



WORLD FOOD

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ABSTRACT

I have selected Indian subcontinent cuisine and African cuisine because the way they cook there food is very interesting to learn their style their ingredients. Their food changes according to the climate or according to the season and crisis going on. Their festival food and their regular diet, what and why they eat food and from where they are influenced to it.

Objective

Understand the characteristics and influences in world cuisine.

Understand the multi-cultural nature of food and drinks in society

Research methodology

The secondary research method was helpful, because the information I searched was posted by many big peoples of hospitality sector who knows the industries well and they had already done the primary research on this cuisine so it was easy for me to take their information and I give this credited to them.

I was able to learn a lot on the food habits, nutrition, diet, ingredients and influences on world cuisines by referencing these sources.

A Brief on different world cuisines

➤ Scandinavian cuisine:-

It consists of a 5 country: -Denmark's, Norway, Sweden, Finland, and Iceland. All the countries have extensive coastline. The sea play an important part in the history of Scandinavian

History

The norweigein kingdom was at its most powerful in the 13th century. It ruled the Fearious Island Greenland, and Orkney's. But the Black Death lift the kingdom improvishment than Denmark Norway and Sweden won the Danish ground. The union broke down in 16 century. The Norway remained in voluntary union with Denmark till 1814.

Geography

Geographically the Scandinavian countries are very immensely. Denmark is separated from other 3 countries by water and it the only country which is connected with Europe. Norway and Sweden form Scandinavians peninsular. Finland is known as the land of 100 lakes.

Art and culture

The culture and historical links between the countries are very strong but still the people are very different from one another and retain their national charactericts Denmark, Norway, Finland, Sweden, island are famous for their furniture and their modern architecture. They have highly developed applied arts poltery and china, silver and stainless steel. They are also famous for their beautification of the table-purecelin, silver-ware, crystals etc. expect for their smorgrous board their food is little known outside

➤ oriental cuisine:

Specialties/characteristics.

- Freshness of ingredient's
- More time required for preparation

- Vegetable were cut into uniform size and small pieces for faster cooking
- Meat is cut against the grains
- Quick cooking evolves from scarcity of fuel
- One pot cooking which shows combination of colors & textures
- Resourcefulness is the key to cooking.

Equipment used:-

- Wok
- Wok ring
- Bamboo steamer
- Chinese spatula
- Chinese cleaner
- Chopping board
- Chinese strainer

Techniques of cooking:-

- Stir frying
- Deep frying
- Oil blanching
- Steaming
- Stewing & braising

Special ingredients

- Ajinomoto
- Annatto seed
- Asamkeping
- Assam Tawa
- Bamboo shoots
- Beans sprouts
- Banana leaves

- Bean curd
- Coconut milk
- Cloud ears

➤ Italian cuisine

it is the 1st fully developed European cuisine. It originates were the romans who learned the art of cooking in Asia Minor & Greece. It was also called the mother cuisine of all Latin European countries. In 1533 Catherina de medic journeyed from Florence to France to get married to future king, harry II brought her cooks to France at that time they knew the art of making modern pastry and sweets, cream, cakes, puffs & ices. It imperial times exotic eating was the rule. Peacocks, flamingoes & herons, were served with their sauces, and carefully replaced after cooking. The early romans were sphered farmers. The roman learned to derive salt, by evaporating the sea water & started a profitable salt trades. The staple dishes were pulmentum made from millet or chick peas, flour which can be had like a bread or porridge. In 16th century the 1st modern cooking academy was found at Florence by the name of “CAMPAGINA-DEL-PAILO”.

Comparison of Indian subcontinent and African cuisine

	<u>Indian subcontinent cuisine</u>	<u>African cuisine</u>
<u>Diet</u>	<p>Indian cuisine encompasses a wide variety of regional cuisines native to India. Given the range of diversity in soil type, climate and occupations, these cuisines vary significantly from each other and use locally available spices, herbs vegetables and fruits. Indian food is also heavily influenced by religious and cultural choices and traditions.</p> <p>The development of these cuisines have been shaped by Dharmic beliefs, and in particular by vegetarianism, which is a growing dietary trend in Indian society. There has also been Central Asian influence on North Indian</p>	<p>The various cuisines of Africa use a combination of locally available fruits, cereal grains and vegetables, as well as milk and meat products. In some parts of the continent, the traditional diet features a preponderance of milk, curd and whey products. In much of Tropical Africa, however, cow's milk is rare and cannot be produced locally (owing to various diseases that affect livestock). Depending on the region, there are also sometimes quite significant differences in</p>

