishes. Becoming familiar with terms like these can be helpful when dining:

- Bangers and mash: dish of sausages and mashed potatoes.
- Biscuits: cookies; usually with more of a cracker-like texture.
- Cawl: soup, often a clear broth with vegetables; Welsh.
- Chips: french fries, the potatoes in "fish and chips."
- Cock-a-leekie: soup with chicken, leeks, bacon, and seasonings; Scottish.
- Colcannon: dish of mashed potatoes with cooked cabbage, butter, milk, chives, and parsley; Irish.
- Crisps: potato chips; the English have many different flavors of crisps.
- Pasties: turnovers typically filled with meat, potatoes, and vegetables.
- Toad in the hole: sausage links baked with Yorkshire pudding (see below).
- Treacle: sweet syrup similar to maple syrup or molasses.
- Yorkshire pudding: savory bread made with pop-over batter and cooked in meat drippings; usually served with roast beef.

Continental Western Europe

The western nations of continental Europe include Germany, Austria, Switzerland, and the low countries of Belgium, the Netherlands, and Luxembourg (LUK-sum-burg). France is also part of Western Europe, and indeed, its northern regions are similar to other countries along that border (Belgium, Germany, and Switzerland). France also shares borders with Italy, Spain, and the Mediterranean Sea. For this reason, the foods, terrain, and customs there more closely resemble those of Southern Europe.

Western Europeans preserve foods, but not to the same extent as their neighbors to the north. Meat is readily available. Such game as wild boar, rabbit, deer, and duck is popular. Pork, which reigns supreme in Germany and its neighboring countries, appears as ham, roasts, bacon, and both fresh and cured sausages.

These livestock-rich countries cook mostly with butter, lard, and bacon fat, rather than the olive oil used by their southern neighbors in Italy and Greece. Onions, leeks, and chives are used more frequently than garlic. Sweet-and-sour combinations flavor many

stews and roasts. Beer and wine are used as cooking liquids.

The cacao bean, originally from South America, was introduced to Europe in the sixteenth century. The process of manufacturing chocolate from cacao beans had become a Western European art by the nineteenth century, especially in Switzerland. Belgium, the Netherlands, Germany, and Austria also have a special knack with chocolate, as they do with butter-rich pastries. Today, the kitchens and bakeries of Western European nations produce chocolates, desserts, and confections that are truly world famous.

French Cooking History

Historic events have a way of shaping the foods and cooking methods that develop in countries. Around 125 B.C., the Germans held power in France. Invasions by the Vikings from Scandinavia occurred around 1000 A.D., and Arabian people entered France from the south around the same time. All of these groups extended their influence by adding their own foods and cooking customs to those already in place.

It was in 1533, however, when French cooking changed forever. The event was the marriage of Catherine de'Medici of Italy to the future French king, Henry II. When Catherine moved to France, she brought Italian chefs with her. Opulent dining was introduced to France, along with such new foods as artichokes, fancy pastries, and sauces. This event set the stage for a lasting interest in fine dining in the country.

The French nobility in particular enjoyed the new style of eating, which was highlighted by lavish banquets. Meals with many courses were served amidst extravagant table settings. In the 1700s, while the aristocracy enjoyed this elegant eating, common people were eating very simple foods and the poor were starving. The people rose up against the aristocracy when the French Revolution began in 1793.

After the revolution, the interest in fine dining continued and grew with the reign of Napoleon. French cooking focused on artistry and precision. Over the years, many talented chefs have carried on the traditions and added their own touches to the development of classical French cuisine.

As classical cooking developed in France, regional cooking did too. Regional cooking links to the unique areas of France. Depending on climate and terrain, dishes relate to the foods that can be grown and raised in each region.

(Continued on next page)



Northern Europe

Scandinavia, the northernmost section of Europe, includes Norway, Sweden, and Denmark, though Finland, Iceland, and the Faeroe Islands (FAR-oh) are often considered part of Scandinavia.

Northern Europe's modern-day Scandinavians trace their roots to the rugged Vikings, who were skilled in farming, foresting, and seafaring. Viking ships led some of Europe's earliest explorations to North America, Greenland, and the Middle East. Therefore, despite the severely cold climate and their extreme northern location, Scandinavian culture has not developed in isolation. Cooks have incorporated many foreign food ingredients into their traditional dishes.

Of all the regions in the world, Scandinavia may be the most unique when it comes to day and night. The sun never rises at the peak of winter in the northernmost areas, and it also never sets in the middle of summer. The long northern winters and short growing season create some tough food challenges, but the cuisine is far from boring, and food is rarely scarce.

To survive in their extreme climate, Northern Europeans have perfected the art of preserving meats, fish, fruits, and vegetables so the foods last year-round. These foods may be pickled, dried, cured, or smoked and are featured at almost every meal.

While some meat (mainly lamb and fresh or preserved reindeer and forest game) is served in these countries, most people eat fish as their main source of protein at every meal—even breakfast. Herring, cod, and shellfish from the Baltic and the North Atlantic and freshwater fish from the many glacial rivers and lakes are salted, smoked, dried, and pickled.

Milk sours quickly, so it's turned into cheeses, which may be hard and aged, or soft, like cottage cheese. More than half a dozen types of berries (most commonly lingonberries) last far beyond summer and autumn after being turned into jams, jellies, preserves, syrups, and juices. These are all added to pastries, puddings, and tarts.

Section 3

Western & Northern Europe

Reading Check & Applications

Reading Check

1. Why do some countries in Western and Northern Europe have a wider supply of protein foods than others do?

2. Where are the Alps?

3. What helped form the foundation of British food?

4. What is laver and how is it used?

5. Why did tea and sweets become common in the United Kingdom?

6. Why does the Western European country of France have foods that resemble those of Southern Europe?

7. What type of meat is most commonly eaten in Germany? How is it used?

(Continued on next page)

Reading Check & Applications (*continued*)

8. Compare the fats used in Southern and Western European cooking.

9. Which European countries specialize in making fine chocolates?

10. How did outsiders help introduce new and non-native foods to Scandinavia?

11. Why is Scandinavian cuisine subject to tough challenges?

12. What type of fruit is most commonly enjoyed year-round by Northern Europeans? How is this fruit used?

Application Activities

- About Worcestershire Sauce.** Worcestershire sauce (sold in bottles in the condiment aisle) is a perfect example of how cross-cultural exchange created a completely unique product. Worcestershire (pronounced WUS-tuh-shir) sauce was an attempt to replicate a particular sauce from India, which was a British colony at the time. The British version did not taste like its Indian counterpart, but it did become popular. Without looking at the ingredients on the label, taste a few drops of Worcestershire sauce. Write down what ingredients you think it contains. Then compare your list to the actual ingredients. How many “hits” did you get? Look up and define any ingredients that are new to you.
- Touring Northern Europe.** If you were a travel agent, and a client wanted to take a culinary tour of Northern Europe’s most diverse seafood cities, which would you recommend and why?

Section 3**Western & Northern Europe****Culinary Connections****Lemons & Other Citrus Fruits**

The lemon likely originated in India and made its way to the Mediterranean by around the first century. It gradually spread from there to China (courtesy of Arab traders) before arriving in Europe, where it became a rare and expensive luxury. Lemons then hitched a ride to Haiti on Christopher Columbus' second voyage in 1493. Both fresh and preserved lemons are now essential to cuisines around the globe, and they bring a pleasant acidity to a full range of sweet and sour dishes in countries as different as the United States, Morocco, and Brazil.

Limes are believed to be of Malaysian origin. Europeans introduced them to the New World about the time of its discovery, and limes quickly became established in the West Indies, Central America, and Mexico. Fresh limes and their juice are used in many dishes, from *ceviche* to desserts like Key lime pie. *Ceviche* (or *seviche*) is a dish made with raw fish marinated in lime and other citrus juices. Both fresh and dried limes are common in Middle Eastern and Southeast Asian stews and soups.

Oranges are another important citrus fruit. The fruit's wild ancestors can be traced back to China and India, although Brazil and the U.S. are now the biggest orange growers. Sweet varieties like Valencia are excellent in salads and for eating out of hand, while bitter oranges (grown mostly in Spain) are used in marmalade, or dried and added to savory dishes. Blood oranges, which have a deep red flesh, make tasty—and pretty—desserts.

One interesting footnote in citrus history is more about function than food. In the eighteenth century, lemons were doled out to sailors to prevent scurvy (a disease caused by lack of vitamin C). The British navy had better access to limes and so provided those to its sailors, giving rise to the nickname “limeys.”

Here's how the different parts of a citrus fruit can be used:

- **Fruit.** Slices or sections of lemons, limes, and oranges are often added to fish, veal, and poultry dishes or salads. They can also be preserved. Middle Eastern cooks use dried lemons in savory recipes, while lemons preserved in a mixture of salt and lemon juice flavor many Moroccan specialties.
- **Juice.** Fresh citrus juice is extremely versatile. Lemon juice is used in beverages like lemonade and is an essential ingredient for hollandaise sauce, which is served over a popular brunch dish called eggs Benedict. In Latin America, fish is marinated in lime juice for *seviche*, while the Greeks make soup called *avgolemono* with lemon juice, egg yolks, and chicken broth.
- **Zest.** Zest is the brightly colored rind, but not the bitter-tasting white pith between it and the flesh. It contains essential oils that both flavor and perfume treats like lemon meringue pie and lemon mousse.
- **Pectin.** Citrus fruits are one source for pectin, a natural substance that helps thicken jams, jellies, and preserves.

Supermarket Exploration

Visit a supermarket to locate citrus products. What fresh varieties of lemons, limes, and oranges are there? What dairy, baking, meat, spice, snack, and other edible products can you find that use these fruits as an ingredient?

Section 3**Western & Northern Europe****RECIPE England**

Lemon Curd

Lemon curd is often spread on biscuits, muffins, toast, or scones as a morning or afternoon treat. (Try it with the recipe for Scottish scones on page 71.) You can also fill a cooked tart or pie shell with it for a simple dessert.

For this recipe, you'll need 5 or 6 medium lemons to get 1 cup (250 mL) of juice. To get more juice from a lemon (or other citrus fruit), microwave a whole one on high for about 20 seconds or roll it under your palm on a hard surface. Doing this helps break up the cells of juice inside.

Yield 2 cups (500 mL) (about 8 servings)

Ingredients

1 cup (250 mL) sugar
 1 cup (250 mL) fresh lemon juice
 3 large eggs
 3 Tbsp. (45 mL) butter, in chunks

Directions

- Using a wire whisk, stir the sugar and lemon juice together in a heavy, medium saucepan. Beat in the eggs, and add the butter.
- Set the pan over medium-low heat and cook, whisking constantly, until the mixture forms a thick sauce, about 15 minutes. If the eggs start to curdle, remove the pan from the heat and keep whisking until the mixture cools slightly.
- Then continue cooking over low to medium heat, whisking constantly. The sauce is done when the mixture becomes slightly foamy and is thick enough to coat the back of a wooden spoon.
- Pour the sauce into a glass jar or other clean container. Cover tightly and refrigerate. Lemon curd will keep for up to 3 weeks in the refrigerator.

Nutrition Analysis *Per serving:* 170 calories, 6 g fat (31% calories from fat), 3 g protein, 28 g carbohydrate, 92 mg cholesterol, 68 mg sodium

Section 3**Western & Northern Europe****Culinary Connections**

Quick Breads

Quick breads are baked goods that don't need yeast to rise. Baking soda, baking powder, and sometimes eggs are used instead. These ingredients react chemically with moisture, causing the dough or batter to leaven, or rise, as soon as it is mixed.

Historically, quick breads have been convenient because they could be cooked and eaten on the spot, without kneading or rising. Some quick breads like cornbread were made in a skillet on top of the stove when ovens were not available. The batter could also be poured into a hot skillet to provide a crisp crust before baking in the oven. Biscuits, muffins, banana bread, and some coffee cakes are all familiar quick breads. These are some other quick breads enjoyed around the world:

- **Popovers.** These pillowy breads with light and airy centers are usually baked in muffin tins or special popover pans. They puff up quite high in

the pan but only use eggs for leavening. In England, a version of popovers made with melted roast beef fat is known as Yorkshire pudding.

- **New England brown bread.** This traditional dark bread is made with rye and wheat flour and molasses. It's mixed as a batter and baked in tall cans.
- **Cornbread.** In the South, quick breads and relatives like cornbread, fried hush puppies, and spoonbread are made with cornmeal or corn flour.
- **Matbrod.** This Swedish rye bread is leavened with baking soda and baking powder.
- **Irish soda bread.** This traditional round loaf is made from baking soda and buttermilk and is usually flavored with caraway seeds and currants. The top of the loaf is slashed with an X or cross, which is meant as a religious symbol.

Prepackaged Mixes

Many mixes for quick breads are sold prepackaged. Make a list of the types sold in a supermarket near you. Choose three and investigate their ethnic origins.

Section 3**Western & Northern Europe****RECIPE Scotland**

Raisin Scones

Scones are a popular Scottish quick bread. The name derives from the Stone of Destiny (scone), a place where Scottish kings were once crowned.

This recipe uses raisins, but in Scotland currants, another variety of dried grape, are more commonly used. You may also substitute dried berries, date bits, or other dried fruit pieces for the raisins.

Yield 10 scones

Ingredients for Topping

1 Tbsp. (15 mL) sugar
 1/8 tsp. (.5 mL) ground cinnamon

Ingredients for Scones

1 1/2 cups (375 mL) all-purpose flour	1/2 cup (125 mL) chilled butter, cut into chunks
1 cup (250 mL) quick or old-fashioned oats (uncooked)	1/2 cup (125 mL) raisins
1/4 cup (60 mL) sugar	1 large egg
1 Tbsp. (15 mL) baking powder	1/3 cup (75 mL) milk
1/4 tsp. (1 mL) salt	

Directions

1. Heat the oven to 400°F (200°C). Lightly grease a baking sheet. Dust a work surface with extra flour. Mix together the topping ingredients and set aside.
2. In a mixing bowl, combine the flour, oats, sugar, baking powder, and salt.
3. Using a pastry blender, cut the butter chunks into the flour mixture until the mixture resembles coarse crumbs. Gently stir in the raisins.
4. In a separate small bowl, beat together the egg and milk. Stir the liquid into the bowl of dry ingredients, mixing just until the ingredients are moistened.
5. Turn the dough onto the floured work surface. Knead gently just until the dough comes together, about 8 times, turning the dough as you work. Roll or pat the dough into a circle, about 8 inches (20 cm) in diameter. Sprinkle with the prepared cinnamon-sugar topping. Slice the dough into 8 wedges. Transfer the pieces to the prepared baking sheet.
6. Bake for 12 to 15 minutes, until tops are golden brown. Serve warm.

Nutrition Analysis *Per serving:* 239 calories, 11 g fat (39% calories from fat), 4 g protein, 33 g carbohydrate, 47 mg cholesterol, 267 mg sodium

Section 3**Western & Northern Europe****Culinary Connections**

Sandwiches

Nothing beats a sandwich for simplicity, satisfaction, and convenience. Take a trip around the world, and you'll find that the sandwich goes by many names and variations.

- **Gyro.** To make this specialty (pronounced JEER-oh or YEE-roh), Greek cooks wrap thinly sliced spit-roasted lamb in soft pita bread with lettuce, tomato, and a cucumber-yogurt sauce.
- **Panini.** The term *panini* actually covers a class of sandwiches from Italy. A *panino* (roll) is stuffed with ingredients ranging from meats and cheeses to grilled vegetables. Sometimes the sandwiches are pressed and cooked in a special waffle-like iron (without ridges). Unlike hoagies and submarine sandwiches, panini are not overly stuffed; they're lightly filled, allowing the fresh flavors of the ingredients to be savored more distinctly.
- **Banh mi sandwich.** Created during the French occupation of Vietnam, *banh mi* is a type of Vietnamese baguette that combines rice flour with wheat flour to create a very light loaf of bread. Vietnamese typically fill a banh mi sandwich with ingredients that reflect both French and Asian influence. Slices of pâté, grilled meats, torn fresh herbs, shredded carrots, radishes, cucumbers, Dijon mustard, and chili sauce are just some of the typical fillings.
- **Cuban sandwich.** As popular in Miami as it is in Cuba, a Cuban sandwich consists of roasted pork loin, ham, Swiss cheese, mustard, and pickle in a Cuban bread or French bread loaf. The sandwich is grilled with a weight on top, to flatten it, until the bread is toasted.
- **Muffaletta.** This New Orleans specialty is a round loaf filled with layers of salami, ham, Provolone, and most importantly, a robust olive salad. It is then cut into wedges and served. The Central Grocery claims to have created the sandwich around 1900. Long before then, however, it is believed that Italian workers at the New Orleans markets were scooping broken olives out of barrels and adding them to their "muffs," or round loaves of bread.
- **Falafel.** Middle Eastern *falafels* are fried balls of spiced, mashed chickpeas. They are frequently served as a sandwich, placed inside pita bread and topped with tangy tahini sauce.
- **Croque monsieur.** This French version of a grilled ham and cheese sandwich is a classic cafe snack. A *croque madame* is the same thing, but with a fried egg on top.

Sandwich Creation

Create your own "local" sandwich. What type of ingredients might you combine to represent the food and culture of your community or heritage?

Section 3**Western & Northern Europe****RECIPE France**

Croque Monsieur

This sandwich was first served in 1910 in a Parisian restaurant, and it is now also popular throughout Southern Europe, especially in northern Italy and in cafés along the Alpine borders. You can cook the sandwich in a skillet or try this quick-and-simple oven version. Today in Europe, convenient, prepackaged versions are popped directly into toasters and are casually known as “toasties.”

Yield 4 sandwiches

Ingredients

8 slices white bread
2 Tbsp. (30 mL) melted butter or vegetable oil
8 slices Swiss cheese (about 4 oz./125 g)
4 slices ham (about 4 oz./125 g)

Directions

1. Preheat the oven to 400°F (200°C). Separate the bread slices and place them on a work surface.
2. Using a pastry brush, brush one side of the bread pieces with half of the butter or oil. Set a cheese slice and a ham slice on top of 4 pieces of bread. Top with the remaining 4 slices of bread, placing the buttered side against the ham. Press the sandwiches together gently.
3. Brush the outside of the sandwiches with the remaining butter. Place the sandwiches on a baking sheet.
4. Bake for 10 minutes, until the cheese has melted and the bread looks golden.
5. Trim the crusts from the bread. Slice the sandwiches in half diagonally, and serve.

Nutrition Analysis *Per serving:* 342 calories, 18 g fat (48% calories from fat), 17 g protein, 27 g carbohydrate, 58 mg cholesterol, 774 mg sodium

Section 3**Western & Northern Europe****Culinary Connections****Olives**

If you were to pluck an olive off a tree, pop it in your mouth, and bite down, you'd instantly spit out this bitter fruit. Olives are drupes (relatives of the cherry and peach), and they need a bit of work before they are considered edible. Given the many benefits of the olive, however, the effort is worth every step.

The olive first became a cultivated crop some 6,000 years ago, and the olive branch has long been a symbol of peace. The olive grows best in temperate-hot climates like the Mediterranean and its native home, Asia Minor (the area between the Black Sea and the Mediterranean Sea).

The gnarly, hardy olive trees grow in places where few other plants can survive, thriving on rocky hillsides with little rainfall. For centuries, Greece, Italy, Spain, France, Portugal, Morocco, Tunisia, and Turkey have all contributed generously to the world crop of olives, either cured as table olives for eating or pressed into olive oil. More recently, California has joined their ranks, and a few other places in North and South America also grow olives. Olives can be as small as chickpeas or as large as plums, and literally hundreds of different varieties exist. Spain, the world's leading producer, cultivates more than 260 types.

The key to making olives taste good is to cure them, thereby eliminating the bitter flavor that is caused by a harmless but unpleasant component called *oleuropein*. The freshly picked green or black fruits are first soaked in a weak alkali solution, which leaches out the bitterness. They are then rinsed and packed in brine or salt.

The oil pressed from olives is recognized as not just flavorful but also very healthful. Olive oil is often said to be "heart healthy." It's a monounsaturated oil

with components that help reduce cholesterol levels. It's also rich in antioxidants and omega-3 fatty acids, beneficial elements that are believed to lower the risk of certain cancers. Olive oils come in different grades, which are based on how many times the olives are pressed to extract the oil. The first pressing is the least acidic and the best quality, known as "extra virgin" olive oil. It's also the most expensive. "Virgin" olive oils are also good quality, though slightly more acidic in flavor. They are less expensive and good as everyday oils. Simple "olive oil" is even less costly; it lacks the fine flavor of the virgin and extra virgin grades but has more flavor than a neutral oil, such as vegetable oil.

So, besides topping a pizza with chopped olives or mixing olive oil into a salad dressing, how does the world enjoy its olives? They are used in everything from appetizers to desserts. Here are some examples:

- **Tapenade.** This is an olive spread from France that's been seasoned with anchovies and capers.
- **Tortilla.** The Spanish omelet made with potatoes and onions and fried in olive oil is called a tortilla. (It's unrelated to the Mexican flatbread also called a tortilla.)
- **Picadillo.** The Cuban version of this popular Latin American hash is made with ground beef, raisins, and green olives.
- **Orange salad.** In Morocco, fresh orange slices are dressed with olive oil, vinegar, black olives, and paprika.
- **Polenta cake.** In Italy, olive oil is used in breads, cakes, biscotti, and pastries. Polenta, a ground cornmeal, is combined with olive oil, lemon, and almonds in this traditional cake.

Oil Taste Test

Pour a little bit of olive oil and two oils made from something other than olives separately into three small dishes. Dip a cube of bread in each and taste it. How do they compare in flavor and color? What are some uses you would recommend for each type?

Section 3**Western & Northern Europe****RECIPE France**

Black-Olive Tapenade

This traditional French spread hails from Provence, a southern region that, like its neighbor Italy, uses abundant amounts of olives, olive oil, and garlic. Tapenade combines pungent black olives with tart capers and other zesty ingredients to create a tangy spread for crackers or small breads and toasts.

For true tapenade, use pitted Mediterranean-style, oil-cured olives, such as the Kalamata or Nicoise varieties. These are found in delicatessens and sometimes canned. Supermarkets carry canned, pitted, California black olives, which have a milder taste. If using mild olives, you may want to increase the other seasonings for a more robust flavor.

Yield 2 cups (500 mL) (about 8 servings)

Ingredients

2 cloves garlic
1½ cups (375 mL) pitted black olives
6 canned anchovy fillets
Juice from 1 lemon (about 3 Tbsp./15 mL)
¼ cup (60 mL) extra-virgin olive oil
2 Tbsp. (30 mL) capers, chopped
1 Tbsp. (15 mL) chopped parsley for garnish (optional)

Directions

1. Coarsely chop the garlic, either using a food processor or chopping by hand.
2. Chop the olives, and combine them with the garlic, anchovies, lemon juice, and olive oil until a coarse paste is formed. Stir in the capers. Garnish with chopped parsley and serve at room temperature as a spread.

Nutrition Analysis *Per serving:* 120 calories, 12 g fat (84% calories from fat), 1 g protein, 4 g carbohydrate, 3 mg cholesterol, 517 mg sodium

Section 3**Western & Northern Europe****Culinary Connections****Breaded & Fried Cutlets**

Germans and Austrians call them *schnitzel*. The Italians call them *scaloppini* (little scallops), and in Japan, they're known as *katsu*. Nevertheless, these are all essentially the same dish: thin, breaded cutlets shallow-fried in butter or oil until crispy. Each country adds its own stamp to the basic recipe, as described in these examples:

- **Katsu.** The Japanese use chicken, pork, and coarse, large-flaked crumbs known as *panko* (instead of finely crushed bread crumbs). The *panko* produces a very delicate, airy coating when fried. *Katsu* is usually served over shredded cabbage and cooked rice and drizzled with *tonkatsu* sauce, which is similar to barbecue sauce.
- **Veal cordon bleu.** This French dish dates back to 1578, when it was served to knights and royalty. Thin veal cutlets are rolled around a center of ham and Gruyère cheese, and then breaded and fried.
- **Piccata.** This Italian dish, also adopted by the French, omits the egg and bread-crumbs coating and simply fries a floured veal or chicken cutlet in olive oil. It is served with a squeeze of lemon or a lemony sauce made from the pan drippings.
- **Scaloppini with cheese.** In another Italian variation, the bread crumbs are mixed with Parmesan cheese before dredging and frying. Veal or chicken is used. This dish became a favorite in Argentina after being introduced by the many Italian settlers there.
- **Chicken-fried steak.** A favorite in Texas and the South, this dish uses tenderized beef. It is breaded in egg and flour (no bread crumbs), fried, and usually served with a country-style gravy.
- **Chicken Kiev.** Despite a Russian name, this dish is actually a French concoction that was adopted by Russian royalty. It consists of a chicken cutlet that is rolled around a chilled chunk of herb butter and then breaded and fried. When you cut into the chicken, the melted, aromatic butter is released.

Coatings

Besides bread crumbs, what other ingredients can be used as a coating for “breaded” cutlets? Make a list and find recipes that use these coatings.

Section 3**Western & Northern Europe****RECIPE Germany**

Chicken Schnitzel

The German word *schnitzel* means cutlet, which is a thin slice of meat that is breaded and fried. Usually the meat is veal, but you can also make schnitzel using chicken or pork cutlets. For this recipe, the main ingredient is chicken, which is often more economical and readily available.

Yield 4 servings

Ingredients

4 boneless, skinless chicken breasts (about 1½ pounds/750 g)
 Salt
 Pepper, freshly ground
 All-purpose flour for dredging (about ¾ cup/175 mL)
 2 large eggs
 1 cup (250 mL) plain dry bread crumbs
 2 Tbsp. (30 mL) butter
 4 Tbsp. (60 mL) vegetable oil

Directions

1. Prepare the cutlets: Pound the chicken breast halves until about ¼-inch (.6-cm) thin. (To do this, place 1 piece between 2 sheets of plastic, and pound with a heavy flat surface, such as the bottom of a pan.) Salt and pepper the chicken.
2. Prepare the breading ingredients: Pour the flour into a small plastic or paper bag. Beat the eggs with 2 teaspoons (10 mL) water in a shallow dish, such as a pie pan. Pour the bread crumbs into another shallow dish.
3. Working one piece at a time, drop a chicken piece into the bag of flour and shake until well coated. Shake off excess flour. Dip the piece into the egg mixture, and then coat in bread crumbs. Set the chicken piece on waxed paper or a plate until ready to cook. Repeat the breading process with the remaining pieces of chicken.
4. Heat half the butter and half the oil in a large skillet over medium heat. When a few bread crumbs sizzle in the pan, fry 2 or 3 chicken pieces, browning on both sides, about 2 minutes per side, until thoroughly cooked. Remove from the pan and drain on paper towels. Keep warm by tenting with foil or place in an oven on low heat.
5. Carefully wipe the pan clean with paper towels. Repeat the process with the remaining chicken pieces, adding the remaining butter and oil as needed. Serve hot.

Note Do not reuse the excess flour, eggs, or bread crumbs. Throw them out, as they will be contaminated with raw chicken juices.

Nutrition Analysis *Per serving:* 392 calories, 14 g fat (32% calories from fat), 38 g protein, 27 g carbohydrate, 150 mg cholesterol, 339 mg sodium

Section 3**Western & Northern Europe****Culinary Connections****Fondue & Melted-Cheese Dishes**

Fondre means “to melt” in French, and from this word comes the name of the dish known as fondue. Swiss *fondue au fromage* (fondue with cheese) is perhaps the world’s best-known version of this thick dipping sauce. It’s made with melted cheese (typically a combination of Gruyère and Emmenthaler cheeses) and wine and served in a communal pot. The pot is set over a small burner to keep the fondue hot. Diners spear cubes of bread on long forks and dip them into the fondue. Variations include fondue *bourguignonne*, in which meats and vegetables are cooked bite by bite in a pot of hot oil, and chocolate fondue, in which fruit and cake are dipped into a creamy chocolate sauce.

Kaasdoop is a Dutch version of fondue, made with Gouda cheese. Gouda is a town in the Netherlands, where nearby farmers first started bringing their cheeses for sale in 1668; that city gave its name to what is now the country’s most famous exported cheese. Made from cow’s milk, Gouda has a slightly nutty flavor. Aged versions taste similar to a mildly sharp cheddar cheese. Large wheels of Gouda are coated in yellow wax to protect the cheese as it ages; smaller rounds are coated in red wax.

The tradition of eating cheesy bites out of a central pot isn’t just tasty, it’s fun and social. Countries with an abundance of dairy products typically serve their own versions. Here are just a few examples:

- **Queso fundido.** Mexico’s version of fondue uses a soft cheese, melted in earthenware dishes. Mexi-

can Manchego or Asadero cheeses are usually used, but Monterey Jack also works well. Unlike fondue, which combines the cheese with a liquid such as wine, milk, or broth, *Queso fundido* is simply cheese that’s been melted in the oven until it’s runny and spooned into warm, soft tortillas. Sometimes it includes *chorizo* (Mexican sausage), onions, or green chiles. In Northern Mexico, it’s known as *Queso flameado* (literally, flamed cheese).

- **Welsh rarebit.** Instead of dipping cubes of bread into the cheese mixture, the Welsh spoon their own rich cheese sauce over pieces of toast and eat it with a fork and knife. They also spoon the cheese mixture on the bread and toast the slices under the broiler. They melt the favorite farmhouse cheeses of Wales, such as Cheddar, with milk or beer and often serve tomatoes on the side. Sometimes called *Welsh rabbit*, the origins of this dish’s name are murky.
- **Fonduta.** This northern Italian version of fondue uses creamy Fontina cheese, milk, and egg yolks.
- **Râclette.** While this isn’t really a fondue, it is a good example of the many other hearty cheese dishes Swiss cooks specialize in. To make it, pieces of Râclette cheese are melted in small pans over an open fire or under a special broiling oven. The cheese is then scraped onto bread and eaten, sometimes with pickles, sausage, and boiled potatoes on the side.

Cheese Check

Pick three different cheeses, one made from cow’s milk and another made from goat’s or sheep’s milk. The third can be any soft, spreadable cheese. Melt a piece of each type on a cracker in a broiler or hot oven. How well did each one melt? Which tastes best when melted? (Remember that cheese gets very hot when melted.)

Section 3**Western & Northern Europe****RECIPE Netherlands**

Kaasdoop Gouda

This Dutch-style fondue uses milk as the liquid ingredient. Use a hearty loaf of bread with a thick crust, and cut the pieces into 1-inch (2-cm) cubes, preferably each with a bit of crust. You'll need about a half a loaf for this recipe. The Dutch typically use a dark brown or rye bread, and sometimes they include cooked potatoes for dipping.

To keep the cheese from becoming stringy, cook the fondue over very low heat, stirring constantly until each addition of cheese is melted. If the cheese starts to coagulate, remove the pot from the heat and stir vigorously until the cheese mixture is smooth. Then return it to the heat and continue adding handfuls of cheese and stirring until smooth.

