

NATIONAL TURKEY FEDERATION CULINARY CIRICULUM MODULE

International Cuisine *Turkey Travels the Globe*

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On Cooking: A Textbook of Culinary Fundamentals
Webster's New World Dictionary of Culinary Arts
The Complete Idiot's Guide to Cooking Techniques and Science

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Learning Objectives

Students successfully completing this module will be able to:

- Explain the foundation of a cuisine.
- Discuss the impact of the Columbian Exchange and recent migrations on cuisines.
- Recognize and explain various international cuisines.
- Prepare turkey dishes that are representative of various international cuisines.
- Use a matrix of ingredients and techniques to create turkey dishes that reflect various international cuisines.

Why We Eat What We Eat

People worldwide share a love of food. But the ingredients, flavorings, seasonings and cooking methods they use are not the same. Whether defined by geography, history, ethnicity, politics or religion, various societies eat different foods seasoned and prepared in distinctive manners. These differences shape and define their particular cuisine.

One popular way of studying various ethnic cuisines is to look at several components that, when properly combined, give a cuisine its distinctive flavor profile. According to food historian and author Elisabeth Rozin, each ethnic cuisine is distinctive because an identifiable combination of flavors pervades the entire food system. Students can deconstruct any cuisine by examining the following components:

- Herbs and Seasonings—fresh herbs, chilies, warm spices, citrus, onions
- Liquids—stock, wine, soy sauce, vinegar
- Fats—butter, olive oil, peanut oil, lard
- Fuel (cooking techniques)—slow braising, stir-frying, roasting, grilling
- Starches—rice, corn, wheat, barley, potatoes

The seasoning and flavoring ingredients used in a cuisine are generally determined by local availability, which is in turn defined by geography. If grazing land is available and cattle are plentiful, dairy products and butter will be used; if the climate is just right and olive trees are abundant, olive oil will be the preferred fat. If an area experiences long, cold winters then dried, salted or cured meats and vegetables will be used. Climate, topography and historic trade patterns determine the basic structure of all cuisines.

Likewise, every cuisine includes one, or perhaps two, common starches based on what grows most readily in the locale. For example, rice needs a hot, wet climate, while barley and wheat prefer cooler, drier areas. Starches are often the least expensive and most widely used component of a cuisine and can be the vehicle for more vivid flavors that identify that cuisine to others. Even a simple bowl of rice can represent many cuisines depending on how it is flavored—soy sauce (China), saffron (Spain), fish sauce and chilies (Thailand), or tomatoes and garlic (Mexico).

Because cooking techniques impact flavor, the techniques most widely used within a culture obviously affect the flavor profile of its cuisine. The way foodstuffs are cut (or not) and the cooking methods used are often a result of the availability of fuel. Where fuel shortages are common quick cooking of small pieces (such as stir-frying) may be typical. Where fuel is plentiful, slow braising or roasting of larger cuts of poultry or meat may be common.

Once this framework is understood, you can apply these principles to various proteins and starches to create dishes that are, if not authentic, at least evocative of a given regional or ethnic cuisine. For example, anything stir fried with soy sauce, fresh ginger and rice indicates Chinese cuisine, while braised meat and potatoes flavored with lard, onions, and paprika represents Eastern European dishes.

Turkey is an ideal protein base to use in exploring various cuisines. It is economical and widely available in numerous forms. Turkey is also produced and utilized worldwide. It can be cooked successfully with dry or moist heat cooking methods and it adapts well to seasonings and flavorings.

Globalization and the Columbian Exchange

The globalization of cuisine is a popular topic in food circles. The rapid movement of people, ingredients and technology during the last half of the 20th century had a dramatic influence on the exploration and acceptance of ethnic cuisines within the United States. The Immigration and Nationality Act of 1965 eliminated country-specific quotas and opened our borders to hundreds of thousands of immigrants and refugees annually. Before 1965, 90 percent of legal immigrants were from Western Europe and Canada; now less than 20 percent come from those areas, while over half come from Asia or Latin America. These changes in immigration patterns impacted access to cuisines and availability of foodstuffs, making “ethnic food” part of mainstream dining. Culinary globalization actually began centuries earlier with the Columbian Exchange, however.

The “Columbian Exchange” is a phrase and concept developed by social historian Alfred W. Crosby to explain the interchange of plants, animals and microorganisms between the New World (Americas) and the Old World (Europe, Asia, Africa) as a result of late 15th and early 16th century explorations of the Americas begun by Christopher Columbus. While Columbus himself showed very little interest in the food exchange, his “discovery” of the Americas ultimately introduced Europe and Asia to many new foods, such as corn, potatoes, tomatoes, chilies, chocolate and turkey. Likewise, indigenous Americans were introduced to pigs, sheep, cattle, sugar cane and much more. The African slave trade with the Americas also resulted in an exchange of foodstuffs—corn to Africa, okra to America, for example.

New World Foods	Old World Foods
Beans	Apples
Blackberries	Carrots
Blueberries	Chicken

Buffalo	Cinnamon
Cacao/Chocolate	Coffee
Corn	Cows
Cranberries	Sugar cane
Peanuts	Goats
Pecans	Herbs, most all culinary
Chile peppers	Okra
Pineapple	Olives
Potatoes	Onions
Pumpkins	Oranges
Squash	Peaches
Strawberries	Peas
Sunflowers	Pigs
Tobacco	Rice
Tomatoes	Sheep
Turkeys	Tea
Vanilla	Wheat
Wild rice	Yams

Hundreds, perhaps thousands of years before our Pilgrim forefathers dined on wild turkey at Plymouth, the Mayans and Aztecs of what is now Mexico were enjoying a steady supply of domesticated turkey. Native preparations typically involved braising or stewing pieces of turkey in sauce.

