



# WHAT IS STREET FOOD?

**S** *treet food* is a loosely coined expression to describe snacks or whole meals prepared and sold from a non-permanent structure, mainly for immediate consumption. Trucks or carts, small booths in public places, or floating markets are the most common venues.

Served swiftly on sticks; in bowls; on plates; or wrapped in flatbread, lettuce, or paper, street food is inexpensive, convenient, and portable, ideal for a mobile, on-the-go lifestyle or for a quick economical meal.

Different from fast food, street food is perceived to be based on local, seasonal, fresh, and minimally processed ingredients. Many street-food stands represent the local cuisine with its most common ingredients. Typically prepared by independent vendors who specialize in very few dishes, street food is seen as a true and authentic reflection of a culture and its cuisine. There might be some truth to that: A successful native vendor selling chicken and beef satays from his mobile grill in Kuala Lumpur has had his whole career and life to perfect and personalize it. On the other hand, there are many street-food favorites with little relation to the culinary classics of the locale. Introduced by the media, travelers, or migrants, these specialties have secured a definite place in the hearts and stomachs of the people. A popular street food in the Puebla region of Mexico is the *taco Árabe*, or “Arab-style taco,” filled with meat sliced from an upright rotisserie that most would recognize as Gyros (see page 98) or shawarma. To this day a reflection of Middle Eastern cooking, it has over time given in to local interpretations. The traditional mutton has changed to pork, some vendors use tortillas instead of the traditional pita bread, and the yogurt or tahini sauce has been replaced with regional salsas. A comparable version, known as *taco al pastor*, made its way into Mexico City in the early 1970s and is now found all over Mexico.

Sometimes the introduction of a single ingredient has a massive impact on a street-food culture. Brought to Hawaii as part of U.S. military rations, Spam, a relatively inexpensive canned meat product, has left its mark on the islands. Hawaiian cuisine, known for its unique combination of East Asian, Polynesian, and European flavors and culinary practices, has embraced Spam in many ways. Omnipresent on restaurant menus as well as at street-food stands, it can be found paired with rice as a sushi variation, deep-fried like tempura, or as a simple grilled Spam steak.

Street food can be found anywhere sufficiently large groups of people have settled, but it is more widespread in less-developed countries. Small dwellings with very basic cooking spaces lead to an active life outside the home. Residents of industrialized regions, however, are rediscovering street food as part of a contemporary lifestyle and as an inexpensive opportunity to explore exotic and new food items, or simply to enjoy familiar comfort food.

Many cultures serve and consume street food as a snack or small meal for quick nourishment. In other regions, it is the main meal. Residents of East and Southeast Asia have embraced street food as a way of life; meals are often social events with friends, family, or even strangers who happen to share one of the communal tables. Singapore

especially, with its unparalleled passion for food, has become a world-renowned gastronomic-travel destination for its risk-free street food. All small food vendors are located in hawker centers under the supervision of a public health inspector. These hawker centers are found everywhere, including in public housing developments, major subway stations, open-air pavilions, and climate-controlled shopping centers, where they are called food courts.

## THE HISTORY OF STREET FOOD

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Throughout history, food for the common people has been produced and consumed as a communal affair. Retreating to one's private quarters to eat a meal alone or in a very small group is a relatively recent development, found mostly in industrialized regions. Interestingly, many cultures struggle to understand the importance of privacy in the western world. In some other languages, the word *privacy* actually has a negative connotation, often associated with isolation or exclusion.

In the cities and towns of ancient civilizations, food was hawked in public places. The majority of urban dwellings during that time did not have a kitchen, and most food was purchased already prepared. Trajan's Market, inaugurated in Rome in 113 c.e., consisted of administrative offices and shops selling cheeses, fresh meats, wine, or prepared dishes. To ensure food safety and wholesomeness, the food distribution to and from this market was overseen by a sophisticated system of government-appointed health inspectors. Today, the ruins of this market are a major tourist attraction, often referred to as Rome's oldest shopping mall.

During medieval times, street food was sold at fairs, tournaments, and other large gatherings throughout settlements and cities. Peddlers used pushcarts to sell stews, porridges, and baked goods. Over time, food became more sophisticated, and with the onset of industrialization came the need to safely cater to the rapidly growing population of the expanding cities, giving rise to today's strict food-safety regulations.

In many cultures, settlements have commonly been built around a communal cooking place. In European villages of the past, this would have been a large brick oven. When the baker finished baking his bread, the residents would use the residual heat of this public oven to cook their stews or bake their cakes. Many traditional dishes have their origins in these collective kitchens. *Bäckeoffe*, literally translated as *baker's oven*, is an Alsatian meat stew cooked in an earthenware dish with a tight-fitting lid. Traditionally, the lid is sealed with bread dough before baking, to retain as much of the moisture as possible. In Brazilian cuisine, a similar technique is applied to a dish known as *barreado*, a meat and vegetable stew cooked slowly for up to 15 hours in a clay pot sealed with a manioc paste. The word *chowder* is derived from "cauldron," a big metal pot used to cook large amounts of soup or stew for a crowd.

Communal cooking and eating arrangements are still common practice in many less-developed regions. Helping to use resources effectively, such shared kitchens also serve as a meeting place and provide opportunities for the villagers to socialize, enjoy some small talk, and exchange news.

Collective kitchens and canteens have even been part of political movements. During China's Cultural Revolution of the 1960s and 1970s, some local governments called for the dismantling and elimination of all household kitchens. All meals for the residents of the towns or villages would be catered at public commons. The objective was to create a more proficiently working food supply as well as to boost the nation's steel production by melting all iron and steel gathered from the kitchens. Even though the initiative was abandoned very quickly, this segment of Chinese history left a distinct mark on the country's culinary landscape. Today known as Revolutionary Cuisine, this style, featuring dishes and recipes prepared with the simplest ingredients and methods, is looked back upon with some sense of nostalgia.

Our universal desire to explore and conquer has also contributed to the development and evolution of mobile catering. In military field-mess units or on ships, crowds of hungry soldiers, warriors, and sailors had to be fed with the simplest means. Over time, this food has evolved from a lucky meal of a freshly killed animal cooked over an open fire to nourishing rations prepared in well-equipped mobile field kitchens.

Today's variety of street food has expanded immensely; a pulled pork sandwich might be served in a steamed bun and feature Chinese BBQ. Crispy sliced French bread is offered with a variety of toppings as "bruschetta to go." And in an effort to combine good food with a show, a rendition of macaroni and cheese is browned with a massive blowtorch. The gloves are off; dishes that in the past would never have been associated with street food are now common fare on food trucks. As the competition grows, vendors are coming up with increasingly creative ideas. Culinaricians continue to educate themselves to keep up with the ever-shifting culinary landscape.

The tables have turned. The business of peddling street food no longer suggests that other attempts have failed; undertaken with passion, ingenuity, and skill, it has progressed into an attractive career choice for culinary professionals and in some cases leads to a whole fleet of food trucks or a well-established storefront business.

## PREPARING, TRANSPORTING, AND SERVING STREET FOOD

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Hypothetically, anything can be served as street food. However, limited resources at the site, local and state food-safety regulations, and transportability concerns curb the diversity of mobile menus. Street food is simple: Produce, seafood, or meat tossed in a sauce or dressing, or quickly assembled wraps and sandwiches, are popular cold items.

Among hot dishes, soups, stews, braises, grain pilafs, and hot cereals are all characterized by their capability to be held hot for extended periods. Other hot foods include dishes that can be cooked with simple means, such as deep-fried, stir-fried, or grilled foods.

The casual atmosphere and environment of street food is one of the appealing aspects for many patrons. However, uncontrollable ambient temperatures require close monitoring of serving and holding temperatures. Approved food trucks are sufficiently equipped to fulfill current food-safety requirements. In less advanced settings with limited or no electricity, cold holding is accomplished with portable coolers and refreezable gel packs or ice blankets. Hot holding is most easily achieved with slow cookers, electric water baths, or sturdy pots on portable induction burners. In the absence of electricity, portable gas burners are an alternative for cooking, holding, or reheating. However, wind gusts might extinguish the flame, resulting in potential fire and safety hazards. And, depending on local regulations, the use of open flames might require the approval of the fire department.

Required permits and licenses for mobile food vending depend on local and state regulations. In most cases, a mobile vending permit from local authorities and a state food-manufacturing license need to be obtained. Additionally, an inspected and approved commercial pantry or kitchen is required for all preparatory work and storage of the food; in most cases, the vending site, the food truck, or a home kitchen do not qualify. When choosing a location for the food truck or vending site, zoning and parking restrictions need to be considered. Often, local regulations will not allow public vending in close proximity to restaurants or other food-service operations. In recent years, local zoning rules began to designate areas where food trucks could come together, comparable to a food court or hawker center. Often teasingly referred to as trailer parks, these privately managed locations offer public restrooms and sometimes an approved prep kitchen for hourly or daily rent for the food-truck operators.

## CATEGORIES OF STREET FOOD

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### BOWL FOODS

Bowl foods have evolved from communal feeding situations in which everybody helped himself to a portion from a large pot of stew. Serving food in bowls is a quick way to satisfy the hunger of a large crowd of waiting guests. Most dishes served in bowls, such as BBQ Hominy Stew (page 289), Tomato-Braised Cauliflower (page 194), or Black Bean Soup (page 267) are held hot and can be swiftly served into a bowl or onto a plate. Dishes such as the Salad of Bean Starch Sheets (page 269) or Stir-Fried Shredded Flatbread (page 290) require some last-minute cooking or final assembly.