Yield 2 servings

Ingredients

10 oz. (300 g) Gouda cheese
 1½ Tbsp. (22 mL) cornstarch
 1 Tbsp. (15 mL) fresh lemon juice
 1 whole, peeled clove of garlic
 1 cup (250 mL) milk
 Dash of ground nutmeg
 Black pepper to taste
 Cubed bread for dipping

Directions

1. Remove the outer rind or red wax coating from the cheese and discard. Shred the cheese using the large-holed side of a grater. Toss the cheese with the cornstarch and lemon juice.
2. Rub the inside of a heavy saucepan with the garlic clove. Discard the garlic and pour in the milk. Bring the milk just to a boil, and then reduce the heat until it barely simmers.
3. Add the cheese mixture a small handful at a time, stirring constantly until each addition is melted before adding another. (A wire whisk works well.)
4. When the mixture is completely smooth, stir in the nutmeg and pepper.
5. If desired, transfer the mixture to a fondue pot, place over a lit fondue burner, and serve. Keep the heat source beneath the pot just high enough to maintain the heat, but don't let it boil. If you don't have a fondue pot, place the pot on a trivet and serve. If the fondue gets too thick, reheat it on low and add a bit more milk to thin it. Serve with cubed dark brown or rye bread and long forks for dipping the bread into the fondue.

Nutrition Analysis *Per serving:* 608 calories, 43 g fat (64% calories from fat), 40 g protein, 16 g carbohydrate, 178 mg cholesterol, 1222 mg sodium

Section 3**Western & Northern Europe****Culinary Connections**

Cardamom

You may not be instantly familiar with the spice known as cardamom, but if you've eaten certain Indian curries or enjoyed European holiday cookies, you've probably tasted its lemony-sweet flavor. Oddly enough, cardamom is commonly eaten in Scandinavia and Germany, as well as in the sweltering hot tropics of India—two regions as opposite in climate as you can get. Cardamom originated in India and Sri Lanka, so how did it become such a traditional ingredient in the icy, snowy countries of Northern Europe? The Vikings returned to their homeland from voyages to the Black Sea and Baghdad with all sorts of traded items, including Asian spices like cardamom, black pepper, cinnamon, and cloves.

Cardamom is a member of the ginger family. The light green pods contain as many as 20 round seeds. Indians cook with both the pod and the seeds (whole, crushed, or ground), while Europeans usually use the seeds alone and grind them to a fine powder. Cardamom's flavor diminishes rapidly after it is ground. If you can find fresh cardamom pods in Indian markets, they'll have more flavor than pre-ground cardamom. Simply remove the seeds from the pod and grind them as needed, using a spice grinder or mortar and pestle.

Cardamom has special uses in every region where it's widely available. It's even an element in perfumes.

- **India and Sri Lanka.** Cooks here use cardamom as a flavoring in delicate curries, pilafs, and stews; sweet green tea; sweet milk or yogurt drinks; and desserts. It's sometimes chewed as a breath freshener.
- **Middle East.** People in Arabic countries flavor their distinctively strong coffee with cardamom seeds.
- **Northern Europe and Russia.** Besides cardamom's use in baked goods like spicy cookies and other desserts, cardamom seeds are often added to pickles. Some German sausages include cardamom.
- **Iraq.** Iraqi cooks use cardamom in savory dishes as well as in cardamom cookies flavored with another favorite ingredient, rose water.
- **Guatemala.** Cardamom is not a traditional culinary ingredient here, but it is an important economic asset since Guatemala is the world's leading producer of cardamom.

Flavor Identification

Taste several products that contain cardamom. See if you can identify the cardamom flavor in each one.

Section 3**Western & Northern Europe****RECIPE Scandinavia**

Cardamom Cookies

Spices like cardamom and black pepper warm up the Christmas holiday season throughout Northern Europe. Many variations of these cookies exist, but they always pair aromatic spices originally from India with sugar and flour. In Germany, they're known as *Pfeffernüsse*. Norwegians call them *Pepperkaker*, and Danes know them as *Pebernodder*. The Swedish version is called *Pepparnotter*.

Yield About 7 dozen thin cookies

Ingredients

1 cup (250 mL) butter
 1¼ cups (310 mL) sugar
 2 large eggs
 1 tsp. (5 mL) vanilla extract
 3 cups (750 mL) sifted flour
 1 tsp. (5 mL) baking powder
 ½ tsp. (2 mL) salt
 1 tsp. (5 mL) ground cardamom
 ½ tsp. (2 mL) ground cinnamon
 ¼ tsp. (1 mL) ground allspice
 ½ tsp. (2 mL) ground black pepper

Directions

- Using an electric mixer, cream the butter and sugar together until light and fluffy. Beat in the eggs and vanilla extract.
- Sift together the flour, baking powder, salt, cardamom, cinnamon, allspice, and pepper. Stir into the creamed mixture until completely mixed.
- Roll the dough into cylinders about 2½ inches (6 cm) in diameter. Wrap each one tightly in plastic wrap. Refrigerate the dough until chilled, about 20 minutes or up to two days in advance. When ready to bake, slice the rolls into thin cookies. (You can also chill the dough in a ball, roll it out in sheets, and cut with cookie cutters.)
- When ready to bake the cookies, heat the oven to 350°F (180°C). Arrange the cookies on ungreased baking sheets, about 1 inch (2.5 cm) apart. Bake for 10 to 12 minutes, or until golden brown on the bottom. Cool on racks. Repeat until all cookies are baked. Store in an airtight container for a week or longer.

Nutrition Analysis *Per serving:* 49 calories, 2 g fat (42% calories from fat), 1 g protein, 6 g carbohydrate, 11 mg cholesterol, 41 mg sodium

Section 3**Western & Northern Europe****Culinary Connections**

Meatballs

The word “meatball” usually conjures up images of round balls of meat, simmered Italian-style in thick tomato sauce and heaped on a mountain of spaghetti. However, meatballs are made in many other ways around the world. Meatballs are a universally homey comfort food. They are similar in that they’re made with ground or finely minced meat, seasoned with spices and sometimes mixed with bread or other crumbs (such as cracker or cornflake), and then rolled into balls before cooking. To see how distinctive they can be, read below about some different meatballs and how they are seasoned. How do they reflect the cooking of each culture?

- **Albóndigas.** Mexicans serve these marble-size meatballs in a rich, brothy soup with vegetables.
- **Royal lion’s head meatballs.** In China, these gingery pork meatballs are served nestled in a fluffy cabbage leaf, resembling a lion’s head with a shaggy mane.
- **Swedish meatballs.** These balls of mixed meats have a tangy flavor with a dash of nutmeg. They are prepared in a sour cream sauce and are usually served with egg noodles.
- **Middle Eastern meatballs.** Throughout Southwest Asia, people make meatballs from ground lamb. Then the meatballs are skewered and grilled over a charcoal fire.
- **Falafel.** If you replace the meat in a meatball with ground, cooked chickpeas, you end up with the Middle Eastern specialty known as *falafel*.
- **Porcupines.** Greeks mix raw rice into their meatballs before cooking. As the meatballs simmer in a lemony broth, the rice expands and sticks out in all directions, making the finished meatballs look like porcupines. They’re often served with a yogurt sauce.

Looks Like What?

Can you think of other dishes around the world (besides the porcupine and lion’s head meatballs) that are named after the animals they resemble rather than the animals they are made from?

Section 3**Western & Northern Europe****RECIPE Sweden**

Swedish Meatballs

In Sweden this dish is called Köttbullar (or Koettbullar). Some versions of Swedish meatballs use ground veal instead of pork. Others add to the sauce a small bit of jam made from Sweden's lingonberries. For a full meal, serve these meatballs with cooked egg noodles or boiled potatoes, with a salad or cooked green vegetable on the side.

Yield 4 servings

Ingredients for Meatballs

2 slices white bread
 ¼ cup (60 mL) milk
 ¾ lb. (375 g) lean ground beef
 ¾ lb. (375 g) lean ground pork
 ¼ cup (60 mL) finely chopped onion
 1 large egg
 ¼ tsp. (1 mL) ground allspice
 ¼ tsp. (1 mL) ground nutmeg
 ¼ tsp. (1 mL) ground black pepper
 ¾ tsp. (4 mL) salt
 2 Tbsp. (30 mL) butter
 2 Tbsp. (30 mL) vegetable oil

Ingredients for Sauce

2 Tbsp. (30 mL) all-purpose flour
 1 can beef broth (14 oz./396 g)
 ¼ cup (60 mL) sour cream
 1 Tbsp. (15 mL) minced fresh parsley,
 for garnish (optional)

Directions

1. Cut the crusts from the bread and discard. Tear the bread into small pieces. In a large bowl, soak the bread in the milk until soft.
2. Add the beef, pork, onion, egg, allspice, nutmeg, pepper, and salt to the bread. Using clean hands, combine all the ingredients. When the mixture is smooth, shape into small, golf-ball size meatballs. (Dip your hands into cold water to prevent the mixture from sticking to them.)
3. Heat half the butter and half the oil in a large skillet over medium-high heat. Cook the meatballs in batches, adding just enough meatballs to fit in the pan without crowding (about 10). Brown the meatballs evenly on all sides and cook for about 5 to 7 minutes. Remove the cooked meatballs to a platter and tent with foil to keep warm, or place in a warm oven on low, 200°F (95°C). Continue cooking the remaining meatballs, adding more butter and oil as needed.
4. To make sauce, stir the flour into the pan drippings in the same skillet and cook over low heat, stirring, until the flour is light brown. Stir in the broth, scraping the bottom of the skillet with a heatproof spatula. Cook until the sauce thickens. Add the sour cream. Taste the sauce and then season with additional salt and pepper if needed. Heat just until warmed through. Serve the meatballs on a platter with the sauce poured over them. Garnish with parsley.

Nutrition Analysis *Per serving:* 724 calories, 53 g fat (67% calories from fat), 45 g protein, 13 g carbohydrate, 221 mg cholesterol, 1195 mg sodium

Section 3**Western & Northern Europe**

Extended Learning

Directions: Complete the extended learning activities assigned by your teacher. Use cookbooks, encyclopedias, the Internet, and other resources as needed. Report your findings on separate paper.



1 Historical Perspectives

Many European countries have their roots in land borders and cultures that no longer exist. Look up the following terms and explain how they relate to modern Europeans: Bavaria, Celts, Gauls, and Normans.



4 Paris to Warsaw

If you were to drive in a straight line from Paris to Vienna and then on to Warsaw, what types of terrain would you cross? How long do you think it would take? What kind of meals might you eat along the way?



2 German Oktoberfest

Germany hosts one of Western Europe's most popular celebrations, known as Oktoberfest. What is the origin of this event? When is it held? What foods are eaten? What towns in countries outside of Germany celebrate Oktoberfest?



5 Easter Celebrations

Most European nations are predominantly Christian, so Easter is an important holiday. Pick two countries and describe the way Easter is observed in each, including rituals, decorations, customs, and special foods.



3 The English Channel

How do people and goods cross the English Channel? What event in the late twentieth century made crossing the channel easier and faster?



6 Austrian Foods and Customs

Austria has been called the “crossroad of Europe.” Research Austria's history of commerce, empires, and invasions, and identify some of the foods and customs that each event may have either left behind or spread abroad. For example, Austria's fruit-filled strudels are made with sheets of paper-thin phyllo dough, a gift of the Turks.

Section 4**Southern Europe**

Map of Southern Europe

Directions: Study the map below and then answer the “Map Investigation” questions that follow. Use geography books and other reference maps as needed.

Traveling south from France, you would find an obstacle in trying to reach Spain and Portugal. The Pyrenees Mountains (PIR-uh-neeZ) block these two countries from France and the rest of Europe. Spain and Portugal make up the Iberian Peninsula (eye-BIR-ee-uhn). At the southern tip of this peninsula, Spain is only about nine miles from Africa. Here the continents of Europe and Africa are separated only by a narrow passage of water that joins the Atlantic Ocean and the Mediterranean Sea. This narrow division is the Strait of Gibraltar.

If you can find the “boot” in the Mediterranean, you have located another peninsula: Italy. Some say the “boot” is about to kick a “football,” or Sicily, an island that belongs to Italy. A third peninsula in the Mediterranean is the Balkan Peninsula, where Greece can be found. Besides the mainland, Greece includes 2,000 islands.

Together, these countries are often called the Mediterranean. This name is also applied to the cuisine of the area, which is both delicious and healthful in many ways.



Section 4

Southern Europe

Map Investigation

1. Why do you think northern Italians cook mostly with butter, while southern Italians cook primarily with olive oil? Does the land have something to do with this? Explain.

2. What are the three large islands that sit between Italy and North Africa? Are they all part of Italy?

3. What body of water surrounds Portugal: the Mediterranean Sea, the Atlantic Ocean, or the Adriatic Sea?

4. Besides Greece, what other country or countries have coastlines on the Aegean Sea?

5. Name all the other countries besides Italy, Greece, France, and Spain that have coastlines on the Mediterranean Sea.

6. What is special about the city of Venice, Italy (Venezia)? How do people get around?

Section 4**Southern Europe**

Flavors of Southern Europe

Directions: Read this article and then answer the “Reading Check” questions that follow. Complete the “Application Activities” as directed by your teacher.

People in the countries of Spain, Portugal, Italy, and Greece speak different languages, but their cooks share many of the same ingredients. Southern Europe is bounded by the Adriatic and Mediterranean Seas and by the Atlantic Ocean along the west coast of Spain and Portugal. Inland areas are, for the most part, blessed with fertile land and temperate climates. Consequently, people in this region eat well, balancing their daily diets with a wide array of fresh foods.

Distinctive Dishes and Flavors

People in the four main countries of Southern Europe have both national dishes and regional specialties, all shaped by the available local bounty. Given the similar terrain and climate throughout much of Southern Europe, however, don't be surprised to find that many “specialties” are virtually identical to those in neighboring countries, such as *pesto* in Italy and *pistou* in southern France.

In general, olive oil and olives fill southern pantries, while butter is the favorite northern fat, even in Italy. Garlic, anchovies, and parsley, cooked together or separately, are popular in Southern Europe. The Portuguese prefer cilantro to parsley, but they cook with both, while chefs in Italy and southern France especially love fresh basil. The Spanish and Portuguese toss in sweet peppers, hot piri-piri peppers, and mildly spicy paprika. Italians thrive on pasta and risotto. Spaniards pride themselves on their sherry wine and vinegar, ham, and *tapas* (small appetizers).

Though France is part of Western Europe, it extends into Southern Europe. In France's southernmost region, known as Provence (pruh-VAHNTS), the cooking incorporates a multitude of fresh herbs and vegetables, with regional dishes resembling those of its neighbor, Italy.

Characteristics and Cultures

Even the dry, rugged mountain areas of Greece and Sicily are able to support sheep and goats, which provide dairy products and meat. Wheat fields; olive, citrus, and nut groves; and grape vines dot much of Southern Europe's countryside. Chickens and poultry are raised for eggs and, in more affluent areas, for eating. Pigs supply fresh meat and an assortment

of cured products, ranging from bacon and salami to specialty hams like Italian prosciutto and Spanish *jamón serrano*.

Grains grow well in some areas and are turned into breads, pastas, and rice dishes. Fishermen on the coastlines reap hundreds of varieties of fish, shellfish, and arthropods, such as octopus and squid. In the interior pastures, cattle are raised for milk and meat. Along with sheep and goats, their milk produces some of the world's finest cheeses.

Vegetables, nuts, and fruits vary from area to area, and the many varieties provide a good supply of hearty crops year-round. Almonds, pistachios, and pine nuts top the nut list. Outdoor markets burst with leafy green vegetables and plants in the cabbage family, many of which are unfamiliar to most North American visitors (such as cardoons and broccoli rabe). Fruit, both fresh and dried, is eaten out of hand and used in cooking. Grapes are valued as food and for making wine, for which Mediterranean countries are world-famous. Olives and olive oil are so important throughout Southern Europe that it's impossible to imagine the cooking of Spain, Portugal, Italy, Greece, and southern France without them.

Food Routes

Centuries of trade and cross-cultural exchange have also impacted the cooking of Southern European countries. Historically, these countries have been conquered or invaded by many outsiders, who brought with them their own customs, cooking techniques, spices, and recipes. For example, the Moors, Arabic-speaking people from North Africa, occupied parts of Spain from the eighth to the fifteenth centuries. They planted lemon and orange trees in

(Continued on next page)

Flavors of Southern Europe (*continued*) 

Spain and introduced almonds, saffron, black pepper, sesame seeds, nutmeg, and other spices from both the Middle East and their trade with the Far East.

Spanish and Portuguese explorers and traders returned from the New World, Asia, and Africa with foreign ingredients that forever changed the way Southern Europeans ate. Tomatoes, peppers, and potatoes arrived in Spain by way of the Americas and were rapidly incorporated into kitchens throughout Europe. Similarly, seafarers took these and their own native foods along on other voyages to the Philippines, North and South America, and India. Portuguese cooking techniques left their mark in India with vinegar-spiked stews known as *vindaloo*. The method of breading and deep-frying food was unknown in Japan before the Portuguese arrived, but the Japanese quickly adapted it and created their own dish called *tempura*.

When Catherine de Médici, an Italian princess, married France's King Henry II in 1533, she introduced to France the use of the fork and napkin. Her army of chefs taught French cooks how to prepare many sauces and recipes that are now considered "French." They also brought bushels of her favorite vegetables, which included spinach, artichokes, broccoli, and green beans—and seeds for growing more.

Spain and Portugal

Mountains and waterways crisscross Spain and Portugal, separating them into many distinct culinary regions. Each has its own local ingredients, from seafood along the coast to tomatoes and peppers in the valleys. Spain and Portugal together comprise the Iberian Peninsula. The two countries were repeatedly conquered by various invaders, who then introduced new crops, spices, crafts, and languages. The early Romans were a major influence. They brought olives, garlic, and wheat to Spain.

For a country about the size of Texas, Spain is remarkably varied in its terrain. It is the second most mountainous country in Europe after Switzerland, and it boasts the longest coastline of any country on the continent. An arable plateau sits in the center of Spain between the mountains and the sea. Most of the rest of the country is difficult to farm but offers plenty of land for grazing sheep.

Despite regional differences, some favorite dishes are enjoyed throughout Spain. One is the much-loved, potato-and-egg omelet known as a *tortilla*, which is entirely different from the tortillas of Mexico, or flatbreads. Other favorite dishes are garlic sauces, served with chicken and shrimp; *paella*, one-pot rice dishes cooked with vegetables, seafood, meats, and spices; and main courses and desserts made with almonds. As in Portugal, olives and olive oils are used everywhere in Spain.

Portugal's northern Atlantic coast is rainy, mountainous, and well stocked with seafood, goat, and pigs, which find their way into soups, stews, and grills. Southern Portugal, bounded by the Tagus River to the north, has a more gentle climate than in the north and a terrain that yields olives, peppers, citrus, and seafood.

When the Moors conquered Spain, they brought rice, citrus fruits, eggplant, and new spices with them. The Moors, however, were less dominant in the north, and they were never able to conquer the Basques, a small group of people who live along the Spanish-French border near the Pyrenees Mountains. The Basques are considered to be the oldest, most distinct ethnic group in Europe, and their language is unlike any other.

Spain and Portugal later left their own imprints on the Americas through explorers like Christopher Columbus and Vasco da Gama. When Spanish ships returned to their homeland, they brought with them foods indigenous to the Americas: tomatoes, potatoes, chocolate, sweet peppers, and chiles. Portuguese ships forged routes to India and Asia as well and returned home with black pepper, cinnamon, cloves, and tea.

Italy

The hallmark of Italian cuisine is the use of fresh, local ingredients, cooked simply and enjoyed immensely. Each region has its own distinctive character, based on the products that are made within it and various foreign influences. Some regions, for instance, excel in cheese-making, others in rice dishes, and others in fish or pork. Whatever the specialty, Italians focus on producing foods of the highest quality and dishes full of fresh flavor.

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Flavors of Southern Europe (*continued*)

Cooks love their green herbs: oregano, rosemary, basil, bay leaves, fennel, parsley, marjoram, thyme, sage, and tarragon. Other favorite ingredients include garlic, onion, olive oil and olives, saffron, anchovies, capers, balsamic and wine vinegars, red and white wines, pasta, polenta, and risotto, among others.

Northern Italy ranges from the Italian Alps to the canals of Venice, includes fields of rice and cattle pastures, and is influenced by Swiss, German, and French cooking. In this region's chilly winters, people warm up with *fonduta*, the Italian version of Swiss fondue. Other familiar dishes include *chicken marengo* (Italy's take on a French classic) and *cioppino*, a type of fish stew. Gorgonzola, Mascarpone, and Asiago cheeses come from northern Italy, and butter is more important than olive oil.

Parts of southern Italy are rugged and mountainous, while other areas are flat and fertile. Olive trees are abundant, and olive oil is more commonly used than butter. The cuisine reflects Middle Eastern influences through these ingredients: citrus fruits (lemons and oranges), raisins, hot chiles, mint, and pine nuts. Arab traders also introduced fiery cayenne pepper and warm spices like cinnamon, clove, allspice, nutmeg, and ginger, which may appear in savory sauces as well as sweets.

Italy's many central provinces are just as diverse as those to the north and south. Some consider the food of Emilia-Romagna and Tuscany to be Italy's finest. These provinces lie in the narrow north-central section of the country, just below the top of the "boot." They're known for Parmigiano-Reggiano cheese, filled pastas like tortellini, and balsamic vinegar.

If you were to visit an Italian farmer's market, you'd be amazed at the seemingly unlimited, year-round selection of garden-fresh vegetables: tomatoes, artichokes, eggplant, truffles and mushrooms, escarole, radicchio, endive, broccoli and broccoli rabe, cabbage, green beans, potatoes, asparagus, zucchini and squash, spinach, sweet peppers, and hot chiles. Legumes include cannellini beans, green peas, chickpeas, and fava beans, sold fresh and dried.

In Italy, seafood is plentiful wherever there's a coastline: squid, octopus, shellfish, tuna, sardines, swordfish, lobster, cod, and more. Unlike Greece,

where meat is scarce, Italian butcher shops offer beef, veal, pork, chicken, and game, as well as cured products like pancetta (Italian bacon), sausages, salami, and prosciutto, a type of Italian ham that's considered a delicacy.

Greece

Simple meals, fresh foods, local herbs, breads and casseroles baked in a communal oven, and grilling are the hallmarks of Greek cooking. Greek food reflects Mediterranean, Turkish, and Eastern influences. In flavor combinations, oregano marries lemon and olive oil, while cinnamon (from Asia) is wed to tomatoes. Ingredients may be combined in the cooking process or be served as condiments at the table, as with small dishes of yogurt, olive oil, olives, cheeses, and salads or vegetables.

While Greece has more than 200 small islands, most of the country is attached to mainland Europe and is mountainous, rugged, and riverless. Even the island and coastal areas can be dry and tough to farm, but Greeks still manage to create a distinctive cuisine rich in lemons, olives, honey, mint, oregano, salad greens, yogurt, hearty grains and breads, and vegetables like eggplant, spinach, and artichokes.

Island and mainland coastlines provide fish, octopus, squid, and other seafood. What little meat is eaten comes from sheep and goats (but not cows), and these are usually grilled or spit-roasted with lemon and olive oil. Chickens are sometimes cooked, but usually they're raised for the eggs they produce.

Olives and bread are staples of the Greek table, both as appetizers and as part of the main meal. Breads can be either leavened or unleavened, as in the braided Easter breads and pita breads, respectively. Appetizers, known as *mezza*, typically feature rice-stuffed grape leaves, Feta cheese, savory pastries, and other small dishes. Greeks love salads, which may include sweet bell peppers, olives, cucumbers, yogurt, and tomatoes. Favorite grains are rice, bulgur wheat, and barley. Paper-thin sheets of phyllo dough are buttered and layered together so they will be light and crisp when baked. Phyllo dough is wrapped around savory fillings, such as spinach and cheese, and used to make sweet desserts like the popular honey-drenched *baklava*.

Section 4

Southern Europe

Reading Check & Applications

Reading Check

1. What is the favorite fat and favorite herb in Southern Europe?

2. What are the specialty hams of Italy and Spain called, respectively?

3. What nuts are particularly popular in Southern Europe?

4. Name one fruit, one nut, and one spice introduced to Spain by the Arabic-speaking Moors.

5. What method of cooking did the Portuguese introduce to Japan? What do the Japanese call it today?

6. Describe the terrain of Spain.

7. Who are the Basques?

(Continued on next page)

Reading Check & Applications (*continued*)

8. What are three dishes common to northern Italy?

9. What ingredients show Middle Eastern influence on southern Italian cuisine?

10. What provinces lie in the north-central section of Italy?

11. Describe the geography of Greece.

12. Are you more likely to find cheese made from the milk of goats, sheep, or cows in Greece? What is the most common of all Greek cheeses?

13. What is phyllo dough? Where and how is it used?

Application Activities

1. **Regional Cooking.** Spain is famous for its regional cooking. Pick a region of Spain and prepare a menu of typical dishes from that region.
2. **Size Comparison.** If Spain is about the size of Texas, identify what states would be about the size of Italy, Portugal, and Greece.

Section 4**Southern Europe****Culinary Connections**

Almonds

Almonds are really drupes, a type of fruit with a hard stone or seed, such as the peach, plum, and cherry. Unlike other drupes, fruits from the almond tree have a hard, green exterior that never matures into soft and juicy flesh. Instead the fruit dries, splits, and falls off, leaving nothing but the endocarp, or seed. This seed, or almond, is eaten as a nut.

No one knows where almond trees originated, but they thrive in the hot, dry areas of the Middle East, Asia, North Africa, and the Mediterranean. Almonds date back to prehistoric time and were harvested in nearly every ancient civilization by 4000 B.C. They soon became a widely cultivated crop, especially in present-day Iran, Iraq, Israel, and Turkey, and spread to other continents. Today, California is the world's largest producer of almonds, which were first planted there by the Spanish.

Almonds are as versatile as walnuts and pecans. They can be tossed into everything from appetizers to desserts, but they're also made into other common products like these:

- **Almond oil.** *Huile d'amande* (French for almond oil) adds a delicate flavor to salad dressings. Oil pressed from almonds is also a component of many cosmetics.
- **Almond butter.** Almond butter is like peanut butter but made from almonds.
- **Almond extract.** Almond extract is an intensely concentrated flavoring made from a variety of “bitter” almonds and ethyl alcohol. It is used sparingly in baked goods.
- **Almond paste.** Another ingredient in baked goods, almond paste consists of ground almonds, sugar, and glycerin.
- **Marzipan.** Marzipan is a pliable, finely ground almond paste that has the ability to be shaped and molded. It's often dyed with food color and formed into fruits, animals, and other decorative shapes. It can be rolled into sheets and placed atop cakes or sliced into ribbons and bows.

Almond Product Comparison

Choose an almond product from the list to bring to class. Compare the products. How does each almond product compare in aroma, flavor, and consistency?

Section 4**Southern Europe****RECIPE Portugal**

Spiced Olive-Oil Almonds

For this recipe from Portugal, the almonds are cooked in two batches. Save the oil and use it later for cooking vegetables or eggs or for dressing salads. For extra flavor in other dishes, chop the cooked almonds and sprinkle them on as a garnish.

Yield 1 lb. (450 g) almonds (about 16 servings)

Ingredients

1 cup (250 mL) olive oil
1 lb. (450 g) blanched whole almonds
½ tsp. (2 mL) salt
¼ tsp. (1 mL) cayenne pepper

Directions

1. Heat the oil in a large skillet over medium heat until an almond dropped into the oil sizzles (about 2 minutes).
2. Carefully add half of the almonds to the pan. Reduce the heat, and cook, stirring often, until the almonds turn a pale golden color (4 to 5 minutes).
3. Remove the almonds with a slotted spoon and drain on paper towels.
4. Repeat with the remaining almonds.
5. Toss the almonds with the salt and cayenne. Store them in an airtight container for up to 1 week.

Nutrition Analysis *Per serving:* 226 calories, 22 g fat (81% calories from fat), 6 g protein, 5 g carbohydrate, 0 mg cholesterol, 69 mg sodium

Section 4**Southern Europe****Culinary Connections****Cold Soups**

People usually think of eating steaming, hot soup as a way to warm up. In some places, however, soup is a good way to cool down—cold soup, that is. When summer temperatures soar and in places where temperatures are almost always near 100°F, a chilled soup makes a refreshing antidote to the heat.

While many cuisines feature cold fruit soups to start or end a meal, savory soups also can be served chilled. Some cultures long ago created these cold soups, which have since become classics:

- **Gazpacho.** Spain is famous for its many types of gazpacho, a cold soup that varies from region to region. The original version was made solely of bread, olive oil, vinegar, water, and garlic, and it evolved under Roman influence in the seventeenth century. Later, field workers who needed a modest lunch and instant relief from the fiery heat added tomatoes and peppers, transforming it into today's classic red gazpacho. Some regions of Spain serve a white gazpacho made from almonds and melons, while others make green gazpacho from herbs and vegetables.
- **Icy Korean cucumber soup.** The phrase “cool as a cucumber” is taken literally in Korea. The mountains of North Korea may be bitterly cold in winter, but the summers in South Korea can be blisteringly hot. To cool off, Koreans make a chilled soup with slivered cucumbers, green onions, sesame seeds, chicken broth, soy sauce, and tangy vinegar. They serve it with actual ice cubes floating in the bowls. The ice keeps the soup chilled and helps the cucumbers stay crisp and crunchy. It's like a thirst-quenching salad.
- **Vichyssoise.** This cold and creamy soup made with potatoes and leeks hails from France. The vegetables cook in chicken stock and are then puréed with heavy cream to a smooth consistency. The chilled soup is served with a garnish of freshly snipped chives. It's refreshing and more substantial than other cold soups because of the potatoes and dairy products. When served hot, the soup is known as *potage parmentier*. The Portuguese version of cold potato soup features the green herb cilantro (also called coriander) instead of chives.
- **Cold beet borscht.** *Borscht* is a soup of Russia and Eastern Europe. It has a striking magenta color that comes from beets. It is served hot in winter and chilled in summer, spiked with vinegar and lemon juice and topped with a dollop of tart sour cream.
- **Cucumber-yogurt soup.** Variations of cold soup made with yogurt and cucumber stretch from Eastern Europe across the Middle East, wherever yogurt is a main dairy product and hot weather prevails. In Russia, *dovga* soup consists of yogurt, spinach, and sorrel, and it can be served hot or cold. In Greece and the Middle East, cold yogurt soups feature cucumbers and garlic. West Africans serve a cold curry-flavored soup made with cream or yogurt and known as Senegalese soup.
- **Sour cherry soup.** Fruit soups may seem odd, but in Scandinavia, Hungary, and other parts of Eastern Europe, tart cherries are puréed and mixed with cherry juice, ice water, vinegar, and sour cream for a refreshing first course. Different types of fruit soups, with ingredients ranging from apples to oranges, are served as either a first course or a dessert in France, Latvia, Denmark, Sweden, and other parts of Europe.

Cold Soup Creations

What's your favorite fruit or vegetable? Can you come up with a way to turn it into a cold soup? What other ingredients would you add?

Section 4**Southern Europe****RECIPE Spain**

Gazpacho

This classic cold soup from Spain comes together in minutes when you use a food processor or blender. Process in batches if need be, but don't purée the ingredients; leave some small chunks for texture. You can also finely chop the ingredients by hand with a sharp knife. Taste the soup before serving to refresh and correct the seasonings. (Remember to wear rubber gloves when handling hot chiles.)

