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Food, glorious food.

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What are the most popular dishes and recipes around the world?

Mexico

- Mexican cuisine is a mix of indigenous Mesoamerican cooking with European, especially Spanish elements added after the Spanish conquest of the Aztec Empire in the 16th century. The basic ingredients are native foods, such as corn, beans and chili peppers.

Mexican

Smoky pork & black bean tacos

- **Ingredients**

- 2 tsp vegetable oil
- ½ red onion, chopped
- 2 tsp each smoked paprika and ground cumin
- 500g pack lean pork mince
- 300ml passata
- 5 tbsp barbecue sauce
- 400g can black bean, drained
- small bunch coriander, chopped
- 8 taco shells
- 1 ripe [avocado](#)
- , peeled and sliced
- ½ iceberg lettuce, finely shredded
- soured cream, to serve (optional)



England

British cuisine has absorbed the cultural influence of those who have settled in Britain, producing many dishes, such as the Anglo-Indian chicken tikka masala . British cuisine has traditionally been limited in its international recognition to the full English breakfast and fish and chips .

British

Herby toad in the hole

- Ingredients
- 140g plain flour
- 3 eggs
- 300ml milk
- 2 tsp Dijon mustard
- 2 tbsp vegetable oil
- 8 Cumberland sausage
- 8 sage
- leaves
- 4 rosemary
- sprigs



Caribbean

- Caribbean cuisine is a mix of African, Amerindian, European, East Indian, Arab and Chinese cuisine. Ingredients which are common in most islands' dishes are rice, plantains, beans, cassava, cilantro, chickpeas, tomatoes, sweet potatoes, coconut. A characteristic of this cuisine is the use of green herbs.

Caribbean Tropical breakfast smoothie

- Ingredients
- 3 passion fruits
- 1 banana, chopped
- 1 small mango, peeled, stoned and chopped
- 300ml orange juice
- ice cubes



French

- French cuisine was heavily influenced by Italian cuisine.

French Three-cheese soufflés

- **Ingredients**

- 50g butter plus extra for greasing
- 25g Parmesan finely grated
- 300ml full-fat milk
- 2 bay leaf
- 5 tbsp plain flour
- ½ tsp English mustard powder
- pinch of cayenne pepper
- 140g Gruyère grated
- 3 eggs separated
- 8 slices goat's cheese
- 150ml double cream
- salad leaves, to serve



India

- Indian food is also influenced by religious and cultural choices and traditions. There has also been a Central Asian influence on North Indian cuisine from the years of Mughal rule. Indian cuisine is still evolving, as a result of the nation's cultural interactions with other societies.

Indian Fisherman's curry

Ingredients

- juice 1 [lemon](#)
- 750g boneless, skinless firm white fish, cut into large pieces
- 1 tbsp vegetable oil
- 1 cinnamon stick
- 4 whole [clove](#)
- 4 green cardamom pod
- ½ tsp whole black peppercorns
- 10 fresh curry leaf
- 2 [onions](#), chopped
- 3 green chilli, finely chopped
- 1 tbsp grated [ginger](#)
- 4 garlic clove, finely chopped
- 6 [tomatoes](#) chopped or a 400g can chopp
- 1 tsp turmeric
- ½ tsp chilli powder
- 2 tsp ground coriander



Japanese

- The traditional cuisine of Japan is based on rice with miso soup and other dishes, with an emphasis on seasonal ingredients. Side dishes often consist of fish, pickled vegetables, and vegetables cooked in broth. Fish is common, often grilled, but also served raw as sashimi or in sushi .

Japanese

Smoked salmon & avocado sushi

Ingredients

- 300g sushi rice
- 2 tbsp rice or white wine vinegar
- 1 tsp caster sugar
- 1 large avocado
- juice ½ lemon
- 4 sheets nori seaweed
- 4 large slices smoked salmon
- 1 bunch chives
- sweet soy sauce
- (kecap manis), to serve



Spanish

- Spanish cuisine in contrast to other national cuisines in Europe is influenced by regional cuisines and also some historical events that shaped the culture and society in different areas. Geography and climate had a great influence on cooking methods and available ingredients.

Spanish Spiced tortilla

Ingredients

- 1 tbsp [sunflower oil](#)
- 1 onion sliced
- 1 red chilli, deseeded and shredded
- 2 tsp curry spice (we used coriander, cumin and turmeric)
- 300g cherry tomato
- 500g cooked potato sliced
- bunch coriander, stalks finely chopped, leaves roughly chopped
- 8 eggs, beaten



Vietnam

- Vietnamese cuisine features a combination of five basic tastes in the meal. Common ingredients include fish sauce, shrimp paste, soy sauce, rice, fresh herbs, and fruits and vegetables. Vietnamese recipes use lemongrass, ginger, mint, Vietnamese mint, long coriander, Saigon cinnamon, bird's eye chili, lime, and Thai basil leaves.

