

Ethnic cheatsheet for common foods around the world

South Korean



Bulgogi: Marinated beef grilled with garlic and onion, wrapped in crisp lettuce and served with ssamjang, a thick, red spicy sauce.

Bibimbap (Mixed rice) along with namul (seasoned veggies), gochujang (chili pepper), soy sauce or doenjang (soybean paste) beef and fried egg.

Japchae: Sweet potato “glass” noodles stir

fried in sesame oil with pork and assorted vegetables.

Kimchi Jjigae (Stew): Kimchi (fermented veggies) along with scallions, onions, diced tofu, pork and seafood.

Naengmyeon: Cold buckwheat noodles in a kimchi or meat broth, topped with slivers of radish, cucumber and egg, and seasoned with vinegar and gyeoja (Korean mustard).

Fast Fact

Significance of the side dishes Eumyangohaeng is the ancient philosophy of balance, consisting of Yin/Yang and the five elements or colors which created the universe. Each side dish served with every meal represents each element in green, red, yellow, white, and black.

Indian



Dosa: Thin rice crepe, stuffed with vegetables.

Idli: A round steamed puff made from rice paste. It is served with sambar, a spicy soup.

Chicken Tikka Masala: Tandoori chicken in a creamy, tomato base sauce.

Tandoori chicken: Chicken marinated in yogurt and spice, then roasted in a clay oven.

Baingan bharta: Mashed eggplant roasted with Indian spices.

Pakorras: Veggies or fish deep fried in chick peas flour.

Samosas: Pastries stuffed with spicy potatoes, served with a mint chutney.

Fast Fact

South Indian food uses a lot of rice dishes, as dosa. North Indian is where the renowned Chicken Tikka Masala is from. Eat raita (yogurt) if food is too spicy.

Vietnam



Pho: Pronounced fuh: Savory slow cooked broth with choice of meat and toppings

Bánh Mì: Sandwich

Gỏi cuốn (Spring Rolls): Eggrolls not fried.

Bò lúc lắc Cubed beef marinated in garlic. Served with vegetables.

Bún Bò Huế (Beef Vermicelli Soup) Spicier and bolder than pho. Includes lemongrass and pork.

Com chiên Fried rice with slivers of egg, cilantro and sausage.

Fast Fact

Coffee is served with sweetened condensed milk or Caphe. The most popular is egg coffee (ca phe trung), black coffee topped with egg yolk whipped with condensed milk into an airy froth.

Thailand



Tom Yum Goong: A spicy, hot and sour soup with lemongrass and shrimp.

Pad Thai: Stir fried sweet and sour noodles with choice of meat.

Pad Kra Pao (Basil stir fry): Meat stir fried with basil and served with fried egg and rice.

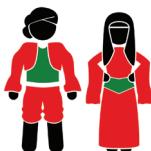
Khao Pad: Fried rice

Pad Krapow Moo Saap: Fried Basil and Pork

Fast Fact

Thai cuisine offers a blend of salty, sour, sweet and spicy in every dish. Rice is considered sacred with every grain having a divine element.

Mediterranean/ Kurdish



Kubideh: Spiced ground beef

Joojeh Grilled saffron chicken

Barg: Barbecued and marinated lamb

Neesk: Lentil soup

Dolma: Grape leaves stuffed with rice, vegetables, cracked wheat, herbs and spices.

Fast Fact

Nashville has the largest Kurdish population, with an area on Nolensville designated as “Little Kurdistan USA.” The best naan can be found at a Kurdish market, baked fresh daily in deep brick ovens.