In advanced mobile food-service settings with the possibility of ware washing, reusable plastic or ceramic vessels are sometimes used. To lower the risk of cross contamination

and breakage, however, most street-food operators prefer to serve their food on disposable serving ware.

## FOODS ON A STICK

Foods on a stick have their origins with nomadic tribes or traveling warriors who would place their food onto swords or wild branches and cook over an open fire. Today, it is the convenience factor and the casual appeal that make these dishes so attractive to the customer. Many culinary cultures include diced meat, seafood, or vegetables threaded on wooden or metal skewers. In some cases, the meat or seafood is ground, allowing for the use of trimmings and less desirable cuts. Usually, the objective with skewered items is to cook them quickly with minimal equipment and energy. Traditional kebob or satay grills, which have no grill racks and are only about 6 in/18 cm wide, suspend the skewer a few inches above a small amount of hot charcoal. This way, the food cooks rapidly with minimal loss of heat. Additionally, the narrow grill allows enough space for the meat to cook over intense heat, creating bold seared and charred flavors without burning the wooden skewers. Some prominent examples are the Turkish Shish Kebob (page 88) and the Chicken Köfte Kebob (page 79).

Other savory foods served on sticks include Corn Dogs (page 103), Grilled Corn on the Cob (page 212), and the Pakora Fried Vegetable Skewer (page 214). Here, the skewer serves as a vehicle of serving and eating rather than as a cooking tool. Similarly, most popular sweet street foods on a stick are skewered for convenience of eating. Fried Bananas in Manioc Crust (page 357), ice pops, cotton candy, and fresh fruits dipped in a sugary glaze are some sweet favorites.

Skewers are made from a variety of materials. For its convenience, biodegradability, and sustainable production methods, bamboo is a popular choice among many mobile vendors. Metal skewers, commonly made from stainless steel, are valued for their durability, resistance to extreme heat on grills, and in some cases, their design. Their high price and food-safety concerns, on the other hand, often make them less suitable for mobile food-service environments.

## BREAD, STUFFED FOODS, AND SANDWICHES

Parched or baked grains, in one form or another, have been a principal food source for millennia. The first breads were based on coarsely crushed grains and water; unleavened and dense, these cakes probably resembled dried-out cereals. Over time, these cakes developed into today's classical breads. Unleavened breads include Corn Tortillas (page 279) from Mexico and Chapati Bread (page 115) from India. Among the leavened breads, Caribbean Roti Bread with Guyanese Filling (page 102) and Pita Bread (page 111) from the Middle East are favorites.

In many regions, bread is served as the main item as part of a salad or it is accompanied by a dip, such as pita bread with Hummus (page 322) or baba ghanoush in the Middle East. In Singapore or Malaysia, the flaky Roti Prata (page 110) with curry gravy is a popular breakfast.

In many other instances, the bread is the vehicle for a filling or topping. Dishes like this include sandwiches, Mexican sincronizada, Bruschetta (pages 301–304), and many others.

## FINGER FOODS

Finger foods, as the name suggests, are meant to be enjoyed without the help of any cutlery. For much of mankind's history, and in some cultures to this day, food has been eaten without utensils. In many cases, finger foods are thought of as small snacks, served as hors d'oeuvres, appetizers, or something to share rather than a main meal. Commonly two- or three-bite items that are crispy or dry on the outside, most finger foods can easily be held between the thumb and two fingers and can be enjoyed cleanly. Technically, sandwiches also fall under this category, but they generally represent a whole meal and are therefore not considered finger foods. Classical finger food examples are Chicken Flautas (page 99) from Mexico, French Fries (page 177), Vietnamese or Chinese Crispy Spring Rolls (pages 105 and 106), and fried Plantain Fritters (page 237) from Puerto Rico.

## SWEETS AND BEVERAGES

Mostly eaten as a feel-good snack, reward, or refreshment, sweet street food is found all over the world. In most cultures, a family trip to the zoo, the beach, or amusement park is accompanied by something sweet, and not only for the little ones. Most parents also know that a good helping of ice cream, a candied apple, or cotton candy can expedite the drying of children's tears or help to mediate young siblings' squabbles. Sweets are simply the sometimes guilty pleasures we all like to indulge in from time to time.

Frequently, sweet street foods are part of a celebration or regional or seasonal event. Beignets (page 358) or funnel cakes seem to be compulsory snacks at county fairs in the United States. At Christmas fairs in Europe, especially Germany and Austria, Quark Fritters (page 360) are an omnipresent snack.

Many cultures serve hot sweet dishes for breakfast. In Thailand, Black Rice Pudding with Coconut Milk and Dried Mango (page 343) is a much-appreciated boost of energy during the morning hours. And in China, Spicy or Sweet Soft Tofu (page 280) and Plain or curdled Soy Milk (page 275) are popular breakfast dishes.

Many cultures have distinct beverages, traditionally served on the go. American children dream of raising some funds with a lemonade stand. In the Middle East and Central and South Asia, yogurt drinks are very popular; Indian cuisine is famous for its Mango Lassi (page 365), a sweet mango smoothie. Slightly salted yogurt drinks, known as salty lassi in India or *Ayran* in Turkey, serve as thirst quenchers on blistering hot days, with benefits comparable to isotonic sports drinks.

Alcoholic beverages such as mulled hard cider or red wine, served outdoors during cold winter months, are designed to help people to stay warm. A hot Tea Punch (page 378), known as Jagertee in Austria, is popular among hikers and skiers after a cold winter day in the Alpine woods, as it truly helps to warm up the body.

# INTERNATIONAL FLAVOR PRINCIPLES

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The world of street food has changed and continues to evolve at a rapid pace. Today, street food is as international as its patrons and vendors. The public's knowledge and awareness of good food is growing, and the competition is inspiring, but also fierce.

To retain customers who return for specific dishes, successful vendors work hard to maintain the integrity and high quality of established menu items. To attract patrons looking for an innovative quick meal, regular limited-time offers with international dishes or new creations inspired by foreign cuisines can be implemented on the menu.

Taking a close look at world cuisines and their global flavor principles helps to find options that keep the establishment exciting. Different flavors, ingredients, techniques, or dishes can be identified. Paramount to success of a cross-cultural menu design is the respect of the culture and its cuisine. A superficial approach with copied and untested recipes might turn fusion cuisine into confused food, not likely to result in successful menu offerings. Moreover, new dishes and techniques, when they are intertwined with existing menu items, need to be chosen wisely to avoid compromising the brand identity of the business.

There are countless cuisines from which to choose. Foods from China, Japan, Korea, Vietnam, and Thailand enjoy worldwide recognition and can offer interesting applications on a menu. The cuisines of the Middle East and North Africa, strongly influenced by Arab culture and the Muslim religion, present a completely different array of street foods. In the western hemisphere, the new-world cuisines of the Americas offer classical and innovative international foods in North America and exciting vibrancy in Central and South America. Chefs in Europe have also embraced many influences from abroad and interwoven them with their well-established and time-honored cuisines. This section will take a look at flavor principles and techniques of popular world cuisines and will try to communicate a basic understanding of their culinary cultures.

## EAST AND SOUTH ASIA

Asia represents an enormous landmass with very diverse people, cultures, and cuisines. Differing from the rest of the world, many of the cultures and cuisines have developed over centuries with limited influence from the outside. However, when cultural exchange does occur, newly introduced ingredients and techniques are often embraced and assimilated.

In Asia, street food is usually not sold from an isolated vendor, but rather it is found in busy bazaars, night markets, or in organized hawker centers. Interestingly, many people in Asia like to differentiate between street food and food sold on the streets. Traditional street foods include snacks and small dishes for immediate consumption. Just as often, however, people buy whole dishes or components of a meal from vendors on the street to eat at home with the family or at work.



Photography by Terrence McCarthy



## Common Tools in East and South Asia

The wok is probably one of the most identifiable culinary tools of Asia. Known under different names in many regions, this ubiquitous all-purpose cooking vessel can be used to execute almost every cooking technique. The cooking range for a wok is just as unique. Designed to suspend the wok over the heat source, it provides instantly available high heat while limiting energy loss, thereby creating a sustainable use of energy for food preparation.

Japanese cuisine, known for its sophisticated elegance, is also famous for a variety of specialized tools. These include ceramic graters to turn radishes or wasabi into a very fine paste. Interestingly, these graters helped to inspire the line of tools we know today as Microplanes. Other specialized utensils include bamboo mats to roll sushi and drop lids to ensure that a simmering or poaching item is fully submerged in its cooking liquid. Japanese knives, highly coveted all over the world, further illustrate this refined approach to all things culinary. Unlike chefs from other Asian countries who are famous for their ability to cut everything with a cleaver, Japanese chefs have specific knives for most tasks.

An upright cylindrical oven, oftentimes built directly into the ground, can be found in many regions of south and central Asia. Known as a tandoor in India, it is commonly constructed with thick hearth walls. Fired with wood, charcoal, gas, or, in remote regions, with dried cow dung, a tandoor is capable of reaching temperatures of up to 900°F/482°C—perfect to roast skewered meats and vegetables, and to bake flatbreads. Despite this high heat output, a tandoor is designed to limit the loss of energy.

The omnipresence of rice in Southeast Asia has led to the design of many unique tools for its preparation. Rice noodles, for example, are made by forcing a rice-water slurry through a perforated metal disk into boiling water. The resulting strands of rice noodles are ready to use. Alternatively, a paste from raw rice and water is steamed into thin sheets and cut into desired shapes or ribbon-style noodles. Sweet potato noodles or noodles based on mung bean starch are made with comparable methods. A conical, tightly woven bamboo steamer with a corresponding pot is a unique tool from Thailand to steam glutinous rice.

