

CULTURES & CUISINES



The cuisine of a country is influenced by many factors. These include:

- Religion
- Climate
- Terrain/Geography
- Availability of imported foods
- Migration/immigration
- Culture
- Economy/wages/wealth

England



Ingredients:

Apples, Potato, Beef

Dishes:

Shepherds Pie, Roast Beef, Scones

Ireland



Ingredients:

Potatoes, Bacon, Cabbage

Dishes:

Irish Stew, Soda Bread, Colcannon

Wales



Ingredients:

Caerphilly Cheese, Lamb, Salmon

Dishes:

Cawl, Faggots, Welsh Rarebit

Scotland



Ingredients:

Salmon, Oats, Raspberries

Dishes:

Porridge, Haggis, Cullen Skink

France



Ingredients:

Foie Gras, Escargot, Cheese

Dishes:

Pate, Bouillabaisse, coq au vin



Spain



Ingredients:

Oranges, Chorizo, Olive oil

Dishes:

Tapas, Gazpacho, Paella

Italy



Ingredients:

Veal, Sardines, Parmesan, Mozzarella

Dishes:

Pizza, Ravioli, Focaccia, tiramisù

Mexico



Ingredients:

Bananas, pineapple, beef, chocolate

Dishes:

Ceviche, quesadilla, empanada

India



Ingredients:

Chilli, garlic, ginger, mutton, paneer

Dishes:

Samosas, Dhal, Chutneys, Saag Aloo

China



Ingredients:

Lychee, ginger, rice, noodles

Dishes:

Dim sum, chow mein, Peking duck

Japan



Ingredients:

Rice, udon noodles, soy sauce

Dishes:

Sushi, katsu curry, gyoza, teriyaki



Caribbean



Ingredients:

Okra, plantain, goat, coconut

Dishes:

Salt cod, metagee, curried goat

USA



Ingredients:

Beef, peanuts, Pumpkins, blueberries

Dishes:

Chowder, Jambalaya, Meatloaf

Russia



Ingredients:

Beetroot, rye, caviar, potatoes

Dishes:

Borsch, Pelmeni, Blinis,