

A Culinary Day

Inspired by the *Travelers' Century Club* presentation of "A Look at Culinary Travel" by Simon Majumdar. The sub-theme was "Go Everywhere, Eat Everything".

Breakfast – Norway

The breakfast at the residences that we stayed at in Norway had a large variety of fish, smoked, pickled, fried, and spreadable. Salmon, sardines, shark, and herring were served in various ways. The bread and elegant pastries were freshly baked. The milk and cream were fresh; sometimes the cow could be seen directly from the breakfast area. Homemade jams and cheeses were served with pride. Eggs, ham, olives, and a variety of pickles were usually available. Guests could create their own sandwiches for lunch from the excellent provisions that were available.

Lunch – Türkiye

Mediterranean food between Greece and Lebanon. This is a large country with a large variety of cuisine both European and Asiatic. It is the ancestral home of the cherry and the fig. Also frequently grown there are the apple, apricot and the peach, pear, plum. These fruits can turn into a wide variety of forms and delicious dishes. The country is along many sea routes, so a wide variety of cultural dishes and spices are traditionally available. The food is fit for a sultan, like baklava with honey and pistachios (my favorite), kebab, döner, köfte, pide, kumpir, meze. Various stews and mixed vegetable dishes including eggplant and artichoke are regional specialties. The desserts and candied fruits such as Turkish delight are wonderful.

Dinner – Brazil

There are many kinds of tropical fruit found or originated here that are not common elsewhere: açaí, cherimoya, guava (guayaba), mango varieties (freshly ripe from tree is best), passion fruit (maracuja), pineapple (moved to Hawaii and elsewhere), soursop (guanabana), and other New World fruits. The food combinations are interesting. Some of the more famous dishes are feijoada, moqueca, churrasco, empada, picanha, pastel, flan. I liked the pineapple pizza in Rio and the feijoada in Iguasu Falls. My personal favorite is the rodizio service where skewers of various meats are sliced to your request onto your plate at the table. The salad and soup side dishes are generally different taste explorations. This style definitely turns up the green signal side.

Snacks – Singapore

Singapore is sometimes called "The Food Paradise". The street stalls selling a wide variety of cuisine and the cleanliness here are famous. The best mango I ever had was from a sidewalk fruit seller with a tent outside my hotel. You can take your chances with the durian (the king of fruits) or the mangosteen (the queen of fruits). The huge jackfruit grows off the trunk of the tree and takes some effort to get and attempt to eat. The shopping malls always seem to have a huge food court with a large variety of strange cuisines and snacks with a common dining area. This city-state is truly a melting pot of cultures with food influenced by Southeast Asia countries from China to India. There are even four official languages: Malay, Mandarin Chinese, Tamil, and English.