

# ASIAN

## Food Chart

### North

Generally, northern dishes are oilier and richer in meat, and make liberal use of garlic and scallions. The most popular seasonings used are soy sauce, vinegar, garlic, scallions, ginger, leeks, star anise, sweet bean sauces, chili peppers, and sesame oil.

**Rice = Long-grain rice is popular in China**

### West

Asian cuisine includes the cuisines from the Indian subcontinent. Foods in this area of the world are flavoured with various types of chili, black pepper, cloves, and other strong herbs and spices and often with flavoured butter and ghee. Turmeric and cumin are often used to make curries.

Common meats include lamb, goat, fish, and chicken. Beef is less common than in Western cuisines because cattle have a special place in Hinduism. Prohibitions against beef extend to the meat of cows, and yaks to some extent. Pork is considered a taboo food item by all Muslims and is avoided by some Hindus.

**Rice = Basmati rice**

### East

East Asian cuisine includes Chinese, Japanese, Korean, Mongolian, Singaporean, Taiwanese and Tibetan food. Considering this is the most populated region of the world, it has many regional cuisines (especially in China). Examples of staple foods include rice, noodles, mung beans, soybeans, seafood (Japan has the highest per capita consumption of seafood), mutton (Mongolia), bok choy (Chinese cabbage), and tea. Cuisines in this region are similar to Southeast Asian cuisine due to cultural and ethnic mixing.

**Rice = short-grain in Japan and Korea**

### South

Southeast Asian cuisine includes a strong emphasis on lightly prepared dishes with a strong aromatic component that features such flavors as citrus and herbs such as lime, coriander/cilantro and basil. Ingredients in the region are similar with the ones in East Asian cuisines, using fish sauces for sauce and the inclusion of ingredients such as galangal, tamarind and lemongrass. Cooking methods also include a balance of stir-frying, boiling and steaming.

**Rice = Jasmine rice**

