



Fact Sheet 18

What's on the menu?

Menus from different places in the world

In Australia we have a very westernised view of health, good health, food and hygiene.

We watch documentaries and squirm at people eating the brains of monkeys or dogs testicles or even people eating witchity grubs. But why??

Other nations might find it abhorrent that we keep meat for days after the animal is slaughtered maybe even months before eating it. eg. Aged Porterhouse steak – very popular in Australia...!!

Our idea of 'fresh' might be very different another cultures and our sensitivities to foods are influenced by our experiences.

Other Examples

Eating uncooked leaves – eg salad or uncooked cold vegetables is unusual in many cultures, The Chinese find it unusual to eat raw vegetables and will rarely eat cold foods. Many of the African cultures will also rarely eat cold foods and hence the requirement for children to take a packed school lunches often causes difficulties.

Sample menus:

Ethiopia

Injera	(bread)
lab	(cottage Cheese and Yoghurt)
Dorowat	(chicken stew with hard boiled eggs)
Kitfo	(tartar steak)
Vegetable Alecha	(vegetable stew)

Afghanistan

Afghan Kofta	(meatballs)
Nan-i-Afghan	(Afghan bread)
Quroot	(dried yogurt)
Osh Pyozee	(stuffed onions)
Sher Berinj	(rice pudding)
Qabli Pulao	(traditional rice dish)
Mantu	(meat dumplings)
Dampukht	(steamed rice)