

# "Food, glorious food"

---

by Vasilis Polychronis

The most popular cuisines around the  
world:

# Thai

- Thai cuisine is often mistaken as Chinese food and many people consider both of them as the same. Rice is the main component in this cuisine (like any other Asian cuisine) and the food is a perfect blend of sweet, bitter and sour flavors. In fact, this cuisine is one of the few in the world that balances all four main taste senses including sweet, sour, bitter and salty. Thai dishes are normally prepared with less spices.



# Indian

---

- It is considered as the most diverse and one of the most popular cuisines in the world. Diversity in food is in proportion to the diversity in the language, customs and cultures in this country. Indian dishes can be divided into four main parts: Northern, Southern, Western and Eastern. Most Indian foods have been inspired by Vedic, Jain and Buddhist beliefs. Some dishes were also introduced by foreign invaders, rulers and merchants.



# Turkey

---

- If there is any country in the world which is really serious about the taste for its food, it is Turkey. Turkish people cook every single vegetable in the world and in the tastiest way. There is some seafood influence, too. Turkey is also famous for its desserts, which are free of sugar. They use different flavors to make deserts sweet, healthy and tasty.



# Indonesian

---

- Indonesian cuisine is perhaps one of the most diverse in the world. It's been influenced by India, Spain, Middle-East, China, Portugal and Japan. This ethnic diversity is clearly reflected in the kind of food the Indonesian people make. The delicious food is rich in spices, coconut, peanuts, rice and satay.



# Mexican

---

- Mexican cuisine contains everything from spicy and sweet to sour. It is as complex as Chinese or French. It's the combination of different flavors that makes it a favorite. The food is famous for a variety of spices and colourful decoration. Mexican food, perhaps, makes use of the largest number of chili peppers, mostly for flavors and not heat.



# Chinese

---

- Surely you must have had noodles, fried-rice and Manchurian at a restaurant near you. Real Chinese cuisine is rich in taste, light in eating and often less expensive. The history of this cuisine can really stretch over to several thousand years of history.



# Spanish

---

- People generally turn to Spanish food when they want something light and leafy. It is famous for meat, fish and leafy vegetables. Most dishes make use of oil in higher quantities than any other food in the world, probably because it has a heavy seafood influence. Spain is also known for the amazing wines made up of fruits; sangria is one which always goes with every kind of food. Spanish food offers a typical Mediterranean diet.



# Italian

---

- If you are a fan of pasta and pizza, then you ought to know where it comes from. Pizza is famous all over the globe for its crispy and rich ingredients. This popular cuisine has evolved over 2400 years through various socio-economic and political transformations. Italian cuisine has Jewish, Roman (Ancient), Greek (Ancient) and Etruscan influences.



# Japanese

---

- Soup, rice, noodles, sushi, meat and tofu — Japan has a limited number of dishes but it has dominated the world. Everything is about its taste. Japanese cuisine is popular because it is low in fat and light to digest. Japanese food is spread all over the world and chefs have tried to create new varieties of the old dishes.



# French

---

- The flavors of French foods cannot be easily described in words. France has it all. French are extremely versatile and amazing in their choice of food. Don't not miss the scrumptious fish and beef stews.



# German

---

- German cuisine has evolved as a national cuisine through centuries of social and political change with variations from region to region.



# American

---

- The cuisine of the United States reflects its history. The European colonization of the Americas, the influx of immigrants from many foreign nations have developed a rich diversity in food preparation throughout the country.



# Greek

---

- Greek cuisine is a Mediterranean cuisine. Contemporary Greek cookery makes wide use of olive oil, lemon juice, vegetables, and herbs, grains and bread, wine, fish, and various meats, including lamb, poultry, rabbit and pork. The most commonly seen grains are wheat and barley. Also important are olives, cheese, eggplant, zucchini, and yogurt. Greek desserts are characterized by the dominant use of nuts and honey. Some dishes use filo pastry.
- Mezés (μεζές) is a collective name for a variety of small dishes, typically served with wines or liqueurs as ouzo or homemade tsipouro. Appetizers refer to eating a first course and dips are served with loaf bread or pita bread. In some regions, dried bread (paximadhi) is softened in water.



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

---

- I believe people prefer eating meat when they celebrate because it is considered as an official meal and is preferred by most.

# Which traditional cuisines have you tried?

---

- American
- Mexican
- Japanese
- Chinese
- Thai
- Indian
- Turkey
- French
- Italian
- Spanish
- English
- Hungarian
- Austrian
- Germany

# Enjoy your meals

---