Yield About 8 servings (1 cup/500 mL each)

Ingredients

6 large, ripe, juicy tomatoes, cored (about 3 lbs./1.5 kg total)
 1 large cucumber, peeled and seeded
 1 medium onion
 1 green bell pepper
 1 fresh jalapeño, seeds removed (optional)
 3 cloves garlic
 ½ cup (75 mL) packed fresh parsley
 ½ cup (75 mL) red wine vinegar
 ¼ cup (60 mL) extra-virgin or virgin olive oil
 2 tsp. (10 mL) salt
 Freshly ground pepper to taste

Directions

1. Cut the tomatoes, cucumber, onion, and green pepper into 1- to 2-inch (2.5- to 5-cm) chunks. Slice the jalapeño into strips.
2. Using a food processor or blender, purée the chunked tomatoes and garlic. Pour the mixture into a large bowl.
3. Without rinsing the work bowl and beater, add the cucumber, onion, green pepper, jalapeño, parsley, vinegar, olive oil, and salt. Turn the machine on in short bursts until the vegetables are coarsely chopped but not yet puréed.
4. Stir the cucumber mixture into the bowl with the tomato mixture. Add pepper to taste. Cover and chill.
5. Flavors lose strength when cold, so before serving, taste and adjust the seasonings as needed (especially vinegar, salt, and pepper). Ladle into bowls and serve cold. If desired, garnish with ice cubes, chopped fresh herbs, or a dash of hot sauce, and serve with crackers or bread.

Nutrition Analysis *Per serving:* 127 calories, 7 g fat (47% calories from fat), 3 g protein, 16 g carbohydrate, 0 mg cholesterol, 554 mg sodium

Section 4**Southern Europe****Culinary Connections****Sausages**

A sausage basically consists of chopped meat, fat, spices, and salt. Before refrigeration was invented, sausages were sometimes dried or smoked to preserve them, making them valuable protein sources in winter and lean times. Some producers still preserve them, while other sausages are fresh and uncooked.

Pork is a widely used ingredient in sausages. For people whose religion forbids the eating of pork, beef or lamb may be the meat of choice. Seafood and poultry are also used, while vegetarian sausages are made from legumes, mushrooms, and other nonmeat ingredients. Most countries that make sausages do so in many different ways. These are just a few examples:

- **Italy.** The familiar salami is just one type of Italian sausage; hundreds of varieties exist. Most are dry-cured pork with garlic, but every region makes its own specialties, using local ingredients and seasonings. *Mortadella*, which is represented in the United States as bologna, is a finely ground pork sausage that's often studded with pistachios.
- **United States.** *Andouille* sausage is originally from France, but it's now essential to Cajun cuisine in the United States. *Andouille* is made from smoked pork, and it's very spicy.
- **Mexico.** *Chorizo* is a raw pork sausage seasoned with red chiles, cumin, vinegar, and lots of spices.

Spanish chorizo is completely different in that it's a dry, smoked sausage.

- **Portugal.** *Linguiça* is a smoked pork sausage seasoned with garlic, sweet paprika, and vinegar. Brazilians also make their own version of this sausage.
- **China.** *Lop Chong*, also known as Chinese sausage, is a sweet, dry pork sausage that's often added to stir-fries and fried rice.
- **Greece.** *Loukanika* is a pork, and sometimes lamb or beef, sausage with garlic, oregano, coriander, and wine.
- **Germany.** Germany has a wide range of sausages, including bratwurst, which can be either fresh or smoked. It's made with pork (beef or veal is often added), nutmeg or mace, and sometimes sage, and/or ginger, among other spices
- **Poland.** *Kielbasa* is the Polish word for sausage, and kielbasa comes in many varieties. Most supermarkets carry these smoked pork sausages, which are flavored with lots of garlic and black pepper.
- **Hungary.** *Debrechini*, the Hungarian specialty, is made with pork (and sometimes beef) and lots of paprika, garlic, and coriander.
- **South Africa.** *Boerewors* is a spicy beef or lamb sausage.

Sausage Guide

Pick a country and design a "Guide to Sausages" for that country. Include drawings and descriptions of each type of sausage.

Section 4**Southern Europe****RECIPE Italy**

Salami & Bean Salad

Italian antipasto is a small dish that is served as an appetizer, snack, or even a casual meal. This is different than an American-style antipasto platter, which usually includes several salads, marinated vegetables, cheeses, and sliced salami or other cured meat. Antipasto literally means “before the meal,” and the plural is antipasti.

In Italy, all sorts of small dishes qualify as antipasti, including grilled seafood, small pizzas, and sliced zucchini omelets. The recipe here is a salad that combines cannellini beans, a traditional Italian favorite, with salami and crisp vegetables in a tangy vinaigrette. You may substitute Great Northern beans, chickpeas, or other beans for the cannellini beans. You can also add other vegetables, such as zucchini or red peppers, and diced cheese.

Yield 4 servings

Ingredients for Salad Dressing

½ cup (125 mL) olive oil
 3 Tbsp. (45 mL) red wine vinegar
 1 Tbsp. (15 mL) fresh lemon juice
 2 tsp. (10 mL) Dijon mustard
 1 clove garlic, minced
 ¼ tsp. (1 mL) salt
 ¼ tsp. (1 mL) black pepper

Ingredients for Salad

1½ cups cooked cannellini beans (or a 15-oz./425-g can, drained and rinsed)
 ½ cup (125 mL) diced green bell pepper
 ½ red onion, thinly sliced
 ½ lb. (250 g) salami, preferably Genoa, diced
 2 Tbsp. (30 mL) minced fresh parsley
 ½ tsp. (2 mL) dried oregano
 2 Tbsp. (30 mL) grated Parmesan cheese

Directions

1. Make the salad dressing: Combine the olive oil, vinegar, lemon juice, mustard, garlic, salt, and pepper together in a small jar. Shake to blend. As an alternative, you can mix the ingredients together in a small bowl.
2. Prepare the salad: Place the beans, bell pepper, red onion, salami, parsley, and oregano in a serving bowl.
3. Pour the salad dressing on the salad to taste, and toss to coat. Marinate for 15 minutes before serving.
4. Sprinkle on the grated Parmesan and serve.

Nutrition Analysis *Per serving:* 559 calories, 40 g fat (63% calories from fat), 20 g protein, 33 g carbohydrate, 39 mg cholesterol, 826 mg sodium

Section 4**Southern Europe****Culinary Connections**

Shrimp

Camaroon, in Africa, got its name in the fifteenth century when Portuguese explorers arrived. Amazed at the large size of the coastal shrimp, the explorers shouted in excitement, “Camarões, camarões!” Grilled shrimp in Camaroon are typically served with a peanut sauce.

Shrimp are both saltwater and freshwater crustaceans, a family of marine life that includes such edibles as lobsters, crabs, and crayfish. Hundreds of species of shrimp exist, from some that are nearly microscopic in size to plump Tiger Shrimp, which can exceed a foot in length.

Shrimp thrive in warm waters, and wild shrimp were first trapped in cages or caught in nets. Today, most of the world’s commercially sold shrimp are farm-raised in Thailand or elsewhere in Asia. Ecuador is the next largest producer, but shrimp are also harvested along the shores of the Mediterranean, the Atlantic, the Pacific, the Gulf of Mexico, and other bodies of water.

Shrimp used to be a very local food, but that changed when refrigeration came along. Shrimp can now be frozen as soon as they are caught, and they are shipped almost everywhere. Here’s a sampling of traditional shrimp dishes:

- **Shrimp scampi.** Italians cook this shrimp dish simply, with garlic, olive oil, and herbs. (See page 99.) Shrimp also appear in soups, stews, sauces, and even on pizzas.
- **Shrimp tempura.** The Japanese learned how to deep-fry batter-coated foods from the Portuguese, and they called their version tempura. Shrimp and vegetables are the most popular foods prepared in this manner. They are served with a dipping sauce.
- **Vietnamese sugarcane shrimp.** For this dish, raw shrimp are pounded into a paste, then pressed around a length of sugar cane and grilled. Diners nibble on the shrimp, which is sweetened from the sugar cane “skewer.”
- **Shrimp étouffée.** Louisiana is rich with crawfish and shrimp, and both may be used in this Cajun stew, which is usually served with rice.
- **Paella.** The Spanish cook rice in a shallow, wide pan with vegetables, saffron, and all sorts of main ingredients. Shrimp are a common addition, and sometimes alone and sometimes in combination with clams, sausage, chicken, or rabbit.

Dried Shrimp

Dried shrimp are used as a seasoning in many cultures. Pick up a small package of dried shrimp in a Mexican, Latin American, or Asian store. Does it smell and taste similar to cooked fresh shrimp? Describe its aroma and flavor.

Section 4**Southern Europe****RECIPE Italy**

Shrimp Scampi

This classic Italian shrimp dish has many variations, both within Italy and throughout the Mediterranean, but almost all recipes include olive oil and garlic. In Greece, the shrimp is marinated, grilled, and basted with lemon, garlic, and olive oil. In Spain and Portugal, a dash of hot red pepper flakes may be added instead of black pepper.

Serving scampi (which means “shrimp” in Italian) with crusty bread and salad makes a complete meal. For a hearty main course, you can toss the scampi and sauce with hot cooked pasta.

Yield 4 servings

Ingredients

¼ cup (60 mL) olive oil
2 cloves garlic, minced
1 lb. (450 g) large shrimp, peeled and deveined
¼ tsp. (1 mL) dried basil
⅛ tsp. (.5 mL) salt, or to taste
⅛ tsp. (.5 mL) black pepper, or to taste
2 Tbsp. (30 mL) butter
¼ cup (60 mL) chopped fresh parsley
1 lemon, cut in wedges

Directions

1. Heat the oil in a large skillet over medium heat. Add the garlic and cook until it softens, about 1 minute.
2. Stir in the shrimp, basil, salt, and pepper. Cook, stirring occasionally, until the shrimp cook through and turn pink, about 4 minutes.
3. When ready to serve, stir in the butter, sprinkle on the parsley, and serve with lemon wedges on the side.

Nutrition Analysis *Per serving:* 302 calories, 21 g fat (62% calories from fat), 24 g protein, 5 g carbohydrate, 188 mg cholesterol, 299 mg sodium

Section 4**Southern Europe****Culinary Connections**

Cucumbers

Crisp, crunchy cucumbers are believed to have originated in Thailand or India thousands of years ago, so it's not surprising that they are now featured in dishes around the world. In fact, the numerous varieties of cucumbers are often named after the parts of the world where they grow. Japanese or Asian cucumbers are delicate and narrow. Middle Eastern or Persian cucumbers are smaller. European greenhouse cucumbers can measure a foot or more, and American pickling cucumbers (also called gherkins) are short and squat.

Cucumbers are typically eaten fresh and raw, but they also wind up as pickles or cooked in butter as a side dish. Cucumbers are also made into cold soups, sometimes with yogurt, in Middle Eastern countries or with tomatoes in Spanish gazpacho. Here are some tasty ways cucumbers are eaten in other nations:

- **Scandinavia.** Sautéed cucumbers are made by cooking thinly sliced cucumbers in butter until soft and then seasoning them with dill, salt, and pepper.
- **Korea.** In *kim chee*, Korea's national dish, cucumbers are pickled in a salty, fiery hot brine with chile peppers. Variations may include cabbage, radishes, carrots, and other vegetables. Some versions don't include cucumbers at all.
- **Mexico.** Cucumbers, sliced lengthwise into spears, are eaten with a squeeze of fresh lime juice and a sprinkling of ground red chiles.
- **Japan.** In Japan's *sunomono* salad, sliced cucumbers are salted to draw out water and left to drain. The excess water is squeezed out, and then the slices are tossed with rice vinegar, a pinch of sugar, and salt or soy sauce. Finely shredded carrot, daikon radish, shrimp, or crabmeat may sometimes be added. In Korea, a similar salad is made with the addition of toasted sesame seeds and green onions.

Pickled Foods

Most of the pickles sold in jars in supermarkets are made from cucumbers. What other types of pickled foods are sold in jars? Take a survey to find out.

Section 4**Southern Europe****RECIPE Greece**

Tzatziki

Tzatziki is a tangy sauce that is served at many Greek tables. It may accompany a meat dish, such as lamb chops or meatballs. Other ways to enjoy the delicious sauce are with fried eggplant and zucchini or as a dip for pita bread.

Yield About 1 cup (250 mL) (4 servings)

Ingredients

1 medium cucumber
¼ tsp. (1 mL) salt, or to taste
1 cup (250 mL) plain yogurt
1 large clove garlic, minced
1 tsp. (5 mL) vinegar

Directions

1. Peel the cucumber, slice it in half, and remove the seeds. Finely chop the cucumber. Set it in a colander in the sink.
2. Sprinkle the cucumber bits with about ⅛ teaspoon (.5 mL) of the salt. Let drain for at least 15 minutes, or preferably one hour.
3. While the cucumber drains, line a strainer with cheesecloth, or use a fine-mesh strainer. Pour in the yogurt and let it drain over a bowl to catch the liquid for at least 15 minutes, or preferably one hour.
4. When the cucumber has drained, squeeze out excess liquid, using clean hands.
5. In a small bowl, combine the squeezed cucumber, yogurt, garlic, and vinegar.
6. Stir in the remaining salt, or add more salt to taste. Chill. Serve as a dip or sauce with pita bread, shish kebab, or vegetables.

Nutrition Analysis *Per serving:* 56 calories, 2 g fat (31% calories from fat), 3 g protein, 7 g carbohydrate, 7 mg cholesterol, 163 mg sodium

Section 4**Southern Europe**

Extended Learning

Directions: Complete the extended learning activities assigned by your teacher. Use cookbooks, encyclopedias, the Internet, and other resources as needed. Report your findings on separate paper.

1 Rice Varieties

Rice comes in different varieties. What are the rice growing regions of Southern Europe? What types of rice are best suited for making Italian risotto and Spanish paella, and where are they grown? How are these rice varieties different from Indian basmati rice and Asian long-grain rice?

2 Origins of Ingredients

It's hard to imagine the cooking of Southern Europe without olive oil. It's also hard to imagine it without tomatoes. What other ingredients adopted by Southern Europeans originally came from North and South America? How and when did these ingredients get to Southern Europe?

3 About the Moors

Prepare a report on the Moors. Where did they come from? How did they arrive in Spain? Describe their culture, religion, and language. What became of the Moors? Today, the influences of the Moors are seen in Spain's art and architecture. Give specific examples of these and other influences.

4 About the Basques

Who are the Basques? Write a report about the Basque people, including where they live and their language, food, and customs.

5 Squid and Octopus

Squid and octopus are enjoyed throughout the Mediterranean. What must be done to these sea creatures before they can be cooked?

6 Mediterranean Herbs

What's the difference between cilantro and parsley? What other green herbs are grown in the Mediterranean countries?

7 What Are They?

What are cardoons and broccoli rabe? How do they taste? Under what conditions do they grow best? What countries grow them?

Section 5

Eastern Europe & Russia

Map of Eastern Europe & Russia

Directions: Study the map below and then answer the “Map Investigation” questions that follow. Use geography books and other reference maps as needed.

The countries you’re looking at now stretch close to halfway around the world. Some of them are grouped as Eastern Europe. These countries include Estonia at the far north and extend south to such other countries as Poland, Romania, and Albania.

The European continent continues beyond Eastern Europe, ending at the Ural Mountains in Russia. This mountain range runs north and south above Kazakhstan (ka-zak-STAN). As you see on the map, since part of Russia is in Europe, it’s called European

Russia. This is where the Russian capitol, Moscow, is located.

As part of the Asian continent, Russia continues across Siberia and on to Far East Russia. A number of republics, including Ukraine (yoo-KRAYN), Georgia, and Kazakhstan, used to be part of Russia, but they are now independent. Snow and harsh winters characterize this part of the world, although spring and summer can be surprisingly sunny and hot.



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Section 5

Eastern Europe & Russia

Map Investigation

1. Russia shares its borders with 14 countries. What is the only other nation in the world to share borders with so many countries?

2. After the USSR was dissolved, many Russian cities changed their names. Locate these cities on a current map and find out their former names: St. Petersburg, Nizhniy Novgorod, and Sharypovo.

3. Because many Russian rivers run from south to north rather than from east to west, they are often not navigable in the harsh winter periods. Nevertheless, shipping via rivers and ports is an important aspect of Russian commerce. What are the two major ports providing access to the Baltic Sea? What are the two main ports of the Black Sea?

4. Using a map with rivers indicated on it, what appears to be the longest river in Russia? Name three major cities that are close to this river. Which sea does the river empty into?

5. What is the significance of Chernobyl? Which country is it located in? Use a current map to find out.

6. Locate the Ural Mountains and the Caucasus Mountains. What's the difference in their size and span? Note the general location, highest peak, length of each mountain range, and any other distinctive features.

Section 5**Eastern Europe & Russia**

Flavors of Eastern Europe & Russia

Directions: Read this article and then answer the “Reading Check” questions that follow. Complete the “Application Activities” as directed by your teacher.

It’s time to stretch your imagination. If you’ve never been to the area of the world in this section, it may be difficult to imagine its vastness. If you were to travel all the way across Russia, for example, you would pass through eleven time zones.

This part of the world includes countries with names that aren’t easy to pronounce—or spell. Some may be more familiar to you than others. With the world continually “growing smaller,” however, you’ll find that far-away places are gradually becoming more familiar.

To begin your look at this part of the world, move east from Western Europe. There you’ll find the countries of Eastern Europe. Even farther east lie Russia and the independent republics. While many of these countries share certain foodways, they also have distinctions that set cuisines apart.

Identifying the Countries

The area of the world covered in this section includes the single largest country in the world. It also contains some of the most recently created countries.

- **Eastern Europe.** The Eastern European countries include Estonia, Latvia (LAT-vee-uh), and Lithuania (li-thuh-WAY-nee-uh), which are often called the Baltic States because they’re on the Baltic Sea. Other countries are Poland, the Czech Republic, Slovakia (sloh-VAH-kee-uh), and Hungary. Eastern Europe also includes the countries of the Balkan Peninsula: Romania, Bulgaria, Albania, Slovenia (sloh-VEE-nee-uh), Croatia (kroh-AY-shee-uh), Serbia, Montenegro (mahn-tuh-NEE-groh), Bosnia-Herzegovina (BAHZ-nee-uh hert-suh-goh-VEE-nuh), and Macedonia.
- **Russia.** Russia is the world’s biggest country. It covers an area nearly twice the size of the United States. It can be viewed as three distinct regions: European Russia, Siberia, and Far Eastern Russia.
- **The Independent Republics.** In addition to Russia, the republics include Belarus (bee-luh-ROOS), Ukraine(yoo-KRAYN), Moldova (mahl-DOH-vuh), Kazakhstan (ka-zak-STAN), Uzbekistan (yuz-BEH-kih-stan), Turkmenistan (turk-meh-nuh-STAN), Kyrgyzstan (kir-gih-STAN), and Tajikistan (tah-jih-kih-STAN). The Cauca-

sus nations of Armenia, Azerbaijan (a-zuhr-by-JAHN), and Georgia are also among the republics. These three countries share the Caucasus Mountains.

Food Similarities

Countries in Eastern Europe, Russia, and the independent republics season many of their dishes with many similar ingredients: onions, mushrooms, sour cream, yogurt, and paprika (originally from Turkey), especially stews and soups. They may also toss in such spices and herbs as coriander, cinnamon, allspice, cardamom, ginger, basil, and other Eastern seasonings. These came to the region via the spice caravans when traders and merchants traveling between Baghdad and Venice would break for rest in Georgia. Dill, parsley, bay leaves, and cloves are also common.

It’s not surprising to find recipes that use a lot of potatoes, barley, oats, and rye, since Russia is the world’s largest producer of these crops. Eggplants, tomatoes, peppers, and citrus fruits grow readily in the countries around the Black Sea, which has a Mediterranean-style climate. The central steppes are rich in dairy herds and grains, including bulgur wheat and kasha. The fertile plains along the Danube River yield potatoes, beets, barley, and corn. Irrigation makes agriculture possible in the barren deserts of Turkmenistan.

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Eastern Europe

Eastern Europe could be called “the land of many empires.” The armies and rulers of the Roman, Austro-Hungarian, Ottoman, and Russian empires introduced their own foods and customs to the Slavic-speaking people of Eastern Europe, including those in Hungary, Poland, the Czech Republic, Romania, and Bulgaria. The result is a wonderful assortment of local, traditional dishes mixed with such distinctive arrivals as Viennese strudel and Turkish pastries, as well as risotto (a type of rice dish), pastas, and garlicky salami from Italy.

People of Christian, Jewish, and Muslim faiths populate the region, usually in their own concentrated areas. Each religion’s customs and dietary restrictions help dictate the eating habits of the communities.

In general, traditional Eastern European meals feature spicy sausages, yogurt, sour cream, paprika, pork (especially roasts, ham, sausages, and bacon), potatoes, walnuts, mushrooms, and cabbage. Cabbage may be the region’s most popular and versatile vegetable. Cabbages are used as wrappers (as in stuffed cabbage rolls), shredded into stews, and preserved in salty brine. Many countries also show a fondness for garlic, as in Bulgaria’s *tarator*, a cold soup made from yogurt, walnuts, and garlic.

On special occasions, lamb graces the table, but like most meats, it is eaten rarely. Most everyday meals stretch meat and poultry by adding small bits to a soup or stew, along with plenty of vegetables, grains, or legumes. In the countryside, hunters bring home wild boar, venison, hare, quail, and other game, while fishermen hook trout, carp, and other freshwater fish or pull herring from the sea. No meal would be complete without the dense, hearty breads made from buckwheat, oats, rye, and other grains.

Russia

The massive Ural Mountains run north to south, dividing Russia into European Russia to the west and Asian Russia to the east. About two-thirds of Russian people live in cities. Many of the urban centers, including Moscow and St. Petersburg, are in European Russia. This part of Russia also contains the majority of Russia’s farmland in a huge area known as the European Plain.

Once you cross the Ural Mountains, you enter the vast land of Siberia. This area stretches east all the way across the Northern Asian continent to the Pacific Ocean. Much of this part of Russia is sparsely populated because of the inhospitable areas that include the frozen tundra, rugged mountains, and coniferous forests. At the same time, it is a land of great beauty, where flowered meadows and scenic lakes and rivers exist.

Along southern Siberia, Asian Russia shares a border with Kazakhstan, Mongolia, and China. This southern area of Siberia is where people tend to live and industrialization is increasing. In fact, the Trans-Siberian Railway runs through the south across Siberia to Far East Russia, with many cities and towns scattered along the way. It would take about a week to ride the rail the full distance from Moscow to Far East Russia.

Russian Food

Russian food includes humble, earthy cooking as well as very elaborate dishes. In Russia, the climate—bitter winters and short summers—impacts agriculture and, thus, the foods that people eat.

European Russia and its neighbors in Eastern Europe enjoy a cornucopia of grains and vegetables, but the foods here are far different from those of the sunny Mediterranean. The harsh winter, dry climate, and short growing season limit what can be raised. Consequently, the people preserve their harvest as pickles, cheeses, yogurt, sour cream, dried mushrooms, and cured or smoked meats. Root vegetables favor cool weather, so potatoes, carrots, horseradish, and beets are also common.

Similar foods are eaten throughout Siberia, where weather conditions can be extremely difficult for food production. Along the Siberian border with Mongolia, nomadic Mongols graze their sheep, goats, cattle, yaks, camels, and horses, but there is little other agricultural activity. Russian *pelmeni*, stuffed dumplings similar to Chinese wontons, originated here.

Fine dining also exists in Russia, as in such urban locations as Moscow and St. Petersburg. The elaborate and fancy dishes first introduced at the end of the seventeenth century stand in stark contrast to the simple, basic meals that are typical throughout

(Continued on next page)

Flavors of Eastern Europe & Russia (*continued*)

many areas of Russia. During the late 1600s, Russian Czar Peter the Great and his wife Catherine I became enamored of French food and instructed the royal chefs to cook with French sauces, minced meats, pastries, and asparagus. Beef stroganoff was originally a French dish, but it gained favor with the Russians because of its use of sour cream.

The long history and influence of the Russian Orthodox Church has also affected the way Russian people eat. More than half the days in the year are designated for fasting, so meat (which is scarce to begin with), eggs, and dairy are avoided on these days. Instead, cooks get creative with fish, mushrooms, grains, and vegetables.

Millions of Jewish people lived in the region before World War II. Those who left helped introduce the foods of their homeland to the rest of the world. Consequently, it's not unusual to enjoy *borscht* in Toronto, Canada, or *knishes* in São Paulo, Brazil.

The Independent Republics

More than a hundred different ethnic groups flourished within the borders of the former Soviet Union (USSR). In 1991, after the USSR splintered and communism ended, a dozen independent republics formed the Commonwealth of Independent States (CIS). The association includes Russia as well as the countries named earlier.

These republics are located west and south of present-day Russia and east of Poland and Romania. They are bounded by the Black, Baltic, and Caspian seas and the Caucasus Mountains.

Though the borders have changed, the diversity remains. Each group has its own foods, languages or dialects, and customs. Each is dependent on the bounty of the local land.

Section 5

Eastern Europe & Russia

Reading Check & Applications

Reading Check

1. How many time zones exist in Russia?

2. What are the Baltic States? Why are they called this?

3. What three regions make up Russia?

4. What southern state in the United States has the same name as one of the independent republics?

5. What ingredients and spices are common in Eastern Europe, Russia, and the independent republics?

6. Russia is the world's largest producer of several crops. What are they?

7. Why might Eastern Europe be called "the land of many empires"?

8. If a group of Hungarian hunters were to invite you to a feast, what might you expect to be served?

(Continued on next page)

Reading Check & Applications (*continued*)

9. What divides Russia into European Russia and Asian Russia?

10. Where do most people live in Siberia?

11. What broad description characterizes Russian food?

12. Why are foods often preserved in Eastern Europe and Russia?

13. How did Russian Czar Peter the Great and his wife Catherine I influence Russian cuisine?

14. How does fasting in the Russian Orthodox religion affect eating?

15. How were the independent republics created?

Application Activities

1. **Visiting Russia.** Russia can be viewed as three distinct regions: European Russia, Siberia, and Far Eastern Russia. Which region would you most like to visit? Why?
2. **Vegetable Basket.** Create a vegetable basket of produce grown around the Black Sea. Focus on what would be in season at the current time. Write a description of the basket and illustrate it if you wish.

Section 5**Eastern Europe & Russia****Culinary Connections**

Cabbage

The word *cabbage* conjures up an image of a heavy, round, tightly bound ball of waxy green leaves, suitable for shredding into coleslaw. That, however, is only one type of cabbage. Other varieties sport deep red or purple heads with white ribs or loose, crinkly leaves like the savoy cabbage. The diversity of cabbages doesn't stop there.

The common cabbage is a member of the Brassica family, whose members include the golf-ball-size Brussels sprout; the large flowering vegetables eaten as cauliflower and broccoli; and the bulbous kohlrabi, just to name a few.

Asian vegetables known as bok choy, Chinese cabbage, and napa cabbage are not true cabbages, but in Asian cooking, these are prepared in much the same way as "real" cabbages. They are pickled and made into a spicy condiment known as *kim chee* in Korea. In China and other Asian countries, these cabbages are liberally added to soups, stir-fries, and salads. Here are some common cabbage dishes:

- **Corned beef and cabbage.** Ireland is the home of corned beef and cabbage. The dish is made with

corned beef brisket, beef that has been cured in seasoned brine. The brisket is simmered with spices, salt, and quartered heads of cabbage.

- **Coleslaw.** Coleslaw is common in the United States. For this salad, shredded cabbage is tossed with dressing.
- **Sauerkraut.** Shredded cabbage is pickled to make sauerkraut. The dish is linked to Germany and Eastern Europe.
- **Green cabbage dal.** Shredded cabbage is cooked with curry leaves, spices, and yellow mung beans to make this dish from India.
- **Golabki cabbage rolls.** In Russia and Eastern Europe, cabbage leaves are rolled around a filling of seasoned ground meat and rice. The rolls are then simmered in tomato sauce.
- **Colcannon.** In Ireland, mashed potatoes and cooked cabbage are combined to make colcannon.
- **Kyabetsu su-zuke.** Pickled cabbage in rice vinegar makes up this Japanese dish.
- **Shchi.** This is a cabbage soup in Russia.

Brassica Vegetables

Create a chart of Brassica vegetables. Identify each vegetable, describe its appearance and flavor, and explain how it tastes and ways to use it.

Section 5**Eastern Europe & Russia****RECIPE Poland**

Red Cabbage

Cabbage is a winter staple in Eastern Europe and Russia. This dish includes the sweetness of apple and the tartness of vinegar and is served warm.

Yield 4 to 6 servings

Ingredients

2 Tbsp. (30 mL) butter or vegetable oil
1 medium onion, thinly sliced
2 tsp. (10 mL) caraway seeds
1¼ lbs. (550 g) red cabbage, finely shredded
½ cup (125 mL) water
2 Tbsp. (30 mL) sugar
Salt to taste
Pepper to taste
1 large apple, grated
1 Tbsp. (15 mL) vinegar (preferably cider vinegar)

Directions

1. Heat the butter or oil in a large pot. Add the onion and caraway seeds. Cook over medium heat, stirring occasionally, until the onion is soft and cooked through, but not yet browned, about 10 minutes.
2. Stir in the cabbage, water, sugar, salt, and pepper. Cook 30 minutes, stirring occasionally.
3. Mix in the apple and vinegar. Cook 20 minutes, stirring frequently, until the liquid has evaporated. Serve warm.

Nutrition Analysis *Per serving:* 101 calories, 4 g fat (35% calories from fat), 2 g protein, 16 g carbohydrate, 10 mg cholesterol, 50 mg sodium

Section 5**Eastern Europe & Russia****Culinary Connections**

Paprika

Paprika, lard, and onions—some consider these the mainstays of Hungarian cooking. They are certainly the mainstays of the classic goulash and *paprikash* dishes. Indeed, Hungary is believed to be the first place where paprika was used in quantity as the singular spice of a dish, cooked in its dried, powdered form rather than the fresh pepper from which it is made. Other countries, including Spain, Italy, and Turkey, began using the spice sometime after Columbus's adventures in the New World, but just as a mere addition to other spices.

In the mid-nineteenth century, a mechanical technique was developed for removing the veins and seeds of the dried peppers (the fire source) and producing “sweet” paprika. This revolutionized Hungarian cooking, for it allowed more of the paprika flavor to be tasted with less of the spicy heat.

Paprika peppers, like all chiles, are native to South America. Hungary and Spain are the two main producers of dried, powdered paprika, which is made from a particular variety of red pepper and ranges from mild (or sweet) to fiery hot. Hungary alone grows more than forty types of paprika. Other main producers include South Africa, Zimbabwe, Peru, India, and California and Texas in the United States. Most stores sell only sweet paprika, but some mail-order spice houses offer hotter varieties, known as sharp and half-sharp paprika. Smoked paprika is

also available; as the name implies, it has a wonderful smoky flavor.

Paprika also plays a behind-the-scenes role in food processing because of the natural red to orange color it adds to cheeses, processed meats and sausages, sauces, marinades, seasoning blends, and soups. This combination of flavor and color has made paprika essential to these recipes from around the globe:

- **Barbecue sauce and rubs.** Paprika is found in almost every traditional American barbecue sauce and spice rub, including Cajun seasoning.
- **Romesco sauce.** This Spanish sauce is made with tomatoes, paprika, almonds, vinegar, and olive oil and is usually served with fish and poultry.
- **Linguiça.** Cooks in many countries add paprika to sausage; this is a Portuguese smoked sausage.
- **Harissa.** This is a hot Tunisian spice blend of chiles, paprika, garlic, caraway, and cumin seeds. It's often used in couscous and soups.
- **Ras el hanout.** This all-purpose Moroccan blend is often used to flavor chicken and lamb stews. It can include dozens of spices, but the most common are paprika, ginger, coriander seed, turmeric, cardamom, allspice, cloves, and saffron.
- **Baharat.** A blend of paprika, black pepper, cumin, coriander seed, cloves, and cardamom makes up this Middle Eastern seasoning. It is used to flavor a variety of dishes.