When the turkey was introduced to Europe in the early 16th century it caught on amazingly quickly. Roasting was a European cooking method, for which the turkey proved particularly well suited. The “Indian Chicken” that Cortes found in Mexico in 1520 was mentioned in Rabelais’ *Gargantua* in 1534 and served at a banquet given by Catherine de’Medici for the bishops of Paris in 1549. Turkey was part of the English Christmas feast by 1557. Only England and Egypt called this new bird *turkey*, however, presumably preferring to take its name from the Turkish merchants who carried the bird across the Mediterranean instead the bird’s original Mexican name *uexolotl*. In France it was known as *coc d’Inde* (cock of India), which later became *dinde*, while in Italy it was known as *galle d’India*. The mistaken connection to India was reinforced by the Turks who named the bird *hindi*. Oddly enough, the turkey did not even reach India until the 1620s, where it became known as a *peru*.

Whatever its name, the turkey was soon accepted by European aristocracy because it was a large, easily domesticated bird that was both pleasant to eat and an attractive table decoration. By the 18th century the turkey was firmly established throughout the culinary mainstream of Europe as a year-around addition to the poultry selection.

Exploring Cuisines

It is now time to examine a variety of international cuisines using the framework described above. Although each of these cultures and cuisines could be the subject of several books, by

focusing on the principles underlying the distinctive flavors of each cuisine (herbs and seasonings, liquids, fat, fuel, starch) you will be able to prepare dishes that reflect the essence of each cuisine. To illustrate the point, a list of recipes featuring turkey is included at the end of each section. These recipes are then linked to the database of recipes available at www.eatturkey.com.

Mexico

Mexican cuisine is rooted in its pre-Columbian past and nurtured by centuries of Spanish influence. For thousands of years before Europeans arrived, the people of Mexico lived on a diet of squash, corn (maize) and beans supplemented with fresh vegetables (avocados, peppers, tomatoes), fruit (manioc and bananas) and occasionally fish, shellfish, game and turkey. The population relied on steaming and slow cooking methods such as wrapping poultry or fish in leaves and slow-roasting them over hot embers or stewing foods with a little liquid in tightly lidded earthenware pots. This ancient manner of slow cooking is still used for meats, poultry and fish and there is a great variety of stews and soups.

In the wake of Cortes's conquest of Mexico in 1521 came pigs, cattle and dairy products, chicken, wheat, rice, sesame seeds, citrus and almonds. The Spaniards also brought with them a new manner of cooking: frying in fat rendered from meat. All of these foods were soon integrated into the local cuisines; sautéing and pan-frying became standard cooking methods in Mexican cuisine.

The most characteristic feature of Mexican cookery is the widespread use of chilies. About 100 varieties are commonly used, many of which have a hot, pungent taste. Fresh chilies can be served raw; stuffed and baked; stewed; chopped with tomatoes, herbs and oil for a salsa; or minced and used as a seasoning. Or they can be dried and used whole or ground as a seasoning. Other typical seasonings include garlic, cinnamon, cumin, oregano, onion, achiote seeds, peppercorns, basil, cilantro and other fresh herbs.

Fresh vegetable salsas accompany many Mexican dishes. Guacamole, for example, is an ancient dish made from avocados and flavorings such as onions and tomatoes. The numerous fresh salsas are usually categorized as either red (*salsa roja*) or green (*salsa verde*). Red salsa is made from dried chilies, onions and tomato. Green salsa is made from fresh chilies, onions and tomatillos.

Corn flour is used to make dough called *masa*. Popular throughout Mexico, smooth masa is pressed into flat rounds and quickly cooked on a griddle to make tortillas. Tamales are made from coarser masa dough that is stuffed with a savory mixture of beans, meats or poultry, encased in cornhusks and steamed. Wheat flour is also used for tortillas (especially in northern Mexico) as well as for a variety of leavened breads. Rice, although not indigenous, is a staple of Mexican diets.

As they were during pre-Columbian times, beans are still a staple. They are usually dried, then reconstituted in water and served in a soupy fashion, or mashed and fried in lard or oil to make a smooth paste called *frijoles refritos* (refried beans).

Poultry items are popular throughout the country, but meat is used somewhat sparingly. Beef and dairy products are more widely consumed in the north, while goat and goat cheese are more typical of the country's central regions. Fish and shellfish are eaten along both coasts.

Sauce making is very different from European traditions and includes a step known as "frying the sauce." Most sauces start with dried peppers that are soaked, seeded and ground to a paste and then mixed with herbs, spices and vegetables. The mixture, sometimes thickened with ground toasted pumpkin seeds or nuts, is then puréed and fried in oil or lard. This sauce is added to partially cooked and drained meat or poultry and the dish is then simmered to blend the flavors. Moles are dishes made with a classic cooking method that incorporates this sauce-making technique. The meat or poultry is cooked and then simmered in a sauce made from chilies and other ingredients. Some moles are distinguished by the addition of chocolate or cocoa powder.