## China

Chinese street food is as diverse as China itself with its vastly varying landscapes, climate zones, and population made up of more than fifty ethnic groups. Many meals are enjoyed outside the home in small restaurants or street stands. In urban areas, it is very common for people to gather in public places at dawn for calisthenics. At that time, cargo bicycles or small mopeds often pass by to offer breakfast items such as Curdled Soy Milk with Fried Crullers (page 276) and salted vegetables or steamed buns.

The climate of northern China is suitable for growing wheat. Rice, while popular, often plays a secondary role on northern tables. Noodles, flatbreads, steamed breads, and dumplings are more common fare. Reflections of this can be found in the Stir-Fried

Shredded Flatbread (page 290) or the Salad of Bean Starch Sheets (page 269). Typical northern flavors include pungent sweet and sour dishes and subtler, delicately seasoned foods highlighting the ingredient’s natural flavor. Found all over China, but especially typical for this region, is the use of garlic, ginger, and scallions. The proximity of Mongolia and its rule over China from 1279 to 1368 introduced dishes such as hot pot and Mongolian barbecue into northern China.

In the coastal east around Shanghai, a warmer, more humid climate promotes the cultivation of rice, making it the region’s most popular staple. Soy sauce and sugar are omnipresent flavor components, resulting in many sweet and salty dishes, often with a generous amount of sauce; this approach is illustrated by the Braised Pork Belly with Dried Mustard Greens and Lily Buds in Fermented Tofu Sauce (page 93). The cuisine of the landlocked Sichuan region in the central west of China is known for its generous use of chiles and Sichuan peppercorns, resulting in fiery hot dishes with a popular flavor profile known as *Ma-La*, literally translating into “numb and spicy.” The Spicy Tofu with Mushrooms (page 202) exemplifies that flavor.

Food from the south of China, known as Cantonese cuisine, is subtle, with flavorings and techniques that highlight the food’s natural flavor. Famous for dim sum, Cantonese cuisine has a broad variety of steamed or fried snacks, such as Pan-Steamed Cilantro and Pork Dumplings (page 309).

**TABLE 1.1** Typical Ingredients in a Chinese Kitchen

CONDIMENTS	HERBS/SPICES	PRODUCE	PROTEIN	STARCHES/LEGUMES
White and dark rice wine vinegar	Five-spice	Mushrooms	Wheat gluten	All-purpose flour
Light and dark soy sauce	Cilantro	Eggplant	Tofu	Dumpling wrappers
Sesame oil	White pepper	Leafy green vegetables	Beef	Mung beans, soybeans
Hoisin sauce	Sichuan pepper	Bean sprouts	Chicken	Noodles based on wheat, rice, mung beans, or sweet potatoes
Shaoxing wine	Ginger	Water lily buds	Organ meats	Refined starches from water chestnuts, mung beans, corn, potatoes
Chili bean paste Chili oil Dry chili paste Fresh chili paste	Garlic	Cabbages	Pork	Bean starch sheets
Oyster sauce	Star anise	Scallions	Seafood in coastal regions	Short- and long-grain rice

## Japan

Japanese cuisine is characterized by its elegant simplicity; it aims to enhance and highlight the essential qualities of food. Spicy food is relatively uncommon. Sansho, a relative to the Chinese Sichuan pepper; and the Japanese seven-spice (also known as *shichimi togarashi*), a mixture of cayenne pepper, sansho, black and white sesame seeds, dried orange peel, ground ginger, and nori seaweed, are the only sources for some piquancy. In general, all aromas are clear and easily recognizable. Common flavors include light soy sauce as the all-purpose seasoning, mirin as the most common sweetener, and miso in soups or dressings.

As an island nation, Japan consumes large amounts of seafood and sea vegetation. Rice is a staple, and every meal revolves around it. In addition to rice, noodles based on wheat, buckwheat, sweet potato starch, or rice are very popular. In fact, Japan has among the highest noodle consumption per capita. Street food is not quite as popular and common as in other East Asian countries; most meals are consumed at home or in restaurants. The younger generation, on the other hand, embraces the comfort food served from small stands and street-side restaurants. Iconic dishes include Chicken Yakitori (page 82), a char-grilled and glazed chicken skewer. Most vendors offer variations featuring all parts of the chicken, from liver, gizzard, heart, and wings to the thigh and breast. Popular Japanese street-food variations include the famous ramen noodles, which are based on the Chinese la mian, hand-pulled noodles served in an aromatic broth, and other noodle dishes, including the nontraditional but popular Curry Udon Noodles (page 294). Among sweet snacks, taiyaki, a fish-shaped sweet cake filled with sweetened adzuki beans, can be found on the streets of Japan as well as Korea.

**TABLE 1.2** Typical Ingredients in a Japanese Kitchen

CONDIMENTS	HERBS/SPICES	PRODUCE	PROTEIN	STARCHES/LEGUMES
Light soy sauce	Bonito flakes	Shitake mushrooms	Savory fish cakes	Ramen, somen, udon, and soba noodles
Sake	Sesame seeds	Leeks	Seafood	Short-grain rice
Mirin	Sansho	Daikon radish	Pork	Rice cakes
Gingko nuts	Dry mustard	Napa cabbage	Chicken	Soybeans
White rice vinegar	Ginger	Scallions	Beef	Mung beans
Wasabi	Kinome	Sea vegetation	Tofu	
Sesame oil	Seven-spice	Watercress		
Miso paste	Kelp	Persimmons		

## Korea

The cuisine of the Korean peninsula has created many interesting ways to take advantage of the ocean's bounty. Seafood and maritime vegetation such as seaweed, kelp, and algae can be found on many tables. An anchovy extract, comparable to the Southeast Asian fish sauce, is an all-purpose seasoning almost as common as soy sauce. A unique aspect of Korea, compared to other northeast Asian cuisines, is the popularity of hot red chiles. Mostly used dried and omnipresent in every pantry, they are used to add a significant punch to stews, soups, salads, and, of course, kimchi, the ubiquitous spicy fermented vegetable accompanying every meal from breakfast to dinner. A popular Korean tableside condiment and cooking ingredient is *koju jiang* or gochujang. Made from red chiles, fermented rice, and soybeans, its status on Korean tables can be compared to the popularity of ketchup in the United States.

Highlighted on many menus as a featured ingredient, beef is the most popular meat in Korea; the intensely flavored oxtail and short ribs are the most coveted and expensive cuts. Pork, historically looked down upon and only consumed by lower classes of society, has gained momentum in recent decades. Now found on many tables and prepared in interesting ways, like Spicy Kimchi Stew with Pork (page 63), it is still often a secondary ingredient, playing a supporting role. Wheat was introduced to Korea only in the recent past and does not play a very prominent role. Because of this, Korean noodles are made from a variety of alternative starches and flours. The most common ingredients are sweet potatoes, corn, potatoes, rice, buckwheat, and mung beans. Stir-Fried Glass Noodles (page 297) is a popular dish that uses noodles made from sweet potato starch. Mung beans are common in

**TABLE 1.3** Typical Ingredients in a Korean Kitchen

CONDIMENTS	HERBS/SPICES	PRODUCE	PROTEIN	STARCHES/LEGUMES
Light soy sauce	Anchovy extract	Fresh green chiles	Beef	Noodles based on rice, wheat, buckwheat, or sweet potatoes
White rice vinegar	Ginger	Scallions	Seafood	Pearl barley
Sesame oil	Garlic	Napa cabbage	Chicken	Short-grain rice
Kimchi	Chives	Mung beans	Tofu	Buckwheat
Red pepper paste (gochujang)	Dried red pepper powder	Radishes, turnips	Pork	Refined starches based on mung beans and sweet potatoes
Mirin	Mugwort	Sea vegetation		Millet
Fermented soybean paste		Dried vegetables		Mung beans

many Korean pantries as well. Their starch is used to produce bean threads, crystal-clear thin noodles with an interesting, slippery texture, often used in salads or soups. Mung beans are also used in rice, vegetable, and seafood dishes, like Chinese Mung Bean and Rice Crêpes (page 306). In general, street food in Korea is comfort food, convenient and fulfilling, served in friendly environments.

## Vietnam

Vietnam is famous for its street food; because it is less regulated than in other countries, many experts feel it is true street food. In many countries, street food is often sold from an open window or wall in a storefront or a stall. In Vietnam, however, vendors roam the streets with their offerings. Typically offering only one item, they have spent their life and career refining and perfecting the perfect roasted pork belly, the fantastic bowl of pho, or the most flavorful rich coffee. Common cooking techniques of Vietnamese street food are coal grilling, deep-frying, and steaming.

The cuisine of Vietnam is known for its light and fresh appeal, with fresh herbs often offered whole, ripped coarsely, and added to the food at the last moment. Compared to other Southeast Asian cuisines, Vietnamese food is not inherently spicy; hot condiments are offered separately and added to achieve a personalized level of spiciness. A unique aspect of Vietnamese cuisine is the layering of flavors and textures, and many dishes are assembled at the last moment, often to the customer's specification or by the diner himself, like in the Vietnamese Grilled Shrimp Cake on Sugarcane (page 152).

The characteristics of Vietnamese cuisine vary from region to region. In the south, the pungency of fish sauce is dominant, and generous helpings of herbs are used to accentuate many dishes. Rice, a very important aspect of Vietnamese culture, is especially popular in the south.