Paprika Search

Look at the labels of bottled seasonings and seasoning mixes. Can you name at least five products that list paprika as an ingredient? What are they?

Section 5**Eastern Europe & Russia****RECIPE Hungary**

Potatoes Paprikash

Paprika is Hungary's most important spice, and it's often the main flavoring ingredient in soups, stews, and vegetable dishes. In this substantial side dish (*paprikash* means paprika), paprika simmers with potatoes and bell pepper in a light tomato sauce. Unless you're a fan of fiery hot cooking, use a mild or sweet paprika.

Yield 4 servings

Ingredients

2 Tbsp. (30 mL) vegetable oil
 1 large onion, thinly sliced
 2 cloves garlic, minced
 1 large bell pepper, stems and seeds removed, thinly sliced
 ½ tsp. (2 mL) caraway seeds
 3 Tbsp. (45 mL) Hungarian paprika (sweet or hot)
 1 lb. (450 g) russet potatoes, with or without skins, thinly sliced
 1 can diced tomatoes (14.5 oz./411 g)
 1 tsp. (5 mL) salt
 Black pepper to taste

Directions

1. Heat the oil in a large skillet over medium heat. Fry the onion and garlic in the oil until soft, stirring occasionally, about 5 minutes.
2. Stir in the bell pepper and caraway seeds, and cook another 1 to 2 minutes.
3. Add the paprika, potatoes, tomatoes and their juices, salt, and pepper. Add just enough water

to cover the potatoes. Bring the mixture to a boil. Then reduce the heat, cover, and simmer. Stir occasionally until the potatoes are done, about 30 minutes. Taste for salt and pepper. Serve hot.

Note If desired, stir in a bit of sour cream at the end of cooking, or serve a bit on the side.

Nutrition Analysis *Per serving:* 187 calories, 8 g fat (35% calories from fat), 4 g protein, 29 g carbohydrate, 0 mg cholesterol, 550 mg sodium

Section 5**Eastern Europe & Russia****Culinary Connections**

Pancakes

Pancakes are essentially a simple form of bread, made from batter and cooked in a skillet or on a griddle. Pancakes are enjoyed by many names around the world. They may be thick or thin and as large as a plate or as small as a coin. They are made from just about any type of flour, with or without other ingredients. In English, they're called flapjacks, hotcakes, funnel cakes, and griddlecakes, but they go by other names in other languages. Perhaps you've tried some of these variations:

- **Blini.** In Russia and Poland, traditional *blini* are made with yeast and buckwheat flour, although wheat flour is sometimes used. There's a misconception that blini are small; true blini are actually 5 to 7 inches (12.5 to 17.5 cm) in diameter. They're served with bowls of melted butter and sour cream. Caviar may be served on the side.
- **Blintzes.** This is another Eastern European pancake. This traditional Jewish fare is very thin and delicate. Each *blintz* is folded around farmer's cheese, cottage cheese, a variation of cream cheese, or fruit and then fried in butter until golden and served with sour cream.
- **Crêpes.** A crêpe is a very thin, light French pancake eaten for breakfast, as a main course, or as a dessert. Crêpes are made from a flour-and-egg batter, cooked on one side, and rolled up or folded in quarters. They're filled with sweet condiments, such as jam or fruit, for breakfast and dessert or with savory sausages, meat, or cheese for a main course. Crêpes Suzette is a flashy dessert of sweet crêpes cooked in orange liqueur and set afire to burn off the alcohol. Other European variations include *crepelle*. This Italian version of French crêpes is often rolled or served stacked with sweet or savory fillings in between the layers. A similar Hungarian version is known as *palacsinta*. Germans make a crêpelike pancake known as *pannkuchen*. In China, thin *moo-shu*, or *moo-shoo*, pancakes are made from rice flour and served with hoisin sauce (a sweet condiment used like catsup).
- **Pajon.** Also known as spring onion pancakes, these Korean treats are made with green onions mixed into a thick batter of rice flour that is then fried on a griddle. Other vegetables and meats may be added. They're usually served with a dipping sauce and eaten as a snack, light meal, or side dish. See the recipe on page 163.
- **Potato pancakes.** A favorite in Northern and Eastern Europe, these pancakes are made with shredded potatoes mixed into an egg and flour batter. In Jewish cooking they're known as *latkes* and are served with sour cream or applesauce.

Pancake Creations

Imagine that you are inventing a specialty pancake. What type of flour would you use? What about other ingredients and flavorings? Would your pancake be sweet or savory? Would it have a sauce? Write a recipe for your creation and try it out.

Section 5**Eastern Europe & Russia****RECIPE Russia**

Blinchiki

In Russia, Butterweek celebrates the arrival of spring and is a festive version of Mardi Gras. During Butterweek, people eat steaming hot pancakes known as blini, which have been smeared with melted butter. The batter is made with yeast, which requires an hour or so of rising time.

A thinner pancake, another favorite, is made without yeast, so the batter is ready to cook as soon as it's mixed. These are called blinchiki, and they're similar to the delicate pancakes made in France, known as crêpes.

Yield About 20 thin pancakes (about 6 servings)

Ingredients

2 large eggs
 1 Tbsp. (15 mL) sugar
 ¼ tsp. (1 mL) salt
 2 cups (500 mL) milk
 2 cups (500 mL) all-purpose flour
 2 Tbsp. (30 mL) butter (about)

Directions

1. In a mixing bowl, lightly beat the eggs with a wire whisk. Gradually beat in the sugar, salt, and milk. Slowly beat the flour in ¼ cup (60 mL) at a time to keep the batter smooth.
2. Heat an 8-inch (20-cm) skillet (preferably non-stick) over medium heat. Melt a small amount of butter in the pan, and swirl it around to coat the pan bottom.
3. Ladle in 2 tablespoons (30 mL) of the batter. Immediately tilt the pan to spread the batter evenly and form very thin pancakes that are about 4 to 5 inches (10 to 12.5 cm) in diameter.
4. Fry the batter on one side only, about 1 minute or until the underside is golden brown when lifted with a spatula. Gently lift the pancake out of the pan with a spatula.
5. Stir the batter again until smooth, and repeat the process until all pancakes are made, stirring the batter each time before ladling it into the pan. Stack the pancakes on a platter as you cook them.
5. Spread the pancakes with cottage cheese, sour cream, applesauce, jams, or syrups, and serve rolled up or folded into quarters.

Nutrition Analysis *Per serving:* 268 calories, 9 g fat (29% calories from fat), 9 g protein, 38 g carbohydrate, 93 mg cholesterol, 189 mg sodium

Section 5**Eastern Europe & Russia****Culinary Connections****Buckwheat**

Buckwheat isn't a type of wheat at all; it's a plant related to rhubarb. It has triangular-shaped seeds that are used like wheat and other cereal grains. Buckwheat grows well in poor soil and cold climates, where rice, wheat, and other grains can't. As a result, buckwheat has been a vital food in the chilly regions of Japan, China, Korea, India, Russia, and Eastern Europe.

Buckwheat is packed with protein and nutrients and has a robust, nutty flavor. Unlike true wheat, it contains no gluten and is valuable for people on gluten-free diets.

The buckwheat plant yields a number of food products, including the following:

- **Buckwheat groats.** To make buckwheat groats, buckwheat kernels are stripped of their inedible outer coating and then crushed into smaller pieces. Buckwheat grits and cereal and cream of buckwheat are finely ground buckwheat groats that cook quickly.
- **Roasted buckwheat groats (kasha).** These are buckwheat groats that have been toasted in oil to

remove their natural bitterness and enhance their sweet, nutty flavor. *Kasha* is the Russian name. This product comes whole and also ground in coarse, medium, and fine grains.

- **Buckwheat flour.** This finely ground, dark flour is often made into pancakes and cakes. When mixed with traditional flour, it is used in breads. The United States and China both have their own versions of buckwheat pancakes. In Japan, the flour is made into *soba*, or buckwheat noodles. In Italy, a variation of polenta (boiled cornmeal) is made with buckwheat flour.
- **Buckwheat honey.** Some beekeepers plant buckwheat just for its blossoms, which are rich in nectar that can be used to make a dark, strongly flavored honey.
- **Buckwheat leaves.** Buckwheat leaves are mostly grown for use as animal fodder. The variety produced in the Himalayas, however, is cooked as a vegetable or used as a salad green, much like its relative, sorrel.

Gluten

Find information about gluten. What foods contain gluten? Why can't some people eat these foods?

Section 5**Eastern Europe & Russia****RECIPE Ukraine**

Kasha Varnishkes

This classic Jewish dish, buckwheat groats with noodles, is a favorite comfort food throughout Eastern Europe. Look for buckwheat groats in supermarkets and health food stores. It is sometimes labeled as “kasha.” Groats come in fine, medium, and coarse grain cuts. This recipe uses a medium grain cut.

Yield 4 servings as a side dish

Ingredients

1 cup (250 mL) buckwheat groats (kasha), preferably medium grain
1 large egg
1 cup (250 mL) uncooked bow-tie noodles
2 Tbsp. (30 mL) butter or rendered chicken fat
1 onion, peeled and chopped (about 1 cup/250 mL)
1 can chicken broth (14 oz./396 g)
½ tsp. (2 mL) salt

Directions

1. Beat the egg in a small bowl. Mix the groats with the beaten egg until all grains are well coated with egg. Cook the groats in a nonstick skillet over medium-high heat, stirring occasionally, until the egg dries.
2. Set a large pot of salted water on the range to boil for the noodles. When the water boils, cook the noodles until tender but firm, 8 to 10 minutes. Drain in a colander.
3. While the water comes to a boil and the noodles cook, finish cooking the groats. Use a heavy pot with a lid. Heat the butter or fat in the pot. Sauté the onion, uncovered, until it starts to brown.
4. Add the chicken broth and salt to the onion and bring to a boil. Stir in the groats. Cover and cook on low heat, stirring occasionally, about 10 minutes or until the groats are tender. Stir the cooked noodles into the groats and serve.

Nutrition Analysis *Per serving:* 292 calories, 10 g fat (28% calories from fat), 13 g protein, 42 g carbohydrate, 78 mg cholesterol, 969 mg sodium

Section 5**Eastern Europe & Russia****Culinary Connections****Walnuts**

Walnuts may not seem like an international ingredient, but they are. The United States (especially California) is the world's largest producer of walnuts. Turkey, China, Russia, Greece, Italy, and France also cultivate walnuts in large quantities. The nut is enjoyed in other countries as different as England and Ecuador.

Since prehistoric times, humans have made the most of the walnut, squeezing its juice to make brown dyes and pressing its flavorful oil for salads and cooking. Besides being added to cookies, fudge, and brownies, walnuts appear in some of the world's most traditional dishes.

- **Chinese glazed walnuts.** For this preparation, walnut halves are coated with a sweet syrup of honey or sugar. They are then tossed into chicken or shrimp stir-fry dishes.
- **Italian Gorgonzola-walnut pasta sauce.** This tasty pasta sauce combines chopped walnuts, Gorgonzola cheese (a type of blue cheese), and cream. Walnuts are also often added to pine nuts in the classic Italian pesto sauce, made with basil, Parmesan cheese, and olive oil.

- **Greek baklava.** *Baklava* is a pastry constructed of paper-thin layers of phyllo dough alternating with a chopped walnut filling. The product is baked and drenched in honey.
- **Persian fesenjan.** This is a feast-day stew of duck (or chicken) in a sweet-sour sauce of pomegranate syrup and ground walnuts. Walnuts are believed to have originated in or near Persia, which today is the country of Iran.
- **Mexican chiles en nogada.** This dish of “chiles in walnuts” was created in Puebla to honor a patriotic leader. The dish showcases the colors of the Mexican flag: green chiles (stuffed with spicy ground meat known as picadillo); a white sauce of walnuts and sour cream; and a garnish of red pomegranate seeds.
- **Pickled walnuts.** A popular item in seventeenth-century Britain, these are young, unripe walnuts that have been pickled in vinegar brine with spices.

Walnut Discovery

Did a squirrel lead the way? How do you think humans might have first discovered the edible walnut meat inside those hard shells?

Section 5**Eastern Europe & Russia****RECIPE Georgia**

Warm Walnut & Green Bean Salad

This recipe calls for fresh green beans, but frozen green beans can be substituted. Walnuts and green beans are a favorite combination in Georgia and its neighboring countries.

Yield 4 servings

Ingredients

¼ cup (60 mL) chopped walnuts
 2 cloves garlic
 3 Tbsp. (45 mL) olive oil
 1 Tbsp. (15 mL) fresh lemon juice
 2 Tbsp. (30 mL) red wine vinegar
 1 lb. (450 g) fresh green beans
 ½ cup (125 mL) chopped fresh cilantro (or substitute parsley)
 Salt to taste
 Black pepper to taste

Directions

1. Set aside half of the walnuts. Using a food processor or blender, grind the remaining walnuts into a paste. Add the garlic, olive oil, lemon juice, and vinegar. Process until the garlic is chopped and ingredients combined.
2. Trim the ends of the beans and cut them into bite-size pieces, about 1 inch (2.5 cm) long. Place the beans in a microwave-safe serving bowl and cover with plastic wrap, leaving a slight space for steam to escape. Cook until
3. crisply tender, about 2 minutes on high, stirring halfway through. (You may also cook the beans on the range in a regular steamer.) If using frozen beans, prepare according to package instructions.
3. Lightly coat the beans with the dressing, adding only as much dressing as you need. Toss the dressed beans with the reserved nuts and cilantro. Add salt and pepper to taste. Serve warm or at room temperature.

Nutrition Analysis *Per serving:* 186 calories, 15 g fat (66% calories from fat), 5 g protein, 12 g carbohydrate, 0 mg cholesterol, 15 mg sodium

Section 5**Eastern Europe & Russia**

Extended Learning

Directions: Complete the extended learning activities assigned by your teacher. Use cookbooks, encyclopedias, the Internet, and other resources as needed. Report your findings on separate paper.



1 Slav and Indo-European

Look up the definitions of the words *Slav* and *Indo-European*. Continue your research to identify the countries where today's Slavic people reside. Do they use the same alphabet as English-speaking people?



4 Sea Identification

A number of large seas are adjacent to the countries of Eastern Europe, Russia, and the Independent Republics. Identify each sea, the nations that border it, and the impact that each sea has on local diets.



2 Yogurt Production

How is yogurt made? What is the difference between yogurt and sour cream? How do you think such edible, flavorful foods made from soured milk were first discovered?



5 Spice Caravans

Spice caravans brought coriander, cinnamon, allspice, cardamom, ginger, basil, and other Eastern seasonings to Russia. Where did each of these seasonings originate?



3 Czar Peter the Great

Czar Peter the Great once ruled Russia. Peter and his wife Catherine I introduced many facets of Western culture to the country. When did Peter the Great rule, and what were some of his accomplishments? How did these two people affect the food and dining customs of Russia?



6 Empires

Eastern Europe could be called the land of many empires. When did the Roman, Austro-Hungarian, and Ottoman empires overlap with the countries of Eastern Europe? What were the boundaries of each empire at its peak?

Section 6

Southwest Asia & Africa

Map of Southwest Asia & Africa

Directions: Study the map below and then answer the “Map Investigation” questions that follow. Use geography books and other reference maps as needed.

Southwest Asia is commonly called the Middle East. The countries in this area extend from Turkey through Iran, formerly known as Persia, and south to the region bounded by the Mediterranean Sea, Red Sea, Gulf of Aden, Arabian Sea, and Persian Gulf.

Although on a different continent, the countries of North Africa share similarities to Southwest Asia. The North African countries are Egypt, Libya,

Tunisia, Algeria, and Morocco. The Sahara Desert ranges throughout North Africa, forming a natural separation from the rest of the African continent and countries.

Sub-Saharan Africa contains 48 nations with many types of climates and vegetation. The equator divides the African continent nearly at the middle.



Section 6

Southwest Asia & Africa

Map Investigation

1. Ancient empires can leave lasting influences. What present-day country was at the center of the massive Ottoman Empire? What bodies of water and present-day nations border it?

2. Explore the Nile River. How long is it? Identify its three main tributaries, its source, the direction of flow, and where it ends.

3. Of the world's six largest deserts, five are in the Middle East and Africa. Can you name them in order from largest to smallest?

4. In which of the following African nations are you most likely to see an Islamic mosque: South Africa, Morocco, Egypt, Angola, or Ethiopia? Why?

5. Aleppo pepper is a favorite, fiery spice of Middle Eastern cooks. Where is Aleppo?

6. "The Fertile Crescent" was an area known as the birthplace of early Egyptian and Mesopotamian civilizations. Which rivers formed its boundaries on the east and west?

7. People think of Saudi Arabia as a flat, sandy desert, but it actually has a very famous mountain range where the holy city of Mecca is located. Identify the mountain range and its location.

8. Iran is the modern name for what was once known as Persia. What was the ancient name of the land now known as Iraq? What ancient city is still the capital today?

9. Is the Red Sea really red? Where is it located?

Section 6**Southwest Asia & Africa**

Flavors of Southwest Asia & Africa

Directions: Read this article and then answer the “Reading Check” questions that follow. Complete the “Application Activities” as directed by your teacher.

Looking at a map, it’s easy to see why Southwest Asia and North Africa have much in common. As world distances go, the mountainous countries in this region are situated close to each other. Crossing from Southwest Asia into Africa is relatively easy via the Sinai Peninsula. Such closeness and easy access have made it also easy to share cultures, including foodways.

If you move from North Africa into the rest of the huge African continent, however, you’ll see that the geography and foodways have their own distinctions.

Southwest Asia: the Middle East

The many mountains of Southwest Asia block the flow of rain clouds to inland areas. The result is large desert lands within the countries. For this reason, people tend to live along the coastlines and rivers and near the highlands.

Both sand and salt deserts exist throughout the region. While Iran’s seasons are distinctive, with cold winters and hot summers, the Arabian Peninsula is hot and dry year-round. The exception is coastal areas, where it is very humid. Olive trees and citrus crops thrive naturally in the Mediterranean climate, but crops in most other places must be irrigated to survive.

Middle Eastern Foods

The Middle East may bring forth images of vast deserts, but the land was once a fertile valley. The region’s people have contributed much to civilization throughout the centuries. Hunters here became farmers about 12,000 years ago. They were the first to cultivate wheat, and they followed that with barley, pistachios, figs, pomegranates, and dates. They discovered the process of fermentation and used it to leaven bread. Commercial trade within the region and beyond blossomed after the ancient Sumerians, who lived in present-day Iraq, created the barter system. Spices, in particular, made Middle Eastern traders wealthy while changing the tastes of people throughout Europe and Asia.

Arabic people spread their diet to other lands as early as 700 A.D. Those of the Muslim faith who didn’t eat meat survived on goat’s milk, dates, nuts, and foods that could be transported easily. The Persians in present-day Iran cooked with fresh fruits, rice, duck, and other meats. These cultures formed the foundation of Middle Eastern cuisine, which further evolved as Arab traders returned home with exotic new spices from the Orient. Turmeric, cumin, garlic, and other seasonings arrived from India. Cloves, peppercorns, and allspice came from the Spice Islands. Foods from other parts of the globe arrived as well: okra from Africa; yogurt from Russia; dumplings from the Mongols; and tomatoes from the New World, via the Moors of Spain.

Turkey’s Ottoman Empire developed its own distinctive foods, which over time were embraced throughout the Middle East. These included sweet pastries made of paper-thin phyllo dough and dense, sweet coffee.

The numerous religions in the Middle East have also affected cuisine. Some people of the Jewish and Muslim faiths follow strict dietary laws. Jewish kosher (kashrut) and Muslim halal preparations apply to animal products and slaughtering methods. Other religions also have dietary considerations that impact eating.

Bread is common on every table, however, regardless of religion or any tradition of eating or not eating meat. Breads are either leavened or unleavened.

Meals throughout the Middle East often start with numerous small appetizers, known as *mezza*.

(Continued on next page)

Flavors of Southwest Asia & Africa (*continued*)

Depending on the country, the main course may be *falafel*, deep-fried chickpea balls; kebabs of grilled lamb or chicken; *khoresh*, a stew often cooked in a sweet-sour sauce; or any number of rice dishes mixed with meats, fruits, and nuts. Salads are also popular. Tabbouleh is a tart parsley, bulgur, and tomato salad. Another salad combines sautéed eggplant and tomatoes with yogurt. Spinach salads are common too.

Africa

Consider this: While elephants trumpet in Botswana's Kalahari game preserves, Zimbabwe's mile-wide Victoria Falls roar from a height of 420 feet. While villagers shop for food at a market in Angola, people shop in department stores in the large city of Johannesburg, South Africa. While the deserts of Africa are bare of plants, tropical rain forests are lush with growth in other areas. Africa is a land of contrasts. Describing the continent in generalities is difficult.

Africa is the world's second largest continent. It is home to more than fifty nations (some are islands) and dozens of native tribes and languages. The continent stretches south from the Mediterranean Sea to South Africa's Cape of Good Hope. In between lie the equator, the immense Sahara Desert, and the Nile, Congo, Zambezi, and Niger rivers. Some of the world's tallest mountains are also here. Mount Kilimanjaro is the highest on the continent. Food crops reflect the terrain and range from rice on the island of Madagascar, to peanuts in Mali, to olives and dates in Libya.

North Africa

The inhabitants of North Africa are mainly of Middle Eastern descent. Islam and Arabic are typically the official religion and language. Cooking in North Africa has been heavily influenced by Southwest Asia and Mediterranean Europe. Many similarities are found in dishes. All of these characteristics add to the reasons why the countries of North Africa are often considered to be part of the Middle East, despite their location on the African continent.

Like Southwest Asia, mountains in North Africa have created huge inland desserts. The Sahara Desert, the largest desert in the world, extends throughout North Africa and divides North Africa from the rest of the continent below.

Sub-Saharan Africa

Because of the inland desert and dry grasslands, people in Sub-Saharan Africa have tended to live along the coasts. Many live in small rural villages. As populations grow and people look for ways to improve their lives, however, people have been increasingly drawn to urban areas. Since African cities have become very crowded, new inland cities are providing more options.

Cooking methods and meals in Sub-Saharan Africa mix centuries-old tribal cooking with influences from a diverse range of Portuguese, British, Dutch, Malay, East Indian, and other settlers. The thread that binds traditional African meals is the custom of serving a grain or starch topped with a stew or sauce. Wherever there are coastline and rivers, Africans enjoy fish as the main ingredient. East Africans, whether nomadic tribes or settled farmers, tend to serve more meat and dairy products.

Unlike their North African neighbors, who season foods liberally with fresh herbs, fruits, and exotic Middle Eastern spices, the cooks of Sub-Saharan Africa make the most of grains and other local resources. The meals are less elaborate, but that doesn't mean they are mildly flavored. Nigerian and Ethiopian cooks, for instance, create some of the spiciest dishes on the planet, courtesy of hot chiles from the New World.

European traders brought Native American corn, tomatoes, chiles, peanuts, pineapple, and cassava to Africa in the sixteenth century. These foods radically changed the cooking on the entire continent. African slaves arrived in the Americas with the foods of their homelands, which are evident in many of the regional dishes of the southern United States, Brazil, and the Caribbean. When the British colonized South Africa, they added their traditional dishes, like meat pies, to the existing African diet. East Indians and Southeast Asians brought the coconut palm, curries, kebabs, spicy pickles, and other fare.

Countries along the equator have lush, tropical forests, South Africa's farmlands are fertile and productive, and western and central Africa receive enough rainfall to grow rice as a staple crop. Rain, however, is scarce elsewhere in Africa. Dry areas grow drought-tolerant millet, sorghum, corn, and other grains. Meat can be hard to come by and is often not very tender. Therefore stews are a practical

(Continued on next page)

Flavors of Southwest Asia & Africa (*continued*) 

way to stretch beef, pork, or chicken into a hearty meal, especially when cooked with grains and root vegetables like cassava and sweet potatoes. With meat in limited supply, peanuts (or ground nuts, as they're called), eggs, lentils, peas, and beans provide much of the dietary protein.

Eating Customs

When eating a traditional meal in Ethiopia, you won't need your knife and fork. Dinner usually consists of a communal platter of food, typically two rich stews, three spicy sauces, and large, flat rounds of injera. Injera is a spongy flatbread made from a grain

called teff. It looks like a large crepe or pancake and functions as napkin, plate, and spoon. Ethiopians tear off pieces and use them to scoop up the thick stews, eating entirely with their hands.

In other parts of Africa, people may use wooden spoons to eat from a large communal bowl. European-influenced Africans use forks, knives, and spoons. In most of Sub-Saharan Africa, people eat just one or two daily meals, along with milk for breakfast and snacks and light bites the rest of the day. Meatless meals are common, either by choice or economic necessity, and some Muslims in countries like Somalia avoid all meat.

Section 6

Southwest Asia & Africa

Reading Check & Applications

Reading Check

1. Why do Southwest Asia and North Africa have much in common?

2. Why do people in Southwest Asia tend to live along the coastlines and rivers?

3. Where was the process of fermentation discovered, and what was it used for?

4. What made Middle Eastern traders wealthy?

5. Different foods arrived in the Middle East from lands around the globe. Name a food from each of these places: India, Africa, Russia, and Spain.

6. What are some typical main courses at a meal in the Middle East?

7. Why is it difficult to describe Africa with generalities? Give examples.

(Continued on next page)

Reading Check & Applications (*continued*)

8. What are the main cultural influences on the cooking of North Africa?

9. What has resulted from people moving to urban areas in Africa?

10. What food custom is typical of traditional African meals?

11. How does food prepared in Sub-Saharan Africa differ from that prepared in North Africa?

12. What did East Indians and Southeast Asians contribute to cooking in Sub-Saharan Africa?

13. Many Africans eat little or no meat. Explain why. What other foods provide them with dietary protein?

14. Describe a traditional Ethiopian dinner and how it's eaten.

Application Activities

1. **Shopping List.** Suppose you planned to do more cooking of Middle Eastern dishes. Make a list of foods that would likely be on your shopping list when planning meals. Include fruits (fresh and dried), grains, vegetables, and spices.
2. **Fishing Trip.** Take an imaginary freshwater fishing trip to Africa. Chart an itinerary of at least four countries with major rivers and lakes. Name the countries and the bodies of water.

Section 6**Southwest Asia & Africa****Culinary Connections****Sesame Seeds**

You eat them all the time on hamburger buns, but did you know that sesame seeds are also used in many other products around the world? White sesame seeds are actually black sesame seeds that have been hulled. Sesame seeds also come in shades of red and brown.

The plant that produces sesame seeds (as well as much-admired flowers) is native to India. Sesame seeds are widely used in Middle Eastern cooking. African slaves brought them to the United States, where Thomas Jefferson planted some in his garden at Monticello.

Here are just a few of the ways sesame seeds are enjoyed around the world:

- **Sesame oil.** There are two types of sesame oil that are extracted from crushed sesame seeds. One type of oil is pale and made from raw (untoasted) seeds. It has a mild flavor and is used like vegetable oil in cooking. Asians prefer toasted sesame oil, which is dark and powerful in flavor. It's used in small quantities as a seasoning.
- **Tahini.** This Middle Eastern paste is made from ground sesame seeds. It's a common recipe ingredient and is used in the tahini sauce on the next page.
- **Halvah.** Sesame halvah bars are a favorite confection in Greece and the Middle East. They are sold in many supermarkets, often in the refrigerated section.
- **Benne seed cookies.** African slaves brought the sesame seed to the southern United States, where it is known today as benne seed, derived from its African name. Cookies and other sweet baked goods often include benne seeds.
- **Shichimi.** This Japanese condiment, also known as *shichimi togarashi*, is a zesty, all-purpose seasoning. The name means "seven spices" and typically includes white and black sesame seeds; ground red chile flakes; *sansho*, a Japanese pepper; *nori*, dried seaweed; dried mandarin peel; poppy seeds; and mustard seed or other spices. The Japanese use *shichimi* on most everything, especially noodles.

Seed Promotion

Suppose a seed company asks you to write descriptions for three culinary seed packets. Besides sesame, pick three other culinary seeds and write about them.

Section 6**Southwest Asia & Africa****RECIPE Middle East**

Tahini Sauce

Tahini (tuh-HEE-nee), a thick, rich paste of ground sesame seeds, is a kitchen staple throughout the Middle East. Tahini is available in jars and cans in health-food stores and Middle Eastern markets. It resembles natural peanut butter in that the oil often separates and rises to the top of the container. Mix it up with a chopstick or fork before using.

Tahini paste is mixed with yogurt, garlic, and lemon juice to make this tart and tangy sauce, served in countries from Greece to Iran. It may be served just as a sauce or as a dressing for salads, vegetables, and grilled meats.

Yield ½ cup (125 mL) (about 6 servings)

Ingredients

1 clove garlic, minced
2 Tbsp. (25 mL) fresh lemon juice
2 Tbsp. (25 mL) tahini paste
¼ cup (50 mL) plain yogurt
⅛ tsp. (.5 mL) salt

Directions

1. Combine the garlic, lemon juice, tahini paste, yogurt, and salt in a mixing bowl.
2. Stir with a fork until well blended.
3. If the flavor is too strong, thin the sauce by adding additional yogurt or water to taste.

Nutrition Analysis *Per serving:* 38 calories, 3 g fat (64% calories from fat), 1 g protein, 2 g carbohydrate, 1 mg cholesterol, 50 mg sodium

Section 6**Southwest Asia & Africa****Culinary Connections**

Chickpeas

Italians call them *ceci* (cheh-chee), or garbanzo beans. In English, they're known as chickpeas. In India, they're called *chana*. These spherical legumes with a pointed beak or short tail are native to the Middle East and India. Most are a light tan color, though darker (even black) varieties also exist.

Like other cooked legumes, chickpeas may be eaten in salads and soups, mixed with pastas, or enjoyed by themselves, dressed only with olive oil, salt, and pepper. They're often included in restaurant salad bars.

India and her neighbors have a wide range of chickpea recipes. Chickpeas can be boiled, roasted, puréed, mashed, fried, curried, puffed, or used in sweet fillings. Chickpea flour is used for pancakes, breading, thickeners, and fried noodles. For a snack, fresh chickpeas are fire-roasted over charcoal grills, whole in their green pods, and then salted. Just pop open the pods and enjoy the nutty chickpeas and their sweet juices.

Chickpeas work well together with eggplant, tomatoes, and onions. Consequently, they appear with these ingredients in Middle Eastern stews, North African *tagines*, Indian curries and *dals*, and soups and pastas throughout the Mediterranean regions of Europe. They're also served with spinach and other greens. They may be combined with sausage, veal, or other meats and with octopus, tuna, or other seafood.

Chickpeas may not seem Canadian, but Canada supplies chickpeas to Spain, India, and Pakistan. Canada (mostly Saskatchewan), Mexico, Australia, and

Turkey are the world's leading exporters of the hearty, drought-tolerant chickpea. They are also packed with nutrition, which makes them a favorite for those people who don't eat meat.