	<p>cuisine from the years of Mughal rule. Indian cuisine has been and is still evolving, as a result of the nation's cultural interactions with other societies.</p> <p>Historical incidents such as foreign invasions, trade relations and colonialism have also played a role in introducing certain foods to the country. For instance, the potato, a staple of the Indian diet was brought to India by the Portuguese, who also introduced chilies and breadfruit Indian cuisine has also shaped the history of international relations; the spice trade between India and Europe is often cited by historians as the primary catalyst for Europe's Age of Discovery Spices were bought from India and traded around Europe and Asia. It has also influenced other cuisines across the world, especially those from Southeast Asia, the British Isles, and the Caribbean.</p>	<p>the eating and drinking habits and proclivities throughout the continent's many populations: Central Africa, East Africa, the Horn of Africa, North Africa, Southern Africa and West Africa each have their own distinctive dishes, preparation techniques, and consumption mores.</p>
<p><u>Ingredients</u></p>	<p><u>Staple foods</u> of Indian cuisine include <u>pearl millet (bajra)</u>, <u>rice</u>, <u>whole-wheat flour (atta)</u>, and a variety of <u>lentils</u>, such as <i>masoor</i> (most often red <u>lentils</u>), <i>toor</i> (<u>pigeon peas</u>), <u>urad</u> (black gram), and <i>moong</i> (<u>mung beans</u>). Lentils may be used whole, dehusked—for example, <i>dhuli moong</i> or <i>dhuliurad</i>—or split. Split lentils, or <u>dal</u>, are used extensively. Some <u>pulses</u>, such as <i>channa</i> (<u>chickpeas</u>), <i>rajma</i> (<u>kidney beans</u>), and <i>lobiya</i> (<u>black-eyed peas</u>) are very common, especially in the northern regions. <i>Channa</i> and <i>moong</i> are also processed into flour (<u>besan</u>).</p> <p>Many Indian dishes are cooked in <u>vegetable oil</u>, but <u>peanut oil</u> is popular in northern and western India, <u>mustard oil</u> in eastern India, and <u>coconut oil</u> along the western coast, especially in Kerala. <u>Gingerly (sesame) oil</u> is common in the south since it imparts a fragrant nutty aroma. In recent decades, <u>sunflower</u> and <u>soybean</u> oils have become popular across India. <u>Hydrogenated</u> vegetable oil, known as <i>Vanaspati ghee</i>, is another popular cooking medium. Butter-based <u>ghee</u>, or <i>desi ghee</i>, is used frequently, though less than in the past.</p>	<p>The local cuisine and recipes of West Africa continue to remain deeply entrenched in the local customs and traditions, with ingredients likenative rice (<i>Oryzaglaberrima</i>), rice, fonio, millet, sorghum, Bambara groundnuts and Hausa groundnuts, black-eyed beans, brown beans, and root vegetables such as yams, cocoyam's, ...</p>

	<p>Many types of meat are used for Indian cooking, but chicken and mutton tend to be the most commonly consumed meats</p>	
<p><u><i>What and why people eat</i></u></p>	<p>Indian cuisine is very popular abroad. It is spicy and tasty. Of course, such cuisine is consumed on occasions and not on a daily basis. What do people in India generally have and what are their special dishes?</p> <p>The menu varies from region to region. Tastes differ and the preparations are also different. What types of food do people in India eat?</p> <ul style="list-style-type: none"> • Chapattis - This is made of wheat and people belonging to the north of India generally have it for lunch and dinner. They have it with dal (soup made of pulses) and vegetable curries. • Dal - This is soup made of pulses and contains a lot of protein. • Curries - Vegetable curries are very popular with meals. It is a must. Indians consume a lot of vegetables. • Rice - In the south people eat a lot of rice. They have it for lunch and dinner. • Pickle - Pickle is a must with meals. In south they are very spicy. Popular pickles are mango, ginger, amla, green chilies etc. • Sweets - In most parts of India people have deserts as sweets. These are cheese and milk based. During the festival season, lots of sweets are consumed. Sweets such as burfi, rasagolla, jalebi are consumed a lot. Bengalis love sweets. • Curds or Lassi - People have curds (yogurt) or Lassi after a meal. It cools down the digestive system after spicy intake. It is also a must. • Idlis - In the south, Idlis or steamed cakes are taken for breakfast. • Dosas - South Indians have dosas for breakfast as well. They are a type of pancakes made of rice. They are sometimes stuffed with potato curry. • Sambar - This a Dal preparation, which south Indians have it with idlis 	<p>African cuisine varies depending on the country or region, but local fruits, vegetables and cereal grains are common staples. Milk and meat products are also used often. North, East, West, South and Central Africa have varying styles of food and distinctive preparation techniques</p> <p><u><i>North Africa</i></u></p> <p>The food of North Africa has been heavily influenced over the centuries by the ingredients brought by traders, invaders and migrants.</p> <p>The Arabs introduced spices such as saffron, nutmeg, cinnamon, ginger and cloves. Sweet pastries and other baked foods were brought by the Ottoman Turks.</p> <p>Wheat and its by-product, semolina, were introduced early on. The nomadic Berbers adapted semolina into couscous, one of the main staples of the region.</p> <p><u><i>Food in the South and East</i></u></p> <p>Cattle are regarded as a symbol of wealth across much of Africa. So while farmers may use them for dairy products, often the animals are not used for their meat. Many people in the South and East rely mainly on grains, beans and vegetables, with fish providing protein in coastal, lake or river regions. Ground maize or corn (called 'sweet corn' in the UK) is used as the basis for many meals. Maize flour is cooked with water to form a stiff porridge (called <i>ugali</i> or <i>nsima</i> in certain countries). Sometimes it's made into a dough. This starchy staple is served with sauces or stews. Arabic influences can be seen in East African cuisine. For example, steamed rice is served with spices such as saffron,</p>