Influenced by the imperial city of Hue, the cuisine of central Vietnam is considered to be more sophisticated, and a fair amount of herbs accompany a large choice of vegetarian dishes. Fish sauce as well as shrimp paste are standard seasonings, and chile spice is used more frequently. Rice noodles are also very popular in central Vietnam.

In the north, food is simpler, with not quite as many herbs; it is less sweet than in other regions, and not very spicy. Beef is a popular meat in this region, which is the origin of the world-famous Vietnamese noodle soup pho.

## Thailand

With the two countries in close proximity to each other, the cuisines of Thailand and Vietnam are comparable. Year-round availability of a seemingly endless supply of fresh produce flavored with fresh herbs and a generous helping of hot red chiles give the foods of Thailand a bright and crisp appeal. Just as in Vietnamese cuisine, flavors are prominent and easily recognizable. In the south of Thailand, beef, goat, and seafood



Photography by Terrence McCarthy

**TABLE 1.4** Typical Ingredients in a Thai or Vietnamese Kitchen

CONDIMENTS	HERBS/SPICES	PRODUCE	PROTEIN	STARCHES/LEGUMES
Fish sauce	Basil	Bamboo shoots	Seafood	Bean thread and rice noodles
Curry paste	Mint	Cucumber	Pork	Rice paper
Shrimp paste	Saw-leaf herb (known as culantro in Latin America)	Bean sprouts	Chicken	Long-grain and sticky rice
Chiles	Lemongrass	Limes	Duck	Mung beans
Palm sugar	Ginger	Scallions	Beef	Red rice
Light soy sauce	Galangal	Shallots		
Coconut	Cilantro	Leafy green vegetables		
Hoisin sauce	Kaffir limes and leaves	Tamarind		
Fresh or roasted chili paste	Cilantro	Lotus roots		

are popular. In general, southern food is spicier, with a distinct Muslim influence coming from Malaysia. In the north of Thailand, food tends to be somewhat less spicy. Instead of chiles, green peppercorns, often added as whole sprigs to the food, are used to provide the coveted zing.

Noodles, most commonly made from rice flour, are among the most popular street foods in Thailand. Often served on the petals of banana blossoms, regional varieties of pad thai can be found all over the country. Most street food is grilled, stir-fried, deep-fried, or simmered. Skewered grilled meat like a satay or Beef Skewers with Green Chili Sauce (page 85) are good illustrations of how meat is served from mobile vending stations in Thailand. Som tam, a very spicy green papaya salad made to order, is often served accompanying grilled meats.

## EASTERN MEDITERRANEAN AND NORTH AFRICA

Gastronomic customs of the Middle East have been influenced by trade with other Mediterranean nations, as well as the Silk Route trade with Central and East Asia. The expansion of Arab culture from the Levant over the Maghreb to parts of Spain during medieval times had a substantial impact on the societal and cultural makeup of the region. The introduction of new crops, along with innovative agricultural techniques and irrigation systems, transformed the arid plains of North Africa into fertile farmland. After the Renaissance, the exploration and colonization of Africa and the New World by European powers brought yet another great variety of new produce and techniques to the region's cuisine.

## Common Tools in the Eastern Mediterranean and North Africa

Living and thriving in an area with little easily accessible water and fuel, the people of the Middle East and North Africa have developed tools and techniques to conserve these invaluable resources. Couscous, a culinary staple from the Maghreb, is a direct reflection of this approach. Couscous is made by mixing hard-wheat semolina with small amounts of water into a gritty mixture. This mixture is then rubbed between the hands to achieve a coarse, almost cornmeal-like consistency. After drying, the small couscous pebbles are steamed in a pot with a perforated bottom, which is tightly clamped over a different pot with simmering stew. This contraption, known

as a *couscoussière*, employs the steam of the simmering stew beneath to cook the couscous, eliminating the need for any additional water or energy.

Tagines, ceramic pots from Morocco and Tunisia, are another ingenious tool to conserve resources. For a tagine, all ingredients are cooked very slowly in the iconic earthenware pot with its conical lid. The low heat applied allows for cooking in the item's own juices without the need for any additional liquid.

Narrow kebob grills for cooking skewered meat, fish, or seafood rapidly over intense heat have also been developed out of the need to conserve energy.

## Greece

Greece, a predominantly Christian country with a long history, is known for its generous use of vegetables, legumes, and grains. Meat is consumed in relatively small amounts, with lamb as the most popular and pork not uncommon. Dairy, especially yogurt, cheese, and goat's milk, is an important part of the Greek diet. Greek food is flavored simply; the most common aromatics include olive oil, lemon, garlic, and oregano.

**TABLE 1.5** Typical Ingredients in a Greek or Turkish Kitchen

CONDIMENTS	HERBS/SPICES	PRODUCE	PROTEIN	STARCHES/LEGUMES
Olive oil	Sumac	Tomatoes	Lamb	Grains
Pomegranate molasses	Parsley	Lemons	Sheep's milk cheese	Bulgur
Chili pastes	Garlic	Walnuts	Seafood	Rice
Eggplant spreads	Mint	Quinces	Yogurt	Potatoes
Olives	Oregano	Figs	Beef	Wheat
Tzatziki	Cumin	Pomegranates	Chicken	Phyllo dough
Pickled vegetables	Paprika	Cucumbers	Pork ( <i>Greece only</i> )	Bread
		Leafy greens		

## Turkey

Turkey, the land link between the Levant, Central Asia, and Europe, has a cuisine that can be simply described as fresh. Food is often served as a large variety on small plates. Often cooked pilaf-style and served as a side dish, or as a main dish with other ingredients, grains such as rice and bulgur are found all over Turkey. Common flavors include mint, parsley, paprika, and cumin. Sumac, a sour berry, is used to provide acid to many dishes.

## Middle East

The cuisine of the Arab Levant, made up of Egypt, Israel, Lebanon, Syria, Iraq, Saudi Arabia, and Jordan, is a fusion of many traditional foods. The hot and arid climate of the region



Photography by Terrence McCarthy

inspired foods pickled with salt and vinegar. Grilled meats, served with fresh or marinated vegetables, are very popular and often served mezze-style on small plates accompanied by a large array of condiments, like Hummus (page 322), Tabbouleh (page 327), or baba ghanoush.

**TABLE 1.6** Typical Ingredients in a Middle Eastern Kitchen

CONDIMENTS	HERBS/SPICES	PRODUCE	PROTEIN	STARCHES/LEGUMES
Olive oil	Coriander	Lemons	Camel	Whole wheat
Sesame paste	Parsley	Pomegranates	Lamb	Chickpeas
Za'atar	Sumac	Eggplant	Mutton	Bulgur
Pomegranate molasses	Thyme	Pistachios	Goat	Rice
Sesame seeds	Cumin	Grapes	Dairy	Bread
Legume pastes	Cilantro	Quinces		Lentils

## North Africa

North African cuisines are famous for tagines, couscous, preserved lemons, and mint tea. Common flavors of the region include ginger, hot peppers, and cumin. Spices are often combined into very aromatic spice mixtures. See Table 1.15 for information about international spice blends.

**TABLE 1.7** Typical Ingredients in a North African Kitchen

CONDIMENTS	HERBS/SPICES	PRODUCE	PROTEIN	STARCHES/LEGUMES
Orange flower water	Mint	Citrus fruits	Lamb	Couscous
Olive oil	Hot peppers	Dates	Pigeon	Lentils
Rose water	Coriander	Nuts	Beef	Semolina
Dried fruit	Parsley	Almonds	Mutton	Wheat flour
Preserved lemons	Cilantro	Apricots	Chicken	Rice
Harissa	Cumin	Olives	Seafood in coastal regions	Bread
Honey	Caraway seeds	Tomatoes	Cheese	Millet
	Paprika	Garlic		

In the eastern and southern Mediterranean, many related street foods can be found in several countries under different names. Tzatziki (page 112), a Greek condiment based on yogurt, garlic, and cucumbers, is known as *çaçık* in Turkey, and comparable variations are found in many other places. A popular method in many areas is roasting highly seasoned slabs of meat on an upright rotisserie. While it cooks beside the fire, the meat is carved thinly with a long sharp knife and served with a regionally specific flatbread and condiments. In Greece, it is called Gyros (page 98), and pork is often the choice of meat. In Islamic countries, where the dish is known as *shawarma* in Arabic or *döner kebab* in Turkish-speaking regions, beef and lamb are used due to religious restrictions on pork.

Middle Eastern and North African cuisines are known for a variety of energy-saving cooking methods. Grilling diced meat on skewers directly over a flame helps to significantly reduce the cooking time. As a result, shish kebobs, char-grilled skewered lamb or beef with onions, garlic, and tomatoes, are a popular street food found all over the Middle East and North Africa. In coastal areas, kebobs with fish or seafood are widely available. Chicken Köfte Kebobs (page 79), skewered and grilled ground meat mixed with spices, aromatic vegetables, and soaked stale bread, are also popular. Common flavorings for kebobs include lemon juice, olive oil, parsley, cumin, and coriander, with many regional variations.

Falafel (page 317), chickpea fritters served with tahini sauce, tomatoes, and cucumbers in pita bread, is a popular quick-service food in Israel and adjacent countries. Instead of cooking the chickpeas for a long time until they are soft, they are simply soaked in water for a day or two before they are ground and shaped into patties and quickly deep-fried. In Egypt, where it is often stuffed with seasoned ground beef, falafel is known as *tacmiyya*. Other popular legume dishes include Hummus (page 322), a chickpea and sesame purée from the Middle East, and *leblebi*, a spiced chickpea stew from Tunisia.