Key characteristics of several regional Mexican cuisines are worth noting:

Central (Mexico City)—tomatoes blended with hot chiles; a variety of beans; mole sauces; lamb

West Central (Guadalajara)—sauces made with the very hot *de arbol* chiles, which come bottled and pickled in vinegar; kid meat (young goat); seviche

Central East Coast (Veracruz)—chiles tend to be milder than elsewhere; herbs such as cilantro, basil, parsley and oregano; black beans; fish and shellfish

Northern (Sonora, Chihuahua)—sauces feature hot *de arbol* chilies and tomatillos; wheat; pinto beans; beef or pork

Southeastern (Yucatan)—achiote seeds; habañero chilies; seasoning pastes blended from various ingredients; black beans; slowly steamed or roasted pork

Southern (Oaxaca)—dried peppers, sometimes combined with spices such as cloves or cinnamon; black beans; chorizo sausage; marinated poultry or pork

A typical Mexican meal may start with a hearty soup followed by a meat-and-sauce dish served with beans, rice and tortillas. Popular beverages include horchata (cinnamon-infused milk with ground rice), agua de jamaica (a sweetened, hibiscus-flower-infused water), and cerveza (beer). Sweets, especially candies, candied fruits and hard cookies or cakes, are popular throughout Mexico. Desserts such as flans and caramels are derived from the Spanish tradition.

Blanc Turkey Chili

<http://recipes.eatturkey.com/recipe.asp?R=672>

King Ranch Turkey Breast with Tomatillo Sauce
<http://recipes.eatturkey.com/recipe.asp?R=738>

Pavo Quesadilla with Fruit Chutney
<http://recipes.eatturkey.com/recipe.asp?R=1127>

Sopa De Lima Con Pavo (Turkey Lime Soup)
<http://recipes.eatturkey.com/recipe.asp?R=664>

Yucatan Grilled Turkey
<http://recipes.eatturkey.com/recipe.asp?R=1231>

Turkey with Mole
<http://recipes.eatturkey.com/recipe.asp?R=1530>

South America

The many cuisines found in South America still reflect influences from the people who inhabited the area long before Europeans arrived. Foodstuffs from the period of Incan civilization are still popular in what are now Peru, Bolivia, Chile and Ecuador. Peru is the original home of both corn and potatoes. The agricultural skills of the ancient Incas were employed to develop more varieties of potatoes in Peru than anywhere else. The Incas were also responsible for domesticating corn from a tiny wild grass to the large kernel-studded ears we recognize today.

In the 1500s European settlers brought cattle, pigs, chickens, goats and wheat to South America, all of which were soon adopted into the continent's cuisine. Brazil was especially affected by Portuguese colonists and the West African slaves imported to work their sugar plantations. Foodstuffs brought to Brazil by African slaves, such as greens, okra, palm oil and yams, still play a large role in that country's cuisine. Immigrant homesteaders, most from Germany, central Europe and Italy, were accustomed to a wheat-based diet. They were farming people who worked the land to cultivate leafy vegetables, cattle and dairy products, and wine grapes.

Traditional cooking techniques include open flame cookery, such as barbecuing, and baking or steaming foods in stone-lined fire pits. Slow braising of hearty stews is still a popular technique. In the South, the *gaucho*, or cowboy, contributed dishes made with sun- or salt-dried meats and *churrasco*, a meal of wood-fire grilled fresh meats. Frying in fat was not possible prior to the Columbian Exchange and even today it is still not a particularly popular cooking method.

Because of the extensive coastlines and rivers, fresh fish and seafood is widely available. *Ceviche* (raw fish and shellfish "cooked" in citrus juices) originated in Peru, but is now popular throughout Latin cuisines. In more rugged areas air-drying, salt-curing, and dehydration are used to preserve meats and vegetables for the cold mountain winters or times of scarcity. Small game birds are popular but turkey is the favorite poultry item. Turkeys are

traditionally stuffed with walnuts and corn and then stewed or braised. Although Argentine beef is world famous for its high quality, most of South America is too rugged for grazing so rabbit, *cuy* (guinea pig), goat and pork are more widely eaten.

Commonly used seasonings include coconuts and coconut milk, bananas, plantains, peanuts, chili peppers and sugar. Starches are integral to the cuisines of South America with rice, wheat, corn, beans, cassava and potatoes being produced in various areas. In fact, no Brazilian meal is complete without manioc, a mealy grain derived from the cassava root. Brazilians sprinkle manioc over everything from soup to vegetables. (Toasted farina or cream of wheat is an acceptable substitute.)

Feijoada Completa is Brazil's national dish. It is a thick mixture of beans and a variety of meats - fresh and smoked - all seasoned with salt, garlic and onion. Its roots are African, but the name - *feijoada* - comes from the Portuguese word for bean, *feijão*. Black beans are most often used, but depending on the region, *feijoada completa* can be made with any dried bean. Other standard ingredients are various sausages, dried beef, fresh pork, cured pork, bacon, smoked tongue and pig's foot, tail and ears. Many cooks also add oranges or orange juice to the mix and serve sautéed spinach as an accompaniment.

Coffee is the preferred beverage throughout South America, probably because over half of the world's coffee supply comes from this area. Cane sugar, another commercially significant crop is plentiful and popular. Sweet breads, candied fruits and vegetables, and intensely sweet fruit pastes are common.