	<p>and dosa and also for lunch and dinner with rice.</p> <ul style="list-style-type: none"> • Rasam - This is also a preparation of Dal, very popular with south Indians. It is a type of salt fish soup, very spicy and tasty. • Parathas - These are thick forms of chapattis with lots of oil. In the North, people have them for breakfast. • Pakodas - People have them for tea. They are also a Dal preparation and are fried in oil. • Puris - These are small types of roti's which are prepared in oil. People eat them with different curries, most popular being potato curry. • Papad - These are fried in oil and people have them with chapattis or rice. • Tandoori Chicken - This is a popular chicken dish. It is tasty and spicy. • Cholebatura - This is a popular North Indian dish. It is made of pulses and roti or type of naan. • Naan - This is another type of roti or chapatti, which people have with dal or curries. • Kebabs - This is a meat dish very popular in the North. • Fish - Bengalis eat a lot of fish. They simply cannot do without it. <p>Indian food has much to offer. The daily intake is routine, but on special occasions different types of cuisines are prepared.</p>	<p>cloves and cinnamon. Indian workers and immigrants also brought their foods with them, such as spiced vegetable curries, lentil soups, chapattis and pickles.</p> <p>Oranges, lemons and limes are frequently used in cooking, while other fruits such as mangoes, papayas and pineapples are eaten for dessert</p> <p><u>Food in the West</u></p> <p>The cuisine of West Africa tends to rely on heavy starchy foods (known as carbohydrates), which provide energy. Typically, West Africans will give their meals taste with hot spices and chili peppers, or sauces such as peanut. The staple grain varies from region to region, but maize/corn is common in many areas. Rice dishes are also widely eaten in the region, especially across the dry <u>Sahel</u> belt.</p> <p>Along coastlines, rivers and lakes, fish are an important source of protein.</p> <p>Cattle, goats and sheep are raised (varying by region), though meat is often a luxury for poor families.</p> <p><u>Food in Central Africa</u></p> <p>Many parts of Central Africa have remained true to their traditional foods, perhaps because until the 19th century, there weren't many external influences on the cuisine.</p> <p>Plantains (a variety of banana picked unripe and cooked as a starch) and cassavas continue to form the basis of many meals. Starchy staples are often served with meat, bean or vegetable stews.</p> <p>Meat from livestock can be costly and where they can, families use 'bush meat' from wild animals such as monkey, antelope and wild pigs</p>
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<u>Menu structure</u>	<p>Indian Breakfast consists of juices, fruits, sweet dishes, eggs, beverages, Indian specialist breakfast items</p> <p>Lunch/dinner:-</p> <p>Mainly in Indian cuisine rice and bread items are used more and lentils, like roti, naan , pulao, rice, dal, halwa curd eggs and meat, chicken , fish,</p>	<p>Breakfast. Porridge (infused with spices) is sometimes drunk by islanders, as a way to commence the day.</p> <p>Lunch/Dinner. Meat (mutton, chicken) served with rice and peas (or peas and rice). Rice or an assortment of root vegetables are served with many meals and currying/jerk meat is another popular cooking method. Roti is also eaten with meat and/or potatoes, more common amongst the lesser Antilles.</p> <p>Dinner. Also a light meal, usually like lunch but less service of meat.</p>
<u>Influences</u>	<p>Indian cuisine has also influenced cuisines across the world, especially those of South East Asia. It is now one of the most popular cuisines across the globe. Enjoyed not only among the large Indian diaspora but also by the general population in North America, Europe, Australia and parts of Africa.</p>	<p>West Africans were also brought to the islands during the transatlantic slave trade, they too played a significant role. Other ethnic groups such as the Arabs, East Indian and Chinese, also arrived as labourers. European nationalities; British, French, Spanish and Dutch, who colonized various islands have also inspired culinary dishes.</p>

INFLUENCES IN CARIBBEAN CUISINE

Background & Influences

Traditional island cuisine results from a *mélange* of cultural influences. The islands have been fought over and owned by various European powers—mainly the British, French, and Spanish. All of these cultures, as well as their respective culinary traditions, have played a role in forming the multi-national cuisine of the Caribbean.

Originally, two Native American tribes occupied the islands—the Arawak’s and Caribs. Food historians claim that the Caribs began the institution of spicing food with chili peppers, a culinary feature maintained today. The Caribs were also cannibals, a gastronomic trend that fortunately did not carry through to present.

The Arawak's are credited with beginning barbecue techniques, by fabricating grills with native green sticks called barbacoa. Crops tended by these Native Americans included taro root, corn, yams, cassava, and peanuts. Guavas and pineapple, as well as black-eyed peas and lima beans grew wild on the islands.

When Columbus arrived in 1493, he introduced sugarcane to the natives. It was later discovered that rum could be made from fermented cane juice, a drink that remains the ultimate in tropical Caribbean refreshment. Spaniards introduced other foods, notably coconut, chick-peas, cilantro, eggplant, onions, and garlic. European colonists, including the Portuguese, Dutch, Danish, British, French, and the Swedes, came later to the islands with their culinary trademarks. Some of the foods introduced by these travelers were oranges, limes, mangoes, rice, and coffee.

During the African slave trade that began in the early 1600's, foods from West Africa came to the Caribbean Islands, including okra, pigeon peas, plantains, callaloo, taro, breadfruit and Ackee. Following the abolishment of the slave trade in 1838, laborers from India and China came to work in the fields and plantations, adding two very different culinary influxes to the already long list.

Because the islands are multicultural, there are distinct regional differences in the authentic cuisines of the Caribbean. Islands like Puerto Rico and Cuba have distinct Spanish-influenced food. Guadeloupe and Martinique are French-owned; their native cuisine has obvious ties to France. Jamaica, which was once a major slave-trading center, is rich in African culture, even though it was a British colony until 1958.

Certainly geography has played a major part in culinary influences, as well. South America introduced its native potatoes and passion fruit to Caribbean cuisine. And Mexico's donations include papaya, avocado, chayote, and cocoa.

Although it is difficult to generalize about Caribbean cuisine, it remains exquisite. Whether dining on conch in the Caymans or Callaloo in Tobago, or simply eating a passion fruit right off the tree, you will know that Caribbean cuisine is food of the gods.

What to Eat

A few decades ago, the Caribbean people thought their food not good enough for the annual hoards of vacationing tourists. They considered their local dishes too native and uninteresting, and chose to offer visitors French food instead. Fortunately, after constant demand, Caribbean hoteliers and restaurateurs now offer a variety of traditional foods throughout the islands.

From the lush tropical vegetation of the Caribbean comes an astonishing array of fruit. There are coconuts, pineapples, passion fruits, papayas, mangoes, apples, oranges, bananas, melons, figs, pomegranate, and limes. Others include the breadfruit, ugly, raspberry, tamarind, sapodilla, soursop, plantains, cherimoya, monstera, loquat, Carambola, guava, and mameysapote. Some exotic fruits are not exported because they are too delicate, which is why many Caribbean fruits are unfamiliar to those who do not travel to the Islands.

Some fruits are enjoyed right off the trees as part of a meal or snack, but many are used for a variety of both sweet and savory dishes. Mangos and papayas are used in drinks, desserts like sherbets and mousse, and in fiery chutneys. Coconuts are used for coconut bread, coconut ice cream, flan, and that world-famous Pina Colada. Coconut milk is also used for meat sauces, and even cooked with beans. Plantains, which are similar to bananas, are eaten grilled, fried, prepared as crispy chips, or baked in meat pies.