Popular snacks of the eastern and southern Mediterranean include savory stuffed pastries known as Turkish Water Börek (page 284), *briwat*, *samboussek*, *spanakopita*, and *katmar*. Regional varieties are stuffed with mixtures of cheese, vegetables, meat, or seafood and are baked, griddled, or fried.

## EUROPE

The cuisines of Europe developed over centuries with limited foreign influence. New ingredients, often introduced from the New World or colonies abroad, commonly came without guidance on original cooking methods. Assimilated into the culinary culture, these ingredients facilitated the conception of new dishes with a distinct spirit of the local cuisine. Case in point is curry powder, created in the United Kingdom by colonists returning from the Indian protectorate. Missing and craving the spicy and flavorful foods from abroad, they would often enhance the local food with a sprinkle of Indian spices. Soon after, variations of this spice mix became known as curry powder; in India, comparable spice mixes are known



Photography by Terrence McCarthy

as masala. The word *curry* might have been derived from *kari*, the Tamil word for “sauce,” or from *karahi*, Hindi for a ubiquitous all-purpose cooking vessel in Indian kitchens. Curry powder has made its way into many cuisines. The famous German Currywurst (page 54) gets a generous sprinkle of the blend after being doused in a spiced ketchup or tomato sauce.

Globalization and migration patterns of the twentieth century have altered the food scene all over Europe. Most travelers agree that London is rightfully famous for its authentic Indian food; a true step forward from curry powder-sprinkled rations. Berlin, with the largest concentration of Turks outside Turkey, is known for phenomenal Turkish food; döner kebab is actually Germany’s most popular street food. And on the streets of France, sandwiches filled with a spicy North African merguez sausage, harissa paste, and French Fries (page 177) are a coveted snack on the go.



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## Common Tools in Europe

Many regions of Europe are famous for their vast and dense forests. The resulting abundance of high-quality firewood led to the development of wood-fired ovens to bake crusty breads. Over time, these relatively simple ovens evolved into sophisticated appliances with precise temperature-control mechanisms. The ability to manage the heat accurately, has, in turn, allowed for the development and production of delicate cakes and pastries. Initially, these were only affordable for nobles and royalty. After their introduction to the middle classes, however, the rising demand for pastries and cakes generated a completely new profession, the pastry chef. The oven became such an essential part of European cuisines that it evolved from a communal cooking tool into a standard appliance found in almost every modern household kitchen.

Not only baking depends on an oven. Over time, European chefs have refined the art of roasting and learned to understand its science. An oven has become an essential tool to gently cook large cuts of meat or whole animals. To this day, the traditional “Sunday roast,” cooked to perfection with a delectable crust and a juicy interior, is still a highly anticipated family event.

In many cuisines, most cooking vessels are designed to execute a variety of methods, limiting the amount of pans necessary to do the job. A pot room in a well-equipped European kitchen, however, is filled with a wide assortment of different skillets, pots, and pans. Oftentimes they are made from a range of materials, varying in size and shape to perfectly suit a very specific cooking technique.

## Spain

Traditional street foods in Europe vary from region to region. Spanish tapas, snacks served on small plates accompanied by a glass of sherry, have helped this cuisine gain

**TABLE 1.8** Typical Ingredients in a Spanish Kitchen

CONDIMENTS	HERBS/SPICES	PRODUCE	PROTEIN	STARCHES/LEGUMES
Olives	Garlic	Nuts	Pork	Calasparra rice
Anchovies	Pimentón	Peppers	Serrano ham	Chickpeas
Olive oil	Onions	Eggplant	Cheese	Potatoes
Garlic	Saffron	Squash	Rabbit	Noodles
Sherry (wine and vinegar)	Smoked paprika	Quinces	Salt cod	Wheat
Capers	Parsley	Fennel	Seafood	Bread
Aioli	Cilantro	Tomatoes	Game	



Photography by Terrence McCarthy

world recognition. In many places, the word *tapas* has actually become synonymous with this eating style, regardless of the cuisine. The cuisine of Spain is a culinary amalgam of Spain's key regions. It is straightforward and free of finicky presentations—simple comfort food for the people. Olives are probably one of the most typical ingredients; the omnipresent olive oil can even be found in desserts and other sweet preparations. Other important components of Spanish cookery include fresh garlic, fresh and dried peppers, rice, wheat, and tomatoes. The common use of nuts, chickpeas, saffron, and many other spices has its roots in the Moors' rule of Spain from the eighth to the thirteenth centuries.

## France

The food of the French people is quite different from the haute cuisine of their culinary grandmasters. As diverse as the population, the cooking and ingredients are influenced by the *terroir* of the individual regions and by immigration. Long coastlines in Brittany and Normandy in the north provide a large variety of seafood, as well as the famous salt meadow lamb. Dairy is an integral component, and the apple orchards in Normandy helped create apple cider and Calvados.

Influences from neighboring Germany helped create the culinary culture of Alsace and Lorraine with its celebrated choucroute garnie, Riesling wines, and quiches, like the Leek Quiche (page 225). Southern France, with its Mediterranean climate, has a cuisine all its own. Dominated by strong flavors, like olives, garlic, herbs, and tomatoes, the foods of Provence and Languedoc are perfect partners for the bold wines of that region.

**TABLE 1.9** Typical Ingredients in a French Kitchen

CONDIMENTS	HERBS/SPICES	PRODUCE	PROTEIN	STARCHES/LEGUMES
Anchovies	Artichokes	Apples	Duck	Bread
Harissa	Parsley	Asparagus	Charcuterie	All-purpose and bread flour
Olives	Chives	Wild greens	Game	Pasta
Garlic	Chervil	Tomatoes	Chicken	Potatoes
Wine	Rosemary	Leeks	Goose	White beans
Mustard	Tarragon	Green beans	Seafood	Rice
Capers	Thyme	Green peas	Dairy	Semolina
Vinegar	Oregano	Fennel	Eggs	

Crêpes, possibly the most iconic street food of France, originated in Brittany and were classically made from buckwheat flour, like in the Buckwheat Crêpes (page 352). Today these paper-thin pancakes are found all over the country, prepared freshly with fillings from ham and cheese to fruit compotes, spreads, or nut butters. Other popular snacks on the go include waffles, like the Crispy Chocolate Waffles with Mint Syrup and Whipped Cream (page 335), French Fries (page 177) served in paper cones with mayonnaise or ketchup, and portable sandwiches.

## Italy

In Italy, eating is an integral part of life. The culinary arts are taken seriously, and traditional dishes, recipes, and methods are honored, respected, and preserved. Food is prepared and served sincerely, without much fluff. Simple but perfectly executed is a good way to describe the traditional cuisine. Fast food, while known, is not popular; even for street food, most people prefer to take a brief rest and sit down for a few moments to enjoy an espresso, a freshly fried arancini, or a gelato. The foods of Italy vary regionally. Northern Italy is famous for the locally grown rice, great wines, and truffles. In the alpine regions, dairy, and consequently beef and veal, is an integral part of the cuisine. Butter is a common cooking fat; olive oil, known and used all over Italy, is more popular in warmer regions. In general, the food of the north is richer, more elaborate, and more complex than the cuisines of the south. *Cucina povera*, which means “poor cuisine,” is often used to describe the rustic foods of central and southern Italy. The phrase describes a minimalist approach where chefs transform inexpensive and straightforward foods into great meals. Skillfully prepared, *cucina povera* shines through its simplicity, the quality of its elements, and the chef’s esteem for the ingredients.

**TABLE 1.10** Typical Ingredients in an Italian Kitchen

CONDIMENTS	HERBS/SPICES	PRODUCE	PROTEIN	STARCHES/LEGUMES
Anchovies	Basil	Nuts	Salami	Polenta meal
Crushed red peppers	Parsley	Tomatoes	Tuna	White beans
Olive oil	Oregano	Garlic	Prosciutto	Arborio rice
Capers and caperberries	Dried chiles	Artichokes	Sausages	Durum, 00, all-purpose, and semolina flour
Olives	Fennel seeds	Fennel	Veal	Potatoes
Balsamic vinegar	Garlic	Greens	Cheese	Chickpea flour
Vinegar	Nutmeg	Corn	Seafood	Crusty bread
Wine	Rosemary	Beans	Dairy	Pasta



Photography by Terrence McCarthy

**TABLE 1.11** Typical Ingredients in a Northeastern European Kitchen

CONDIMENTS	HERBS/SPICES	PRODUCE	PROTEIN	STARCHES/LEGUMES
Pickled vegetables	Parsley	Beets	Cured meats	Rye bread
Vinegar	Chives	Onions	Cured seafood	Potatoes
Lard	Dill	Cabbage	Cold cuts	Pasta
Mustard	Allspice	Apples	Dairy	All-purpose and rye flour
Mayonnaise	Caraway seeds	Turnips	Pork	Barley
Honey	Juniper berries	Carrots	Eggs	Whole-grain bread
Sauerkraut	Bay leaves	Leeks	Duck	Buckwheat
Horseradish	Cloves	Pears	Goose	Oats


## Northeastern Europe

Long coastlines, moderate summers, cold winters, and Viking influences from Scandinavia have influenced the cuisines of North-Central Europe, now becoming very popular as Nordic cuisines. Rye, oats, potatoes, root vegetables, cabbages, and tubers are as integral to the menu as are meat and seafood. Traditional aromatics include caraway seed, black pepper, and juniper. Established street foods of the region include grilled, sautéed, or simmered sausages; sandwiches with pickled fish; and seafood and potato pancakes. Warmer summers and cold winters, with a guarantee of snow in the southern regions of Central Europe, have shaped a different cuisine. Cultural influences from the Roman and Ottoman Empires have added a great layer of complexity to the cuisines of southern Germany, Austria, Hungary, and Switzerland. In these mainly landlocked regions, freshwater fish is more popular than ocean fish, and the cultivation of wheat due to the warmer climate is illustrated by the popularity of dumplings based on wheat flour and semolina. Sausages are equally popular, but are commonly offered in a greater variety. Other iconic street foods include pretzels, crêpes, and fried doughnuts known as pfnankuchen or Berliners.

