

## Popular food throughout the world



Because of its size, Africa has many different types of cuisines. One of the dishes which is found in a large part of this continent is Jollof rice. The rice is traditionally prepared with cooking oil, and vegetables such as onion, red pepper, garlic, ginger and chili peppers. The colour of the dish comes from tomato paste. Popular spices include salt, nutmeg, curry and thyme. Chicken, turkey, beef, and fish are often served alongside.



Satay is among the most popular dishes throughout Asia. Originally from Indonesia, it spread to the Philippines, Thailand, Malaysia, Singapore and Vietnam, but there are similar foods in Japan (yakitori), China (kaorou chuan), and Turkey (shish kebab). It is made with pieces of meat roasted over charcoal or open fire. In Muslim countries, chicken or beef sticks are popular, while in Thailand they make it with liver, heart or stomachs of pigs or chicken. You can also find seafood, frogs and even bug meat on a stick. It is served with a dip, such as peanut sauce, and rice, vegetables, or a salad.



Lamingtons, traditional Australian cake squares, are made with butter or sponge cake which is coated in chocolate sauce and rolled in desiccated coconut. It is so popular, there is even a story about this dessert: A maidservant of Lord Lamington dropped some cake into melted chocolate by accident. Not wanting to waste it, Lord Lamington suggested she cover it in coconut. Variations include a layer of strawberry jam or cream between two halves of a lamington.



Although roast turkey and cranberry sauce are not the favourite American food (that would be hamburger), they are both native to North America. Turkey is traditionally prepared for Thanksgiving and Christmas, as a part of family dinners. Mainly roasted in the north, it is often deep fried in the south of the US. The sauce is made with cranberries, which are boiled in sugar water until they pop, and the mixture thickens. It is quite sweet in America, and sour in Europe.



Dulce le leche is a famous confection throughout South America: in Colombia, Venezuela, Argentina, Uruguay, and Brazil. The most usual way to make it is to slowly simmer milk and sugar, while constantly stirring. Sometimes vanilla can be added as well. As a lot of the water in the milk evaporates, the mix becomes thick and changes colour to light brown. It can be put on a slice of toast or bread, or used as a filling in donuts and cakes.

### Questions:

- 1) Are there Croatian foods which are similar to the five dishes from the text?
- 2) Have you ever tried one or more of these dishes? Did you like them?
- 3) Which of the unfamiliar dishes would you try?
- 4) How do you choose which new food to try, and which you would rather skip?
- 5) Did you ever try any food and liked it or disliked it immediately?

### Tasks:

1) Find out about famous food from European countries. Each person in class can choose a country and present one dish from it.

2) Make a menu for a European restaurant.

Think: Which food is eaten as appetizers? Which dishes are served as the main course? What would be best for dessert? How about drinks?

3) If you went to such a restaurant, what would you order?