

GASTRONOMY FROM THE WORLD



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MOROCCAN FOOD

Moroccan cuisine is influenced by Morocco's interactions and exchanges with other cultures and nations over the centuries. Moroccan cuisine is typically a mixture of Mediterranean, Arabic, Andalusian and Berber cuisine. The cooks in the royal kitchens of Fes, Meknes, Marrakech, Rabat and Tetouan created the basis for what is known as Moroccan cuisine today.



COUS COUS

THE COUS COUS main product of the north of Africa where from it seems that it comes is the national dish of Morocco, Algeria and Tunisia. The cous-cous doesn't have certain roots, even if the historians say to us that the Berbers were using it already in the 11th century. The first reference written in a book dated from the 12th century.

The Moroccans prepare it with tomato, a great variety of vegetables and saffron. The base ingredients are vegetables of the season, meat or fish.





HARIRA

The Harira is a thick soup of noodles, chick-peas, veal, tomato, onion and celery. The origin of the Harira goes back up to the 13th century, during the domination of the Almohade Empire. Though it is a soup that can be prepared in the restaurants or in the houses along all the year round, especially at Ramadan after sunset.

The main ingredients are:

- chick-peas
- tomatoes
- onion
- noodles
- saffron
- black Pepper
- ...



GERMAN FOOD

German cuisine has evolved as a national cuisine through centuries of social and political change with variations from region to region. The southern regions of Germany, including Bavaria and neighbouring Swabia, share many dishes. Austrian cuisine is very similar. This originates in common religious and cultural history. Southern Germany and Austria are mainly Catholic, so religious fasting rules for Friday, Lent and Advent, even if no longer widely practiced, have influenced the cuisine



BRATWURST

The first documented evidence of the *Bratwurst* in Germany dates back to 1313, and can be found in the Franconian city of Nuremberg, which is still an internationally reknown centre for the production of grill sausages.

Styles of Bratwurst

- Blood sausage
- Braadworst
- Currywurst
- Hot dog
- Knackwurst





SCHNITZEL

A **schnitzel** is meat, thinned with a meat tenderizer, coated with flour, beaten eggs and bread crumbs, and then fried. Originating in Austria, it is popular in many countries and made using either veal, mutton, chicken, beef, turkey, reindeer or pork. It is very similar to the French dish escalope.



ITALIAN FOOD

Italian cuisine has developed over the centuries. Although the country known as Italy did not unite until the 19th century, the cuisine can claim traceable roots as far back as the 4th century BC. Through the centuries , neighbouring regions , conquerors , high – profile chefs, political upheaval and the discovery on the New World have influenced its development . Cheese and wine are a major part of the cuisine, with many variations and laws. Coffee, especially espresso, has become important in the Italian cuisine.



PIZZA

In restaurants, pizza can be baked in an oven with stone bricks above the heat source, an electric deck oven, a conveyor belt oven or, in the case of more expensive restaurants, a wood- or coal- fired brick oven. On deck ovens, pizza can be slid into the oven on a long paddle, called a peel.

Prior to use, a peel may be sprinkled with cornmeal to allow pizza to easily slide onto and off of it. When made at home, it can be baked on a pizza stone in a regular oven to reproduce the effect of a brick oven. Another option is grilled pizza, in which the crust is baked directly on a barbecue grill.





LASAGNE

Lasagne originated in Italy, traditionally ascribed to the city of Naples (Campania), where the first modern recipe was created in the Middle Ages and published in Liber de Coquina (*The Book of Cookery*), and became a traditional dish.

Traditional lasagne is made by interleaving layers of pasta with layers of sauce, made with ragù, bechamel, and Parmigiano-Reggiano. In other regions and outside of Italy it is common to find lasagne made with ricotta or mozzarella cheese, tomato sauce, various meats (e.g., ground beef, pork or chicken), miscellaneous vegetables (e.g., spinach, zucchini).



CHINESE FOOD

Chinese cuisine includes styles from the diverse regions of China , as well as from Chinese people in other parts of the world including most Asia nations . The history of Chinese cuisine in China stretches back for thousands of years and has changed from period to period and in each region according to climate , imperial fashions , and local preferences . Over time , techniques and ingredients from the cuisines of other cultures were integrated into the cuisine of the Chinese people due both to imperial expansion and from the trade with nearby regions in pre-modern times , and from Europe and the New World in the modern period . In addition , dairy is rarely if ever used in any recipes in the style .



FRIED RICE

Leftover rice is generally used because the moisture in freshly cooked rice will cause it to steam instead of fry. The oil may be seasoned with aromatics such as garlic before the rice and other ingredients are stir-fried together in a wok .

Other ingredients vary: they can include eggs, meat (chicken, beef, or cured pork), seafood (shrimp or lobster), vegetables (carrots, broccoli, bean sprouts, celery, peas, corn), mushrooms, spices and peppers, and soy sauce or sometimes oyster sauce. The base of vegetables fried rice does not contain any meat or seafood; others are named for the primary addition (e.g. "chicken fried rice" or "shrimp fried rice"). Other "house" versions may contain several meats and seafood . It is often stir-fried in a wok with vegetable oil or pork fat to prevent sticking , as well as four . Onions , scallion and garlic are often added for extra .





CHINESE SALAD

Chinese salad , as its name suggest , is a salad with ham , therein , flavored with and styled by those Chinese culinary aspects that are both common and popularly adapted in parts of the United States . Though many variations exist , common features of most salads described as Chinese chicken contain cut romaine lettuce and cabbage (or other lettuce) chicken (typically breast meat) deep –fried wonton (cut dough skins) or rice vermicelli almonds , cashews or peanuts. A basic vinaigrette for the salad includes ingredients like vegetable oil , sesame oil , rice vinegar (or citrus juice), plus , optional seasonings such as dry hot mustard and sesame .