Where and how are chickpeas prepared? To get an idea of just how popular chickpeas are, take a look at the many ways they're served around the globe:

- **Italy.** In Palermo, Italy, sweet or savory chickpea fritters are known as *pannelle*.
- **Africa.** Chickpeas are cooked with couscous in North Africa and added to stews in West Africa.
- **India.** Besides cooking chickpeas in curries and as dals, Indians grind chickpeas into flour, known as *besan* flour. The flour is used to make breads and as a batter for fried foods.
- **Middle East.** Chickpeas are ground with sesame paste and lemon juice to make the spread known as hummus. They're also made into *falafel*. For this dish chickpeas are ground and shaped into seasoned balls or patties. Then they are fried until crispy on the outside and tender on the inside.
- **Spain.** Chickpeas are marinated in vinegar and oil and served as a snack. They may be part of an appetizer selection called *tapas*.
- **France.** *Socca*, a specialty of Nice in southern France, is a large, roasted pancake made of chickpea flour, water, and olive oil. The pancake is traditionally cooked on a special copper pan in a wood-fired oven until golden brown. Hot pieces are torn off and eaten as a snack.

Versatile Legumes

Can other legumes be made into pastes and spreads? Find two recipes that show examples.

Section 6**Southwest Asia & Africa****RECIPE Middle East**

Hummus

Hummus, one of the most famous and popular dishes of the Middle East, combines tahini sauce with mashed chickpeas, which are also known as garbanzo beans. Serve hummus as a dip with raw vegetables or pita bread.

Yield 2 cups (500 mL) (about 8 servings)

Ingredients

- 1 can chickpeas (15 oz./425 g), drained and rinsed, or 1½ cups (375 mL) freshly cooked chickpeas
- ½ cup (125 mL) tahini sauce (see page 129)
- ¼ tsp. (1 mL) ground cumin
- ¼ tsp. (1 mL) paprika, plus a dash for garnish
- ¼ tsp. (1 mL) salt
- 1 tsp. (5 mL) olive oil for garnish (optional)

Directions

1. Combine the chickpeas, tahini sauce, cumin, paprika, and salt in a mixing bowl.
2. Using a fork or potato masher, mash until the mixture forms a chunky paste.
3. Serve in a bowl, garnished with olive oil and a dash of paprika.

Nutrition Analysis *Per serving:* 288 calories, 11 g fat (34% calories from fat), 13 g protein, 36 g carbohydrate, 0 mg cholesterol, 81 mg sodium

Section 6**Southwest Asia & Africa****Culinary Connections****Yogurt**

The next time you enjoy a spoonful of yogurt, imagine that you're in the Middle East or India, where yogurt is a daily staple. Yogurt likely originated in several places throughout these regions at least 4,000 years ago.

Yogurt is made when milk is combined with friendly bacteria (known as a culture) and then left to sit in a warm spot for several hours. This causes the milk to ferment, thicken, and take on a sour taste. Some experts believe the first yogurt was made by accident, perhaps when milk was set out as a religious offering or stored too long, allowing bacteria to begin the chemical process needed to turn it into yogurt.

Today, commercial yogurt-making is much more controlled and scientific. Nevertheless, people around the world continue to make their own farmhouse yogurt. They use milk from many different animals, including cows, sheep, goats, camels, yaks, and water buffalo. For some people, yogurt is easier to digest than milk, and yogurt has the advantage of keeping much longer than fresh milk.

While frozen yogurt is a delicious modern-day creation, plain yogurt has long been used in everything from soup to desserts, as shown by these examples:

- **Persian yogurt soup.** Hot and cold yogurt soups, made by combining yogurt with vegetables, fruit, or meat broth, are served throughout the world. In Iran's version, yogurt is mixed with ingredients that date back to the Persian Empire: cucumbers, walnuts, grapes, and raisins.
- **Lassi.** A refreshing beverage made by cooks in India and its neighbors, *lassi* is like a thick, flavored milkshake made from yogurt. See the "Pineapple Lassi" recipe on page 157.
- **Tzatziki.** This is a Greek sauce made with yogurt, cucumber, and garlic. See the recipe on page 101. Similar sauces are made in Turkey, Bulgaria, Armenia, and India.
- **Tandoori chicken.** In India, yogurt is added to a spicy marinade. The acids that are in the yogurt help tenderize and flavor chicken before baking or grilling it.
- **Semolina cake.** This dessert from Arabian countries is baked from a batter made with semolina flour and yogurt and sweetened with honey or sugar. It's also often mixed with poppy seeds or almonds.

Yogurt Beverages

Create your own special yogurt beverage. What would you put in it and why? Try out your recipe and revise it to achieve a taste you like.

Section 6**Southwest Asia & Africa****RECIPE Middle East**

Labneh

Labneh, a type of cheese made from yogurt, is enjoyed from the eastern Mediterranean to the far ends of the Middle East. It is simply yogurt that has been drained until it becomes thick, and it can be used as a refreshing substitute for cream cheese. The liquid that drains out is called whey, the same part of milk that separates from the curds during other types of cheese-making. You can save the drained whey and use it to make bread or add it to soups.

When making this recipe, be sure to use yogurt that does not contain gelatin, as gelatin prevents the yogurt from separating. Read the label to see whether gelatin is an ingredient. If you're unsure, scoop out a spoonful from the container. If the hole starts to fill with liquid within 10 minutes, then the yogurt can be drained and made into yogurt cheese.

Yield About 1¼ cups (300 mL) (about 6 servings)

Ingredient

1 qt. (1 L) plain yogurt (regular, low-fat, or nonfat yogurt, made without gelatin, as explained above)

Directions

1. Line a colander or sieve with 2 layers of cheese-cloth, or place a large coffee filter in a sieve. Place the colander or sieve over a large bowl.
2. Pour the yogurt into the lined colander or sieve. Cover and refrigerate overnight, preferably for 24 hours, until the liquid whey collects in the bowl and the yogurt has thickened.
3. Scrape the thickened yogurt into a container. Store refrigerated, covered, for up to 5 days.
4. To serve, spread the yogurt cheese onto pita bread. You can also shape it into balls and roll the balls in fresh minced herbs (such as dill), paprika, or sesame seeds to coat.

Nutrition Analysis *Per serving:* 93 calories, 5 g fat (47% calories from fat), 5 g protein, 7 g carbohydrate, 19 mg cholesterol, 70 mg sodium

Section 6**Southwest Asia & Africa****Culinary Connections****Dates**

Dates are the fruit of the date palm tree, which thrives in the irrigated deserts of North Africa, the Middle East, and California's Coachella Valley. Dates became a popular food because they could travel easily. They sustained travelers and nomadic Bedouins on long treks across the desert. For similar reasons, dates were easily transported out of the Middle East and into Europe's kitchens, while date palms later traveled to the deserts of the United States, where they became a commercial crop.

Dates have a concentrated natural sugar content, so European bakers add them to sweet breads, muffins, cookies, and cakes. Dates are also nutritious. They are rich in potassium, a mineral particularly important in helping active athletes balance the body's fluids. In fact, while bananas surpass dates in vitamins C and A, dates have about twice as much potassium, three times as much iron, twice as much protein, and six times as much calcium as bananas.

Dates have been found in 5,000-year-old archaeological sites in Iraq. The Romans stuffed dates with nuts and spices, coated them with honey, and baked them as sweet treats. Spanish missionaries planted date palms in North America in the nineteenth century. Today, most countries that cook with dates use them in sweets and confections, but they're also added as a flavor contrast to nonsweet dishes. The following examples show both approaches to using dates:

- **Middle East.** Date jam is among the region's many date recipes, and it's made by simmer-

ing dates, sugar, lemon juice, cloves, and water together and then mixing in almonds and walnuts.

- **Iran.** Past and present-day Iranians cook liberally with dates, often combining them with almonds, pistachios, or raisins in rice dishes and stews as well as desserts.
- **Israel.** *Haroset*, a traditional holiday dish of the Jewish Passover, combines dried fruit and nuts. Some versions include apples or raisins, but dates are included in other recipes.
- **Spain.** Dates are wrapped in bacon and broiled. They are then served as a snack or as appetizers in *tapas*.
- **Pakistan.** Dates are chopped and made into chutney.
- **India.** In some regions, dates are tossed into shrimp or chicken curries.
- **Morocco.** Chicken is braised with dates and almonds.
- **India.** Pickled dishes, like chutneys, are served as condiments. One such pickled dish combines dates, mango, chiles, ginger, vinegar, and spices.
- **France.** Loaves of bread are baked with hazelnuts and chopped dates.
- **United States.** Dates are often served as appetizers, stuffed with cream cheese, green olives, or almonds and baked. In California, a date shake is made in a blender with ice cream, dates, and milk.

Gift Basket

Dates are just one type of dried fruit. If you were to send a dried-fruit gift basket, what dried fruits would you include? What other foods might you put in? Draw a picture of your arrangement and write a description of it.

Section 6**Southwest Asia & Africa****RECIPE Saudi Arabia**

Al Rangina

Some researchers pinpoint Iraq as the origin of the date palm. Dates are now widely grown throughout Middle Eastern and North African countries, as well as in southern California.

As a desert staple, dates are easily stored and carried on long journeys. The leaves and trunks of the date palm are made into shelters, providing shade and protection from desert winds.

Dates come in hundreds of varieties. Some of the most popular are the *barhi* and *halawi*, which Iraq introduced to California growers, and the *deglet-noor*. This recipe makes a Saudi Arabian dessert that is rich with dates, butter, and sugar.

Yield 4 servings

Ingredients

- $\frac{3}{4}$ lb. (350 g) pitted whole dates
- $\frac{3}{4}$ cup (175 mL) butter
- 2 tsp. (10 mL) cinnamon
- $\frac{2}{3}$ cup (150 mL) all-purpose flour
- $1\frac{1}{2}$ Tbsp. (22 mL) confectioners' sugar

Directions

1. Divide the dates into 4 small serving dishes or shallow bowls.
2. Melt the butter over medium heat until it begins to foam.
3. Reduce the heat and whisk in the cinnamon and the flour.
4. Cook, stirring constantly until the mixture forms a soft pastelike sauce, about 2 to 3 minutes.
5. Pour the sauce evenly over the dates. Let the dates cool. Dust with confectioners' sugar before serving.

Nutrition Analysis *Per serving:* 380 calories, 34 g fat (80% calories from fat), 3 g protein, 17 g carbohydrate, 92 mg cholesterol, 348 mg sodium

Section 6**Southwest Asia & Africa****Culinary Connections****Carrots**

Carrots may seem like plain old rabbit food, but cooks from around the world take this vegetable far beyond the salad bar. Carrots are sweet, crunchy, and very nutritious, but, more importantly, they can grow year-round. Carrots can also be stored for a long time, especially when refrigerated. They come in all sorts of shapes and sizes (some are squat and thick and others are long and slender), with colors ranging from white or orange to dark red or even purple.

Carrots are known to have existed in the Hanging Gardens of Babylon (one of the Seven Wonders of the World) in the eighth century B.C. Traders from Afghanistan are believed to have introduced carrots to the rest of the Middle East and eventually to Europe. By the mid-sixteenth century, carrots had found their way to Venezuela in South America, and they were soon adopted by Native Americans as far north as Canada.

The feathery green tops of young carrots can be chopped and sprinkled into salads or steamed as a vegetable. Here's how carrots are prepared in some countries:

- **Canada.** Maple carrots are made in Canada by steaming or sautéing carrots and then tossing them with butter and maple syrup.
- **Israel.** To make minted carrots in Israel, cooked or raw carrots are tossed with olive oil, chopped fresh mint, and sometimes a squirt of lemon juice.
- **Japan.** The Japanese often pickle carrots or use them fresh as a garnish. Fresh carrots can be carved into elaborate decorations or shredded as fine as string and used as a “bed” for other foods.
- **Britain.** The British first began using carrots in desserts in the Middle Ages, when sugar and other sweeteners became quite expensive. The practice resumed in World War II, when the Ministry of Food issued recipes for carrot cakes, puddings, and other sweets, many of which are still popular today.
- **Switzerland.** Carrot cakes are common throughout Europe, but the Swiss often make theirs with a special white carrot that grows locally.

Root Vegetables

Besides carrots, what other root vegetables may be eaten raw? Name some root vegetables that are eaten only after cooking.

Section 6**Southwest Asia & Africa****RECIPE Morocco**

Carrot Dip

Serve this dip with pita bread wedges or chips. The contrast between sweet and sour, with touches of spice, is typical of North African cooking. Sliced or shredded carrots with similar flavorings are often prepared as a side dish.

Yield 2 cups (about 6 servings)

Ingredients for the Dip

1 Tbsp. (15 mL) salt for water, plus $\frac{1}{8}$ tsp. (.5 ml) for seasoning
 1 lb. (500 g) carrots, washed and cut into 1-in. (2.5-cm) chunks
 3 cloves garlic
 $\frac{1}{4}$ cup (60 mL) red wine vinegar
 3 Tbsp. (45 mL) olive oil
 3 Tbsp. (45 mL) orange juice
 1 Tbsp. (15 mL) honey
 $1\frac{1}{2}$ tsp. (7 mL) ground cumin
 $1\frac{1}{2}$ tsp. (7 mL) sweet paprika
 $\frac{1}{8}$ to $\frac{1}{4}$ tsp. (.5 to 1 mL) hot red pepper flakes

Garnishes

1 tsp. (5 mL) olive oil
 Dash of paprika

Directions

1. Bring 3 quarts (3 L) water and 1 tablespoon (15 mL) salt to a boil.
2. Add the carrots and simmer until a fork easily pokes through them, about 12 minutes. Drain well.
3. Place carrots in a food processor with the garlic. Process until the garlic is chopped. Add the remaining ingredients (except garnishes),
4. To serve, swirl some ridges in the top of the dip with a spoon or fork. Garnish with olive oil and paprika, and serve at room temperature.

Nutrition Analysis *Per serving:* 115 calories, 8 g fat (58% calories from fat), 1 g protein, 12 g carbohydrate, 0 mg cholesterol, 69 mg sodium

Section 6**Southwest Asia & Africa****Culinary Connections****Lentils & Legumes**

Technically, the word *legume* refers to the family of edible seedpods that split along both sides when ripe. This includes peas, beans, and lentils, as well as peanuts. Legumes can be high in protein and nutrients, making them a world staple, and they're a mainstay in a vegetarian diet. Soybeans have the most protein (35 percent) of any plant food. Lentils come next, with a protein content of as much as 25 percent.

Lentils have a special place in the legume family. These tiny, dried seeds of a small shrub have been enjoyed by the ancient Greek, Roman, Egyptian, and Persian civilizations. Archeologists have discovered evidence of lentils being eaten more than 10,000 years ago. Today, India produces and eats more than half of the world's supply of lentils (in dishes called *dal*). That's not enough though—India imports still more lentils from Turkey to meet domestic demand.

Lentil Varieties

Lentils require no soaking and cook rather quickly, in 10 to 40 minutes, depending on the variety and whether they are whole or split. Lentils range in color. They can be green, pink, sunny yellow, or dusty gray. They come in several varieties. In North America, most supermarkets carry only one type of lentil, usually a mild brown or green variety.

The more flavorful (and more expensive) French lentil, also known as the *le puy*, is sold and cooked with its khaki-green seed coat on. It holds its shape well and is especially good for salads.

The red lentil, also known as the Egyptian, Turkish, or pink lentil, is split in two and sold without its seed coat. It's actually pinkish-orange in color and cooks in just 10 to 20 minutes. When cooked a long time, it completely dissolves into a soup or stew. When the red lentil is sold with its seed coat on, it's known as a brown masoor lentil and is commonly used in Indian and Middle Eastern dishes. Yellow lentils are skinless, like red lentils, and cook just as quickly.

Cooking with Lentils

Although the people of India make good use of lentils, the legume has also made its way onto many other tables. Germans cook lentils with sausages. The Italians and Spanish toss lentils into soups with pasta. In Canada and the United States, smoky ham and lentil soups warm up the winters. Middle Eastern, Greek, and Turkish cooks make lemony lentil salads, as well as both meatless and meaty lentil soups and stews.

India and its neighboring countries consume more than fifty varieties of lentils, in stews and side dishes, shaped into patties, and mixed with vegetables. From the Middle East to Morocco, lentils are often cooked with rice, as a sort of pilaf, or with another favorite legume, chickpeas. An example is the recipe for Tunisian Chickpea, Tomato, and Lentil Stew on the next page. Ethiopians use red chiles and ginger to make their lentil stews fiery hot.

Legume Guide

Create a "Guide to Legumes." Draw several different types and describe their appearance and use.

Section 6**Southwest Asia & Africa****RECIPE Tunisia**

Chickpea, Tomato & Lentil Stew

This vegetarian dish is fragrant with cumin, lemon juice, onion, and garlic and reflects the flavorings of not just Tunisia but also North Africa in general. Lentils and chickpeas, also known as garbanzo beans, are staples of Middle Eastern and North African meals, just as they are in India.

Note that this recipe calls for the very fast-cooking red lentils, but if you can't find them, regular brown or green lentils will do. When substituting for red lentils, you may need to add $\frac{1}{2}$ cup (125 mL) more liquid to other lentils as they cook. They also need to cook slightly longer to become tender.

Yield 4 servings

Ingredients

3 Tbsp. (45 mL) olive oil
 $\frac{1}{2}$ large onion, chopped
 2 cloves garlic, minced
 1 cup (250 mL) red lentils (or other lentils, as explained above)
 1 can diced tomatoes (14.5 oz./411 g)
 $1\frac{1}{2}$ tsp. (7 mL) ground cumin
 Dash crushed red pepper flakes, or to taste
 $1\frac{1}{2}$ to 2 cups (375 to 500 mL) cooked chickpeas (or one 15-oz./425-g can, drained and rinsed)
 1 tsp. (5 mL) salt, or to taste
 1 cup (250 mL) chopped pitted green olives (with or without pimientos)
 3 Tbsp. (45 mL) fresh lemon juice
 Black pepper to taste

Directions

1. Heat 2 tablespoons (30 mL) oil in a medium-size saucepan. Cook the onion and garlic in the oil until soft, stirring occasionally, about 5 minutes.
2. Stir in the lentils, tomatoes with their juices, cumin, and red pepper flakes. Pour in 2 cups (500 mL) water. Bring the ingredients to a boil, reduce the heat, and simmer 20 minutes, stirring occasionally. Stir in the chickpeas and salt, and continue simmering until the lentils are tender and the chickpeas heated through.
3. Just before serving, stir in the olives and lemon juice. Cook another 5 minutes to heat the olives through. Ladle into bowls. Drizzle with the remaining olive oil, and top with black pepper before serving.

Nutrition Analysis *Per serving:* 440 calories, 16 g fat (32% calories from fat), 20 g protein, 57 g carbohydrate, 0 mg cholesterol, 1697 mg sodium

Section 6**Southwest Asia & Africa****Culinary Connections****Peanuts**

Southerners call peanuts “goobers” or “goober peas,” names derived from the African *nguba*. Peanuts are native to South America and most likely originated in Brazil or Peru. When the Spanish arrived in North America, they discovered peanuts in Mexico and brought them back to Spain. From there, the peanut traveled to Asia and Africa, courtesy of sixteenth-century, Spanish and Portuguese explorers.

African slaves, who had learned how to cultivate and cook with this rich, nutritious food, carried the peanut plant with them to North America and Southern plantations. While some plantation owners initially raised peanuts as pig feed, the African-American slaves harvested peanuts in their own gardens. Before long, they were roasting peanuts in the kitchens of their masters’ houses. If you’ve ever smelled the aroma of fresh roasted peanuts, you’ll understand how easy it was for the entire South to fall in love with peanuts. Dr. George Washington Carver later helped develop the profitable peanut industry, and this well-traveled food now nourishes people around the world.

Peanuts aren’t actually nuts at all—they’re legumes (as are beans and peas). They’re also called groundnuts because, after flowering, the plants bend over and bury their flower stems in the soil, where the fruit pods we know as peanuts develop. If you can find raw, unshelled peanuts, roast them in your home oven at 350°F (180°C) for about 20 minutes for a warm, satisfying snack. (Be sure to keep a vacuum cleaner handy. The shells can get messy.)

Besides peanut butter and peanut oil (which is good for frying), here are a few of the ways peanuts are used around the world:

- **Thai peanut dipping sauce.** Peanuts are ground together with ginger, lemongrass, shrimp paste, coconut milk, chiles, and various spices to make Thai peanut dipping sauce. The thick sauce is used as a condiment with *saté* (grilled, skewered meats), and variations are found throughout Southeast Asia.
- **Ocopo.** In Peru, roasted peanuts are processed with roasted chile peppers, cheese, onion, garlic, cilantro, olive oil, and lime juice to create a tangy sauce called *ocopo*. It is used to dress a warm salad of hot boiled potatoes, olives, hard-cooked eggs, and lettuce.
- **Peanut relish.** This thick Ecuadorian sauce is made from peanuts puréed with milk, sautéed onion and garlic, lime juice, cumin, and cilantro. It is typically served with golden brown *llapingachos*, a tasty appetizer of potato-and-cheese patties.
- **Pad thai.** Roasted, chopped peanuts are frequently sprinkled on or into Southeast Asian dishes, adding flavor, crunch, and contrast. *Pad thai*, a famous noodle dish from Thailand, is the perfect example, but don’t be surprised to find chopped peanuts also tossed into rice dishes, salads, and soups.
- **Xin xin.** This Brazilian chicken stew is thickened with ground peanuts and reflects African influences.
- **Indian peanut croquettes.** For India, with its large vegetarian population, the peanut is a welcome source of protein. It’s used in many ways. For instance, these delicious little croquettes are made from chopped, roasted peanuts that have been combined with mashed potatoes, onions, and chiles. They’re fried crispy on the outside, but remain soft on the inside.

The Peanut Industry

Where are peanuts grown in the United States? Research and report on this industry. Why do you think peanuts are often served on airplanes?

Section 6**Southwest Asia & Africa****RECIPE Africa**

Chicken-Peanut Stew

This is just one of many different versions of African peanut stew made in Ghana and the rest of Africa, the Caribbean, and even Brazil. It may be made with chicken, lamb, or pork.

Yield 6 servings (with cooked rice)

Ingredients for Stew

½ tsp. (2 mL) salt	½ to 1 tsp. (2 to 5 mL) red pepper flakes, to taste
3 lbs. (1.5 kg) chicken thighs	½ tsp. (2 mL) ground ginger
1 Tbsp. (15 mL) vegetable oil	¼ tsp. (1 mL) ground cinnamon
½ cup (75 mL) creamy peanut butter (natural, unsweetened)	1 can diced tomatoes with juice (14.5 oz./411 g)
1 can chicken broth (14 oz./396 g)	½ red bell pepper, cut into thin strips
1 onion, diced	½ green bell pepper, cut into thin strips
2 cloves garlic, minced	3 Tbsp. (45 mL) fresh lemon juice
½ tsp. (2 mL) curry powder	Garnishes
½ tsp. (2 mL) ground coriander	¼ cup (60 mL) chopped cilantro
½ tsp. (2 mL) ground cumin	¼ cup (60 mL) chopped, toasted peanuts (optional)

Directions

1. Salt the chicken. In a large heavy pot or Dutch oven, heat the oil on high. When hot, add the chicken pieces and brown on all sides. Remove the chicken from the pot and set aside.
2. While the chicken browns, stir the peanut butter into the chicken broth. (The mixture will be grainy until cooked.)
3. Cook the onion in the same pot that held the chicken, over medium heat and until soft. Stir in the garlic, curry powder, coriander, cumin, and red pepper flakes. Cook 1 minute. Add the ginger, cinnamon, tomatoes with their juices, and the peanut-butter-and-broth mixture. Return the chicken thighs to the pot. Bring
4. the liquid to a boil. Then partially cover and simmer on low until the chicken is tender and cooked to doneness, about 20 minutes, stirring occasionally.
4. Stir in the bell pepper strips and 2 tablespoons (30 mL) of the lemon juice. Boil rapidly, uncovered, for 3 to 5 minutes, just until the bell peppers soften but still retain some texture. Before serving, stir in the remaining 1 tablespoon (15 mL) of lemon juice and taste to correct the seasonings (it may need more salt). Garnish with cilantro and peanuts. If desired, pass additional red pepper flakes on the side. Serve with cooked rice.

Nutrition Analysis *Per serving:* 578 calories, 41 g fat (63% calories from fat), 41 g protein, 13 g carbohydrate, 151 mg cholesterol, 850 mg sodium

Section 6**Southwest Asia & Africa****Culinary Connections****Greens & Spinach**

As a vegetable category, *greens* refers to the edible leaves of certain plants and includes spinach as well as chard, dandelion, mustard, and collard greens, among others. Spinach originated in Persia, before traveling first to Asia and then on to Europe. It is now cultivated on every continent. It grows well, and its flavor is milder than many other greens.

All greens are good for you, and scientists have discovered that dark, leafy greens are nutritional powerhouses. They contain potent antioxidants, substances that protect body cells and the immune system from damage that can be done by harmful chemicals in the air and foods. They are high in vitamins A and C, provide calcium, potassium, and beta carotene, and are good sources of fiber and iron.

Be aware that some greens, especially spinach, can be quite sandy. To clean greens, swish the leaves around in a sink of cool tap water, and then let them rest for a few minutes (long enough for the grit to sink to the bottom). Lift the greens out, drain the sink, and rinse away any sediment. Then repeat the process. Let the greens drain in a colander before use.

A salad spinner provides a handy way to clean greens. This device spins the greens vigorously while water pours in and drains away, taking the dirt with it.

Besides being eaten by itself, cooked or uncooked (as in a salad), spinach has a deep green color that makes it an attractive ingredient in other dishes, such as these:

- **Spinach lasagna.** Italians use spinach to make green pasta dough. They also combine spinach with cheese as a filling for lasagna, tortellini, and other stuffed pastas.
- **Spanakopita.** This savory Greek pie is made from phyllo dough, paper-thin pastry sheets. The dough contains a filling of spinach, eggs, onions, and feta cheese.
- **Saag paneer.** In India, spinach is cooked with a fresh cheese known as *paneer*. This is a classic vegetarian dish.
- **Palava.** A traditional stew from Ghana in Africa, *palava* is made with meat or fish and spinach or other greens.
- **Sigumchi namul.** In Korea, a *namul* is a type of side dish or salad. This version combines cooked spinach with soy sauce, sesame oil and seeds, garlic, and vinegar and is served at room temperature.

Greens Table

Check out a supermarket near you. How many different kinds of greens can you buy there? Create a “Greens Table,” with columns listing the varieties, their descriptions, and their prices.

Section 6**Southwest Asia & Africa****RECIPE Liberia**

Rice & Greens

Known as “Check Rice” in Liberia, this simple recipe may be made with different types of greens, such as spinach, kale, or collards. Some families substitute okra, a favorite vegetable of the southern United States (especially in gumbo), which was introduced by African slaves.

Yield 4 servings

Ingredients

1 tsp. (5 mL) salt

3 cups (750 mL) water

1½ cups (375 mL) long-grain white rice

½ lb. (225 g) fresh greens, washed, stemmed, and chopped (such as spinach, kale, chard)

Directions

1. Combine the salt and water in a medium-size, heavy saucepan. Bring to a boil over high heat. Carefully stir in the rice, reduce the heat, and cover tightly.
2. After the rice has cooked for 10 minutes, open the lid and place the greens on top of the rice.
3. Cover the pot again and cook on low until the rice is tender, another 5 or 10 minutes. Stir the greens into the rice and serve.

Nutrition Analysis *Per serving:* 266 calories, 1 g fat (2% calories from fat), 7 g protein, 57 g carbohydrate, 0 mg cholesterol, 587 mg sodium

Section 6**Southwest Asia & Africa**

Extended Learning

Directions: Complete the extended learning activities assigned by your teacher. Use cookbooks, encyclopedias, the Internet, and other resources as needed. Report your findings on separate paper.



Ramadan

What is Ramadan? Describe the customs associated with it, especially those concerning food. What traditions are followed?



African Staples

Cassava and taro are staples of many African nations. What are they and how are they prepared?



Saffron

Saffron is considered the world's most expensive spice. Why? Where is it grown? Learn about the costs of saffron in your area, and report what you find.



Spice Mixtures

Southwest Asia and Africa use many spice mixtures in their cooking. Describe each of these mixtures, their ingredients, and where they are used: *baharat*, *berbere*, *zaatar* (*zatar*), *harissa*, *ras-el-hanout*.



British East India Company

When was the British East India Company founded? Why is it important to the way people cook and eat today?



Food Supplies

Explain how drought, politics, and war have affected the food supply in such African countries as Ethiopia, Somalia, and Sudan. Give examples of regions in other parts of the world that have similar problems.



Spice Islands

What are the Spice Islands? What spices come from there?

Section 7**South & Eastern Asia**

Map of South & Eastern Asia

Directions: Study the map below and then answer the “Map Investigation” questions that follow. Use geography books and other reference maps as needed.

As you look at South Asia on the map, you’ll probably notice India first. This large country juts out into the Indian Ocean. Coastlines touch the Arabian Sea to the west and the Bay of Bengal to the east. The other countries in South Asia are Pakistan, Bangladesh (bahn-gluh-DEHSH), Nepal, Bhutan (boo-TAHN), Sri Lanka, and the Maldives (MAWL-deevs).

Eastern Asia can be divided into two regions: East Asia and Southeast Asia. China dominates East

Asia in land size. Other countries in the region include Japan, North and South Korea, Mongolia, Hong Kong, Taiwan, and Macao (muh-KAU).

Southeast Asia is located below China and east of India. Peninsulas and thousands of islands characterize the region. Countries in this area include Thailand, Laos, Cambodia, Vietnam, Indonesia, Malaysia, Singapore, and the Philippines.



Section 7

South & Eastern Asia

Map Investigation

1. Where is Mt. Everest? Why is it important?

2. China has more than thirty provinces, each with its own distinctive cooking style, crops, and resources. Find these major Chinese cities on a map and name the provinces they are located in: Canton, Chengdu, Beijing, Shanghai, Changsha, Fuzhou, and Urumqi.

3. Look up the definitions for tsunami and typhoon in a dictionary or encyclopedia. Locate Laos, China, and Japan on a map. Of these countries, which are more likely to experience tsunamis or typhoons? Why?

4. Technically, Japan is an archipelago. What is an archipelago? Write the definition, and name Japan's four largest islands.

5. Rank these seas in order of size, from largest to smallest: the South China Sea, the Sea of Japan, the Yellow Sea, and the Sea of Okhotsk.

6. The world's longest rivers include the Nile in Africa, the Amazon in South America, and the longest river in Asia. Locate the longest river in Asia on a map. What is its name? Where does it end? Why is it important?

7. What is the 38th parallel and why is it important in Asian history?

8. What countries are considered part of Indochina, and why?

Section 7**South & Eastern Asia**

Flavors of South & Eastern Asia

Directions: Read this article and then answer the “Reading Check” questions that follow. Complete the “Application Activities” as directed by your teacher.

The countries of South and Eastern Asia differ in languages, customs, religions, and terrain, but they're alike in their need to make the most of limited resources. This region is home to some of the world's most populous countries. China has more people than any other country. Here's how some other countries rank: India (2), Indonesia (4), Pakistan (7), Bangladesh (8), Japan (9), Philippines (13), Vietnam (14), Thailand (19), and South Korea (25).

Such concentrated populations put a strain on natural resources and agriculture, especially since little of the land in these countries is fit for growing crops. Additionally, many areas suffer from extreme weather conditions, including floods and drought. Firewood is often the main fuel in rural areas. Since the firewood supply is usually limited, cooking is a quick job done in a wok (or other large pan) over a burner, which consumes less fuel than an oven.