Vegetables, likewise, are prolific on the islands. Yams, pumpkin, Yuca, Calabaza, callaloo, chayote, sweet potatoes, okra, tomatoes, zucchini, cucumbers, and bell peppers are all used to their full advantage. A variety of legumes are also popular, especially black beans used in popular Cuban black bean soup. Other common beans are pigeon peas, black-eyed peas, and red beans. Most bean dishes are served with rice and cornbread, similar to Creole menus of the Southern U.S.

Poultry dishes are widespread throughout the Caribbean, mostly because chicken is the most economical meat. It is often marinated with ginger, lime, and chiles before grilling. Beef and pork dishes are common in Caribbean cuisine, but more so on the Spanish Islands. Goat, and less popular lamb, are used on some islands. Curried Goat is a holiday specialty of Jamaica.

Treasures from the sea are another reason to experience Caribbean cuisine. These are the fresh fish, shellfish, and other tropical delicacies caught daily in the warm waters of the Caribbean Sea. Hundreds of varieties of fish are available, including sea bass, swordfish, pompano, mullet, kingfish, yellowtail, tuna, wahoo, snapper, grouper, mackerel, and dolphin fish. They are grilled, baked, or served in chowders and stews.

Salt codfish is a Caribbean specialty. Its most common presentations are in salads and stews, or with scrambled eggs. Shellfish like the spiny lobster and shrimp are ubiquitous, and both given the special Caribbean touch with specialties like Lobster Creole and Coconut Shrimp. Other Caribbean specialties include conch, sea urchin, and turtle.

Probably because of the preponderance of sugar cane in the islands, desserts are an important part of a Caribbean meal. They come in every form, from cakes, dumplings, bread and rice puddings, to flan, soufflé and mousse. There are also frozen ices and sherbets. Many desserts utilize local fresh and dried fruits, sometimes sweet potatoes, pumpkin, and avocado; rum is sometimes an ingredient.

By no means are all Caribbean dishes fiery hot and spicy, but chilies are the most widespread form of Caribbean seasoning. It is not unusual when dining in the islands, that a bottle of local hot sauce be available to patrons.

To truly experience Caribbean cuisine, it is wise to seek out the regional specialties, especially if you are staying at a fine resort hotel. Remember that just because there is a hibiscus flower on the plate, doesn't mean the dish is authentic!

Caribbean Food and Cuisine

Steak, chicken, and seafood served in the Caribbean are cooked with distinct spices and ingredients found in the region. Well known Caribbean cuisine includes key lime pie, barbecued ribs served with guava sauce, chicken kabobs, jerk chicken, and coconut shrimp.

Origins of Caribbean Food

Food is a very important aspect of many family traditions and Caribbean culture. During holidays and other special events, it is not uncommon for people to spend many days preparing food. Caribbean dishes are often comprised of indigenous, European, American, Chinese, and African influences. Caribbean cuisine is influenced by Chinese, Indian, Dutch, French, Spanish, British, and Amerindian food. Local residents have also developed distinct dishes. A popular Caribbean dish is seasoned jerk chicken.

This spicy dish is unique, but it is similar to Louisiana Creole chicken. Chicken, goat, and curry are popular foods throughout the English influenced areas of the Caribbean, particularly Tobago, Trinidad, and Guyana. French food is popular in the French influenced areas of the Caribbean, Guadeloupe and Haiti, for example. Rice served with beans and different sauces is a staple food throughout the Caribbean. In fact, people in the West Indies refer to rice as “peas.”

A traditional goat stew is Montserrat’s recognized national dish and very popular in St. Nevis and Kitts. This popular stew is made with tomatoes, dumplings, green papaya, breadfruit, and goat meat. In the British Caribbean, a popular meal is pelau, a mixture of saltfish, beef, and chicken meat with rice, pigeon peas, and other vegetables. A prominent African influenced Caribbean dish, callaloo, combines leafy greens with okra. People living in the Spanish influenced regions of the Caribbean eat a lot of spicy and flavored foods. For example, Cuban and Puerto Rican people heavily flavor their food with garlic and lime.

Cinnamon, ginger, and nutmeg are other popular seasonings used in the Spanish Caribbean. Seafood is very popular in the Caribbean. Each Caribbean nation usually has a unique seafood dish. Shark, fish, lobster, and conch are common dishes popular in different regions. For example, flying fish is a popular dish in Barbados, while fried shark and crab are popular in Tobago. Western African influenced saltfish can be found throughout Caribbean.

Rice is a staple food throughout the Caribbean, and each island has a unique rice dish. On some islands, rice is specially seasoned or served with coconut. Yellow and brown rice is served as a side on many Caribbean dishes.

In addition to rice, beans are a popular food throughout the Caribbean. In Cuba, beans are included in many dishes. Beans are cooked and served in a variety of ways depending on the country. Excellent conch can be found in Belize and the Bahamas. One popular way to prepare conch is to season it, coat it in batter, and then to deep fry it. This popular food is known as fritters.

Caribbean Food Glossary

the following are popular food items found throughout the Caribbean:
Ackee - is grown on evergreen trees that were brought to the island from West Africa. The fruit is easily recognizable from its reddish and yellow appearance. It is often called vegetable brains since the fruit lies within the red section. The flavor of the yellow section is similar to scrambled eggs. Ackee is popular in dishes featuring saltfish, onions, and hot peppers.

Asopao - translated into English means soupy. This famous Puerto Rican soup is comprised of capers, olives, peas, ham, bell peppers, onions, tomatoes, rice, and chicken.

Boniato – is a partially-sweet potato grown throughout the Caribbean.

Calabaza - is a Caribbean squash with a very sweet taste. It is commonly found in pumpkin soups and meals with a lot of vegetables.

Carambola - is often called star fruit since it looks like a star when cut a certain way.

