

# INTERNATIONAL CUISINE

Jeremy MacVeigh

For sale in the Philippines only.  
Circulation of this edition  
outside of this country is  
**STRICTLY  
PROHIBITED**



# Contents

*Preface*

7

## **Section I: Cuisines of Europe and the Middle East**

### **Chapter 1: Cuisines of the Middle East**

17

- Objectives 17
- Introduction 17
- Historic Culinary Influences 18
- Unique Components 20
- Significant Subregions 22
- Recipes 26
- Summary* 33

### **Chapter 2: Greek Cuisine**

35

- Objectives 35
- Introduction 35
- Historic Culinary Influences 36
- Unique Components 36
- Significant Subregions 38
- Recipes 39
- Summary* 46

### **Chapter 3: Eastern European Cuisine**

47

- Objectives 47
- Introduction 47
- Historic Culinary Influences 48
- Unique Components 50
- Significant Subregions 51
- Recipes 54
- Summary* 66

### **Chapter 4: Italian Cuisine**

69

- Objectives 69
- Introduction 69

Historic Culinary Influences 70  
Unique Components 72  
Significant Subregions 79  
Recipes 84  
*Summary* 92

**Chapter 5: French Cuisine**

93

Objectives 93  
Introduction 93  
Historic Culinary Influences 94  
Unique Components 98  
Significant Subregions 102  
Recipes 107  
*Summary* 118

**Chapter 6: Cuisines of the British Isles**

119

Objectives 119  
Introduction 119  
Historic Culinary Influences 119  
Unique Components 122  
Significant Subregions 124  
Recipes 126  
*Summary* 135

**Chapter 7: German Cuisine**

137

Objectives 137  
Introduction 137  
Historic Culinary Influences 138  
Unique Components 140  
Significant Subregions 142  
Recipes 144  
*Summary* 155

**Chapter 8: Scandinavian Cuisine**

157

Objectives 157  
Introduction 157  
Historic Culinary Influences 158  
Unique Components 160  
Significant Subregions 162  
Recipes 164  
*Summary* 176

**Chapter 9: Russian Cuisine**

177

Objectives 177  
Introduction 177  
Historic Culinary Influences 178  
Unique Components 181  
Significant Subregions 183  
Recipes 185  
*Summary* 199

<b>Chapter 10: Iberian Cuisine</b>	<b>201</b>
Objectives	201
Introduction	201
Historic Culinary Influences	202
Unique Components	203
Significant Subregions	205
Recipes	208
<i>Summary</i>	217

## Section 2: Cuisines of Africa

<b>Chapter 11: North African Cuisine</b>	<b>221</b>
Objectives	221
Introduction	221
Historic Culinary Influences	222
Unique Components	225
Significant Subregions	228
Recipes	230
<i>Summary</i>	240

## Section 3: Cuisines of The Americas

<b>Chapter 12: Caribbean Cuisine</b>	<b>243</b>
Objectives	243
Introduction	243
Historic Culinary Influences	244
Unique Components	247
Significant Subregions	250
Recipes	253
<i>Summary</i>	263

<b>Chapter 13: Mexican Cuisine</b>	<b>265</b>
Objectives	265
Introduction	265
Historic Culinary Influences	266
Unique Components	268
Significant Subregions	270
Recipes	273
<i>Summary</i>	283

<b>Chapter 14: South American Cuisine</b>	<b>285</b>
Objectives	285
Introduction	285
Historic Culinary Influences	286
Unique Components	288
Significant Subregions	290
Recipes	293
<i>Summary</i>	304

## Section 4: Cuisines of Asia

### Chapter 15: Cuisines of the Indian Subcontinent

Objectives	307
Introduction	307
Historic Culinary Influences	308
Unique Components	311
Significant Subregions	313
Recipes	316
Summary	324

307

### Chapter 16: Southeast Asian Cuisine

Objectives	325
Introduction	325
Significant Culinary Influences	326
Unique Components	327
Significant Subregions	330
Recipes	334
Summary	342

325

### Chapter 17: Chinese Cuisine

Objectives	345
Introduction	345
Historic Culinary Influences	346
Unique Components	348
Significant Subregions	350
Recipes	353
Summary	364

345

### Chapter 18: Japanese Cuisine

Objectives	367
Introduction	367
Historic Culinary Influences	368
Unique Components	369
Significant Subregions	371
Recipes	374
Summary	383

367

## Appendix: Measurements, Conversions, and Equivalents

385

## References

393

## Glossary

397