Characteristics and Cultures

Cooking traditions in South and Eastern Asia are ancient, in many cases dating back thousands of years. They are also influenced by more recent interaction with both neighboring countries and Western cultures. Spices are widely used. Some combinations add complexity to a dish, while others result in fiery hot food.

Religion is also important. Hinduism, Buddhism, Islam, Christianity, and other religions are represented throughout the region. Each has its own laws and traditions when it comes to food. Some religions forbid the eating of meat and other animal products, so large segments of this region's population are vegetarian or vegan.

South Asia: India and Its Neighbors

The temperatures in India and neighboring countries are wide ranging. In the northern frontier of the Himalayas, where adventurers climb the earth's highest mountains, temperatures are extremely cold. The tropical shores of the Indian Ocean (the world's third largest) are hot. These countries also contain diverse subclimates within their borders. Cultivated valleys and humid, subtropical farms downhill from Bhutan's icy mountain ranges produce rice and livestock (especially pork). Farmers raise rice, corn, wheat, potatoes, and live-

stock in the more temperate elevations below Nepal's most famous attraction, Mt. Everest.

South of Nepal and Bhutan, Bangladesh extends to the Bay of Bengal. The bay is fed by three river deltas, those of the Ganges, Brahmaputra, and Megna rivers. The bay has a tropical, monsoonal climate and frequent floods. Pakistan, which is separated from these countries by northern India, stretches across high mountains, fertile valleys, plains, and dry plateaus. The Indus River runs the full length of Pakistan, whose economy survives on rice, wheat, sugarcane, and other agricultural products.

These countries surround India, which is about one-third the size of the United States. The Indian climate shifts from tropical monsoon in the south, to temperate, to mountain cold in the north. Off the southern point of India's 3,500 miles of coastline sits the tropical island nation of Sri Lanka and the island chain known as the Maldives.

One of the earliest known civilizations thrived more than 5,000 years ago in the Indus Valley, which is now Pakistan. Classic Indian culture evolved as a combination of this civilization and that of tribes who invaded from the northwest around 1500 B.C. Later invaders also left an imprint, including the Arabs in the eighth century and the Turks in the twelfth. Then, in the fifteenth century, European traders arrived.

India and Pakistan were at one time a single country, which had become a British colony by the 1800s. India achieved independence from Britain in

(Continued on next page)

Flavors of South & Eastern Asia (*continued*)

1947 and was divided into the secular state of India and the Muslim state of Pakistan. In 1971, Bangladesh was carved out of East Pakistan and became its own independent state.

Foods of South Asia

Religion and spices are the two biggest influences on what is eaten, or not eaten, in this region. Spices permeate every dish, often in complex combinations that revolve around both the therapeutic value of a spice as well as its flavor characteristics. Religious laws often dictate which foods can be eaten. In countries dominated by religions that restrict the eating of meat or meat products, as much as a third of the population can be vegetarian.

About 81 percent of India's population is Hindu. People of the Hindu faith eat no beef and, in some cases, are completely vegetarian, avoiding all meat, fish, and poultry. Islam is the next most common religion in India, and its laws prohibit the consumption of pork and alcohol. Sikhs also eat no beef and many are strict vegetarians, as are Buddhists. Christianity, Judaism, and other religions are also represented, though in lesser numbers. Sri Lanka is mostly Buddhist, with a large minority of Hindus.

Nepal is home to many Indians and Tibetans seeking escape from religious persecution. Each group has its own customs and food traditions, but as in Bhutan, most of the cooking is simple and frugal. On the other hand, Sri Lanka, formerly known as Ceylon, is rich in tropical resources from the jungle and the sea.

Throughout the region (and in India, especially) spices, herbs, and such aromatics as ginger and garlic are valued as much for their medicinal properties as for their culinary uses. Turmeric, a relative of the ginger plant, colors food a bright yellow and is a key ingredient in curry powder. It's also believed to be an antiseptic that helps soothe inflamed sinuses and purify the blood. Cuts and scrapes are treated with a paste of turmeric and water. Mint is a soothing herb that brings freshness to many dishes; it also contains menthol, a key ingredient in Western cough drops.

It's not surprising that these countries specialize in spicy cooking. That doesn't necessarily mean spicy hot, although this can be very much the case in

some regions. Instead, multiple spices may mingle in a single dish to add flavor without hotness. Even breads may be spiced. Indians also recognize that a spice imparts distinctively different flavors when used raw, toasted, whole, or freshly ground. As with other Asian cuisines, Indian cooking focuses on balance. Indian meals are always accompanied by a wide array of condiments (chutneys, *raitas*, salads, pickles, and *sambals*) to temper and harmonize the overall meal.

East and Southeast Asia

As with South Asia, the civilizations of China, Korea, and their neighbors date back thousands of years. Conquests and kingdoms often rearranged national borders, generating much cross-cultural exchange. Because isolationism persisted throughout much of the region's history, however, there was little influence from the Western world until recently.

Early foreign foods, including wheat for bread and noodles, arrived via the Middle East about 2500 B.C. Trade along the Silk Road brought sesame oil, garlic, walnuts, coriander, and kebabs (which became Indonesian *satays*) from Persia. In the sixteenth century, Portuguese explorers introduced deep-fat frying to the Japanese. This cooking method evolved into the classic batter-fried shrimp and vegetable dish known as *tempura*. Chinese cooking was forever changed when the Spanish conquered the Philippines, bringing New World chiles, tomatoes, Dutch snow peas, and other American and European crops to the region's woks and pots.

When the French colonized Southeast Asia, the Vietnamese integrated French culinary techniques and ingredients into their own local cooking. A loaf of Vietnamese French bread, for instance, is made with the addition of rice flour. This makes it lighter in taste and texture than the traditional baguette. These loaves are used for Vietnamese sandwiches, which may be spread with French condiments, such as Dijon mustard, or a pork *pâté* and topped with cilantro and other leafy Asian herbs.

The cooking techniques of China and Southeast Asia are characterized by a devotion to balance. Presentation is also important, as food must be visually appealing.

In Thai, Vietnamese, Cambodian, and Laotian cuisine, dishes are seasoned to reflect a balance of

(Continued on next page)

Flavors of South & Eastern Asia (*continued*)

hot, sour, salty, and sweet. In China, balance incorporates not just flavors but also such textures as slippery and crispy. Chinese cooking is diverse and can be classified into five distinct styles, relating to the provinces from which they come:

- **Canton.** Simple seasonings, stir-fries, and steamed dishes.
- **Fukien.** Subtlety, soups, and seafood.
- **Hunan.** Spicy, sweet-sour blends, marinated meats, and sauces.
- **Peking (or Beijing).** Elaborate but delicate, imperial banquets.
- **Szechuan (or Szechwan).** Spicy and hot.

Koreans season their dishes with toasted sesame seeds, red chiles, garlic, green onions, and a blend of rice vinegar and sugar. Though meat is enjoyed, it's not always readily available or affordable. Koreans

cook with it as often as possible, simmering ribs or grilling thinly sliced, marinated beef over charcoal. It's usually served with another Korean favorite—pickles. *Kim chee* (or *kimchi*), a spicy, pickled cabbage condiment, is the national dish.

Japan has its own distinctive style of cooking and eating. Here, the concept of balance pivots on two aspects: elegance and simplicity. Japanese cooks strive to keep their dishes as natural as possible, with minimal preparation and uncomplicated seasonings. Freshness is critical. Sushi and sashimi have been embraced by food lovers around the world. *Sushi* is cooked, seasoned rice garnished with a variety of raw and cooked ingredients. *Sashimi* is impeccably fresh fish sliced into bite-size pieces. Fish in any form is the main protein of this nation, which is actually a chain of islands.

Section 7

South & Eastern Asia

Reading Check & Applications

Reading Check

1. What country is the most populated in the world?

2. Why are many people in South and Eastern Asia vegetarian or vegan?

3. What are temperatures like in South and Eastern Asia?

4. What is India's size in relation to the United States?

5. What is India's historical link to Britain?

6. What are the two main religions in India?

7. What role do spices play in South Asian cooking?

(Continued on next page)

Reading Check & Applications (*continued*)

8. What are Indonesian *satays*?

9. What is *tempura*?

10. How did the Vietnamese combine their own techniques with French methods in making bread?

11. Describe the five distinct styles of cooking in China.

12. What is the national dish of Korea?

13. How do Japanese people prepare raw fish?

Application Activities

1. **A Farm Perspective.** Using the map in this booklet, trace the boundaries of China on a piece of paper. Shade in the areas that are arable (able to be farmed) and those that are not. Indicate areas of desert, mountain, and extreme climate and also rivers and plains.
2. **Curry Creations.** Create a glossary of Indian curry powder ingredients. Describe the color, appearance, and flavor of each ingredient.

Section 7**South & Eastern Asia****Culinary Connections****Chutneys, Salsas & Condiments**

What would french fries be without ketchup, or fish sticks without tartar sauce? Condiments like these accompany foods around the globe. They may be sweet, salty, piquant, spicy, tart, or a combination of these flavors. In India, chutneys are a favorite condiment, and they come in unlimited smooth, chunky, mild, and spicy variations. Perhaps you've tried some of these other international condiments:

- **Ketchup.** This tomato-based condiment has its origins in *ke-tsiap*, a spicy Chinese sauce made from pickled fish. The British brought it from Asia to Europe and later to North America, where New Englanders enriched the sauce with the New World's native fruit, the tomato.
- **Mayonnaise.** Before being bottled and sold at supermarkets, mayonnaise was first a fancy, classic French sauce. Mayonnaise is basically an emulsified blend of oil, egg yolks, and lemon juice or vinegar. It can be made from scratch using a wire whisk or blender.
- **Mustard.** Mustard isn't just a condiment. It's a plant with tiny round seeds (mustard seeds) that are crushed and blended with other ingredients to make the yellow sauce commonly smeared on hot dogs and sandwiches. Known as prepared mustard, this condiment is made by grinding the seeds into a powder, mixing them with liquid (vin-egar, water, or wine, for instance), and then adding such seasonings as salt, spices, herbs, and garlic. Brown seeds add more fire to the mix, while light colored seeds add a milder, rounder flavor. Indians toast whole mustard seeds for flavoring curries, *dals*, and mustard oil.
- **Salsa.** *Salsa* means sauce in Spanish. A Mexican salsa is usually thought to be a mix of tomatoes and chiles, but green salsas are made entirely without tomatoes. Salsas may be fresh or cooked, and they often add spiciness and tartness to a meal.
- **Harissa.** This North African sauce is fiery hot from red chiles, and it's spiced with garlic, cumin, coriander, and olive oil. *Harissa* may be served on the side at the table, often with couscous, or swirled into stews and other dishes as they cook.
- **Soy sauce.** Besides being a recipe ingredient, soy sauce is often served as a condiment on its own, as with Chinese egg rolls. It can be mixed with Japanese *wasabi* and served with *sushi*. *Wasabi* is the root of an Asian plant that is similar to horseradish.

Creative Condiments

Create a one-page advertisement for an international condiment of your choice. Describe the product and include illustrations that indicate where it comes from and how it can be used.

Section 7**South & Eastern Asia****RECIPE India**

Red Onion Chutney

No Indian meal would be complete without a chutney, *raita*, or pickled dish. These condiments add balance to the meal. Chutneys may be sweet, such as a mango chutney, or spicy, like this recipe.

Raitas are cooling saladlike dishes. They are often made with yogurt and sliced cucumbers.

Pickled dishes are much like relishes in the Western world. Chutneys and pickled dishes may include lemons or limes, mangoes, ginger, cauliflower, chiles, garlic, onions, tomato, or other fruits or vegetables.

Note When you work with chiles, pay attention to this warning: chiles can leave volatile oils on your skin. To protect yourself when handling chiles, wear rubber gloves and never rub your eyes with your fingers.

Yield About 1 cup (250 mL) (about 4 servings)

Ingredients

- 1 bunch fresh cilantro
- 3 small green chiles, like fresh jalapeños or serranos, stemmed
- 1 large red onion, coarsely chopped
- 1 Tbsp. (15 mL) coarsely chopped fresh ginger
- ¼ cup (60 mL) packed, fresh mint leaves
- 1 tsp. (5 mL) sugar
- 3 Tbsp. (45 mL) fresh lemon juice
- ⅛ tsp. (.5 mL) salt, or to taste

Directions

1. Cut off the thick stems and ends from the cilantro and discard. Remove the seeds and veins from the chiles and discard them, keeping only the green flesh. (*Be very careful. Wear rubber gloves when handling chiles.*)
2. Place all ingredients in a food processor. Process until almost smooth. Taste and adjust the seasonings accordingly. (You may need more sugar or salt.) Use fresh, or seal tightly in a jar and store refrigerated for up to 1 week.

Nutrition Analysis *Per serving:* 48 calories, less than 1 gram fat (6% calories from fat), 2 g protein, 11 g carbohydrate, 0 mg cholesterol, 76 mg sodium

Section 7**South & Eastern Asia****Culinary Connections****Potatoes**

The first potatoes were cultivated as far back as 2400 B.C. at about 11,000 feet above sea level in Peru's Andes Mountains, where conditions were too rugged for even corn to grow. Archeological evidence suggests that wild potatoes grew along the Chilean coast even earlier, about 13,000 years ago.

In the sixteenth century, Spanish conquistadors exploring the New World discovered several varieties of potatoes and brought them back to Spain. From Spain, the potato spread throughout Europe and eventually to Asia, Africa, and Australia.

In North America, most people eat brown-skinned russet potatoes, also known as baking potatoes, and the waxier red- and white-skinned potatoes. Dozens of varieties, however, exist around the world, from the long, slender fingerlings to the yellow-fleshed Yukon golds. Some Peruvian potatoes even have vivid purple or dark blue skins and flesh. Orange-fleshed sweet potatoes are not true potatoes, although they may be prepared in many of the same ways as regular potatoes.

Other notable potato facts are included here:

- **Ireland.** Potatoes saved the Irish people from starvation three times between 1728 and 1740. The country's dependence on a single potato

variety, however, led to a massive famine in 1845 when a potato disease known as the black-spot blight destroyed the nation's crop. Millions of people either died from starvation or fled Ireland to settle in North America.

- **Belgium.** Belgians claim that french fries were actually invented in Belgium, and the French say that France gave birth to the popular deep-fried potato snack. Whatever the case, french fries became popular in both countries in the 1830s. In Belgium, funnels of crispy hot fries are served not with ketchup, but with mayonnaise.
- **United States.** In 1952, the Hasbro toy company created Mr. Potato Head, which remains a popular personality among young and old. The first version came with just a push-pin set of eyes, nose, ears, and mouth parts, which children could plug into a real potato. The plastic body was added later. It was the first toy to be advertised on television.

Potatoes by Many Names

Around the globe, potato dishes have unique and fanciful recipe names, including colcannon, boxty, champ, latke, parmentier, roesti, himmel und erde (translated as "heaven and earth"), brik, delmonico, gnocchi, kugel, vichyssoise, knish, and skordalia, to name just a few. What countries correspond to each dish?

Section 7**South & Eastern Asia****RECIPE Pakistan & India**

Potatoes with Cumin

This recipe is from Pakistan and India, but because it's spiced with cumin, the dish would be at home in a number of places, including Africa, Southwest Asia, and Mexico.

Yield 4 servings

Ingredients

- 1½ lbs. (750 g) small boiling potatoes (red or white)
- 2 tsp. (10 mL) salt, plus more to taste
- 1 Tbsp. (15 mL) vegetable oil
- 1½ tsp. (7 mL) cumin seeds
- ½ tsp. (2 mL) turmeric (optional)
- 2 Tbsp. (30 mL) chopped fresh cilantro (or substitute parsley)

Directions

1. Place the potatoes and salt in a pot and fill with cold water, covering the potatoes by 1 inch (2.5 cm). Bring the water to a boil, reduce the heat, and simmer until the potatoes are tender and can be easily pierced with a fork.
2. Drain the potatoes in a colander in the sink. When they're cool enough to handle, quarter them or cut them into large chunks, but do not peel them.
3. Heat the oil in a large skillet on medium heat. Drop in the cumin seeds and stir them as they toast, about 1 minute.
4. Raise the heat to medium-high, and stir in the turmeric and potatoes. Cook, stirring occasionally, until the potatoes are golden brown. Add more salt to taste as the potatoes cook. Sprinkle the cilantro on top and serve.

Nutrition Analysis *Per serving:* 134 calories, 4 g fat (23% calories from fat), 3 g protein, 24 g carbohydrate, 0 mg cholesterol, 1076 mg sodium

Section 7**South & Eastern Asia****Culinary Connections****Juicy Beverages**

Lemonade and iced tea are great, old-fashioned ways of beating the heat. If you blend a pitcher of fruit or fruit juice with yogurt, milk, or ice cream, you've got a smoothie. At least, that's what it's called in English. Elsewhere, however, similar types of beverages go by different names, as described here:

- **Lassi.** In India, Sri Lanka, Pakistan, and neighboring countries, people cool off with ice-cold *lassis*. A lassi consists of yogurt blended with either sweet or savory flavorings. Sweet lassis are typically made with mango or other fruits and sometimes sugar. Savory lassis are salted and mixed with seasonings ranging from chiles, ginger, garlic, cilantro, and cumin to refreshing mint. Whipped in a blender or whisked by hand with ice or chilled water, these ingredients come together as a frothy beverage, perfect for taming the tropical heat.
- **Aguas frescas.** Mexicans quench their thirst with these light, refreshing fruit beverages, whose name means “fresh waters.” Traditionally, fruit pieces are mashed with a fork and then mixed with a little bit of sugar and just enough water to turn the mashed fruit into a liquid. Served chilled or on ice, an *agua fresca* (also known as *aguas de frutas*, or “water of fruits”) may be made from any fruit, sometimes with the seeds or flowers included. Street stands typically sell *aguas frescas* made from watermelon, guava, lime, and even hibiscus flowers.
- **Cha yen, or Thai iced tea.** In Thailand, brewed spiced tea is mixed with sweetened condensed milk and served over crushed ice. Thai iced coffee is made the same way, using coffee instead of tea.
- **Coconut juice.** One of the most refreshing coolers needs no blender. Simply whack open a coconut and drink the juice sloshing around inside the nut or kernel. Also known as coconut water, it's one of nature's most refreshing beverages. It's also quite nutritious and in some countries is fed to newborn babies. Coconut juice is not the same as coconut milk, which is made from the liquid extracted from the coconut meat. Coconut juice is available wherever whole coconuts are grown or sold.
- **Bobas.** These fairly recent concoctions have migrated from Taiwan to urban centers across North America, especially to Asian communities. Also known as “bubble tea,” these colorful beverages consist of tea and sugar syrup. They often have fruit flavors, but what makes them unique are the *bobas*, bubbles or pearls of tapioca with the chewy consistency of gummy candy. Special straws, big enough for the large, pea-size *bobas* to fit through, are served with these popular beverages.

Dairy Ingredients

Why do you think some countries use milk in their fruit beverages, while others use yogurt? Why do some countries not use any dairy products in their beverages?

Section 7**South & Eastern Asia****RECIPE Sri Lanka**

Pineapple Lassi

An ice-cold *lassi* (LAH-see) is India's equivalent to the Western smoothie. To make a thick, frothy *lassi*, blend three parts yogurt with one part ice water or shaved ice and flavorings. You can use sweet ingredients, such as fruit juice, fruit, or sugar. If you like, add such spices as cardamom, nutmeg, or mint. For a savory *lassi*, blend in chiles, ginger, cumin, salt, or garlic. This recipe makes pineapple *lassi*, which is refreshingly tart.

Yield 2 cups (500 mL) (2 servings)

Ingredients

1 cup (250 mL) plain yogurt (regular or low-fat)
1 can of pineapple (5.5 oz./156 mL), with natural juice
Juice from ½ lime, or to taste
2 tsp. (10 mL) honey or sugar, or to taste
6 ice cubes

Directions

1. Combine all ingredients, including the juice from the pineapple, in a blender.
2. Blend until frothy. Pour into two glasses and serve. (If desired, toss more ice into the glasses.)

Nutrition Analysis *Per serving:* 140 calories, 4 g fat (23% calories from fat), 4 g protein, 24 g carbohydrate, 14 mg cholesterol, 56 mg sodium

Section 7**South & Eastern Asia****Culinary Connections****Hard-Cooked Eggs**

In many cultures, chickens are valued not for their meat but for their egg-laying abilities. A single hen can lay as many as 250 eggs per year. As long as the hen is producing eggs, she's got a good chance of avoiding the dinner table herself. Duck, ostrich, quail, and other bird species also provide eggs for eating, but the chicken is by far the most prolific egg-layer worldwide.

Hard-cooked (often called hard-boiled) eggs are added to many traditional dishes. The marbled tea eggs of Asia and the pickled eggs of Europe are eaten mainly as snacks, but in other places, hard-cooked eggs are an ingredient in more festive recipes.

- **Greek Easter bread.** These braided loaves are decorated with whole, cooked eggs that have shells dyed red. Baskets of red-dyed eggs are also passed at Easter. Each person grabs an egg and, holding it with three fingers, tries to break the egg held by the person nearby.
- **Stews and casseroles.** Halved or whole hard-cooked eggs are often arranged on top of stews. In Morocco a *tagine*, or stew of chicken pieces simmered in saffron, is served with almonds and halved eggs on top. In other parts of Africa, hard-cooked eggs add protein to bean dishes, stews, and casseroles.
- **Sardinian eggs.** To make Sardinian eggs, hard-cooked eggs are halved lengthwise, cooked again in a small amount of oil and vinegar, and served with a sauce made of olive oil, herbs, garlic, and bread crumbs.
- **Italian stuffed braciola.** Large, thin slices of raw pork, veal, or beef are sometimes rolled around a stuffing, tied with a string, and cooked. Stuffings vary, but one of the most popular throughout Italy consists of peeled hard-cooked eggs, bread crumbs, cheese, and other ingredients, such as parsley, spinach, or roasted peppers. The rolled meat is typically simmered in a sauce, and when done, it is sliced and served so that each slice reveals part of the egg white, egg yolk, and the rest of the filling.
- **Pies and tortas.** Hard-cooked eggs appear in many savory pie recipes around the world. In Italy, a *torta* is a double-crust pie baked with all sorts of ingredients. Some of the most popular are hard-cooked eggs, ricotta cheese, cooked vegetables, and such meats as salami and prosciutto. The Greeks make a similar pie using flaky, paper-thin layers of phyllo dough instead of piecrust, with spinach and feta cheese joining the eggs.
- **Scotch eggs.** For Scotch eggs, hard-cooked eggs are individually wrapped in seasoned, breakfast-style sausage, then dredged in a bread-crumbs coating and deep-fried. Scotch eggs are popular all over Britain, not just in Scotland.
- **Nargisi kofta.** India's rendition of Scotch eggs is named after the narcissus flower because, when the egg is cut in half, the yellow center surrounded by white resembles the delicate yellow and white flower. These eggs are wrapped in a doughlike mixture of ground lamb and chickpea flour and then deep-fried. The fried eggs are halved and served on top of a curried yogurt sauce. In a Middle Eastern version of this dish, the ground lamb or beef is mixed with cinnamon and parsley instead of the chickpea flour, and the coated, deep-fried eggs are simmered in tomato sauce.
- **Beid masluq.** In the Middle East, these hard-cooked eggs are served with ground cumin and salt. In Egypt, the peeled eggs are simmered in saffron- or turmeric-infused water to give them a vivid yellow hue.

Eggshells

What colors do chicken eggshells come in, without being artificially dyed?

Section 7**South & Eastern Asia****RECIPE China**

Marbled Tea Eggs

The shells on these hard-cooked eggs are cracked all over, and then the eggs are simmered (with their shells still on) in a savory tea mixture, giving them a cobweb or marbled pattern.

Yield 6 eggs (6 servings)

Ingredients

6 eggs

¼ cup (60 mL) tea leaves, preferably black tea

2 pieces star anise (or substitute 1 cinnamon stick)

3 Tbsp. (45 mL) soy sauce

½ tsp. (2 mL) salt

Directions

1. Place the eggs in a pot and cover with cold water. Bring the water to a boil, lower the heat, and simmer the eggs uncovered for 15 minutes. Using a slotted spoon, remove the eggs and place them under cold running water to cool. Don't drain the water in the pot.
2. Tap the shells with the back of a heavy spoon until the shells are evenly cracked. (An alternative is to roll the eggs on a countertop until cracked.) Leave the shells on the eggs.
3. Bring the water in the pot back to a boil. Stir in the tea, star anise, soy sauce, and salt. Add the eggs. (If necessary, add more water to completely submerge the eggs.) Lower the heat and simmer, partially covered, for 30 to 40 minutes. Remove the pot from the range and let the eggs rest in the liquid another 15 to 30 minutes. (The longer the eggs cook and soak in the tea liquid, the stronger the tea coloring will appear.)
4. Remove the eggs from the liquid. When cool enough to handle, peel the eggs. Serve halved or quartered.

Nutrition Analysis *Per serving:* 87 calories, 5 g fat (56% calories from fat), 7 g protein, 2 g carbohydrate, 216 mg cholesterol, 755 mg sodium

Section 7**South & Eastern Asia****Culinary Connections****Skewered Specialties**

Foods threaded onto skewers and cooked over a grill or under a broiler seem to be a worldwide favorite. Skewers may be made of wood, bamboo, metal, lemongrass stalks, and even rosemary. Some short versions are enjoyed as appetizers. Others are thick and long and are meant as the main course.

Here's what other countries around the globe call their skewered specialties:

- **Brochette.** The French word for skewer, *brochette* applies to any skewered and cooked meat, poultry, fish, or vegetable.
- **Shish kebab, shish kabob, or shashlik.** These are Southwest Asian skewers of marinated, grilled meat, seafood, or poultry, sometimes with vegetables.
- **Yakitori.** In Japan, these skewers are usually made with chicken or vegetables.
- **Sosaties.** South African lamb kebabs are served with apricots and a spicy tamarind sauce.
- **Saté, or satay.** These are small skewers of cubed poultry, meat, or fish, grilled and served with peanut sauce. Indonesia and Thailand make slightly different versions.
- **Souvlaki.** Greek cooks make skewers of lamb that have been marinated in lemon juice, garlic, and olive oil.
- **Anticuchos.** These charcoal-grilled Peruvian skewers were originally made with llama heart, then with beef heart, and now with all types of meat, poultry, and seafood. Bolivian *anticuchos* include potatoes and meat and are served with peanut sauce.
- **Pinchon moruno.** Translated as “Moorish skewers” in Spain, these grilled pork skewers are eaten as *tapas* or as a snack.
- **Kafta, or kufta.** In the Middle East and North Africa, ground meat is seasoned and shaped by hand around a flat, swordlike skewer, then grilled.
- **Spiedini.** Italian skewered foods may include mozzarella, veal, quail, or baby octopus, among other things. *Spitini di calamari* are Sicilian grilled skewers of baby squid.

Skewers with Flavor

In Italy, rosemary twigs are often used as skewers, adding flavor as the meat cooks on them. What other types of skewers could be made from flavorful, edible materials?

Section 7**South & Eastern Asia****RECIPE Japan**

Chicken Yakitori

Yakitori are small skewers of chicken and vegetables that are grilled and then enjoyed as snacks or appetizers. You can add pieces of bell pepper, zucchini, or other vegetables, if you like. Shiitake mushrooms are traditionally used, but white button mushrooms and other mushrooms are fine.

Japanese cooks flavor the sauce with *mirin*, a sweet wine, but honey is used in this recipe. Miso is soybean paste. It comes in several varieties and is found in most supermarkets, health food stores, and Asian markets.

If using bamboo or wooden skewers, soak them in water for 15 minutes to prevent them from burning.

Yield 4 appetizer servings

Ingredients

- 3 Tbsp. (45 mL) miso, preferably white miso
- 3 Tbsp. (45 mL) honey
- 1 Tbsp. (15 mL) soy sauce
- 1½ lbs. (750 g) boneless, skinless chicken thighs
- 3 green onions, trimmed
- 6 oz. (180 g) mushroom caps, cleaned and stemmed (such as shiitake, crimini, or button mushrooms)

Directions

1. Make the marinade: In a large mixing bowl, combine the miso, honey, and soy sauce, stirring until the miso and honey are completely dissolved. Reserve 2 tablespoons of marinade in a separate small bowl.
2. Cut the chicken meat into 1-inch (2.5-cm) cubes. Stir the chicken into the large bowl of marinade. Refrigerate until ready to use. (Marinate for at least 15 minutes, preferably 2 hours.)
3. When ready to cook, prepare and heat an outdoor grill, or if using an oven, preheat the broiler.
4. Slice the green onions into 1-inch (2.5-cm) lengths. Coat the green onions and mushrooms with the reserved marinade.
5. Thread the chicken, mushrooms, and green onions alternately on metal or presoaked bamboo or wooden skewers, piercing the green onions so the cut ends stick outwards.
6. Grill or broil the *yakitori* fairly close to the heat source, turning and basting occasionally, until the chicken pieces are golden brown and completely cooked. Serve.

Nutrition Analysis *Per serving:* 318 calories, 4 g fat (11% calories from fat), 44 g protein, 27 g carbohydrate, 99 mg cholesterol, 850 mg sodium

Section 7**South & Eastern Asia****Culinary Connections****Onions, Garlic & Lilies of the Kitchen**

Besides producing glorious, colorful flowers, the family of lily plants includes some of the world's most popular aromatics: onions and garlic. All of these plants grow from bulbs planted underground. Large round onions, covered with a papery outer layer, may be pungent or sweet, as large as a baseball or as small as marble, and can be red, purple, yellow, or white in color. Other members of the culinary onion clan include:

- **Chives.** The slender, hollow, bright green stems of chives are finely chopped and often used like herbs. They may be sprinkled raw on baked potatoes, soups, eggs, and other dishes.
- **Scallions, green onions, or spring onions.** Before developing into a bulb, the white base of the onion is slender and straight and is topped with green leaves, also long and straight. The best time to harvest these immature onions is in spring, hence, the Asian name of "spring onions," though they're now available year-round. While some cooks chop only the white section, both the white and green parts may be used (raw or cooked), as they are in Asian and Southeast Asian cooking. Scallions are also a favorite ingredient in Mexican dishes. They are often grilled until lightly charred and served as a side dish.
- **Leeks.** A leek resembles a giant green onion. They are about 1 to 2 inches (2.5 to 5 cm) in diameter, with a slight bulb at the root base. Ancient Romans, Hebrews, and Egyptians all cultivated leeks. The Romans brought leeks to Britain, where they became the national symbol of Wales. Leeks are milder in flavor than onions and garlic. The white part is typically used, but some recipes include the tough, green leaves. Leeks are generally served cooked. Europeans usually serve them cold in a vinaigrette or warm with a cream or butter sauce.
- **Shallots.** The name *shallot* comes from an ancient Palestinian city that is thought to be the birthplace of this mildly onion-flavored bulb. Shallots grow as heads, with small bulb sections that are similar to garlic and covered in a papery outer skin. Inside, the tight off-white layers are usually tinged with purple, rose, or pink edges. French sauces frequently call for shallots, and they're also a standard ingredient in Southeast Asian, Chinese, and Indian cooking.

Garlic and Onion Comparison

Compare a whole bulb of garlic (a head) to a whole yellow onion. What's the difference in how these two grow? How does that affect the way they're cut up and prepared?