Carrabolla is tasty and crisp and very popular in salads and desserts.

Ceviche - is a seafood dish prepared in citrus juices and served with herbs and onions.

Chayote - is a melon like fruit. It is commonly called Cho-Cho and frequently used in salads.

Chutney - is a mixture of spices, peppers, vegetables, and tropical fruits. Mango chutney is often served with different curries.

Coconut - a freshly picked coconut will be full of liquid, so people looking for a fresh one should shake it prior to purchasing it. To reach the sweet juice, stick a knife into the dark dots on the bottom of the coconut and let the fluid drain out while slightly tapping the shell with an object. To reach the coconut's fillings, shatter the shell by striking it with a hard object.

Curry - is a spicy or very seasoned sauce that originally comes from India. Curry is popular in Tobago, Trinidad, and Jamaica since immigrants from India migrated to these countries during the 1800's. Common curries are seasoned with cayenne peppers, turmeric, cumin, coriander, and allspice.

Escabeche - is known by Jamaican citizens as Escovitch. It is a seafood dish poached or cooked in a pan before being marinated in herbs and citrus juices.

Guava - is a small tropical fruit with a vivid orange coloring. It is common to see guava in jellies, sauces, and compotes. Guava sauces from the Spanish speaking islands are very tasty and often spread over bread.

Jerk – is tender meat preserved by saturating it in hot peppers and spices. Jerk meat is very popular in Tobago, Barbados, Trinidad, and Jamaica. Jerk meat is frequently seasoned with garlic, onions, peppers, allspice, and thyme. To make the meat sweet, it is often seasoned with molasses. Common jerk seasoned meats include fish, pork, and chicken.

Jicama - this large root vegetable is crunchy and tasty.

Mango - is a brightly colored fruit with a thick covering. This fruit is very sweet and often made into sauces, marinades, and sorbets. Green colored mangoes are an important ingredient in different soups and chutneys. Mauby (or Mawby) - is a tree bark often boiled with flavoring to create a drink alleged to decrease cholesterol.

Mojito - is an alcoholic beverage consisting of soda water, lime juices, and rum. It originated in Cuba.

Okra - is a small green fruit used to thicken soups or cooked to be eaten whole. Slaves from Africa introduced okra to the region.

Paella - is a Spanish influenced dish where clams, shrimp, sausage, pork, chicken, and other items are placed on a stack of rice. Since a variety of ingredients can be used in this dish, chefs usually develop their own unique paella recipes.

Papaya - is a big melon like fruit with a tasty orange colored filling. It is called Pawpaw by many island natives. Papaya comes in a variety of shapes and sizes. Papaya is used in desserts, salads, and drinks. Pick-a-Peppa Sauce - this Jamaican sauce is very spicy and mango flavored.

Plantain - is a staple food throughout the region. Plantains must be properly cooked before eaten, but it is not required that plantains be ripe. Green plantains are frequently fried to be served with fritters. Thinly sliced and fried plantains are a crunchy treat similar to potato chips.

Ropa Vieja - is prepared by cooking shredded beef in a sauce full of spices.

Roti - is one example of a Caribbean dish with Indian influence. Roti is made from wrapping a piece of flat bread around vegetables or meat.

Salsas - are flavored sauces loaded with chili peppers, herbs, spices, and fruits. These tasty condiments are usually spicy and add great flavor to any meal.

Salt fish - is dried fish, usually cod, coated with salt. Haddock, herring, and mackerel are other popular meats used to make salt fish. Ackee usually accompanies a dish of salt fish. Salt fish is known as Bacalao in the Hispanic Caribbean nations and Morue in the French Caribbean nations. A popular salad called Bujol consists of peppers, onions, and salted codfish.

Sofrito - is a sauce made with herbs, chilies, tomatoes, garlic, onions, bell peppers, and cilantro. It is an important ingredient in soups found in Puerto Rico, including Asopao.

Sorrel - is a flower that can be found throughout the Caribbean. Sorrel is often placed in a pan with ginger, orange zest, and cloves and boiled to create sauces, jams, and drinks. During

Christmas, many people in the British Caribbean enjoy this sweet and tart drink.

Sour soup - this large fruit is coated with soft spines and shaped like a heart. The sour juice from this fruit is a common ingredient in many sorbets and drinks. Stamp and Go - these deep fried cod meat patties are seasoned with chilies and annatto to create a distinct flavor. Excellent Stamp and Go can be found in Jamaica.

Tamarind - this fruit is an ingredient in Worcestershire sauce, curries, and other sauces.

Yuca - is also called manioc or cassava. Yuca is very tasty whether fried, baked, or boiled. Yuca is very starchy and usually comes in long and slim strips. Yuca is a common ingredient in tapioca, syrup, and casareep. Yuca can also be used to make bread.

❖ *Historical And Geographical Influences in Indian Cuisine*

History and Cultural Influences Evidence shows people inhabited India 200,000 years ago. The first documented civilization in India occurred about 2500 B.C. in the area that is now western India. Religion was and still remains an important part of both India's history and its culinary makeup. Many Muslims and Hindus lived in India, as they do today. Throughout the history of India, there have been periods of violence and times of peaceful coexistence between these two religious groups, as well as other religious sects. Offshoots of the Hindu religion, Buddhism and Jainism developed in the 500s and 400s B.C. in India. Besides Hindus, Muslims, Buddhists, and Jains, India is home to Sikhs, Zoroastrians, Christians and Jews. Many religious sects flourish in India, each following their own dietary laws. During the sixteenth century India was invaded and conquered by the Moghul Empire. These Muslim Moghuls entered India from Persia and the Middle East. The Moghuls left a significant mark on the Indian cuisine, which remains most pronounced in the north of India. They introduced lamb and grilled kebobs in addition to preparing many of their native dishes, including rice pilafs, biryani (a baked rice and meat dish), and meats marinated and cooked with yogurt. The Indians adopted many of the Moghul dishes as well as the use of yogurt for marinating meats and making sauces. They quickly learned a preference for smooth, delicate sauces from these invaders.

