



## The Cuisine of Spain



Spain has helped popularise seafood in British dishes with their national dish of **paella**, which includes rice, vegetables and a variety of seafood including shrimps, prawns, mussels and lobster. Meat such as chicken, duck and rabbit can also be substituted for the seafood.



Seafood paella



Tortilla Española

Tortilla Española (Spanish omelette) is a classic Spanish omelette made with eggs and pre-fried potatoes, sometimes also with onion, chives and garlic. It can be eaten hot or cold, and is often served at picnics as a **tapa** (see below).

Tapas are small snacks that can be served cold, such as chorizo (spicy sausage) or olives, or hot, like fried baby squid, or **patatas bravas** (potato wedges served with a spicy sauce). In restaurants, a range of different tapas can be ordered and combined to create a full meal.



Tapas



Churros

Churros are made from a pastry and fried until they become crunchy. They can be straight, curled or twisted. They are often served sprinkled with sugar and accompanied by a hot chocolate sauce. They are a popular breakfast meal in Spain.

Which of these dishes have influenced British food?



Which of these dishes are similar to a British dish?



## The Cuisine of France



Croissants

The croissant (literally meaning 'crescent' in French, due to its shape) is a buttery, flaky pastry usually served for breakfast, often with butter and cheese. Croissants which have been filled with almond paste or chocolate are also popular.

The croque monsieur (croque means 'crunch', and monsieur means 'mr' in French) is a ham and cheese sandwich that has been baked or fried. It is traditionally served in cafes as a quick snack. A variation of this dish is the croque madame (madame means 'mrs') which includes a fried egg on top.



Croque monsieur



Quiche Lorraine

Quiche is a dish made from eggs, milk or cream and cheese, often with the additional ingredients of meat, seafood or vegetables. Quiche Lorraine is a particularly famous dish made with bacon, named after the region it was invented in. Quiche can be served hot or cold, and is a popular party dish in many other countries.

A crêpe is a type of very thin pastry made from a wheat batter. As they are thin they cook very quickly (30-60 seconds). They can be savoury with fillings such as cheese and ham, or sweet, including fillings like chocolate sauce, golden syrup, custard or sliced soft fruits.



Crêpes

Which of these dishes have influenced British food?



Which of these dishes are similar to a British dish?



## The Cuisine of Italy



Pizza is created by covering a flatbread with tomato sauce and cheese, and baking it in an oven. A huge variety of extra toppings can be added, such as meat and vegetables, to create a wide range of different types. It is now one of the most popular foods in the world, with many restaurants and takeaways serving pizza as their speciality.



Pizza



Spaghetti Bolognese

Bolognese sauce is traditionally made from onion, carrot, minced beef and tomatoes, and is mixed through pastas such as tagliatelle or fettuccine. Spaghetti Bolognese has become a popular dish in many parts of Europe. It is generally served with a larger amount of sauce, which is laid on top of the spaghetti, rather than mixed into it. This version is rarely eaten in Italy itself!

Lasagne are wide, flat sheets of pasta. The dish that is made from them is given the same name. It is created by alternating layers of lasagne sheets with sauces and other ingredients. The traditional lasagne of Italy is layered with sausage, small meatballs, hard-boiled eggs and cheeses. Outside of Italy, the most common combination of ingredients includes cheese, tomatoes, meat and vegetables.



Lasagne



Gelato is a style of ice cream that originated in Italy. Gelato literally means 'frozen'. It is made with milk, cream and sugar, and flavoured with nut and fruit purees. It is more dense and rich than many other ice creams as it contains a higher amount of flavouring.

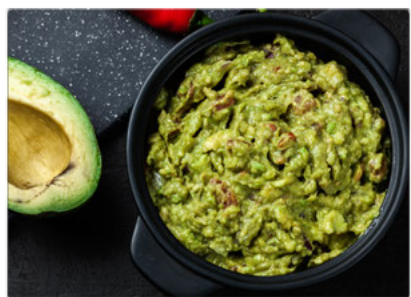
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Which of these dishes are similar to a British dish?



## The Cuisine of Mexico



Guacamole

Guacamole is made by mashing up avocado (also known as alligator pear!). Other ingredients such as onion, garlic, lemon juice and pepper are often added. The name literally means 'avocado sauce'. It can be served as a dip, spread or as part of a salad.