As in other Latin cultures, the South American breakfast tends to be a light meal of coffee, fruit and bread. The main meal of the day is consumed mid-afternoon, followed by a rest period or *siesta*. Pastries and coffee take the edge off in the early evening and a light supper is enjoyed around nine or ten o'clock at night. A typical meal includes many courses beginning with soup, and including a fish course, assorted meats and a hearty stew accompanied by locally produced wines and beers. Sweet pastries or dessert items are reserved for late morning or afternoon snacks.

Pasteis Con Peru

<http://recipes.eatturkey.com/recipe.asp?R=1531>

Turkey Kabobs with Chimichurri

<http://recipes.eatturkey.com/recipe.asp?R=1532>

Spain

Spain, which shares the Iberian Peninsula with its tiny neighbor Portugal, is a land influenced by many invaders and many peoples. The ancient Phoenicians, Greeks and Romans all occupied Spain by turns, introducing a range of foodstuffs such as wheat, wine grapes and olives. Spain was ruled by the Moors (Arabs from North Africa) from the eighth to the 15th centuries. The Moors brought honey, lemons, almonds, irrigation techniques and a variety of spices to the region. Of course Spain and Portugal were leaders in world exploration during

the 15th and 16th centuries. Consequently, Spain became a trading center, with a strategic position between the New World, Africa and the Mediterranean. Exotic foodstuffs such as chocolate, turkey, coffee, chili peppers, tomatoes and corn first found their way into Europe via Spain. Probably because of this cultural position, Spanish cuisine is adventurous and somewhat fancy. Spaniards respect and enjoy good food, and restaurants are a big part of the social structure.

Spain's generally rugged, rocky terrain hinders agriculture, but wheat is grown in some northern areas and rice is possible in irrigated southern lands. Southern Spain enjoys a Mediterranean climate suitable for growing olives and citrus. Apples, corn, potatoes and rye are other available crops; sheep and pigs are the primary livestock. Chicken and game birds are commonly used, but so is the domestic American turkey, which is a holiday staple throughout Spain. Fresh fish and shellfish are abundant but cured Serrano hams, spicy sausages (*chorizo*) and salt cod (*bacalao*) are also popular. Vegetables are not terribly popular, except for potatoes, which often come fried with an entrée. Salads are served as first courses and are invariably accompanied by cruets of oil and vinegar. Spain is known worldwide for its fine wine and sherry.

Unlike the cuisines of Mexico and other Spanish-speaking countries, Spanish dishes are not spicy hot. The most common flavors come from olives and olive oil, parsley, garlic, citrus fruits and saffron. Other seasonings include bay, anise, paprika, pine nuts, cumin and wild oregano. The distinctive *pimiento del piquillo* is a sweet-hot pointed chili pepper that is especially important to Spanish cuisine. Spain is also the leading producer of saffron, one of the most highly prized and expensive spices in the world. Saffron is the yellow-orange stigma of certain crocus flowers and must be carefully harvested by hand. It is used to add a warm distinctive flavor to rice, soup and stews and can also be used as a dye for fabrics.

Tapas, which are served throughout Spain and in Spanish restaurants in the United States, are small plates of bite-sized food items served with wine or cocktails. Every Spaniard has a favorite *tasca*, as the *tapa* bars are called, where he goes regularly to socialize with friends or business acquaintances. The word *tapa*, meaning cover or lid, is thought to have originally referred to the complementary plate of appetizers that many *tasca*s, would place like a cover on one's wine glass. *Tapas* can vary from simple to complex and include cheese, fish, eggs, bread, dips and savory pastries (such as *empanadas*).

One of the most widely recognized Spanish dishes is *paella*, an elaborate casserole-like preparation of saffron-flavored rice with vegetables, shellfish, sausages and poultry. One-pot cookery (braising) is still common in regions with a history of shepherding or raising livestock, while grilling and frying are more commonly employed in the southern regions.

Spaniards usually begin the day with a light breakfast of coffee and bread. The largest meal of the day is the mid-afternoon lunch, which often features soup, boiled meats and roasted vegetables. After an early evening round of *tapas*, a light, sociable dinner is enjoyed between nine and midnight. A typical meal might begin with sherry and seasoned almonds, olives and cheese, followed by salad, then a broth (*cocido*), and then a course of fish or

shellfish. The main course often features roast meat or poultry with potatoes and the meal ends with a light fruit dessert.

Pavo Borracho (Drunk Turkey)

<http://recipes.eatturkey.com/recipe.asp?R=739>

Sausage and Apple Frittata

<http://recipes.eatturkey.com/recipe.asp?R=1303>

Turkey Cocido

<http://recipes.eatturkey.com/recipe.asp?R=1533>

Spicy Turkey Pecan Empanadas

<http://recipes.eatturkey.com/recipe.asp?R=1537>

Italy

Despite what generations of French chefs might say, Italy is truly the historic seat of gastronomy and fine cuisine. The Roman Empire and many of the cultures that followed all emphasized fine food and the art of dining. But the phrase “Italian cuisine” is misleading; there is no one Italian cuisine. The Italian peninsula only became unified into one country in 1870, and the various city-states and duchies had developed their own cuisines relatively independently. The peninsula was at the center of trade routes since ancient times, however, and Italians proved particularly quick to assimilate foodstuffs from Asia and the New World into their diet.