## THE AMERICAS

### The United States

The cuisine of the United States has had an unjust reputation for being composed of fast food and restaurant chains. In fact, past and present immigration to the United States has created a culinary diversity found in few other places around the world. European-style



## Common Tools of the Americas

The cuisines of the Americas continue to be shaped and inspired by epicurean cultures from all over the world. As a result, tools found in American kitchens are a direct reflection of the demographic makeup of a region. Outdoor smokers and grills, to produce coveted barbecue, are found in almost every household in the southern and southwestern United States. Skillet frying, a widespread method in the Deep South of the United States, is done best in the popular cast-iron cookware.

Tortilla presses, to shape perfect corn tortillas, can be found in many Mexican households as well as restaurants. These tortillas are commonly cooked on a comal, a round skillet/griddle traditionally made from earthenware. Nowadays, nonstick comals or those made from cast iron have become more popular.

A unique tool found in the cuisines of the Caribbean is a tostonera, a hinged wooden press to make tostones, plantain fritters, popular in Puerto Rico.

foods of the Northeast and Midwest give way to the soul food of the South, with its fried green tomatoes, pulled pork, and braised greens. On a westbound trip from Louisiana, Cajun and Creole fare, represented by crawfish étouffée and gumbo, gradually becomes Texan barbecue and Tex-Mex cuisine, with its strong Mexican influence. Florida is known for exciting Caribbean food, and on the West Coast, cross-cultural food is a common find on the street and in restaurants. Attempting to pigeonhole the cuisine of the United States is an exercise in futility; every region has its own culinary landscape, with distinct marks left by new and established residents. In addition to regional cuisines, native American cooking methods—like grilling on a cedar plank, the nixtamalization of corn, or fry bread—are being rediscovered and promoted to reconstruct pre-Columbian food or to intertwine them with current cuisine to form culinary novelties.

The evolution of the U.S. food scene has also had a tremendous impact on the country's street food. The nation's fast-paced lifestyle, paired with a newly found passion for well-prepared food, has been the perfect breeding ground for remarkable fare on the boulevard. All-time favorites like hot dogs, soft pretzels, and hoagies can now be found beside eclectic food like Korean barbecue, gourmet s'mores, hand-cut French Fries (page 177), or a bowl of pho. Every customer has his own preferred vendor and street-food hot spot; many people agree, however, that the current hubs are New York City; Austin, Texas; Portland, Oregon; Philadelphia, Pennsylvania; and Chicago, Illinois, where vendors sometimes squabble over the most desirable location for the cart or food truck. Some areas in those cities are known for lunchtime gatherings of vendor communities, where the quality and diversity of the food effortlessly stands its ground in comparison to the famous hawker centers and food courts in Singapore. These regional cuisines are often identified and characterized by typical ingredients found in household as well as in commercial kitchens. The following table is designed to illustrate the diversity of all the U.S. regional cuisines.

**TABLE 1.12** Typical Ingredients in the Regional Kitchens of the United States

MIDWESTERN STATES

CONDIMENTS	HERBS/SPICES	PRODUCE	PROTEIN	STARCHES/LEGUMES
Mustard	Parsley	Morels	Beef	Wheat
Ketchup	Black pepper	Celery	Pork	Cornmeal
Mayonnaise	Chives	Carrots	Freshwater fish	Wild rice
Ranch dressing	Horseradish	Turnips	Chicken	Potatoes
Dill pickles	Chives	Concord grapes	Game	Rye bread

NORTHEASTERN STATES

CONDIMENTS	HERBS/SPICES	PRODUCE	PROTEIN	STARCHES/LEGUMES
Mustard	Parsley	Corn	Beef	Rice
Ketchup	Black pepper	Eggplant	Pork	Pasta
Mayonnaise	Basil	Beans	Chicken	Potatoes
Molasses	Horseradish	Tomatoes	Game	Rye bread
Dill pickles	Chives	Apples	Seafood (fresh and preserved)	Wheat
Maple syrup	Brown sugar	Cranberries	Freshwater fish	Cornmeal

SOUTHERN STATES

CONDIMENTS	HERBS/SPICES	PRODUCE	PROTEIN	STARCHES/LEGUMES
Dark roux	Filé powder	Peanuts	Virginia ham	Rice
Hot sauce	Honey	Sweet potatoes	Ham hocks	Cornmeal
Buttermilk	Garlic powder	Okra	Crawfish	Wheat
Spicy brown mustard	Cayenne pepper	Cooking greens	Trout	Biscuits
Regular mustard	Paprika	Black-eyed peas	Catfish	Hominy grits
Peanut butter	Oregano	Peaches	Shrimp	Corn fritters
Barbecue sauce	Garlic	Sweet onions	Liver	

**TABLE 1.12** (continued)

SOUTHWESTERN STATES

CONDIMENTS	HERBS/SPICES	PRODUCE	PROTEIN	STARCHES/LEGUMES
Barbecue sauce	Dried chiles	Cactus paddles	Quail	Corn masa
Honey	Cilantro	Squash	Game	Cornmeal
Salsas	Epazote	Peppers	Beef	Dried beans
Hot sauce	Mexican oregano	Tomatoes	Pork	Wheat
Ketchup	Chili powder	Jícama	Freshwater fish	Tortillas
Vinegar	Pepper	Avocado	Seafood	Pozole
Lime juice	Garlic	Pecans	Organ meats	Rice

NORTHWESTERN STATES

CONDIMENTS	HERBS/SPICES	PRODUCE	PROTEIN	STARCHES/LEGUMES
Ketchup	Ginger	Mushrooms	Pacific salmon	Pasta
Mustard	Galangal	Fiddlehead ferns	Game	Rice
Soy sauce	Garlic	Avocado	Crabs	Wheat
Fish sauce	Basil	Fennel	Geoduck clams	Bread
Olive oil	Curry powder and paste	Grapes	Pork	Tortillas
Vinegar	Cilantro	Citrus	Beef	Potatoes
Sesame oil	Chiles	Berries	Chicken	Beans

## CENTRAL AND SOUTH AMERICA

Immigration from all over the world has shaped the unique cultures of Latin America. The cuisines, famous for their exciting vibrancy, are a perfect blend of indigenous culinary traditions with ingredients and methods introduced by immigrants. Pork, one of the most popular meats, was unknown in the Americas in pre-Columbian times. Prior to colonization of an area or an island, Spanish explorers released pigs in the area to provide fresh meat for later settlers.

**TABLE 1.13** Typical Ingredients in a Caribbean Kitchen

CONDIMENTS	HERBS/SPICES	PRODUCE	PROTEIN	STARCHES/LEGUMES
Pickled chiles	Allspice	Bread fruit	Salt cod	Yucca
Jerk seasoning	Ginger	Papaya	Rock lobster	Arrowroot
Papaya slaw	Tamarind	Star fruit	Conch	Plantains
Chutneys	Chiles	Okra	Goat	Yellow split peas
Hot sauce	Curry powder	Bananas	Seafood	Sweet potatoes
Vinegar	Habanero chiles	Guavas	Pork	Rice
Lime juice	Cilantro	Callaloo	Chicken	Beans

## Caribbean

The popularity of curries in Caribbean cuisines also illustrates the influence of immigration. After the abolition of slavery, the region was in desperate need of skilled low-paid workers. To fill this void, British colonists organized the migration of native East Indians to the Caribbean territories. Known as curry to the British settlers, all the flavorful Indian stews and their adaptations became an integral part of Caribbean cooking.

## Peru

Peru, the birthplace of potatoes, is also famous for the inventive use of seafood. Inspired by Japanese immigrants, *causa*—made from mashed potatoes, lime juice, and often fish or seafood—is one of the region’s most popular dishes. Typically served as a roll, it bears a strong resemblance to the Japanese maki sushi. Ceviche, raw marinated fish or seafood popular in many regions of Latin America, is strongly represented in Peru. For this dish, known in Peru as *tiradito*, raw fish is sliced thinly and arranged on a plate. Unlike seviche, *tiradito* is not marinated; it is served with a dressing called *leche de tigre*, meaning “tiger’s milk.” This dressing is made from lime juice, raw fish scraps, bonito flakes, peppers, and other aromatics.

## Brazil

The cuisines of Brazil, the largest country in South America, are as diverse as its people. Churrasco, a cowboy-style barbecue created by cattle-herding horsemen of the country’s south, enjoys great popularity in the whole country. Along the southern coastline of Bahia, the food reflects a rich and tropical cuisine with African influences. Common ingredients

include coconut milk, malagueta peppers, dried shrimp, okra, and dende oil. The cuisines of the Amazon reflect the richness of the region. Rare fish, exotic plants, and super fruits, like açai berries, acerola, and passion fruit, provide a rewarding playground for creative chefs. The arid regions northeast of the Amazon offer the perfect *terroir* for salted or sun-dried meats. Various flours, made from fermented or unfermented manioc, known as farinhas, are another important staple.