This dish, invented in Mexico in 1943, consists of tortilla chips covered in cheese and jalapeño peppers. It can be served as a snack, or made into a main meal with the addition of ingredients such as mince, salsa, sour cream and olives. In many countries, nachos have become a popular dish that is not only served in restaurants, but in places such as cinemas and sports stadiums too.



Nachos



Burritos

A burrito is a large wheat tortilla filled with a variety of ingredients, and wrapped into a cylinder with one or both ends closed, so that it can be picked up and eaten without cutlery. The traditional filling is meat and refried beans, although rice, beans, salsa, sour cream, cheese, guacamole and vegetables are common additions elsewhere.

Bionico is a popular Mexican dessert that was invented in the 1990s. It is similar to a fruit salad, and consists of chopped fruit such as papaya, melon, strawberries, apples and bananas. Condensed milk is poured over the fruit, and then granola, shredded coconut and raisins are sprinkled on top.



Bionico

Which of these dishes have influenced British food?



Which of these dishes are similar to a British dish?



## The Cuisine of China



Stir-frying is a Chinese cooking technique where ingredients are fried in a small amount of hot oil, whilst being stirred in a wok (a round-bottomed cooking dish). Meat, vegetables and sauces are combined in this way to make an infinite number of healthy meals.



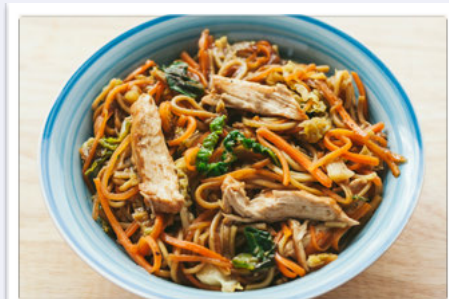
Stir-frying



Fried rice

The basic ingredients of this dish are rice, egg, soy sauce and garlic, which are stir-fried. Variations on this recipe include the addition of meat, seafood and vegetables. In China, it is often served as the last course before dessert. Outside of China, fried rice is a common type of fast food.

Chow mein is traditionally a dish consisting only of stir-fried noodles, soy sauce, onions, celery and meat (chicken, beef, shrimp and pork are popular choices). In other countries, more vegetables are sometimes added, and occasionally the noodles are replaced with bean sprouts.



Chow mein



Sweet and Sour Pork

The main ingredients of sweet and sour sauce are tomato purée, soy sauce, sugar and vinegar. In China, it is most commonly used as a dipping sauce for fish and meat, but in other countries it is used as a cooked sauce mixed with meat and vegetables. In some variations of the dish, the meat is deep-fried.

Which of these dishes have influenced British food?



Which of these dishes are similar to a British dish?



## The Cuisine of Japan



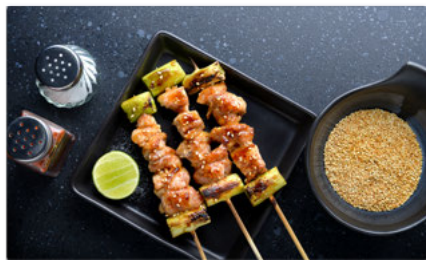
Sushi

The main ingredient of sushi is vinegared rice, which is served with a variety of ingredients such as seafood (usually raw), vegetables, and sometimes tropical fruits. One type of sushi is wrapped in nori, which are sheets of seaweed. In recent years, sushi has become increasingly popular outside of Japan.

Soba are thin noodles made from buckwheat flour. They have been eaten in Japan for hundreds of years. They are available in expensive restaurants as a speciality, or can be bought dried in markets along with an instant noodle broth, for easy preparation at home.



Soba noodles



Yakitori

Yakitori literally means 'barbecued chicken'. This dish consists of small skewers of bite-sized chicken brushed with a sauce of rice wine, soy sauce and sugar. As they can be eaten without cutlery or plates, they are a popular street food in Japan.

This dish is a type of omelette, made by cooking and rolling up several layers of egg. Sometimes sugar and soy sauce are added. Tamagoyaki is a versatile dish – it can be eaten as breakfast, lunch or dinner, and is often used as an ingredient in sushi.