Some broad generalizations can be made, of course. Italian cuisine is generally marked by specific flavors: fresh herbs, especially basil, oregano and thyme; tomatoes; garlic; wine; olives and olive oil; and vinegar. Mushrooms, artichokes, fennel, eggplant and citrus fruits are enjoyed in season. Beautiful pastries and candies are proudly displayed even in the tiniest village and gelato (ice cream) is practically a national obsession.

Northern Italy, which includes the Alps, is cattle country with the resulting dairy products. Dishes here include butter, cream and cheese, and veal is a popular meat. Wheat grows well here, and corn and rice are not a typical part of the diet. By contrast, rice and corn are used in Southern Italy, but the preferred fat (and flavor) comes from olives. Seafood is abundant because of the extensive coastline, but grazing land is scarcer. Goats, sheep and cheeses made from their milks are popular. In general, Southern Italian cuisine tends to feature fresh seasonal vegetables with a spicy tomato, olive and garlic base. Northern cuisine tends to be rich and creamy with plenty of cured pork products, red meats, mushrooms and eggs.

The typical meal, if there is such a thing, is served in distinct courses beginning with antipasti. Soup comes next, followed by pasta or rice course known as *i primi* (the first course). Then comes meat or fish and vegetables (*secondi piatti*), which may include a salad. Note that pasta is not served with the meat or fish course. Cheese or dessert may follow, and

then the meal ends with black espresso. Bottled water and local wines accompany meals, while coffee, particularly espresso, is consumed throughout the day.

Northern Italy

Osso Buco Di Tacchino Con Porcini

<http://recipes.eatturkey.com/recipe.asp?R=971>

Parmesan Turkey Paillards with Asparagus Penne Gratinee

<http://recipes.eatturkey.com/recipe.asp?R=847>

Tacchino Di Perla

<http://recipes.eatturkey.com/recipe.asp?R=1281>

Turkey Scalloppine with Wild Mushrooms

<http://recipes.eatturkey.com/recipe.asp?R=980>

Southern Italy

Mediterranean Turkey Ragout

<http://recipes.eatturkey.com/recipe.asp?R=798>

Sauteed Turkey Medallions Napoleon

<http://recipes.eatturkey.com/recipe.asp?R=690>

Turkey Steaks Siciliano

<http://recipes.eatturkey.com/recipe.asp?R=801>

Roasted Mediterranean Turkey

<http://recipes.eatturkey.com/recipe.asp?R=1446>

Grilled Turkey Breast with Olive Pesto

<http://recipes.eatturkey.com/recipe.asp?R=1512>

India

Indian cuisine offers more than curry. The Indian subcontinent is home to many groups and peoples, each with a distinctive cuisine. Kashmir in the far north is famous for its meat and chickpeas, while the northern areas of Delhi and Bengal are famous for their tandoori and intensely sweet desserts, respectively. The western seaport of Mumbai (Bombay) is known for its pork and vinegar dishes, while vegetarian dishes made with tamarind, semolina and coconut are popular in the southern seaport of Madras.

The heart of Indian cookery is the *masala*, the combination of spices that gives each dish its distinctive taste. A masala's preparation, subtlety and sophistication are the tests by which cooks are often judged. Common spices for masalas are turmeric, cumin seeds, coriander seeds, fenugreek, saffron, fennel seeds, mace, nutmeg, cardamom, clove, cinnamon, mustard seeds, sesame seeds, and black, red and white peppercorns. Garlic, onions and chilies are also

popular flavorings, as are several herbs including coriander (cilantro), mint and sweet basil. Souring agents include vinegar, lemon juice and *imli* (water with extract of tamarind). Curry powder is really nothing more than a commercial masala typically containing fenugreek, coriander, cumin, turmeric, ginger, celery seeds, mace and pepper. The word curry is probably derived from the Tamil word *kari*, meaning sauce or combination of seasonings; the product is considered an inferior British invention never used in true Indian cooking.

Northern India

The cuisine of Northern India reflects the strong Muslim presence found in northern and central India since the 16th-century Mogul invasions. This presence has given rise to a regional cuisine using meat. The area's geography favors wheat, not rice, so wheat breads (*capitis*) are a dietary staple. Generally, Northern Indian cuisine produces dryer foods with thick sauces. One of the best-known Northern Indian dishes is tandoori chicken. The tandoor is a jar-shaped clay oven usually buried in the earth and heated by placing hot coals inside. The meat or poultry is threaded on skewers and placed inside the oven to cook. The finished product has a wonderfully dry, crusty surface but moist interior.

Southern India

The cuisine of Southern India offers a wide range of meatless dishes with rich, spicy sauces. Rice is the principal crop and is eaten with almost every meal, as plain or flavored rice or as rice-flour breads such as *idli* and *dosa*. Southern Indian cuisine uses more fresh herbs than Northern cuisine and its masalas are wet; that is, the ground spices are mixed into a paste with vinegar, water or coconut milk. Typical spices used in Southern Indian masalas include mustard seed, tamarind and asafetida (a fennel-like resin). Chiles are more popular in the south than in the north, as is garlic.

A typical main meal of the day consists of two or three vegetable dishes (one of which is lentils), bread or rice, and a meat or fish dish if the family is not vegetarian. To offset the many highly spiced dishes, chutneys and *raytas* (yogurt mixed with vegetables) are served as accompaniments. A sweet is also often included and is eaten along with the savory dishes, not afterward. All foods are served at once. Each diner eats off a large, round tray that holds several small matching bowls. Each bowl holds a small serving of the various dishes. Rice is placed in the center. Indians traditionally eat with their fingers (right hand only). Rice and bread are used to move sauced foods from bowl to mouth. Meals end with paan: a digestive and breath freshener made of lime paste spread on a betel (areca) leaf; the leaf is wrapped around chopped betel nut and spices and folded into a little triangle.