In Brazil, many street foods are often referred to as *salgadinhos*, literally translated as “little salty ones.” Most Brazilians enjoy food from street-side cafés, where they can socialize with a drink in hand; it is relatively uncommon to eat these snacks on the run. Popular street-food snacks include *pao de queijo* (page 314), small baked cheese rolls made from tapioca flour. Pasties, bolinhos, or empanadas, like the Tuna and Goat Cheese Empanadas (page 156), are baked or fried turnovers or dumplings that feature a variety of stuffings and are popular quick snacks. On the beaches of Rio de Janeiro, omnipresent are booths offering the Caipirinha (page 367), Brazil’s famous cocktail made from lime juice and cachaça, a liquor made from fermented sugarcane juice.

More and more chefs and culinary professionals have begun to recognize the potential that the cuisines of Latin America have to offer. Amazonian cuisines have often been called the final frontier for chefs, and authentic dishes and creative interpretations can be found in restaurants across the globe.

## Mexico

Added to UNESCO’s list of intangible cultural heritage in 2010, the cuisines of Mexico are recognized by most culinary professionals as a major player among the world cuisines. Mexican food, with its long history, has evolved around maize, beans, and chiles. Field corn often undergoes a special treatment known as nixtamalization. For this process, a common practice even before the European discovery of the Americas, the kernels are briefly boiled and soaked in a calcium hydroxide solution. Once fully hydrated, the corn is ground into a paste. Known as masa, this paste is used to produce Corn Tortillas (page 279), Sweet Tamales (page 346), and other specialties. Significant other ingredients include tomatillos, tomatoes, cheese, and aromatics, such as cilantro, cumin, lime, and epazote, a very aromatic herb often employed as a digestive aid. Mexican street food has a long history; returning Spanish conquistadors reported with amazement on the variety of the foods sold in Mexican markets. Today, the street food of Mexico is known as *antojitos*, or “little whim,” and is often described as spicy, colorful, vibrant, and fresh. Most Mexicans agree that layering of textures is a very important aspect. Tacos; tortillas with different fillings, like Tacos with Poblano Peppers in Cream (page 221) or Grilled Fish Tacos (page 159); as well as Mexican sandwiches known as *tortas*, are characterized by an array of flavors and textures. Tamales, steamed masa cakes wrapped in cornhusks or banana leaves, are also popular examples of a layered sensory experience. Other popular Mexican street foods include Pan-Fried Quesadillas (page 217), burritos, and Grilled Corn on the Cob (page 212), known as *elotes asodos*.



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**TABLE 1.14** Typical Ingredients in a Mexican Kitchen

CONDIMENTS	HERBS/SPICES	PRODUCE	PROTEIN	STARCHES/LEGUMES
Olives	Cumin	Limes	Cheese	Dried beans
Dried chiles	Pumpkin seeds	Tomatoes	Goat	Rice
Salsas	Epazote	Corn	Sour cream	Corn masa
Guacamole	Cilantro	Jícama	Pork	Tortillas
Capers	Garlic	Squash blossoms	Seafood	Noodles
Lime juice	Mexican oregano	White onions	Beef	Plantains
Pomegranates		Avocado		

Just like anywhere, the foods of Mexico change from region to region. A nomadic life style in pre-Columbian times created a simple cuisine in the north. Wheat, introduced by Spanish explorers, made flour tortillas a popular choice. Complex sauce preparations, such as the famous moles, illustrate a higher level of refinement of Mexico's southern cuisines. A greater variety of chiles is available there, and black beans are more popular than the pinto beans from the north. The culinary hub of Mexico has always been and still is the capital. The streets and shops of Mexico City offer products from all over Mexico and the world; inquisitive culinary minds with even the most unique craving can be satisfied in Mexico City.

**TABLE 1.15** Herbs

Whether they are the featured flavor or employed to support the theme of a dish, herbs add a generous layer of complexity. Ideally they are used fresh; in many cases, drying will compromise their fresh flavor. This is especially true for tender herbs such as basil, parsley, and chives or similar. Resinous herbs like rosemary, thyme, and oregano are a little more forgiving and retain their flavor better during the drying process. In order to get the biggest epicurean benefit, it is important to add them to the dish at the right time during the cooking process. As a rule of thumb, resinous herbs should be added at the beginning; their flavors will actually benefit from cooking. The flavor of tender herbs, however, tends to dissipate during cooking; hence they should be added at the very end of the preparation.

The following table shows a variety of herbs commonly used in many cultures.

#### COMMON HERBS AND THEIR USES

TYPE	DESCRIPTION	COMMON CULINARY USES
Basil	Small to large, oval, pointed leaves; green or purple; pungent; varieties include opal, lemon, and Thai basil; also available dried	Flavoring for sauces, dressings, infused oils, and vinegars; pesto sauces; popular in Mediterranean cooking
Bay leaf	Smooth, oval leaves; green, aromatic; most commonly available dried	Flavoring for soups, stews, stocks, sauces, and grain dishes

(continued)

**TABLE 1.15** (continued)

COMMON HERBS AND THEIR USES

TYPE	DESCRIPTION	COMMON CULINARY USES
Chervil	Small, curly leaves; green; delicate texture; anise flavor; also available dried	Component of fines herbes; garnish
Chives	Long, thin; bright green; mild onion flavor	Flavoring for salads and cream cheese garnish; component of fines herbes
Cilantro/ coriander	Similar shape to flat-leaf parsley; green; delicate leaves; fresh, clean flavor	Flavoring for salsa and uncooked sauces. Leaves and stems should be used and should not be chopped too finely.
Curry leaves	Small to medium size; pointed oval; dark green; mild, aromatic flavor	Flavoring for stir-fries and curries
Dill	Long, feather-like leaves; green; distinct flavor; also available dried	Flavoring for salads, sauces, stews, and braises
Lemongrass	Long blades with rough surface; pale yellow-green	Flavoring for soups, stocks, stir-fries, and steamed preparations
Marjoram	Small, oval leaves; pale green; mild, similar flavor to oregano; commonly available dried	Flavoring for lamb and vegetable dishes
Mint	Pointed, textured leaves; pale green to bright green; leaf size and strength varies with type; varieties include peppermint, spearmint, and chocolate mint	Flavoring for sweet dishes, sauces, and beverages; garnish for desserts; mint jelly is an accompaniment to lamb
Oregano	Small, oval leaves; pale green; pungent flavor; Mexican and Mediterranean varieties are available; commonly available dried	Flavoring for tomato-based dishes
Parsley	Curly or flat leaves; pointed, scalloped edges; bright green; clean tasting; flat-leaf parsley is also known as Italian parsley; commonly available dried	Flavoring for sauces, stocks, soups, dressings; component of fines herbes; garnish; used in bouquet garni and sachet d'épices
Rosemary	Pine needle-shaped leaves, woody stem; grayish, deep green color; strong pine aroma and flavor; commonly available dried	Flavoring for grilled foods (lamb) and marinades; popular in Mediterranean cuisine; branch-like stems are used as skewers
Sage	Thin, oval, velvety leaves; grayish green color; musty flavor; varieties include pineapple sage; commonly available dried, both crumbled and ground	Flavoring for stuffings, sausages, and stews
Savory	Oblong leaves; dark green; soft, fuzzy texture; commonly available dried	Flavoring for pâtés, stuffing; used to make poultry seasoning

**TABLE 1.15** (continued)

## COMMON HERBS AND THEIR USES

TYPE	DESCRIPTION	COMMON CULINARY USES
Thyme	Very small leaves; woody stem; deep green color; varieties include garden thyme, lemon thyme, and wild thyme; commonly available dried	Flavoring for soups, stocks, stews, braises, and roasted items; used in bouquet garni and sachet d'épices
Tarragon	Thin, pointed leaves; dark green; delicate texture; anise flavor; commonly available dried	Flavoring for béarnaise sauce; component of fines herbes

**TABLE 1.16** Spices

The pungency and aroma of spices is coveted in almost all culinary cultures. Many societies have even incorporated them into proverbs, as in “the spice of life.”

Just like herbs, spices add an interesting layer of complexity but can also overwhelm the flavor of a dish if not used carefully.

Below is a table of spices commonly used in many cuisines.