Section 7**South & Eastern Asia****RECIPE Korea**

Spring Onion Pancakes

These delicious treats, called *pajon*, are eaten as snacks or with meals. The basic *pajon* uses spring onions or green onions, but Koreans also mix in all sorts of vegetables and even cooked meats. This version adds bean sprouts, but you can include slivered oyster mushrooms, shredded carrots, or bell pepper strips. The rice flour gives the pancakes a light texture, but all-purpose flour may be used instead. Serve these warm or at room temperature, with or without the dipping sauce.

Yield 4 servings

Ingredients for Dipping Sauce

3 Tbsp. (45 mL) soy sauce
1 Tbsp. (15 mL) rice vinegar
Few drops of sesame oil

Ingredients for Batter

¼ cup (60 mL) rice flour (or all-purpose flour)
¾ cup (175 mL) all-purpose flour
1 tsp. (5 mL) salt
1 cup (250 mL) water, approximately
Few drops of sesame oil
Dash white pepper

Other Ingredients

4 green onions, cut on the diagonal into 1-in. (2.5-cm) lengths
1½ cups (360 mL) fresh bean sprouts (mung bean sprouts) (See “Blanching Note” below.)
1 to 2 Tbsp. (15 to 30 mL) vegetable oil

Blanching Note

Raw bean sprouts should be very fresh. An alternative is to barely cook them by blanching them for 1 minute in boiling water and then plunging them into an ice bath. Dry thoroughly before use.

Directions

1. Combine the dipping sauce ingredients in a small bowl and set aside.
2. Mix together the batter ingredients. The batter should resemble a thin pancake batter; adjust the amount of water accordingly. Stir in the green onions and bean sprouts.
3. Lightly film a griddle or skillet with just enough vegetable oil to coat the bottom, about 1 tablespoon (15 mL). Heat the griddle over medium-
4. To serve, cut the pancakes into wedges, as if slicing a pizza. Serve warm or at room temperature with the dipping sauce on the side.

Nutrition Analysis *Per serving:* 213 calories, 4 g fat (17% calories from fat), 8 g protein, 39 g carbohydrate, 0 mg cholesterol, 1318 mg sodium

Section 7**South & Eastern Asia****Culinary Connections****Fish Sauces & Hidden Flavors**

What do Worcestershire sauce and Caesar salad have in common? Both include anchovies as a critical part of their distinctive taste. These small sea fish are eaten fresh where available, but they are most often preserved in salt and sometimes in olive oil.

In large doses, the powerful fishy taste of salted anchovies and other preserved fish products turns many people off. In small amounts, however, these same products can take a recipe from boring to exciting by adding an elusive undertone of flavor. Just a dab of anchovies or anchovy paste (mashed up anchovies in a tube) mixed into a dish can deliver an appetizing flavor punch. Even large amounts of anchovies (when mixed thoroughly with other ingredients) can be quite tasty without being fishy.

Using Fish Sauces

The French are famous for a hot dip called *bagna cauda*, which is made with anchovies, garlic, and olive oil and served with vegetables for dipping. Italian pasta sauces and salad dressings often add anchovies for a spark of flavor.

Fermented fish sauces date back to the ancient Greeks and Romans, who seasoned their foods with a concoction called *garum*. In Southeast Asia, cooks use fermented fish sauces instead of salt or soy sauce. In Thailand, the bottled sauce is known as *nam pla*. It's called *nuoc mam* in Vietnam, and *tuk Trey* in Cambodia, but whatever the name, some type of fish sauce is a key ingredient in the entire region. Fish sauce has a strong flavor by itself, but a little bit added during cooking or stirred with other ingredients into a dipping sauce gives Southeast Asian cooking its distinctive flavor.

Anchovies are the most popular fish for making Asian fish sauces, though mackerel and other more expensive fish may also be used. To make fish sauce, the small, freshly caught fish are layered with salt in large vessels, then weighted down for about three months to press out the liquid. When filtered and bottled, a good fish sauce will be clear (not muddy) and smell pleasant, like the sea.

Used judiciously, fish sauce doesn't make foods taste fishy at all. Instead, the fish sauce is the salty element that balances the other flavors of sweet, hot, and sour, which is characteristic of Southeast Asian cooking.

Other Flavors

Fish sauces aren't the only ingredients from the sea to add undertones of flavor in cooking. Dried shrimp, often ground to a powder, is used in everything from Asian sauces to South American stews. Oyster sauce or oyster-flavored sauce hails from China. It's a thick, potent bottled seasoning made from oyster extracts and soy sauce.

The Japanese season many dishes with dried bonito (*katsuobushi*), a type of tuna. Shaved into paper-thin wisps, the dried bonito is critical to the Japanese stock known as *dashi*, a main ingredient in *miso* soup and the dipping sauce served with fried *tempura*. Bonito is often shaved over rice and fried foods as a flavorful garnish, yet the unsuspecting diner would never guess that these traditional meals contain fish as a seasoning.

Fishing for Flavor

Create a list of sauces, salad dressings, soups, and other products that include some type of fish or shellfish as a flavoring. Look at the ingredients listed on the labels.

Section 7**South & Eastern Asia****RECIPE Thailand**

Larb

Summer in Thailand can be excruciatingly hot, so it's a perfect time to enjoy this refreshing appetizer, which contains cooling mint leaves, cilantro, lemongrass, and lime—all staples of Thai cooking. This dish, known as *larb* (or *lahp* or *laab*), also makes a good light meal. Try serving it with a large block of watermelon. The sweet, juicy melon is a harmonious compliment to the salt, lime, and spice flavors of the larb.

Lemongrass is sold in Southeast Asian markets and sometimes in regular supermarkets. Peel away the tough outer layers and mince only the lower two inches of the stalk, the part that's lavender and white in color. If desired, you may substitute grated lemon peel for the lemongrass and ground chicken, turkey, or pork for the beef.

You can find fish sauce, *nam pla* or *nuoc mam*, in Asian markets.

Yield 4 servings

Ingredients

- 1 Tbsp. (15 mL) raw rice (optional)
- 1 lb. (500 g) extra-lean ground beef
- ½ cup (75 mL) fresh mint leaves, minced
- ¼ cup (60 mL) cilantro leaves, minced
- 2 Tbsp. (30 mL) minced lemongrass or lemon zest
- 4 green onions, minced (green and white parts)
- 4 cloves garlic, minced
- 3 Tbsp. (45 mL) fresh lime juice
- ½ tsp. (2 mL) crushed red pepper flakes
- 1 tsp. (5 mL) sugar
- 3 Tbsp. (45 mL) Asian fish sauce (*nam pla* or *nuoc mam*)
- Lettuce leaves

Directions

1. Toast the rice in a dry skillet until lightly brown. Grind to a coarse powder, using a hand blender or mortar and pestle. Set aside. (Note that the toasted rice powder is optional, but it does enhance the texture and flavor of the dish.)
2. Fry the meat in a skillet until crumbly and thoroughly done. Remove with a slotted spoon and place it in a mixing bowl, leaving excess fat behind.
3. Add the toasted rice powder (if using) to the meat. Mash the mixture with a fork to break it into small pieces. Add all other ingredients except the lettuce. Mix well. If not serving immediately, refrigerate. (This dish can be prepared one day in advance.)
4. Before serving, taste to correct the seasonings. You may want to add more lime juice or fish sauce. Serve with whole, crisp lettuce leaves and garnish with any leftover mint or cilantro sprigs.

Nutrition Analysis *Per serving:* 377 calories, 22 g fat (51% calories from fat), 26 g protein, 22 g carbohydrate, 80 mg cholesterol, 92 mg sodium

Section 7**South & Eastern Asia****Culinary Connections****Small Bites**

Around the world, it seems that everyone loves socializing while eating tasty, small bites of food. In most places, they may be eaten as snacks between meals, as something to whet the appetite before a meal, or as a casual, light meal on their own.

The French phrase for these foods is *hors d'oeuvre*, and English-speaking people call them appetizers. In China, tea snacks are known as *dim sum*, which means “dot heart” or “touch the heart.” At dim sum restaurants, servers push hot trays of steamed or fried dim sum dishes around from table to table, so diners can pick out the exact treats they desire. More than 2,000 varieties of dim sum exist, and a typical dim sum restaurant may serve more than a hundred different types in a day. If you’ve ever eaten an egg roll, spring roll, pot sticker, pork dumpling, shrimp toast, wonton, or barbecued sparerib, you’ve sampled a typical dim sum dish.

Here’s what you can expect in the way of similar small bites if you pay a visit to these other countries:

- **Italy.** *Antipasti* (plural; *antipasto* is singular) include marinated artichoke hearts, mushrooms, roasted peppers with anchovies, toasted bread with garlic and fresh tomato, olives, cheeses, and a full range of cured meats (like sliced salami and prosciutto).
- **Greece and Southwest Asia.** *Mezza* (often spelled *mezze* or *meze*) are small dishes that are often served as many as forty or fifty at a time. In Greece or Turkey, you may get feta cheese, brine-cured olives, stuffed grape leaves, or cucumbers and yogurt. In a Southwest Asian country, you might be served hummus, roasted eggplant salad, lamb meatballs, skewered kebabs, or hundreds of other types of mezza.
- **Spain.** *Tapas* are snacks that are quite diverse. They can be anything from crispy rice croquettes to a wedge of potato-and-egg pie, grilled quail, spiced sardines, tangy marinated octopus, or simply bites of smoky ham, sausage, or cheese.
- **Mexico.** *Antojitos*, which means “little whim,” are Mexican appetizers. They can include seafood cocktails (*ceviche*), cucumbers with chile powder and lime, rolled and fried *taquitos*, stuffed pastries known as *empanadas*, and all sorts of snacks made from corn tortillas.
- **Russia.** *Zakuski* are the Russian version of appetizers. They typically include many cold salads, smoked sturgeon or salmon, marinated mushrooms, sliced black bread, and savory, stuffed pastries.

After-School Snacks

Create a menu of after-school “small bites.” Include a variety of items to appeal to all of your classmates. Make and serve a selection as an after-school event.

Section 7**South & Eastern Asia****RECIPE Taiwan**

Fried Wontons

A wonton is a small dumpling made from a thin dough. It can be filled with a variety of ingredients before frying. Look in the refrigerated section of the supermarket for square wonton skins that are ready to use.

Yield 24 wontons (about 6 servings)

Ingredients

½ lb. (500 g) ground turkey, chicken, or pork
 1 green onion, finely chopped
 2 tsp. (10 mL) soy sauce
 ¼ tsp. (1 mL) black pepper
 24 wonton skins
 Canola, peanut, or vegetable oil for frying

Directions

- Mix together the meat or poultry, green onion, soy sauce, and pepper to form a smooth paste. Fill a small dish with water.
- Separate wonton skins and place several on a sheet of wax paper. Using 2 small spoons, scoop about 1 teaspoon (5 mL) of filling onto the center of each skin.
- Dab your finger in the dish of water and then run it around two adjoining edges of each wonton skin to dampen. Do this to all the skins you've set out.
- Fold the wonton skins over to form triangles. Press the edges firmly all the way around to seal. If edges don't seal shut, add more water. Set the filled wontons aside. (Don't let them touch or they'll stick together.) Repeat with remaining wonton skins until all are made.
- Heat about 1 inch (2.5 cm) of oil in a wok or skillet. When hot, add a few of the wontons, being careful not to crowd the pan. Fry on both sides until crisp. Remove them with a slotted spoon and drain on paper towels. Repeat until all the wontons are fried. (You can keep the wontons warm on a tray in an oven set at a low temperature.) Serve warm with "Sweet 'n' Sour Dipping Sauce" from Taiwan, on page 168, or "Nuoc Cham," a Vietnamese dipping sauce, on page 169.

Nutrition Analysis *Per serving:* 239 calories, 13 g fat (48% calories from fat), 10 g protein, 21 g carbohydrate, 33 mg cholesterol, 337 mg sodium

Section 7**South & Eastern Asia****RECIPE Taiwan**

Sweet 'n' Sour Dipping Sauce

This dipping sauce makes a delicious accompaniment to fried wontons.

Yield ½ cup (125 mL) (about 2 servings)

Ingredients

¼ cup (60 mL) water
2½ Tbsp. (35 mL) rice vinegar (unseasoned)
2½ Tbsp. (35 mL) sugar
1 Tbsp. (15 mL) ketchup
1 tsp. (5 mL) soy sauce
⅛ tsp. (.5 mL) salt
1 Tbsp. (15 mL) vegetable oil
2 tsp. (10 mL) minced garlic
1 tsp. (5 mL) minced ginger
1 tsp. (5 mL) cornstarch dissolved in 1 Tbsp. (15 mL) cold water

Directions

1. In a small bowl, mix together the ¼ cup (60 mL) water, rice vinegar, sugar, ketchup, soy sauce, and salt. Set this sauce mixture aside.
2. In a small saucepan, heat the oil. Stir in the garlic and ginger and cook until they soften; do not let them brown. (You may need to turn the heat down so they sizzle slowly.)
3. Stir in the sauce mixture. Bring the mixture to a boil. Reduce the heat and simmer for about 1 minute, stirring continually, to allow the flavors to blend. Stir in the cornstarch mixture and heat until the sauce is glossy and tastes cooked through. Turn off heat and cover to keep warm. The sauce will keep refrigerated several days. Serve warm, reheating if necessary.

Nutrition Analysis *Per serving:* 143 calories, 7 g fat (41% calories from fat), 0 g protein, 21 g carbohydrate, 0 mg cholesterol, 396 mg sodium

Section 7**South & Eastern Asia****RECIPE Vietnam**

Nuoc Cham

In Vietnam, this dipping sauce is always available and ready to serve with fried spring rolls, cooked meat, vegetables, or seafood. It may also be sprinkled on rice. Fish sauce, an ingredient in this recipe, is sold in Southeast Asian markets and is also known as *nuoc nam* or *nam pla* (the Thai version).

Yield 1 cup (250 mL) (about 4 servings)

Ingredients

3 Tbsp. (45 mL) sugar

$\frac{2}{3}$ cup (150 mL) water

5 Tbsp. (75 mL) Asian fish sauce

1½ Tbsp. (35 mL) fresh lime or lemon juice

1 clove garlic

1 small, fresh, red or green chile (such as bird's eye, Thai, or serrano)

Directions

1. Whisk together the sugar, water, fish sauce, and lime or lemon juice in a bowl until the sugar is completely dissolved.
2. Finely slice the garlic and add the slivered garlic to the sauce.
3. Finely slice the chile, remembering to protect your fingers from the volatile oils by wearing rubber gloves. Add a few slices of chile to the sauce; depending on your heat tolerance, you can add as few as two slices or as much as the whole sliced chile.
4. Let the mixture stand for 30 minutes before serving.

Nutrition Analysis *Per serving:* 87 calories, 3 g fat (28% calories from fat), 0 g protein, 16 g carbohydrate, 3 mg cholesterol, 3 mg sodium

Section 7**South & Eastern Asia****Culinary Connections****Curry**

The term *curry* hails from the Indian word for sauce: *kari*. In true Indian households, there is no such thing as curry powder. What they do have are spice blends, some of which are known as *masalas*.

Unlike the bottled or canned curry powder sold in supermarkets, Indian spice blends are made from scratch. The process is complex: whole spices are toasted and ground. Then they are mixed in varied and specific proportions to create the desired blend of seasonings. An Indian cook adds the blend to whatever meat, rice, legume, or vegetable is being cooked, along with other flavorings that may include ginger, onion, chiles, cilantro, garlic, and other “wet” ingredients.

The entire foundation of Indian cooking is based on the use of spices, whole and ground, toasted or raw, and added together or separately. Mastering their flavoring nuances is a true culinary art.

Curries in Other Countries

Centuries ago, trade ships brought Indian-style spice blends and cooking techniques to Southeast Asia. Thailand, Malaysia, Singapore, Cambodia, and Laos began making curries with their own local ingredients. Each culture put its own stamp onto its version of curry. Farther away, Jamaica and the islands of the West Indies were introduced to curries by Dutch colonists and, later, by indentured Indian workers. The African continent got its taste for curries from

Dutch traders traveling from India to Kenya and from Malaysians settling in South Africa. How do some of these curries differ in style?

Thai curries start with curry pastes to which other seasonings are added. (The best curries are made from scratch, but they are also sold in small cans or jars.) Added seasonings typically include ginger or *galanga* (which has a peppery, gingerlike flavor), coriander, cumin, and garlic. Each paste varies in these and other ingredients and in the quantities used. Primarily, red curry paste uses dried red chiles; green curry paste relies on fresh green chiles; yellow curry paste is a milder red curry paste combined with extra turmeric. Lemongrass, lime, and dried shrimp are other dominant flavorings in Thai curry dishes. *Gaeng mussaman* (literally translated as Muslim curry) and mussaman curry paste reflect their Indian origins by using warm spices like cinnamon, cardamom, and cloves introduced by Indian Muslim traders. Coconut milk is often added to Southeast Asian curries, taming the heat and adding an element of creamy sweetness.

In the Caribbean, curries include allspice and sometimes rum.

Sri Lankan curries are known for their heat. They’re made with an abundance of chiles and whole spices that have been toasted to a deep brown.

European curries tend to rely on commercial yellow curry powder, a mildly seasoned product of convenience created by the British.

Experimenting with Curry Powder

Try adding a dash of curry powder to deviled eggs, chicken salad, or mayonnaise on a sandwich. Prepare one of these, or something similar, both with and without curry powder to taste in class. What does the curry powder do to the flavor? What else could you add curry powder to?

Section 7**South & Eastern Asia****RECIPE Malaysia**

Curried Vegetables & Fruit

This is a mild sweet curry to be eaten with steamed rice. You can serve it with a hot and spicy dish to contrast the flavors or serve a hot chutney on the side.

Yield 4 servings, with cooked rice

Ingredients

2 Tbsp. (30 mL) butter
 ½ cup (125 mL) chopped red onion
 1 zucchini, cut into ¾-inch (2-cm) dice
 1 Granny Smith apple, cut into ¾-inch (2-cm) dice (with or without peel)
 3 Tbsp. (15 mL) raisins
 2 tsp. (10 mL) curry powder
 1 tsp. (5 mL) flour
 1 cup (250 mL) chicken broth
 1 cup (250 mL) coconut milk
 Salt to taste
 1 Tbsp. (15 mL) white vinegar
 1 lime, cut in wedges (optional)

Directions

1. Melt 1 tablespoon (15 mL) of the butter in a heavy saucepan. Add the onions and sauté them until soft.
2. Add the zucchini, apples, and raisins to the onions. Cook until the zucchini and apples just begin to soften, about 2 minutes. Remove them from the pan and set aside.
3. Melt the remaining tablespoon of butter in the pan over low heat. Stir in the curry powder and cook on low for 3 minutes. Stir in the flour and cook another 3 to 5 minutes, stirring frequently.
4. Stir in the chicken broth and cook on medium until a smooth sauce forms. Bring the mixture to a boil, and then reduce the heat to low. Slowly pour in the coconut milk, stirring constantly.
4. Return the vegetables to the pan and cook on low for 5 minutes, stirring frequently. Add salt to taste. Let the mixture rest 2 to 3 minutes before serving to allow the natural sweetness of the raisins to permeate the sauce. Just before serving, stir in the vinegar. Serve in a deep bowl, passing steamed rice and lime wedges on the side.

Nutrition Analysis *Per serving:* 272 calories, 21 g fat (65% calories from fat), 5 g protein, 20 g carbohydrate, 16 mg cholesterol, 461 mg sodium

Section 7**South & Eastern Asia**

Extended Learning

Directions: Complete the extended learning activities assigned by your teacher. Use cookbooks, encyclopedias, the Internet, and other resources as needed. Report your findings on separate paper.



1 Asian Vegetables

Research and describe these Asian vegetables: water chestnuts, *daikon*, *luffa* (or *loofa*) squash, and *kabocha* squash. Some of these may be available in your local supermarket or Asian markets. What do these vegetables look like, where do they grow, how do they taste, and how are they prepared? Find recipes that use these vegetables as an ingredient.



2 Asian Fruits

Research and describe these Asian fruits: *rambutan*, *durian*, star fruit, *pomelo*, and *lychee*. Some of these may be available in your local supermarket or Asian markets. What do these fruits look like, where do they grow, how do they taste, and how are they prepared? Find recipes that use these fruits as an ingredient.



3 Lunar New Year

Most Asian countries celebrate the Lunar New Year, which is based on a different calendar from that of the Western world. Investigate this celebration. What gifts are given, foods eaten, and customs practiced in China at the Lunar New Year?



4 Diwali

One of the most popular holidays in India is Diwali, which is also known as the Festival of Lights. Learn about this holiday. Describe the events, traditions, and timing of Diwali.



5 Rice Research

Around the world, rice is a staple food. How is rice grown? What are the various types of rice, and where are they eaten? What other food products are made from rice?

Section 8**Australia & Oceania**

Map of Australia & Oceania

Directions: Study the map below and then answer the “Map Investigation” questions that follow. Use geography books and other reference maps as needed.

Now travel beyond Southeast Asia into the South Pacific Ocean. As you move past the equator, you’ll see a large country that’s surrounded by water. This is Australia, called the land “down under” because it’s so far south on the globe. To the south-east of Australia lie the islands of New Zealand. Although they don’t seem far apart on the map, about 1,200 miles separate Australia and New Zealand.

Besides Australia and New Zealand, around 25,000 islands share the South Pacific. They cover 70 million square miles of the ocean. This tropical region of the world is called Oceania. Geographers typically include New Zealand as part of Oceania, and some geographers include Australia. The many islands of Oceania are grouped into three main regions: Polynesia, Melanesia, and Micronesia.



Section 8

Australia & Oceania

Map Investigation

1. Where do most of the people in Australia live? Locate the regions that show the most cities and roads.

2. Can you go snow skiing in Australia, and, if so, where?

3. What is the Great Barrier Reef? Where is it located, and why is it important?

4. What two major oceans surround Australia? What body of water separates Australia from New Zealand?

5. The Tropic of Capricorn runs east-west through the middle of Australia. Identify two other continents and all other countries that are also intersected by the Tropic of Capricorn.

6. The original explorers and inhabitants of Australia, the Aborigines, crossed by boat from Asia to Australia. At that time, Papua New Guinea was connected to the Australian landmass, and the water levels were much lower. What is Australia's closest point to Papua New Guinea today?

7. What United States territory is found in Oceania? Where is it located in relation to the United States? What languages might be spoken there?

Section 8**Australia & Oceania**

Flavors of Australia & Oceania

Directions: Read this article and then answer the “Reading Check” questions that follow. Complete the “Application Activities” as directed by your teacher

The lands of the South Pacific seem to fascinate people. Thoughts of tropical isles in “paradise” and the rugged inland areas of Australia known as the outback bring different images to mind. Despite the great distances, these locations are vacation destinations for many people.

The South Pacific Region

Australia is unique in that it’s the only country that is also a continent by itself. It is the sixth largest country in area (slightly smaller than the United States and China) and the world’s smallest continent. Geographers consider Australia too large to be considered an island.

New Zealand is composed primarily of two large islands plus an assortment of smaller islands nearby in the South Pacific. New Zealand is larger than the United Kingdom but smaller than Italy.

Australia and New Zealand, like North America, are populated by three categories of people:

- 1) the native population, who are the Aborigines in Australia and the Maori in New Zealand;
- 2) descendents of the first wave of colonists, who were mainly British; and
- 3) a diverse mix of immigrants who have arrived in more recent times.

Of the islands in Oceania, Papua New Guinea is notable. This island is larger and more densely populated than New Zealand. At times, many of the islands have been colonies under British or French rule. Today, American Samoa and Guam are territories of the United States, Easter Island is a territory of Chile, and New Caledonia and French Polynesia remain territories of France.

Native foods abound in Australia, New Zealand, and the islands of Oceania, although today’s cuisines are also influenced by the preferences of European colonial powers and immigrants from around the globe. Seafood, fruits, and vegetables are all important; meat and poultry also figure into the local menus.

Australia

Australians, who are largely of British descent, are avid meat eaters, relishing a traditional roast of beef, lamb, or pork or a hearty meal of sausages. A steady sizzle of barbecue grills can be heard throughout Australia’s balmy coastline in almost every backyard, park, beach, and even at many hotels. The hot, dry interior land is home to Australia’s sheep flock, which at 170,000 million is the world’s largest. Most sheep are bred for wool, although 25 percent are bred specifically for the domestic and export meat markets. Chicken is popular and pigeon, duck, goose, turkey, quail, and guinea fowl are also raised as food.

Australia was long an isolated continent, but today many nationalities live there. The largest immigrant groups are from Italy, Greece, Southeast Asia, China, and India. Over the past century, Australia’s menu has become a cultural mix of stir-fries, kebabs, rolled roasts, and spicy salami. Flavorings range from teriyaki and Thai fish sauce to mushrooms and rosemary.

Native foods are known as “bush tucker.” These include insects, mammals, plants, nuts, seeds, fruits, and fowl. Many types of bush tucker that were once eaten mostly by Aborigines are now being commercially raised and served in homes and restaurants across the country. The tart *kakadu* plum, for instance, is bottled as preserves. Kangaroo is legal to eat in some states; it tastes similar to venison but is less gamey. Emu, crocodile, and freshwater crayfish (called yabbies) also find their way onto the dinner plate.

(Continued on next page)

New Zealand

This nation consists of North Island, with a warm and damp climate, and South Island, which has glaciers, mountains, and rain forests. Like Australia, sheep are plentiful, and they are raised for wool, meat, and exports. The Maori were New Zealand's first inhabitants. These tribal people arrived from Polynesia around the twelfth century and lived by fishing, hunting, and raising crops.

Then the British arrived and from 1840 to 1907 claimed New Zealand as a British colony. Along with them, the British brought their own food preferences and customs. Unlike Australia, which has become home to settlers from all parts of Europe and Asia, later immigrants to New Zealand have come mostly from Asia rather than Europe.

If you've tasted the fuzzy-skinned kiwifruit, it most likely came from a New Zealand orchard. Originally known as the Chinese gooseberry, the fruit was renamed "kiwi" in honor of the flightless bird, a national symbol. Grapes, peaches, apples, and berries also thrive in the North Island's fertile soil and mild climate. Given the nation's pure surrounding waters, it's not surprising that the South Island yields some of the finest shellfish, including wild and farmed mussels and oysters.

The Islands of Oceania

The central and South Pacific are peppered with islands rich in tropical fruits, plants, and seafood. It's believed that islanders from such places as Tahiti, Fiji, Papua New Guinea, and Samoa intermingled and experienced each others' cultures hundreds of years ago. The Polynesians and other natives fashioned canoes from trees and sailed from island to island, taking with them plants, tools, and customs.

Today, taro, breadfruit, sweet potatoes, and bananas are staples of the island diet, as well as fish netted from the sea. Coconut trees have been especially valuable, as they provide nourishment and materials for shelter and tools. Tourism is a major industry in these islands, where their inviting beauty and climate appeal to visitors from around the world.

Section 8

Australia & Oceania

Reading Check & Applications

Reading Check

1. What is unique about Australia as a continent?

2. What are the names of the native populations of Australia and New Zealand?

3. In terms of size and population, which is larger: Papua New Guinea or New Zealand?

4. What method of cooking meat is particularly popular in Australia?

5. What percentage of Australia's sheep flock is bred for meat? How are the rest used?

6. What immigrant groups have settled in Australia?

7. How has interest in "bush tucker" changed in recent years?

Reading Check & Applications (*continued*)

8. What are *yabbies*?

9. Compare the weather in New Zealand's North Island and South Island.

10. Who claimed New Zealand as a colony in 1840?

11. How did the kiwifruit get its name?

12. What shellfish are common on New Zealand's South Island?

13. What foods are staples in the islands of Oceania?

Application Activities

1. **Supercontinent.** Six hundred million years ago, Australia was part of Pangaea, an enormous supercontinent that eventually broke up to form smaller continents. Examine a world map to see where Australia would have been connected to India, Africa, South America, and Antarctica. Shade in the common borders in different colors.
2. **Kiwifruit.** Learn more about the kiwifruit. How and where does it grow? Bring some kiwifruit to class for sampling.

Section 8**Australia & Oceania****Culinary Connections****Bush Tucker**

Bush tucker is Australian terminology for the huge variety of herbs, spices, fruits, vegetables, animals, birds, reptiles, and insects that are native to the country and used for food. Australia's inventory of bush tucker includes some foods that may seem odd to outsiders: *quandong* (a wild peach with a tart flavor), kangaroo, and many varieties of insects. A favorite is the *witchetty* grub. This fat, white grub is the most important insect food of the desert and a much-valued staple. The taste is likened to almond nuts.

What would "bush tucker" fare be in other countries? Some of the indigenous, or native, plants and animals that might be considered local "bush tucker" in some places are listed here:

- Canada: wild rice
- Brazil: pineapple
- Turkey: pistachio nuts
- Alaska: salmon
- Ethiopia: okra
- Peru: potato
- Maine: lobster
- Barbados: grapefruit
- Spain: goat
- Finland: reindeer
- Sardinia: parsley
- Italy: rosemary
- Japan: tuna
- France: mussels
- Southeast Asia: kumquats
- Poland: asparagus
- India: eggplant
- South America: chiles

Identify Your Truly Local Foods

What native foods in your state or region might qualify as "bush tucker"? Name at least one plant and one insect or animal (land or aquatic).

Section 8**Australia & Oceania****RECIPE Australia**

Macadamia Nut Crisps

Macadamia nuts are associated with Hawaii, where they're a major crop, but the plants actually arrived there from Australia. In Australia, edible native plants, including the macadamia nut, are known as "bush tucker."

Yield About 24 crisps

Ingredients

1 cup (250 g) butter, softened
1/3 cup (75 mL) sugar
1 tsp. (5 mL) vanilla extract
1 1/3 cups (325 mL) all-purpose flour
1/3 cup (75 g) coarsely chopped macadamia nuts
1 1/2 cups (375 mL) dried shredded coconut

Directions

1. Preheat the oven to 350°F (180°C).
2. Lightly grease two baking sheets.
3. In a mixing bowl, cream together the butter and sugar until light and fluffy. Add the flour and nuts. Mix well. Stir in the extract.
4. Spoon heaped tablespoons of the batter onto greased baking sheets, about 2 inches (5 cm) apart, and flatten with a fork. Sprinkle the coconut lightly on top. Bake 15 minutes or until light gold in color. Remove from the oven and cool. Eat plain or with ice cream.

Nutrition Analysis *Per serving:* 142 calories, 11 g fat (66% calories from fat), 1 g protein, 11 g carbohydrate, 20 mg cholesterol, 93 mg sodium

Section 8**Australia & Oceania****Culinary Connections****Sweets**

What's in a name? Throughout history, specialty dishes have been named in honor of royalty, celebrities, places, and events. ANZAC is an acronym for the Australian and New Zealand Army Corps, whose World War I rations included a particular type of cookie, or biscuit in Australian lingo. Today, the homemade ANZAC biscuit (page 182) is a variation of that original cookie. Here are just a few other namely notables from the dessert category:

- **Pavlova.** This dessert made with fruit, whipped cream, and meringue was created in honor of Anna Pavlova, a famous Russian ballerina, upon her 1926 visit to Australia.
- **Gateau l'Opera.** This French layer cake, rich with buttercream, was first baked to celebrate the Paris Opera and is served with the words *l'Opera* written in chocolate frosting on top. The name translates as "the opera cake."
- **Nanaimo bars.** A Canadian favorite named after a city on Vancouver Island, these triple-layer bars (or squares) include coconut, graham cracker crumbs, walnuts, chocolate, and buttercream.
- **Rigó Jancsi.** This Hungarian pastry, made of rich chocolate cake and glaze, is named after a nineteenth century gypsy violinist who, according to legend, broke many hearts.
- **Peach Melba and Melba toast.** The famous French chef Auguste Escoffier created both of these recipes in honor of Australian opera soprano Nellie Melba. Peach Melba is made with peaches, vanilla ice cream, and a special sauce (Melba sauce), consisting of raspberries and red currant jelly.