Besides culinary influence, the Moghuls left their impact of many other aspects of Indian life. They built magnificent mosques and palaces such as the Taj Mahal, developed cities, and introduced an extravagant and opulent lifestyle. Their rule lasted until the latter part of the 1700's when the British gained control. Throughout history, many explorers, including the Romans, Phoenicians, Portuguese, and Dutch, came to India in search of spices. Indeed, they found a bounty of spices in this land. These explorers returned to their homelands bearing spices, but also left remnants of their own culinary culture behind with the people of India. In 1498, Portuguese explorers arrived in India in search of spices, gold, silk, and other treasures. They introduced chili peppers from the New World, and these hot peppers immediately became an important part of the Indian cuisine. In addition, these explorers brought cashews, potatoes, and tomatoes. The Portuguese ruled the western part of India for 400 years. The British arrived in the 1600s. In the late eighteenth century, India became a British colony and remained under the rule of Britain until 1947 when they became an independent nation. As a result of the long British rule, the Indians made a lasting impact on the cuisine of Britain, and the British strongly influenced the cuisine of India.

Topography and Climate

A peninsula jutting into the Indian Ocean, India is located in southern Asia. Pakistan and the Arabian Sea lie to its west; Bangladesh and the Bay of Bengal are to the east; China, Nepal, and Bhutan are found to the north. Basically, distinct regions based on the topography comprise India. Lying at India's northern border with China and Nepal, the Himalayan Mountains, the world's highest mountain range runs through the extreme northern section of India. The climate in these snow-capped mountains consists of cold winters and cool summers, conducive to growing many crops, including fruits and walnuts. Abundant mushrooms grow wild in this terrain. South of the mountains, the land changes to plains, valleys and rivers. The Ganges and Indus rivers run through this area, providing rich soil for fertile farmland and a bounty of fish for consumption. Most of the people of India reside in this region. The east consists of fertile plains and coastline. Abundant seafood and fish are available here, and ample crops include rice, coconuts, and many vegetables. Eastern India receives abundant rainfall; in fact, some of the

highest measured rainfall found anywhere occurs here. Contrarily, hot, arid land with desert conditions describes the land in the west. Seafood from the coasts dominates the diet of those living in this region as significantly fewer crops grow here. The central-southern portion of the Indian peninsula, called Deccan, contains plateau in the center, surrounded by mountains on the east and west, with coastal plains lying between the mountains and the coast. Tropical conditions and jungles predominate in the south. Much of this land is fertile farmland, yielding all sorts of grains, including the famous basmati rice, wheat, corn, millet, and barley. Legumes and many vegetables flourish in this region. Lying near the equator, the extreme south experiences hot, humid, tropical weather with seasonal monsoons, or seasonal rains. Seafood, fish, coconuts, bananas, and a myriad of tropical fruits and vegetables flourish in this climate. The climate in India includes three seasons: the cool season of the fall and winter, the hot season existing in the spring and the rainy season found in the summer. The cool season means cold weather in the mountainous areas, but temperate, warm, or hot conditions in the other regions. In particular, the southern regions experience extremely hot conditions during the hot season. The monsoons have an enormous effect on the crops making India susceptible to both flooding and droughts, which often lead to crop failures and starvation.

Key Ingredients and Foods Common to Indian Cuisine

- rice and wheat
- legumes including lentils, split peas, mung beans and chickpeas
- goat and lamb
- seafood and fish
- vegetables including spinach, cauliflower, potatoes, peas, pumpkin and sweet potatoes
- fruits including bananas, plantains, mangoes, oranges, and coconuts
- chutneys and pickled fruits and vegetables } garlic } cilantro
- coriander, cumin, ginger, turmeric, cardamom, fenugreek, hot chilies, mustard, fennel, cloves and cinnamon
- ghee (clarified butter)

Cooking Methods, Equipment Used, and Methods of Preservation

In the early days, much of the food was either grilled over an open fire or cooked in a pot placed in the embers of the fire. Of course, this one-pot cookery resulted in stew-like curries and was perfect for the long, slow cooking needed for legumes. To extend the available meat, the tender cuts of meat joined vegetables on a skewer for grilling, and the tougher cuts entered the pot for braising – the slow cooking method necessary to make them tender.

Baking in the tandoor oven occurs most frequently in the north. This clay oven becomes very hot from fuel of wood or charcoal, and it is used for cooking meat, poultry, seafood, fish, or vegetables on skewers, as well as for baking flatbreads. Skewered foods are marinated in a yogurt and spice mixture before cooking, then the skewers are lowered into the vat-shaped oven. Flatbreads are slapped against the inside walls of the hot oven where they adhere and cook quickly.

Stir-frying remains a popular cooking technique in India, particularly with the large number of vegetable dishes served throughout this country. Like the Oriental wok, Indians use a deep pan with a rounded bottom and handles on each side called a karahi. Another pan found in Indian kitchens, the tava is a slightly concave griddle made of cast iron. Frequently used for sautéing, several varieties of flatbreads are cooked on an ungreased tava.

Deep-frying also appears regularly in this cuisine.

Steaming remains one of the most frequently used cooking techniques used in the south. Often, banana leaves enclose the foods to be steamed. Like the tamale of Mexico, leaf wrapped foods were placed in the embers of the fire for steaming in the past. Today, large and small steaming pots are standard equipment in most southern Indian kitchens. With many rivers and lots of ocean surrounding this peninsula, fresh seafood and fish abound. Seafood preparations include frying, baking, poaching, grilling and steaming. The

preservation of fruits and vegetables is commonplace throughout India. Pickles and chutneys (intensely flavored, spicy relishes) function as an important part of the Indian meal, as well as preserving the bounty of fruits and vegetables for meager times. Drying foods occurs in the mountainous north where harsh winters limit the growing season. Another preservation technique, salting, is frequently employed to extend available food supplies for times when less is available. Like Africa, parts of India are susceptible to flooding and droughts, and the condition of the next crops remains unknown.