## COMMON SPICES AND THEIR USES

TYPE	DESCRIPTION	COMMON CULINARY USES
Allspice	Dried, unripened, pea-size berry of the small evergreen pimiento tree; dark reddish brown; tastes like cinnamon, nutmeg, and cloves; available whole or ground	Braises, fish, pickles, desserts, pâtés
Annatto	Dried small achiote seeds; deep red; nearly flavorless; imparts yellowish orange color to foods; available whole	Popular in Latin American and Caribbean cooking; stews, soups, and sauces
Anise	Dried ripe fruit of herb <i>Pimpinellaanisum</i> ; similar flavor to fennel seeds; light brown; sweet, spicy, licorice taste and aroma	Popular in Southeast Asian cooking; savory dishes, desserts, baked goods, and liqueurs
Caraway	Dried fruit of aromatic caraway plant; member of the parsley family; resembles small seeds; brown; delicate flavor similar to, but sweeter than, anise seeds	Popular in Austrian, German, and Hungarian cuisines; rye bread, pork, cabbage, soups, stews, some cheese, baked goods, and liqueur (kúmmel)
Cardamom	Dried unripened fruit; member of the ginger family; small seeds enclosed in green, black, or bleached white cranberry-size pods; strong aroma; sweet, spicy flavor; available as a whole pod, seeds, or ground	Curries, baked goods, and pickles
Cayenne	Dried ripened fruit pod of <i>Capsicum frutescens</i> ; bright red; hot, spicy; available fresh or dried	Sauces, soups, meat, fish, and poultry
Celery	Dried seed of a wild celery (lovage); strong flavor; available whole or ground	Salads, coleslaw, salad dressings, soups, stews, tomatoes, and baked goods

(continued)

**TABLE 1.16** (continued)

COMMON SPICES AND THEIR USES

TYPE	DESCRIPTION	COMMON CULINARY USES
Cinnamon	Dried inner bark of a tropical tree; reddish brown; available in sticks or ground	Baked goods, curries, dessert sauces, beverages, and stews
Cloves	Dried unopened flower of the tropical evergreen clove tree; reddish brown; spike shaped; sweet, pungent flavor; available whole or ground	Stocks, sauces, braises, marinades, curries, pickles, desserts, and baked goods
Coriander	Dried ripe fruit of the cilantro plant; small, tannish brown seeds; unique citrus-like flavor; available whole or ground	Popular in Asian, Indian, and Middle Eastern cuisines; curries, forcemeats, pickles, and baked goods
Cumin	Dried fruit of plant in the parsley family; small, crescent-shaped seeds; three colors: amber, black, and white; nutty flavor; available whole or ground	Popular in Indian, Mexican, and Middle Eastern cuisines; curries and chili
Dill	Dried fruit of the herb <i>Anethumgraveolens</i> ; member of the parsley family; small, tan seeds; strong, pungent flavor; available whole	Popular in northern and eastern European cuisines; pickles, sauerkraut, cheeses, breads, and salad dressings
Filé powder	Dried leaves of the sassafras tree; woody flavor, similar to root beer; available ground	Popular in Creole cuisine; gumbos
Ginger	Plant from tropical and subtropical regions; tan, knobby root; fibrous; sweet, peppery flavor; spicy aroma; available fresh, candied, pickled, or ground	Popular in Asian and Indian cuisines; curries, braises, and baked goods
Horseradish	Large white root; member of the mustard family; sharp, intense flavor; pungent aroma; available dried or fresh	Sauces, condiments, egg salad, potatoes, and beets
Juniper berries	Small dried berry; dark blue; slightly bitter; must crush before using to release flavor	Marinades, braises, meats/game, sauerkraut, gin, liqueurs, and teas
Mace	Membrane covering of the nutmeg seed; bright red when fresh; yellowish orange when dried; strong nutmeg taste and aroma; available whole or ground	Forcemeats, pork, fish, spinach and other vegetables, pickles, desserts, and baked goods
Mustard	Seeds from plants within the cabbage family; three types: the traditional white/yellow (smaller; less pungent flavor), brown, and black (larger; pungent, hot flavor); available whole or powdered	Pickles, meats, sauces, cheese, eggs, and prepared mustard
Nutmeg	Large seed of a fruit that grows on a tropical evergreen; small egg shape; dark brown; sweet, spicy flavor and aroma; available whole or ground	Sauces, soups, veal, chicken, aspics, vegetables, desserts, baked goods, and eggnog

**TABLE 1.16** (continued)

COMMON SPICES AND THEIR USES

TYPE	DESCRIPTION	COMMON CULINARY USES
Paprika	Dried ground pods of sweet red peppers; many varieties; superior from Hungary; colors range from orange-red to deep red; mild to intense flavor and aroma; available ground	Popular in Hungarian cuisine; braises, stews, goulashes, sauces, and garnishes
Saffron	Tiny dried stigmas of the violet flowers of <i>Crocus sativus</i> ; thread-like; yellow-orange; 14,000 stigmas per 1 ounce of saffron; expensive due to labor-intensive process; available ground or as threads	Popular in paella, bouillabaisse, and risotto Milanese; poultry, seafood, rice pilafs, sauces, soups, and baked goods
Star anise	Dried, 8- to 12-pointed pod from Chinese evergreen, member of the magnolia family; star shaped; dark brown; intense licorice flavor and aroma; use sparingly; available whole or ground	Popular in Asian dishes; pork, duck, baked goods, teas, and liqueurs
Sumac	Dried flower bud of a shrub grown in North Africa and the Middle East; tart citrus flavor; available ground	Popular in Middle Eastern and Arab cuisines. Sprinkled on rice or hummus to provide a tart lemony flavor.
Turmeric	Root of the tropical plant <i>Curcuma longa</i> , related to ginger; shape similar to ginger; bright yellow; intense spicy flavor; available fresh or ground	Popular in Indian and Middle Eastern cuisines; curries, sauces, mustard, pickles, and rice

**TABLE 1.17** International Spice Blends

Flavor profiles are an identifying aspect of most culinary cultures. These frequently occurring conjunctions of flavoring ingredients within a cuisine can conveniently be re-created with traditional and oftentimes commercially available spice blends. The following table shows several of the more identifiable blends from around the world along with their uses.

HERB AND SPICE BLENDS

MIXTURE	ORIGIN	USED FOR	FORM	COMPONENTS
Baharat	Middle East	Widely used to flavor all types of dishes, particularly soups and stews	Whole spices are ground together	Cloves, nutmeg, cinnamon, coriander, black pepper, paprika
Berberé	North Africa	Cure for meats, added to condiments and stews	Ingredients are mixed together, then simmered prior to use	Chiles, cardamom, cumin, black pepper, fenugreek, allspice, ginger, cloves, coriander

(continued)

**TABLE 1.17** (continued)

HERB AND SPICE BLENDS

MIXTURE	ORIGIN	USED FOR	FORM	COMPONENTS
Rempah	Indonesia Malaysia	Used to flavor rendangs and gulais, spicy dishes served with sauce	Ingredients are puréed into a fine paste and then fried in oil before remaining ingredients of dish are added	Shallots, ginger, turmeric, chiles, spices
Cajun blackening spices	Louisiana, United States	Used to coat fish or meat prior to grilling or pan searing	Ground raw spices	Mustard seeds, cumin, paprika, cayenne pepper, black pepper
Crab or shrimp boil	Chesapeake Bay, United States	Thrown in water used for boiling crab or shrimp	Ground raw spices	Peppercorns, mustard seeds, coriander, salt, cloves, ginger, ground bay leaves
Curry powder	Worldwide, based on Indian cooking	Used to flavor thin, soupy sauces	Freshly ground spices are sautéed in oil at beginning of cooking process	Curry leaves, turmeric, chiles, coriander, black pepper, and sometimes cumin, ginger, fenugreek, cinnamon, cloves, nutmeg
Five-spice powder	China	Used as flavoring in wide variety of Chinese dishes	Whole spices are ground into a raw powder	Anise, fennel seeds, cloves, cinnamon, peppercorns
Green curry paste	Thailand	Used as flavoring in green curries	Ingredients are ground together in mortar and pestle to form a wet paste	Green Thai bird chiles, lemongrass, kaffir lime zest, galangal, shrimp paste, coriander, cumin, white peppercorns
Garam masala	Northern India	Usually added at end of cooking to complete seasoning	Spices are roasted whole, then ground into a powder	Cinnamon, cardamom, cloves, cumin seeds, coriander, black peppercorns
Herbs de Provence	Provence, France	Used with roasted or grilled meat or poultry	Minced fresh or dried herbs	Thyme, summer savory, lavender, rosemary, and sometimes fennel fronds, basil, oregano, or sage
Harissa	Northwest Africa	Used as paste on meats and other items	Dried chiles (hot and mild) are stemmed, seeded, and broken up; soaked in cold water and drained; ground to a paste	Hot red chiles, garlic, coriander seeds, caraway seeds, olive oil

**TABLE 1.17** (continued)

HERB AND SPICE BLENDS

MIXTURE	ORIGIN	USED FOR	FORM	COMPONENTS
Massaman paste	Thailand	Flavoring used in Thai massaman curries	Ingredients are ground together in mortar and pestle to form a wet paste	Red Thai bird chiles, coriander, cumin, cinnamon, cloves, star anise, cardamom, white peppercorns
Panch phoron (Indian five-spice mix)	Eastern India—Bengal	All-purpose flavoring for vegetable dishes	Ingredients are sautéed in hot oil prior to cooking	Whole cumin seeds, fennel seeds, fenugreek, black mustard seeds
Pickling spices	Europe	Used as flavoring in pickles and certain liquids	Raw whole spices	Mustard seeds, cloves, coriander seeds, mace, black peppercorns, allspice, ginger, chiles
Quatre-épices	France	Most often used in pâtés	Spices are combined and then ground into a powder	Pepper, nutmeg, cloves, ginger, and sometimes cinnamon
Ras al hanout	Morocco	All-purpose flavoring powder	Whole spices are ground together	Allspice, cloves, cumin, cardamom, chiles, ginger, peppercorns, mace, turmeric, caraway seeds
Recado	Yucatán Peninsula, Mexico	Rubbed on food prior to cooking; also used as all-purpose flavoring for sauces and stews	Spices are pounded to a paste in combination with vinegar, garlic, and herbs	Achiote, cloves, black pepper, chiles, allspice, cinnamon
Tabil	Tunisia, Morocco	Used in salads, stews, and couscous	Spices are combined and then ground into a powder	Coriander, caraway, garlic powder, red hot pepper, curry powder
Za'atar	Middle East	Used as flavoring for meats, vegetables, and bread	Ingredients are ground into a powder	Sumac, thyme, sesame seeds, marjoram, oregano, salt