Curried Turkey Triangles

<http://recipes.eatturkey.com/recipe.asp?R=699>

Madras Turkey Salad

<http://recipes.eatturkey.com/recipe.asp?R=764>

Tandoori Turkey

<http://recipes.eatturkey.com/recipe.asp?R=1534>

Thailand

Thailand offers one of the world's most exciting cuisines because it is a blending of Chinese, Indian, Indonesian and Southeast Asian. Contrary to popular belief, not all Thai food is fiery hot. It is actually a sophisticated cuisine in which the four elements of flavor—sweet, hot, salty and sour—are blended into a harmonious balance.

Seafood, coconuts, limes, rice, tapioca, cane sugar, mushrooms, bananas and shrimp are plentiful and widely used foodstuffs. Thai foods also incorporate many seasonings and herbs such as chili peppers, garlic, cilantro, peanuts, mint, Thai basil, ginger and onions. These flavorful dishes are balanced by steamed white rice, mild noodles, very sweet, cream-laced tea and coffee, sweet desserts, and fresh fruit.

Cuisine varies in the different regions of Thailand. Meals in the north are served with sticky rice and are somewhat milder than elsewhere. Southerners enjoy the intense sour notes of vinegar, tamarind and lime. Despite the region's proximity to two oceans, Southerners eat mostly freshwater fish, often prepared in one of the popular Indian-style curries. Northeastern cuisine is fiery hot and rustic with grilled meats and wild greens.

It is fairly common in Thailand to eat many small meals and snacks throughout the day, and city streets are filled with food vendors of every sort. Sit-down meals are usually served family style with all of the dishes presented at once, instead of in individual courses. The dishes are laid out on a table and everyone serves themselves small portions of whichever items they prefer. Large helpings are nonexistent for most Thai families. Normally a wide variety of dishes are served, and everyone enjoys a small sampling of each dish, rather than large portions of fewer dishes. Rice and a broth-based soup are generally served at every meal, but the other dishes can include fresh vegetable and meat salads, seafood in various sauces, noodle dishes, fried dumplings, spicy vegetable curries, and whole steamed or fried fish. Thais take great pride in the appearance of their food, and platters are typically garnished with colorful carved or decoratively cut fruits and vegetables.

At its core, Thai food is very basic and very quick to prepare. Most dishes are stir-fried in a wok or steamed. There are no long sitting or marinating times, although the precise cutting of ingredients and preparation of garnishes may take a bit of time.

Rice—either sticky rice or fluffy, fragrant jasmine rice—is the centerpiece of every meal. Additional dishes provide a balanced selection of flavors and textures. A typical meal might include a soup (tohm yaam), a curry (gaeng), fresh vegetables (yaam), a fried dish (pad), and a spicy hot dipping sauce (naam prig). Thais do not use knives, just forks and spoons, holding the fork in the left hand to help push the food into a spoon held in the right hand. Chopsticks are used only when eating noodles.

Grilled Turkey Salad with Peanut Dressing

<http://recipes.eatturkey.com/recipe.asp?R=870>

Spring Rolls with Turkey

<http://recipes.eatturkey.com/recipe.asp?R=680>

Turkey Cutlets with Cilantro Peanut Pesto

<http://recipes.eatturkey.com/recipe.asp?R=1414>

Turkey Satay with Peanut Sauce

<http://recipes.eatturkey.com/recipe.asp?R=1413>

Turkey Satay Salad with Mango and Mixed Greens

<http://recipes.eatturkey.com/recipe.asp?R=943>

Thai Turkey Salad

<http://recipes.eatturkey.com/recipe.asp?R=756>

Thai Green Curry with Turkey and Couscous

<http://recipes.eatturkey.com/recipe.asp?R=745>

China

China, a large, geographically diverse country, nurtures several distinctive regional cuisines, the most prominent of which are called here Northern, Southern, Western and Eastern. All Chinese cuisines emphasize a sophisticated contrast and harmony of flavors (sweet, sour, bitter, spicy and salty) and textures (crisp, crunchy, chunky, chewy, smooth and liquid) and rely on the quick cooking of attractively cut, bite-sized pieces of food. Reducing all foods to bite-sized pieces promotes the quick infusion of flavorings. Most cooking is done in a wok that can be used for stir-frying, deep-frying and steaming. Anthropologists suggest that the reliance on quick cooking methods was the result of chronic fuel shortages. Although these quick cooking methods can produce fully cooked foods in minutes, the careful cutting and preparation techniques often require far more time.

Staples include several varieties of rice, noodles (made from rice, beans and wheat) and soybeans (eaten as seeds, beans, sprouts and curd, and used for oil and sauce). Pork, poultry, fish and shellfish are regularly consumed, as are a large assortment of vegetables (including varieties of mushrooms, several cabbages, bamboo shoots, water chestnuts and snow peas) and fruits (including litchi, pears, plums and various citrus fruits). Common spices are star anise, cinnamon, cloves, fennel and Szechwan peppercorns (these are sometimes blended for five spice powder), lemon balm, tangerine peel, coriander, sesame seeds and oil, and hot chilies. Commonly used sauces include plum, oyster, hoisin and both light and dark soy.