Key Regions: Culinary Focus on Northern and Southern Influences

India is a densely populated nation with the second largest population of any country in the world. The diverse topography and climate that exists here created strong regional differences. In addition, dietary laws from the various religious groups in India caused pronounced effects on the cuisine. These three issues – topography, climate and cuisine, molded the cuisine of each region. As a result, great differences exist between the cuisines found in the various regions. These differences are particularly apparent between the north and south. Flatbreads made from wheat function as the predominate starch in the north, but inhabitants of the southern regions eat rice with their meals. The food prepared in the north tends to be subtler in seasoning, while hot curries and highly spiced dishes dominate southern dishes. With ample coastline on three sides, much seafood is consumed in the east, west, and south. Although the arid regions of the west yield fewer crops, they produce peas and beans (legumes). Accompanied by bread, these legumes form a major portion of the diet in this region. Baked flatbreads and skewers of meats, poultry, seafood and vegetables roasted in the famous tandoori oven hail from the north. Usually marinated in a yogurt mixture, these meats are often seasoned with Garam masala, a mixture of spices. The traditional orange color of the meats cooked in the tandoor usually comes from food coloring, not spices. Although the northerners bake their foods, the people of the south prefer to steam their dishes. Although high meat consumption reigns in the north, the diet of the people in western, eastern, and southern India includes lots of fish and seafood and much less meat. Myriad vegetarian dishes come from the south, where many Hindu vegetarians reside. Typical of inhabitants of many hot climates throughout the world, the people of the tropical south prefer hot, spicy

dishes and use lots of coconut and coconut milk. In addition, tamarind and mustard seeds flavor many of their dishes. Although many of the same spices are used in both north and south, their treatment makes them taste differently. In the north, spices are cooked or roasted in a dry pan, then ground and added to the foods. People in the south prefer to mix the spices into a wet paste and then combine the spice paste with the dish. All Indians drink cold water with the meal, but coffee or tea generally follows the meal. Northerners prefer tea, and often serve spiced tea after the meal. The people of the south choose coffee flavored with milk and sugar instead of tea.

Religious and Dietary Considerations

Hindus, Muslims and people of numerous other religious sects live in India, each possessing their own philosophies and dietary laws. Muslims do not eat pork. Hindus consider the cow a sacred animal, so they consume no beef. In addition, Hindus believe in reincarnation, so many abstain from eating any meat. Jains, members of another eastern religion that developed from Hinduism, believe strongly in reincarnation. As a result, followers of that religion eat no meat, fish, poultry or eggs because that animal could have been a person in another lifetime. Many also refrain from eating root vegetables because digging them might injure a worm or other underground creature. They abstain from red foods such as tomatoes and beets because the color is reminiscent of blood. As a result of the numerous religious restrictions on meat, the Indian cuisine is rich in vegetarian dishes.

Cuisine

Lamb and Goat

With popular dietary laws forbidding consumption of pork and beef, the most popular meats remain lamb and goat. More meat is eaten in the north than the south of India, and lamb became a favorite as a result of the Moghul influence. The Moghuls ate lots of meat in their native Persia, but abstained from pork because of their Muslim faith. When they entered India, they found a country where the cow was sacred, so that left lamb, goat and chicken for their consumption. Reminiscent of the Middle Eastern lamb dish, kibbe, northern Indians prepare kofta, a ground lamb and hardboiled egg dish.

Chicken

Appears often in India, where preparation involves removing the skin to facilitate the absorption of spices and marinades. In addition, cooks make shallow cuts in the meat so more of the marinade penetrates into it. Chicken is cut into smaller pieces than is customary in many western cultures for two reasons. First, like many Asian cuisines, less meat accompanies greater amounts of vegetables and grains in the Indian diet. Second, smaller pieces expose more surface area to absorb the spices and marinade.

Seafood

Ample seafood and fish are available along the coasts and near rivers, so inhabitants in those areas consume lots of seafood and fish. Similar to Dover sole, pomfret is one of the most prevalent and popular fish from the coasts of India. Other frequently consumed fish include mackerel and sardines. Fish preparation in the coastal areas often involves flavoring with masala, a blend of spices, as well as coconut or coconut oil. Shellfish also abounds, and my dishes containing shrimp, clams, crabs and other shellfish are served.

Rice, Wheat, Grains and Beans

Rice, wheat, grains and beans form the basis of the Indian diet. In fact, an Indian meal is incomplete if not accompanied by either bread (wheat) or rice. As stated before, rice is the staple of the south, whereas some form of wheat accompanies meals in the north. Inhabitants of southern India eat rice three times a day. It is not unusual for a family to have twenty-five different recipes for rice in their repertoire. Several types of unleavened flatbreads are served in India. Usually made from whole grain flours such as chapatti, a finely ground whole wheat flour, these breads are cooked by deep-frying, sautéing, on a dry griddle, or baking.

INDIAN FLATBREADS

Chapatti: cooked on an ungreased

Tava; made from chapati flour

Parathas: cooked on an ungreased tava

Naan: baked in a tandoori oven

Poori: deep fried

Grown in the foothills of the Himalayas, basmati rice is a nutty-flavored, long grain variety of rice used throughout India, but especially in the north. The flavor of rice improves with aging, so high-quality basmati rice is aged a minimum of six months. The aromatic basmati rice is preferred for biryani, pilafs, and other dishes; but, depending on the use, Indians choose other types of bread. In fact, over 1,000 varieties of rice flourish in India. Like wheat, rice appears in a number of forms, including puffed rice and rice flour. Indians prepare an endless variety of rice pancakes, which function as breakfast throughout much of southern India.