Tamagoyaki

Which of these dishes have influenced British food?



Which of these dishes are similar to a British dish?



Describe the difference between a British breakfast food and a Spanish breakfast food.



What do the French call a toasted sandwich with cheese and ham?



What popular Mexican dip literally translates as 'avocado sauce'?



What Mexican dessert is similar to a fruit salad?



What popular Italian-inspired dish is eaten in Britain but rarely eaten in Italy itself?



What dish do we make in Britain that is similar to tamagoyaki?



Which dish, popular in Britain, originated in France and is made with eggs, milk and cheese?



What are the small plates of food that can be served hot or cold called in Spain?



What French dish is similar to a thin pancake?



Which country has helped to popularise seafood in Britain with their national dish?



Which national dish from Italy is one of the most popular foods in the world?



Describe the difference between a British breakfast food and a French breakfast food.





Which cooking technique, now popular in Britain, originated in China?



What is the Italian dish consisting of layers of pasta with meat and vegetables called?



Which Japanese food can be bought dried, and then cooked in water with an instant broth?



Which dish is a popular type of fast food outside of China, but eaten before dessert in the country?



Which Japanese dish has become increasingly popular outside of the country?



Which Mexican dish might you buy as a snack in cinemas and sports stadiums?



What dessert is gelato similar to in Britain?



What are the traditional Mexican fillings of a burrito?



What sauce is used as a dip in its country of origin, but as a cooked sauce mixed with meat and vegetables in other countries?



Compare a popular street food in Japan with one you may find in your country.



Which Spanish dish is similar to an omelette, but with potatoes added?



What is the main ingredient in chow mein?



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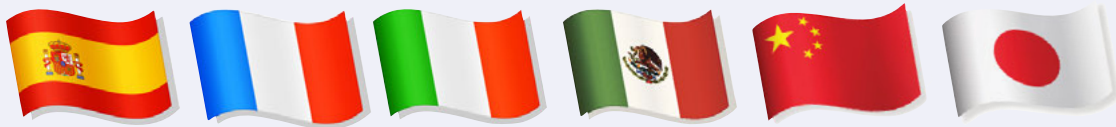
First, read the Cuisines of the World Information Sheets.  
Then, answer the questions in the table below about each country.

| Country                                                                             | Which of these dishes have influenced British food? | Which of these dishes are similar to a British dish? |
|-------------------------------------------------------------------------------------|-----------------------------------------------------|------------------------------------------------------|
|    |                                                     |                                                      |
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Which country's cuisine do you think has had the most influence on what is eaten in Britain?



## Cuisine Challenge!



In small groups or pairs, use the Cuisines of the World Information Sheets to create a presentation about the cuisines from Spain, France, Italy, Mexico, China and Japan.

Make sure you discuss the following two questions for each country, and include your thoughts and opinions on them in the presentation:

Which of these dishes have influenced British food?



Which of these dishes are similar to a British dish?

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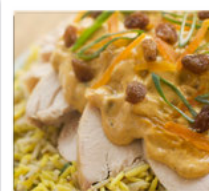
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## Coronation Chicken



This was a special dish that was invented for the coronation (the crowning ceremony of a monarch) of Queen Elizabeth II in 1953. As you can see by the ingredients, the recipe has been influenced by Indian flavours. It is traditionally served with a salad or in sandwiches.



### Ingredients:

(makes 6 servings)

250g cold cooked chicken, diced  
150g mayonnaise  
40g mango chutney  
1/2 tsp curry powder  
15g raisins  
1/2 tbsp flaked almonds

### Equipment:

Chopping board  
Knife  
Weighing scales  
Teaspoon  
Tablespoon  
Mixing bowl

### Method:

Mix all the ingredients together, ensuring the chicken is well coated.

If it is not being eaten immediately, keep chilled in the fridge.



Once you have made your coronation chicken, taste it! It has been described as tangy, nutty, sweet, creamy, and spicy. Which of these descriptions do you agree with? Would you use any other adjectives to describe the taste? Do you like it? Why?

You have been challenged to create a new dish, similar to coronation chicken but with a 'twist', for an upcoming important royal celebration. What would you change or add to the original recipe to modernise this dish? Why?