Northern China—Northern China includes Beijing, the capital. Some consider this region's cuisine to be the most aristocratic; indeed, it is sometimes referred to as Mandarin cuisine, named for the centuries-old Chinese aristocratic and bureaucratic classes. Northern Chinese dishes are generally lightly spiced and contain little residual oil. Wheat and millet,

eaten as noodles, dumplings and pancakes, are popular. Freshwater fish are regularly consumed, as is lamb, a meat rarely eaten elsewhere in China. Meats and poultry are most often roasted or barbecued; Peking duck is a well-known example.

Southern China—Southern Chinese cuisine is centered in and around Canton, a fertile area rich with rice paddies, vegetable farms and fruit orchards. Both rice and wheat noodle dishes are popular. Southern Chinese cuisine emphasizes the freshness of its local ingredients; therefore stir-frying is a popular cooking method.

Western China—Encompassing the cookery of both Szechuan and Hunan provinces, Western Chinese cuisine is distinguished by its spiciness. Favorite seasonings include ginger, vinegar, garlic, sesame oil, green onions and hot chilies. Szechwan recipes usually incorporate chiles in paste form, while Hunan dishes use fresh chiles. Hunan cuisine is typically more sweet and sour than Szechuan cuisine. Both rice and wheat are grown in western China. Fresh and dried freshwater fish, pork, beef and poultry are common ingredients, as are several types of mushrooms.

Eastern China—Shanghai, a large city on China's east coast, has been the principal point of contact between foreigners and Chinese since the 19th century. Its cuisine reflects this contact. For example, dairy products, which rarely appear in Chinese cuisine, are sometimes used in Eastern Chinese recipes. Similarly, meats are often subjected to slow cooking methods more typical of Europe, such as red-cooking, a form of simmering named for the rich, red-brown sauce that results from cooking the meat in soy sauce. Wine, soy sauces, vinegars and sugar are the predominant flavorings. While most other regional Chinese cuisines incorporate only one or two vegetables in a dish, Shanghai chefs will blend six or more, often cutting them into different shapes.

In traditional Chinese culture, a meal is composed of several complementary and contrasting dishes. A festive Chinese dinner often starts with a cold dish, followed by several hot dishes, then a light clear soup. Normally, no one hot dish is meant as the main course, and each should offer a different dominant flavor or texture. Rice, noodles or pancakes are served as an accompaniment; tea is the principal beverage and fresh or crystallized fruit constitutes dessert.

American and European eating habits have given rise to a first course of small, usually hot appetizers such as steamed or fried pork dumplings (chiao-tzu), steamed yeast-risen wheat buns with various fillings (bao) or spring rolls. Traditionally, all manner of stuffed dumplings and other small dishes, known collectively as *dim sum*—Cantonese for “heart's delight”—are served as a midmorning meal.

Fortune cookies are an American invention; moon cakes (yue bing), pastries with various sweet fillings made of bean pastes, nuts or fruits, are a more traditional sweet served as dessert. Although the Chinese knew of forks for centuries, they viewed their use at the table as barbaric, preferring the more delicate chopsticks.

Asian Turkey/ Vegetable Stir Fry

<http://recipes.eatturkey.com/recipe.asp?R=795>

Kung Pao Turkey Thighs

<http://recipes.eatturkey.com/recipe.asp?R=1473>

Oriental Turkey Sausage

<http://recipes.eatturkey.com/recipe.asp?R=868>

Tea Smoked Turkey with Ginger Mango Sauce

<http://recipes.eatturkey.com/recipe.asp?R=1410>

Turkey and Snow Peas in Black Bean Sauce

<http://recipes.eatturkey.com/recipe.asp?R=1536>

Moo Shu Turkey with Duck Sauce and Pancakes

<http://recipes.eatturkey.com/recipe.asp?R=1535>

Flavor Matrix

[SEE ACCOMPANING DOCUMENT AT END OF CURRICULUM]

Activities and Questions for Discussion

Activities

1. Begin this lesson by asking students to describe how their family might “typically” prepare a meal of rice and turkey cutlets. Ask about the seasonings and flavorings used and the cooking method preferred. Several widely different variations will probably occur based on family traditions and ethnic background. Encourage students to think about why these differences exist and whether any one preparation is “correct.”
2. Conduct a cooking exercise in which each student is provided with 1 pound of turkey breast cutlets and access to a wide selection of oils, herbs and spices, aromatic vegetables, and liquids (wine, vinegar, stock, water). Assign each student a different country or region, and ask him or her to create a turkey dish using flavors and cooking methods that are indicative of that area’s cuisine.
3. Ask students to create a menu composed of only food items that were found in the New World prior to European exploration.
4. Ask students to describe a typical Thanksgiving or holiday menu from their childhood. Are there any dishes that feature ethnic or international ingredients or seasonings? Where did the ingredients for these traditional “American” dishes originate?
5. Show students the film “What’s Cooking” (2000, dir. Gurinder Chadha), or at least show the scene in which the four families are preparing Thanksgiving dinner. Ask which family

they relate to most closely. Why is turkey a component of all the meals? What symbolic meaning is attached to serving turkey on this holiday?

6. Take students on a field trip to a grocery or market. Ask them to find five items that are quintessentially American, and then ask them to examine the package labels to determine which ingredients in those “American” foods are actually products of the Old World.