Legumes

Legumes play a huge role in the Indian cuisine, functioning as a major source of protein for the many vegetarians and people who cannot afford meat. Dal refers to any split legume, including lentils and split mung beans. One of the most popular legumes, lentils appear in many recipes throughout the country. Dal also refers to a mild purée of lentils or beans that is commonly served in the north. Southerners prefer a spicy lentil dish called sambar.

Yogurt and Accompaniments

Although pronounced regional differences in the cuisine exist, yogurt as well as ample amounts of fresh fruits, chutneys, and pickles accompany meals throughout India. Two condiments, chutneys and pickles, are made from all sorts of fruits and vegetables. Originating in India, the intensely flavored, spicy chutney joins a myriad of foods to heighten the flavor sensations by adding a whole range of flavor components to the Indian meal. Chutneys and pickles can be spicy, aromatic, hot, mild, sweet, tart, and or salty. Another frequently served item, yogurt relishes contain any vegetable or fruit combined with yogurt. Raita, a yogurt salad, frequently accompanies plain roasted or

grilled meats, as well as highly spiced foods. The best known variety is probably cucumber Raita. Yogurt functions as a cooling component after spice foods.

Vegetables

Vegetable cookery is vital to the cuisine of India. Abundant varieties of vegetables grow in this diverse climate and topography ranging from snowcapped mountains to tropical jungles. With so many vegetarians and the year-round availability of vegetables, they function as a major component of the diet. Vegetables appear in numerous guises cooked in combinations and with an extensive range of herbs and spices. Many types of vegetable curries abound. Potatoes, spinach, cauliflower, pumpkins, peas, and sweet potatoes rank high in popularity.

Fruits

With a bounty of fruits available throughout the year, Indians also consume ample amounts of fresh fruit. Like the African and Latin American countries, bananas and plantains show up often. Curries frequently incorporate fruit, which counters the spiciness of the dish. Fresh fruit or fruit pastes accompany many meals, and fruit juices and yogurt beverages remain popular.

Thickening Agents and Sauces

Instead of thickening sauces with flour or cornstarch like western cuisines, Indians use spices, spice pastes, yogurt, or other vegetables to thicken their sauces. Unlike flour or cornstarch, these thickening items actually contribute to the flavor of the dish. Indian dishes are classified as “wet” or “dry,” depending upon how much liquid their sauce contains. Obviously, liquid sauces are called “wet,” and they are eaten with flatbread or rice formed into a ball. “Dry” foods contain spices and herbs but no actual sauce. Indian chefs carefully plan a meal so that it includes both wet and dry dishes to offer variety to the diner.

Spices, Spice Blends and Ghee

Many say spices distinguish the Indian cuisine from all others. Indian cookery incorporates abundant spices and herbs, both fresh and dried, into dishes. In the past, spices were prized for their flavor, medicinal properties, and ability to act as a preservative for the food. Today, spices are chosen for a particular dish primarily based on their flavor and the color they impart to the finished dish. They still are valued, however, for their medicinal and health properties. Myriad spices are stocked in the Indian kitchen. Common spices in this cuisine include cumin, coriander, turmeric, ginger, garlic, cardamom, mustard seeds, and cayenne pepper. Whether sautéed in a dry pan or cooked in oil, which further enhances the flavor added to the dish, the aromatic spices preferred through India are cooked to intensify their flavor before incorporating them into the dish. In order to obtain maximum taste, many spices are purchased whole, cooked, or toasted just before using, then ground and added to the dish. In the end, it is the combination of spices as well as the method of handling them that makes each dish unique. Another common item in Indian cooking is Ghee, simply known as clarified butter in western cuisine.

FREQUENTLY USED SPICE BLENDS

Curry Powder:

Contains varying amounts of coriander, cumin, fennel, fenugreek, mustard, pepper, cloves, turmeric, and cayenne pepper; used throughout India

Garam Masala:

contains varying amounts of black pepper, cinnamon, cloves, and nutmeg and sometimes cumin, cardamom and coriander; frequently used in Northern India

PanchPhoron:

Contains varying amounts of cumin, fennel, fenugreek, mustard, and nigella: frequently used in eastern India

Desserts and Beverages

Typical throughout most of Asia, Indian meals conclude with fresh fruit rather than dessert; however, desserts are served for special occasions. Indian desserts tend to be quite sweet and are often based on milk, grains, fruit, or nuts. Lassi, yogurt beverages, appear either as fruit and yogurt combinations or as a salty yogurt drink. Both varieties remain popular, with the yogurt functioning to counter the heat of spicy foods. Beer or nonalcoholic beer frequently accompanies the meal, but the most common beverage with meals remains water. Muslims consume no alcohol.

The Indian Table and the Thali

Typically, Indians dine more like the Asians and Middle Eastern people than those from the western cultures. Rather than serving the food from bowls and platters placed in the middle of the table, every diner receives a small portion of each food served on a thali, a platter containing small bowls of the various foods being served at the meal. Instead of serving courses, all of the foods are presented at once, even the dessert. Like Moroccans, Indians eat with their hands; flatbreads in the north and rice rolled into balls in the south are used to scoop their food. Only the right hand handles the food, and, as part of the dining ritual, diners wash their hands before the meal begins and again at the conclusion. Then the paan, an assortment of aromatic spices and herbs, is served. Indians chew these spices and herbs after the meal to clear the palate, aid digestion, and leave the dinner with a pleasant flavor sensation. The thali is used for both the evening and midday meals. Morning and evening meals are generally light, with the main meal taken midday. Like the Asians, much care is taken to balance the textures, flavors and colors of dishes. From the British influence, many Indians partake in tea in the afternoon.

Conclusion

As we can see the trend for healthy lifestyle has affected also the food habits of the consumer on global scale. Consumers are becoming more health-conscious. Furthermore they are increasingly driven to local, natural, organic and sustainable offerings—all of which are strongly tied to their contemporary definitions of health.

Therefore the challenge that remains for food industry in the medium to long term, is to realize higher levels of consumer satisfaction, and ultimately higher levels of new product success, where firms select products low in harmful ingredients.

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