Escoffier also made thin, dry slices of toast for the singer when she was ill, and these were named Melba toast.

- **Toll House cookies.** Ruth Wakefield, who was the owner of the Toll House Inn, created these cookies in 1930, long before packaged chocolate chips were invented. She chopped chocolate bars into little bits and added them to the cookie batter. They were an instant success, and today the Toll House cookie is the official state cookie of Massachusetts.

Sweets aren't the only category of food or dishes to be named after a famous person or place. Some of the most well-known savory recipes include:

- **Caesar salad.** This salad was invented by Caesar Cardini at his restaurant in Tijuana, Mexico. He tossed romaine lettuce and croutons with a special dressing that featured lemon juice, anchovies, and garlic.
- **Nachos.** These were invented by Ignacio Anaya along the Texas-Mexico border. (*Nacho* is a nickname for Ignacio.) Anaya needed a quick snack for a group of restaurant patrons, so he served them fried tortilla chips broiled with cheese and jalapeño on top. They were an instant hit.
- **Sandwich.** The sandwich was named after John Montagu, the Fourth Earl of Sandwich, who placed a slice of meat between two pieces of bread and held it in one hand. He was playing cards at the time, and this allowed him to leave one hand free for playing, without leaving the game to eat.

Create a Specialty

Suppose you want to commemorate a certain event or honor a special person with a food dish. Name the event or person, describe the dish you would create, give the dish a special name, and discuss the reasons for your selection.

Section 8**Australia & Oceania****RECIPE New Zealand**

ANZAC Biscuits

During World War I, these crisp cookies were packed as part of the rations for the Australian and New Zealand Army Corps and were stamped with the acronym ANZAC.

Yield About 3 dozen

Ingredients

- 1 cup (250 mL) all-purpose flour
- 1 cup (250 mL) rolled oats
- $\frac{3}{4}$ cup (180 mL) shredded, sweetened coconut
- $\frac{3}{4}$ cup (180 mL) sugar
- $\frac{1}{2}$ cup (125 mL) butter
- 1 Tbsp. (15 mL) golden syrup, or corn syrup
- 1½ tsp. (7 mL) baking soda
- 2 Tbsp. (30 mL) boiling water

Directions

1. Heat the oven to 350°F (180°C), with a rack in the center of the oven.
2. Lightly grease 2 baking sheets.
3. Combine the flour, oats, coconut, and sugar in a mixing bowl. Melt the butter with the syrup in a pan over medium heat. Mix the baking soda with the boiling water and stir into the butter mixture. Pour the butter mixture into the mixing bowl and stir until a batter forms.
4. Drop the batter by heaping teaspoonfuls onto the baking sheets, about 2 inches (5 cm) apart. Bake one sheet for 20 minutes, until cookies are lightly golden. While this sheet of cookies cools, bake another sheet of cookies. If necessary, repeat the process until all the batter has been used.
5. Allow the cookies to cool before removing them from the pan.

Nutrition Analysis *Per cookie:* 71 calories, 3 g fat (42% calories from fat), 1 g protein, 10 g carbohydrate, 7 mg cholesterol, 84 mg sodium

Section 8**Australia & Oceania****Culinary Connections**

Vanilla

When you hear the word *vanilla*, ice cream is probably the first thing that pops into your mind. Vanilla, however, is used to flavor far more than just ice cream, or sweets, for that matter. Vanilla often adds a subtle undertone to savory recipes, as in the “Lime & Vanilla Vinaigrette” on the next page or with lobster, shrimp, and chicken dishes. In sweet recipes, vanilla’s floral essence stands out, which is not surprising since vanilla beans are products of the orchid family. Even chocolate bars wouldn’t be the same without the addition of vanilla. In fact, after its arrival in Spain (Cortez brought it from the New World), vanilla was first used in chocolate and perfumes.

Vanilla is one of the world’s most expensive spices. The flavoring is processed from the vanilla bean, which was first cultivated by the Aztecs. Native to Central America, the bean is actually the seedpod of a climbing orchid that blooms only once a year, and then for only a few hours on a single day. The flower must be pollinated to produce a bean. Because the plant can be naturally pollinated by only a few species of ants, hummingbirds, and bees, the task of pollinating the flower is done mostly by hand. When

the beans emerge, they look like long string beans. They are handpicked and undergo a lengthy process of drying and curing before being aged for several months or as long as two years. It takes that long for the beans to develop their vanilla flavor and become usable for cooking and baking and for the most common use, processing into concentrated flavoring extracts. It’s no wonder they’re so expensive.

Only a few places in the world produce quality vanilla beans, and they all have tropical climates. Madagascar, an island off the coast of Africa, produces the majority of the world’s vanilla, followed by Indonesia. Other places where vanilla is commercially harvested include Mexico, Uganda, India, and the islands of Papua New Guinea, Fiji, and Tonga. Tahiti was once a major supplier of vanilla but today produces just a small amount.

Vanilla contains more than 250 organic components that contribute to its uniquely complex flavor and aroma. If you’ve never used vanilla with vegetables or seafood, try adding a quarter- or half-teaspoon of vanilla extract to buttery steamed carrots or sautéed shrimp. You might enjoy the special flavor.

Plain Vanilla

Why do you think vanilla is the most popular ice cream flavor? Do you think “plain vanilla” is really all that plain? Explain your thoughts.

Section 8**Australia & Oceania****RECIPE Tahiti**

Lime & Vanilla Vinaigrette

Tahiti was once a major supplier of vanilla, but Madagascar (an island just off Africa's coast) is now the leading producer, followed by Indonesia. Serve this dressing on a green salad or with mixed fruit.

Yield $\frac{3}{4}$ cup (175 mL) (about 6 servings)

Ingredients

2 Tbsp. (30 mL) fresh lime juice
2 Tbsp. (30 mL) rice vinegar
 $\frac{1}{2}$ cup (125 mL) olive oil
 $\frac{3}{4}$ tsp. (3 mL) vanilla extract
 $\frac{1}{2}$ tsp. (2 mL) sugar
 $\frac{1}{4}$ tsp. (1 mL) salt
 $\frac{1}{4}$ tsp. (1 mL) pepper

Directions

1. Combine all ingredients.
2. Mix well. (Tip: Combine ingredients in a jar, cover tightly with a lid, and shake well to blend.)
3. Chill until ready to use.

Nutrition Analysis *Per serving:* 166 calories, 18 g fat, 0 g protein, 1 g carbohydrate, 0 mg cholesterol, 294 mg sodium

Section 8**Australia & Oceania****Extended Learning**

Directions: Complete the extended learning activities assigned by your teacher. Use cookbooks, encyclopedias, the Internet, and other resources as needed. Report your findings on separate paper.

**1 Ayers Rock**

Seasons in the Southern Hemisphere are the reverse of those in the Northern Hemisphere. When would be the best month to visit Ayers Rock in Australia? Find information about Ayers Rock. What is Ayers Rock, why is it important, and where is it located?

**2 Kiwifruit**

Te Puke, near Tauranga on New Zealand's North Island, claims to be the kiwifruit capital of the world. What conditions must exist there to grow kiwis in such abundance? What is the original name for the kiwifruit?

**3 Bush Tucker**

In Australia, native foods are known as "bush tucker." They include insects, mammals, plants, nuts, seeds, fruits, and fowl. Prepare a list of bush tucker foods from each category.

**4 French Polynesia and Micronesia**

Find the countries of French Polynesia and Micronesia on a map and compare them according to the number and size of islands. The words "polynesia" and "micronesia" also have other meanings. What are they? (Hint: Look up the Greek prefixes for clues to the definitions.)

**5 Warrigal Greens**

Warrigal greens are also known as New Zealand spinach. They are grown in home gardens in the southern United States and even in France. What are they, how are they prepared, and where do they grow naturally?

**6 Captain Cook**

Who was Captain James Cook, and why is he important to this region of the world?

**7 Fusion Cuisine**

What is "fusion" cuisine? Do you think the term would apply to Australian cooking? Why?

SECTION 1

The United States & Canada

Map Investigation

1. *Easternmost point:* West Quoddy Head, Maine, located 2,507 miles from the geographic center of the United States (including Hawaii and Alaska). *Westernmost point:* Cape Wrangell, Alaska (Attu Island), which is 3,625 miles west of center. *Northernmost point:* Point Barrow, Alaska, 2,507 miles away. *Southernmost point:* Ka Lae (South Cape), Hawaii, 5,573 miles away.
2. Texas, Louisiana, Mississippi, Alabama, and Florida lie along the Gulf of Mexico. The weather can be warm and humid along their shorelines, especially in summer. The Gulf is a major source of shrimp, so shrimp appear in such dishes as shrimp gumbo, fried shrimp, and shrimp salads.
3. The Mason-Dixon Line is the so-called boundary between Pennsylvania and Maryland. It was surveyed between 1763 and 1767 by two English astronomers, Charles Mason and Jeremiah Dixon, to settle a dispute between the colonies. Later, it was deemed the division between the slave states of the “South” and the free states of the “North.”
4. The Hudson Bay is a large, shallow sea in Canada, named after Henry Hudson who explored it in 1610. Provinces along the Hudson Bay, which is covered in ice for half the year, include the Northwest Territories, Manitoba, Ontario, and Quebec. The Hudson’s Bay Company was organized to operate a fur trade monopoly, with settlements in the Hudson Bay area, and it was also created to discover a Northwest Passage to Asia.
5. a) Arizona, b) Florida, c) Illinois, d) Louisiana, e) Nebraska, f) Utah.

Reading Check

1. There is a wide range in climates. In cold and frozen areas, people hunt and preserve foods. In sunny fertile areas, foods can be grown.
2. Wild rice is not actually rice, but rather the seeds of a nutritious grass.
3. In Louisiana, the Choctaw Indians showed French-Canadian refugees (eventually called Cajuns) how to thicken stews with sassafras leaves. This spice came to be known as filé powder, a key ingredient in some gumbos today.
4. Three Sisters: a highly productive method of growing corn, beans, and squash together, taught by Native Americans to the colonists.
5. Immigrants have brought their own flavors, ingredients, and cooking methods with them. When these blended with local ingredients and techniques, new dishes formed.
6. The Germans focused on farming, raising pork, and baked goods, for which the region is still famous today.
7. New York was a landing point for many Europeans from different countries. As they settled in the immediate area, ethnic neighborhoods formed.
8. Midwestern cooking is generally considered hearty but simple.
9. The Great Lakes, shared by the U.S. and Canada, provide the largest continuous mass of fresh water in the world, with plentiful catches of lake trout, salmon, walleye, perch, white fish, small-mouth bass, steelhead, and brown trout, among others.
10. Cajun cooking uses French techniques of the French Acadians who were expelled from Canada. Creole cookery developed out of French, Spanish, and African influences.
11. Yeast didn’t last long enough to be used on the vast frontier.
12. Since the climates are similar, olive oil, cheese from goat’s and cow’s milk, grapes, and rosemary can be produced in California as well as the Mediterranean.
13. “Cookies” were chuck wagon chefs who fed cowboys on the Chisholm Trail, from Texas to Kansas. They served biscuits, bacon, coffee, beef, fresh river trout, potatoes, and beans.
14. Summer days are very long, so large vegetables can be grown.
15. Sugar cane and pineapple.

(Continued on next page)

16. Permafrost (permanently frozen ground) prevents about one-third of Canada's land from being developed.
17. An ongoing rivalry between Britain and France over territories in North America and the lucrative fur trade existed for several centuries, heavily in the eighteenth century. Descendants of people from both countries live in Canada today.
18. a) Newfoundland: seafood chowder; b) Quebec: tourtière, a hot, pork-filled pie; c) Ontario: lean back bacon, blueberries, johnnycakes.
19. Typical foods of the Yukon and Northwest Territories are sea lion, whale, caribou, moose, and seafood.
20. To make pemmican, Native Americans dried meat (known as jerky), pulverized it, and packed it into buffalo hide bags. Then they topped it with tallow (animal fat) and sometimes flavored it with berries and nuts. They sewed the bags shut, sealed them with tallow, and flattened them for easy storage and transport.

SECTION 2

Latin America & the Caribbean

Map Investigation

1. Belize, Costa Rica, El Salvador, Guatemala, Honduras, Nicaragua, and Panama.
2. The Panama Canal is a waterway that stretches across the Isthmus of Panama. It's important because it connects the Atlantic (by way of the Caribbean Sea) and Pacific Oceans. It was built by the United States between 1904 and 1914 on territory leased from the Republic of Panama.
3. Bananas, coffee, and cacao (cocoa) are the main crops, and sugarcane is grown in some countries. The tropical, coastal climate is ideal for these crops.
4. The Caribbean Sea, Strait of Magellan, Atlantic Ocean, and Pacific Ocean.
5. The Andes Mountains extend across South America's Pacific coast. It is the world's second-highest mountain range and the longest continuous mountain chain.
6. Ecuador and Chile.
7. The Amazon rain forest in Brazil is the largest rain forest in the world and home to diverse plants, animals, and native people.

8. Much of Latin America consists of rugged mountains, dry deserts, and dense rain forests. The plateaus and plains provide arable land for cultivated crops and grazing pastures for cattle, horses, and other livestock.

Reading Check

1. The Aztecs, Mayas, Olmecs, Toltecs, and Incas.
2. Because traditional meals may include native foods as well as those brought by European explorers and more recent immigrants from places like Africa, Japan, and Lebanon.
3. Climate and geography.
4. Chile peppers may be fiery hot or sweet and mild. They are mixed with tomatoes, lime, or both and often combined with garlic, onion, cumin, cinnamon, oregano, and saffron.
5. Cilantro.
6. Pork and ham, olives, capers, garlic, cilantro, rice, dairy products and Edam cheese, sweets, ginger, soy sauce, tamarind, coconut, and curry.
7. Foreign explorers; African slaves; English, French, Portuguese, and Dutch traders; and Asian laborers.
8. It reflects a blend of native Indian and Spanish ingredients, flavorings, and techniques. For instance, native crops like corn, beans, and chiles are often cooked with European-style sauces or non-native ingredients, like pork. Other cultures, including those of Portugal and Africa, contribute to regional and local variations.
9. The Italians have made breaded and fried veal cutlets almost a national dish in Argentina. The Japanese have introduced *sushi* and *tempura* to Peru.
10. Answers will vary.

SECTION 3

Western & Northern Europe

Map Investigation

1. The Vikings are believed to have sailed from the Baltic Sea through Russia along the Volga and other rivers, eventually reaching the Black Sea and sailing across it to Constantinople, which is today known as Istanbul.
2. The Rhine River starts in Switzerland and flows north to the North Sea. It passes through or along the borders of Liechtenstein, Austria, Germany, France, and the Netherlands. It is 820 miles (1,320 km) long.

(Continued on next page)

3. Hannibal crossed the Alps by elephant, though modern travelers use cars and trains to drive through tunnels and passes. The Alps form an arc that extends eastward from France through parts of Italy, Switzerland, Germany, and Austria.
4. The Arctic Circle is an imaginary circle on the earth at 66°31' latitude. The climate is so cold that no crops are grown. The Arctic Circle includes parts of Canada, the United States (Alaska), Russia, Norway, Greenland, and Iceland.
5. German, French, and Italian are the official languages.
6. Liechtenstein, which is only 62 square miles (160 sq km).

Reading Check

1. The amount of coastline and fertile land for farming and grazing make the difference. Countries with more coastline get protein from fish. Meats are available where farming and grazing are possible.
2. The Alps run through Austria, Switzerland, Germany, and France.
3. The early hunting and farming cultures of the ancient Celtic and Germanic tribes, Romans, and Normans.
4. Laver is a nutritious seaweed used to make laverbread.
5. Colonial expansion to India and the West Indies made sugar and tea leaves from those areas more available in the United Kingdom.
6. France shares borders with Italy, Spain, and the Mediterranean Sea. These countries are in Southern Europe.
7. Pork reigns supreme in Germany and its neighboring countries, and it appears as ham, roasts, bacon, and both fresh and cured sausages.
8. The Western European countries tend to use butter, lard, and bacon fat, all livestock-based products. In Southern Europe, olive oil is widely available (olive crops are grown there).
9. Switzerland, Belgium, the Netherlands, Germany, and Austria.
10. Modern-day Scandinavians trace their roots to the rugged Vikings, who were skilled in farming, foresting, and seafaring. Viking ships led some of Europe's earliest explorations of North America, Greenland, and the Middle East. Despite the severely cold climate and their extreme northern location, Scandinavian culture has not developed in isolation, and they have incorporated many foreign food ingredients into their traditional dishes.
11. The climate is unusual. The sun never rises at the peak of winter in the northernmost areas, and it also never sets in the middle of summer. The countries have long northern winters and a short growing season.
12. More than half a dozen types of berries (lingonberries are the most common) last far beyond summer and fall after being turned into jams, jellies, preserves, syrups, and juices, and these products can then be added to pastries, puddings, and tarts all year round.

SECTION 4 Southern Europe

Map Investigation

1. Northern Italy is adjacent to Switzerland and Austria, and its terrain and climate are ideal for dairy cows, while the hot, rocky land of southern Italy is better suited to olive trees.
2. Sardinia and Sicily are part of Italy. Corsica is part of France.
3. Portugal is often considered a "Mediterranean" country, but it has no coastline on the Mediterranean. It is surrounded by the Atlantic Ocean.
4. Turkey.
5. Morocco, Algeria, Tunisia, Libya, Egypt, Israel, Lebanon, Syria, Turkey, and Cyprus.
6. Venice is built on islets in a lagoon on the Gulf of Venice. Canals provide waterways for boats, "gondolas," and water taxis, and footbridges link the neighborhoods of Venice to each other and to the mainland.

Reading Check

1. The fat is olive oil. The herb is fresh basil.
2. Pigs supply fresh meat and an assortment of cured products, ranging from bacon to salami to specialty hams, like Italian prosciutto and Spanish *jamón serrano*.
3. Almonds, pistachios, and pine nuts.
4. The Moors planted lemon and orange trees in Spain and introduced almonds, saffron, black pepper, sesame seed, nutmeg, and other spices from both the Middle East and their trade with the Far East.

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5. The method of breading and deep-frying was unknown in Japan before the Portuguese arrived, but the Japanese quickly adapted it and created their own dish known as *tempura*.
 6. Spain is about the size of Texas and has a varied terrain. It is the second most mountainous country in Europe after Switzerland and has the longest coastline of any country on the continent. An arable plateau sits in the center. Most of the rest of the country is difficult to farm but has plenty of land for grazing sheep.
 7. The Basques are a small group of people who live along the Spanish-French border near the Pyrenees Mountains. They are considered to be the oldest, most distinct ethnic group in Europe, and they have a distinct language.
 8. *Fonduta* is the Italian version of Swiss fondue. *Chicken marengo* is Italy's version of a French classic. *Cioppino* is a type of fish stew.
 9. Citrus fruits (lemons and oranges), raisins, hot chiles, mint, and pine nuts.
 10. Emilia-Romagna and Tuscany.
 11. Greece has more than 200 small islands. Most of the country is attached to mainland Europe, however, and is mountainous, rugged, and riverless. The land can be dry and tough to farm.
 12. Greece has very few dairy cows, but sheep and goats thrive there. Consequently, most of the cheeses are made from goat's or sheep's milk, including its most famous cheese—Feta.
 13. In Greece, paper-thin sheets of phyllo dough are buttered and layered together so they will be light and crisp when baked. Phyllo dough is wrapped around savory fillings, like spinach and cheese, and used to make sweet desserts, like the popular honey-drenched *baklava*.
5. Chernobyl was the site of a major disaster at a nuclear power plant in 1986. Chernobyl was then located within the borders of the USSR, but today is part of the independent republic of Ukraine and is close to the northern border of Belarus.
 6. The Ural Mountains run north-south for about 1,500 miles (2,400 km), forming a natural boundary between European Russia and Asian Russia. They reach from the Arctic, with its polar conditions, southward through dense, coniferous forests and stop just short of the Caspian Sea. The highest peak, Mt. Narodnaya, is 6,214 feet (1,894 m). The Caucasus Mountains are taller but don't extend as far as the Urals. The Caucasus stretch about 750 miles (1,210 km), running northwest to southeast between the Black and Caspian Seas. The highest peak is Mt. Elbrus, at 18,481 ft. (5,633 m). The Caucasus Mountains and surrounding areas are some of the most linguistically and culturally diverse places on earth, extending through the countries of Russia, Georgia, Armenia, and Azerbaijan.

Reading Check

1. Eleven time zones.
2. Estonia, Latvia, and Lithuania. They are on the Baltic Sea.
3. European Russia, Siberia, and Far Eastern Russia.
4. Georgia.
5. Onions, mushrooms, sour cream, yogurt, paprika, coriander, cinnamon, allspice, cardamom, ginger, basil, dill, parsley, bay leaves, and cloves.
6. Potatoes, barley, oats, and rye.
7. The armies and rulers of the Roman, Austro-Hungarian, Ottoman, and Russian empires introduced their own foods and customs to the people of Eastern Europe.
8. Wild boar, venison, hare, quail, and other game.
9. The Ural Mountains, which run north and south.
10. Along the southern part of Siberia. Cities and towns are scattered along the Trans-Siberian Railway which runs east and west through the south.
11. Russian food includes humble, earthy cooking as well as very elaborate dishes.
12. Winters are harsh, the climate is dry, and the growing season is short. These factors limit what

SECTION 5 Eastern Europe & Russia

Map Investigation

1. China.
2. St. Petersburg, formerly called Leningrad; Nizhniy Novgorod, formerly called Gorky; Sharypovo, formerly called Chernenko.
3. St. Petersburg and Kaliningrad are Russia's major ports providing access to the Baltic Sea. Black Sea ports are Novorossiysk and Sochi.
4. The Volga. It starts north of Moscow, winds east past Nizhniy Novgorod, and continues south past Volgograd. It empties into the Caspian Sea.

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- people can raise, so they often preserve foods for later use.
13. They loved French food and instructed royal chefs to cook with French sauces, minced meats, pastries, and asparagus. Thus, elaborate and fancy dishes became a contrast to simple country foods.
 14. Since meat, eggs, and dairy are avoided on the many days of fasting, creative use is made of fish, mushrooms, grains, and vegetables.
 15. The Soviet Union broke up in 1991, leaving Russia and a dozen independent republics.

SECTION 6

Southwest Asia & Africa

Map Investigation

1. Turkey, which has coasts along the Black Sea to the north, the Aegean Sea to the west, and the Mediterranean Sea to the south. Greece, Bulgaria, Armenia, Azerbaijan, Georgia, Iran, Iraq, and Syria share national borders.
2. The Nile River is the world's longest river, at 4,160 miles (6,695 km). Three tributaries—the White Nile, the Blue Nile, and the Atbara—contribute to its south-to-north flow. The Ruvyironza River in Burundi is regarded as the ultimate source of the Nile, though many references cite the larger Lake Victoria as its source. At its end, the Nile River enters the Mediterranean Sea through a vast delta in Egypt.
3. The Sahara (North Africa) is the largest, the Arabian (Middle East) is the second-largest, the Rub'al Khali (Middle East) is fourth, the Kalahari (Southern Africa) is fifth, and the Syrian (Middle East) is sixth.
4. Muslims migrated from the Middle East and settled all along North Africa from Morocco to Egypt, as well as south along the countries of the Red Sea to Somalia, including Ethiopia. Along with their religion, these Arabic peoples brought their foods and culture. South Africa and Angola have only a small minority of Muslims.
5. Aleppo is Syria's second largest city, located in the north near the Turkish border.
6. "The Fertile Crescent" was bounded by the Nile River on the west and the Tigris and Euphrates rivers on the east.
7. The Hejaz Range runs along Saudi Arabia's west coast.
8. Mesopotamia; Baghdad.
9. The Red Sea runs between East Africa and the Arabian Peninsula. At certain times, a type of algae blooms in the sea, and the color of the water changes from blue or green to reddish brown when it later dies.

Reading Check

1. The mountainous countries in these areas are situated close to each other. They are connected by the Sinai Peninsula, which has made for easy access and sharing of cultures, including foods and food customs.
2. The many mountains of Southwest Asia block the flow of rain clouds to inland areas, which results in large desert lands.
3. Hunters became farmers in the Middle East about 12,000 years ago. They discovered the process of fermentation and used it to leaven bread.
4. They sold spices and changed the tastes of people throughout Europe and Asia at the same time.
5. India: turmeric, cumin, garlic, and other seasonings. Africa: okra. Russia: yogurt. Spain: tomatoes.
6. Depending on the country, the main course could be *falafel*, deep-fried chickpea balls; kebabs of grilled lamb or chicken; *khoresh*, a stew often cooked in a sweet-sour sauce; or any number of rice dishes mixed with meats, fruits, and nuts.
7. Africa is a land of contrasts. It has deserts that are bare of plants but also tropical rain forests that are lush with growth. It is very large, with over fifty nations, including islands, and dozens of tribes and languages. It is mountainous in some areas.
8. Middle East (Southwest Asia) and Mediterranean European.
9. The urban areas have become very crowded, so new inland cities are developing.
10. The custom of serving a grain or starch topped with a stew or sauce.
11. In North Africa cooks use fresh herbs, fruits, and exotic Middle Eastern spices. In Sub-Saharan Africa cooks use grains and local resources to make less elaborate meals, which may still be very spicy.

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12. The East Indians and Southeast Asians brought the coconut palm, curries, kebabs, and spicy pickles.
13. Meat is scarce, tough, or expensive in many areas. Peanuts, eggs, lentils, peas, and beans help provide much-needed protein.
14. The meal is eaten with the fingers. A dinner usually consists of a communal platter of food, typically two rich stews, three spicy sauces, and large, flat rounds of injera, a flatbread. Pieces of bread are torn off and used as scoops to eat the stews.

SECTION 7 South & Eastern Asia

Map Investigation

1. Mt. Everest is located on the border between China and Nepal. It is the world's highest mountain peak and Nepal's most famous attraction.
2. Canton, Guangdong; Chengdu, Sichuan; Beijing, Hebei; Shanghai, Shanghai Province; Changsha, Hunan; Fuzhou, Fujian; Urumqi, Xinjiang Uygur.
3. A tsunami is a large destructive ocean wave, created by an underwater earthquake. A typhoon is a violent tropical storm in the western Pacific and Indian oceans, similar to a hurricane. China and Japan often suffer devastating tsunamis and typhoons, but only along their coastal areas. Because Laos is landlocked, the only way it would experience a typhoon or tsunami is if one hit Vietnam or another of its neighbors and extended into Laos.
4. An archipelago is a group or chain of islands. Japan's four largest islands, from north to south, are Hokkaido, Honshu, Shikoku, and Kyushu.
5. The South China Sea is the largest, followed in order by the Sea of Okhotsk, the Sea of Japan, and the Yellow Sea.
6. The Yangtze River, also known as the Chang or Great River of China, begins in southwest China and ends in the East China Sea near Shanghai, an important port for trade. It is a major commercial artery, navigable in part by ships, and a source of crop irrigation and hydroelectric power.
7. The Korean peninsula was divided into two separate countries, North Korea and South Korea, when the Korean War ended in 1953; their mutual border extends roughly along the 38th parallel.
8. Indochina refers to the countries of Southeast Asia, whose cultures reflect long-standing influences from nearby India and China. They include Myanmar (formerly Burma), Malaysia, Thailand, Laos, Cambodia, and Vietnam.

Reading Check

1. China.
2. Certain religions practiced in South and Eastern Asia have laws that forbid the eating of meat and other animal products.
3. Temperatures are wide ranging. It is very cold in mountainous regions, yet some coastline areas are tropical and very hot.
4. India is about one-third the size of the United States.
5. India and Pakistan were at one time a single country that had become a British colony by the 1800s. India achieved independence from Britain in 1947.
6. About 81 percent of India's population is Hindu. Islam is the next most common religion.
7. South Asian countries specialize in the use of spices. Some are hot, but some are not. Many foods are seasoned, using spices that may be raw, toasted, whole, or freshly ground.
8. *Satays* are Indonesian kebabs.
9. *Tempura* is a Japanese dish of batter-fried shrimp and vegetables.
10. The Vietnamese added rice flour when making French baguettes, which resulted in a lighter taste and texture.
11. Canton: simple seasonings, stir-fries, and steamed dishes. Fukien: subtlety, soups, and seafood. Hunan: spicy, sweet-sour blends, marinated meats, and sauces. Peking (or Beijing): elaborate but delicate, imperial banquets. Szechuan (or Szechwan): spicy and hot.
12. Kim chee (or kimchi).
13. Japan is known for its sushi and sashimi, which are both made with fresh raw fish. *Sushi* is cooked, seasoned rice garnished with a variety of raw and cooked ingredients. *Sashimi* is impeccably fresh fish sliced into bite-size pieces.

SECTION 8

Australia & Oceania

Map Investigation

1. Most people live along the coastal areas of Queensland, New South Wales, and Victoria. More than half of the total population lives within about 60 miles (100 km) of the Pacific shore.
2. The Snowy Mountains extend along the southern region of New South Wales into Victoria. Though not exceptionally tall, this range is mainly a flat, elevated plateau with a few moderate peaks, and it is a popular winter ski destination.
3. Located along the northern half of Australia's east coast, just off Queensland, the Great Barrier Reef is both a geographic feature and an organic structure made of living coral, which grows in brilliant colors. In fact, it's the world's largest living structure and about half the size of Texas. This delicate ecosystem is home to 1,500 species of fish and 4,000 species of mollusks. UNESCO has designated the reef as a World Heritage Area.
4. The Pacific Ocean and the Indian Ocean are the major oceans around Australia, and the Tasman Sea separates Australia from New Zealand.
5. Africa, with Namibia, Botswana, South Africa, Mozambique, and Madagascar. South America, with Chile, Argentina, Paraguay, and Brazil.
6. Cape York Peninsula.
7. American Samoa is a group of South Pacific islands that are an official territory of the United States, and most inhabitants speak both English and Samoan (closely related to other Polynesian languages). These islands lie about midway between Hawaii and New Zealand.

Reading Check

1. Australia is the only country that is also a continent by itself. It is the world's smallest continent.
2. The native populations are the Aborigine tribes in Australia and the Maori tribes in New Zealand.
3. Papua New Guinea is larger and more populated than New Zealand.
4. Barbecuing on the grill.
5. Most sheep are bred for wool, although 25 percent are bred specifically for the domestic and export meat markets.
6. The largest immigrant groups are from Italy, Greece, Southeast Asia, China, and India.
7. The native foods that make up "bush tucker" were originally eaten by Aborigines. Now many types of bush tucker are being commercially raised and served in homes and restaurants across the country.
8. Freshwater crayfish.
9. North Island has a warm and damp climate. South Island has glaciers, mountains, and rain forests.
10. Britain.
11. The kiwifruit was originally known as the Chinese gooseberry, but it was renamed "kiwi" in honor of the flightless bird that is a national symbol.
12. Wild and farmed mussels and oysters are products of the South Island.
13. Taro, breadfruit, sweet potatoes, and bananas are staples of the island diet. Coconuts are also valuable.