7. If appropriate in your setting, ask students to consider the impact of religion on the framework of flavors. They should be able to identify situations in which religious tenets affect a region’s cuisine.

Questions for Discussion

1. Which New World product plays an important role in many Asian cuisines?
2. Compare and contrast one of the cuisines of India and one of the cuisines of China. Discuss how can turkey play a role in these cuisines?
3. Explain why there may be several different regional cuisines within a single country.
4. What flavor principles are found in foods of the United States? Apply the framework to typical American cuisine.

Glossary of Terms

achiote seeds – seeds of the annatto tree, native to South America; used as a red-to-yellow coloring agent and to add a slightly musky flavor to foods.

azafrán – Spanish for saffron.

Bacalao – salt cod.

cazuelas – Spanish for glazed earthenware dishes.

ceviche – raw fish and shellfish “cooked” in citrus juices; usually seasoned with onions, garlic and hot chilies.

chile – the podlike fruit of plants in the Capsicum family, can be mild to fiery hot.

chimichurri – a thick, fresh herb sauce from Argentina, traditionally served as an accompaniment to grilled meats.

chorizo – a typical Spanish sausage, heavily seasoned with paprika and garlic.

churrasco – Brazilian for a meal of wood-fire grilled fresh meats.

coconut milk – available canned, or can be made by steeping grated fresh coconut meat with boiling water; not to be confused with sweetened cream of coconut.

coriander – seeds of the plant also known as the herb cilantro; widely used in Thai, Indian, Mexican and other Latin cuisines.

cuisine – the ingredients, seasonings, cooking procedures and styles, and eating habits attributable to a particular group of people; the group can be defined by geography, history, ethnicity, politics, culture or religion.

curry – term used imprecisely to describe spicy, Asian stew-like dishes.

curry paste – an intensely flavored paste of herbs and spices used to flavor coconut curries and soups; either home-made or store bought; red, green or golden-yellow in color.

dim sum – Cantonese for “heart’s delight” and used to refer to a huge variety of small dishes served mid-morning as a meal.

feijoada completa – a thick mixture of beans and a variety of meats - fresh and smoked - all seasoned with salt, garlic and onion; Brazil’s national dish.

fish sauce – “Nam pla” a thin salty brown extraction of small fish such as anchovies; extremely pungent and distinctive; sold in bottles and used to season many Thai and Southeast Asian dishes.

five-spice powder – blend of ground clove, fennel seeds, star anise, cinnamon and Szechwan peppercorns used in Chinese cuisine.

frijoles refritos (refried beans) – beans that are cooked, then mashed and fried in lard or oil to make a smooth paste.

kari – Tamil word meaning sauce or combination of seasonings.

masa – corn flour paste used to make tamales and tortillas.

masala – a blend of spices used in Indian cuisines. Common ingredients are turmeric, cumin seeds, coriander seeds, fenugreek, saffron, fennel seeds, mace, nutmeg, cardamom, clove, cinnamon, mustard seeds, sesame seeds, and black, red and white peppercorns. Each family has its own preferred blends, which are made fresh for each meal.

paella – an elaborate casserole-like preparation of saffron-flavored rice with vegetables, shellfish, sausages and poultry.

pasteis – Brazilian pastries or tarts that can be sweet or savory. Savory versions generally are filled with mixtures of meat, chicken or cheese.

pimentón – paprika, a ground sweet red pepper from Spain.

pimiento del piquillo – a distinctive sweet-hot pointed chili pepper that is especially important to Spanish cuisine.

saffron – a spice that is the dried yellow-orange stigma of a crocus flower; the most expensive spice in the world, it has a bitter, honey-like flavor and a warm, pungent aroma.

sticky rice – opaque, short-grain also called glutinous and sweet rice; staple of Northern Thailand; cooks to a thick starchy mass.

tamarind – the ripe fruit of the tamarind tree with a sweet-sour taste; sold in small blocks of dark brown pulp in Asian markets; soak in warm water, mash to a thick soft paste and strain to use.

tapas – small plates of bite-sized food items served with wine or cocktails.

tomatillos – small, tart, green, husked vegetable, similar to a tomato; used in Mexican cuisine.

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INTERNATIONAL FLAVOR MATRIX

Cuisine	Cooking Method	Fat	Seasonings	Liquid	Other Ingredients	Starch Accompaniment
Mexican	Grill	Corn oil	Fresh chiles, lime, cumin, chili powder	Beer, tequila	Tomato, onion, cilantro	Corn and rice
South American	Braise or grill	Lard	Sugar, chilies	Citrus juice, coconut milk	Banana, coconut, potato, beans	Cassava, rice
Spanish	Braise	Olive oil	Saffron, olives, parsley	Sherry, white stock	Almonds, honey	Rice
Italian	Any	Olive oil or butter	Garlic, basil or other herbs, cheese	Wine, vinegar or cream	Tomatoes, olives or mushrooms	Wheat
Indian	Stew or braise	Peanut oil, ghee	Cumin, ginger root, garlic, mustard seed, turmeric	White wine, white stock	Potato, onion, carrot, coconut, tamarind	Rice
Thai	Sauté	Corn oil	Fish sauce, curry, fresh chiles, cilantro	White wine, rice wine, coconut milk	Tomato, peanut	Rice
Chinese	Stir-fry	Sesame oil	Soy sauce, ginger root, garlic	Rice wine	Onion, green bell pepper, sesame seeds	Rice