Vietnamese

Vietnamese prawn summer rolls

Ingredients

- For the dipping sauce
- 2 garlic clove, finely chopped
- 1 small red chilli (deseeded if you don't like it too hot), finely
- 1 tbsp finely chopped [ginger](#)
- 1 tbsp golden caster sugar
- 3 tbsp [fish sauce](#)
- juice 1 [lime](#)
- For the rolls
- 100g vermicelli rice noodle or bean thread noodles
- 12 x 20cm round rice paper wrappers (see tip, below)
- handful mint leaves
- 18 cooked prawn cut in half lengthways
- 2-3 large iceberg lettuce leaves, torn into 12 pieces
- 1 carrot cut into thin batons
- a handful coriander
- a handful Thai [basil](#)
- a handful long chives
- 50g beansprout



Thai

Thai rice noodle salad

Ingredients

- ½ a 250g pack fine vermicelli rice noodle
- 200g bag beansprouts
- zest and juice 2 [limes](#)
- 2-3 tbsp fish or soy sauce to taste
- 1 tsp muscovado sugar or soft brown sugar
- 1 red onion, halved and thinly sliced
- 2 Little Gem lettuce hearts, leaves separated and roughly torn to make with mince
- 500g minced [pork](#)
- small knob grated [ginger](#)
- pinch cayenne pepper to make with steak
- 1 tsp [sunflower oil](#)
- 2 tbsp sesame seeds
- 1 tsp oil
- 4 x 175g [sirloin steaks](#)
- 1 deseeded and shredded red chilli



What do people prefer to eat when they celebrate or simply hang out with their friends?

Italia

- Italian cuisine is characterized by its simplicity. In Italy, cooks rely on the quality of the ingredients rather than on elaborate preparation. Cheese and wine are a major part of the cuisine.

Italian

Pizza margherita

Ingredients

- For the base
- 300g strong bread flour
- 1 tsp instant yeast (from a sachet or
- 1 tsp salt
- 1 tbsp [olive oil](#), plus extra for drizzling
- For the tomato sauce
- 100ml passata
- handful fresh [basil](#) or 1 tsp dried
- 1 garlic clove, crushed
- For the topping
- 125g ball mozzarella, sliced
- handful grated or shaved [Parmesan](#)
- handful cherry tomatoes, halved
- To finish
- handful [basil](#) leaves



American BBQ pulled pork

Ingredients

- 2½ kg boneless [pork](#) shoulder, skin removed
- 3 tbsp [olive oil](#)
- 2 tsp Spanish [paprika](#)
(pimentón)
- 2 tsp mustard powder
- 1 tsp garlic salt
- 1 tsp onion salt
- 1 tbsp liquid smoke (optional, see tip, below)
- To serve
- 16 brioche bun (see 'goes well with')
- Tangy cabbage slaw, homemade chipotle molasses BBQ sauce (see recipes in 'goes well with') and sweet-and-sour pickled cucumbers from a jar, sliced



Which traditional cuisines
have you tried?

Greek

Stuffed tomatoes with lamb mince, dill & rice

Ingredients

- 4 beef tomato
- pinch [sugar](#)
- 4 tbsp Greek extra virgin [olive oil](#)
- 1 Spanish onion, finely chopped
- 2 garlic clove, finely chopped
- 200g minced lamb
- 1 tsp ground [cinnamon](#)
- 2 tbsp tomato purée
- 50g long grain rice
- 100ml chicken stock
- 4 tbsp chopped dill
- 2 tbsp chopped flat-leaf [parsley](#)
- 1 tbsp chopped [mint](#)



Chinese

- The "Eight Culinary Cuisines" of China are Anhui, Cantonese, Fujian, Hunan, Jiangsu, Shandong, Sichuan, and Zhejiang cuisines.
- The staple foods of Chinese cooking include rice, noodles, vegetables, and sauces and seasonings.

Chinese Sticky Chinese wings & cucumber

Ingredients

- 16 large chicken wing
- 125ml reduced salt [soy sauce](#)
- 140g dark soft brown sugar
- 5 tbsp white wine vinegar
- half cucumber, peeled into fine ribbons
- Compare prices

Method

- Heat oven to 220C/fan 200C/gas 7. In a roasting tray, toss the wings with the soy sauce, 125g of the sugar, 2 tbsp of the vinegar and some cracked black pepper. Roast for 40 mins, turning occasionally until lacquered.
- Meanwhile, bring the remaining sugar and vinegar to the boil for about 1 min, until the sugar dissolves. Leave to cool, then toss with the cucumber ribbons. Serve the sticky wings with the cucumber and some boiled rice.



Turkish

- Turkish cuisine is largely the continuation of Ottoman cuisine, which borrowed many elements from Greek, Central Asian, Caucasian, Sephardi Jewish cuisine, Middle Eastern, and Balkan cuisines. Turkish cuisine has in turn influenced those and other neighbouring cuisines, including those of Central and Western Europe.

Turkish

Imam bayildi with BBQ lamb & tzatziki

Ingredients

- 3 [aubergines](#)
- 2 tbsp olive oil plus extra for brush
- 1 Spanish onion finely chopped
- 2 garlic cloves, crushed
- 1 tsp [cinnamon](#)
- 8 ripe tomatoes, peeled
- small bunch flat-leaf parsley, cho
- 12 lamb chops or cutlets
- [Paprika](#), for seasoning
- 1 [lemon](#), halved
- For the tzatziki
- 150g tub Greek yogurt
- ½ cucumber, seeds scooped out, grated
- 2 tbsp chopped [mint](#)

