

TOURIOSITY®

T R A V E L M A G

Cuisine
Touriosity

CULINARY
TOUR
around the
World

200 'must try' dishes from 100 countries

Restaurant in an underground bunker

National Foods of Norway

Norway



Kyrgyzstan



Greenland



Haiti



Morocco



Lebanon



Turkmenistan



Russia



Artist's Impression of Marrakesh

A unique travel horoscope



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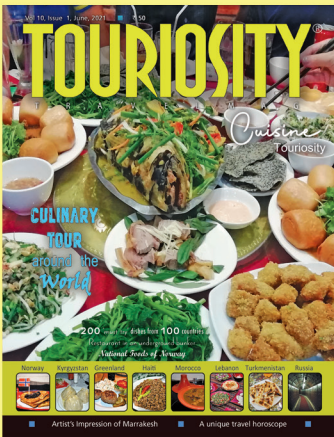
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Touriosity Travelmag
June 2021 Issue

Dear Reader,

If you would like to share your memorable experiences with us, please feel free to contact us with your write ups, articles, anecdotes, photos and others. Good pictures will be acknowledged and published in the Reader's Click section. For the Travel Humour section, you can send us any travel related funny photos or sketches.

For more about us, visit our website:
www.touriositytravel.com and
www.thetouriosity.com

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COVER PHOTO:

Elaborate lunch spread with traditional Vietnamese dishes in Thanh Hóa, Vietnam

Photo by

Rupanjana De

The views and opinions expressed in the articles are solely those of the writers and contributors. Touriosity Travelmag is not responsible for any personal views expressed by the authors or contributors.



Food tourism is integral part of tourism as most tourists do indulge in some local delicacies while visiting a destination. For food adventurers or foodies however, food plays an important part even in planning a trip, for they travel with the desire of exploring local cuisines. World cuisine is so varied and interesting that we wanted to give our readers a sneak peek into the world kitchens. So as promised in our last issue, this time we bring to our readers a virtual gastronomic tour around the world. This issue of Touriosity will help our readers to draw up a bucket list of items you wish to taste the next time you travel to a country.



The world is a melting pot of so many cultures, ethnic backgrounds, different geographical terrains, climate, weather and the resulting agricultural produces, forest products, marine resources, livestock, nutrition requirement and so on. The scarcity as well as abundance of resources in a particular place depends on these and they in turn also dictate the cuisine of the region. The occupation of people, wealth and affordability also influence food habits. Cuisine also largely depends on the access to cooking techniques and amenities as well as type of oil used, fuel available, storage facilities, religious practices, eating customs and the associated rituals. Historical influences as a result of invasions, commercial link, being on the trade route and colonialization also tend to have a permanent impact on the cuisine of a place. Last but not the least the taste inherited from our ancestors seems to stay in the tongue genetically, and based on the same the cuisine of a place gets improvised with the help of newer technologies and amenities with time. All these shape the cuisine of a place making it unique and distinct from all others. The contiguity of regions with distinct cuisines of their own also lead to hybrids, thus enriching the world cuisine all the more. The best part is that the evolution of cuisines continues with introduction of newer ingredients and technology and this is great news for foodies who love to travel and explore delicacies around the world.

The world is in the middle of a pandemic and the scenario in India is far from being worry-free. The restrictions on travel, eating out and socialising has been there for a while, paralysing our lives. But the good side is that we are able to spend more time at home, doing things we never got the time to do otherwise. While travel itself is not possible, planning about future trips can go on and a virtual food tour of the world is exactly what food enthusiasts need now to cheer themselves up. We hope that this issue will help our readers draw up a checklist of places they want to visit around the world when it is no more in shackles. I urge our readers to stay optimistic, that's essential for maintaining the sanity of mind. All will be well soon, and when it indeed is, we all must be ready to set sail immediately.

We live in a world that has 196 countries and hundreds of regions with distinct cuisines. It is difficult to bring them all in a single issue. In this issue, we were able to cover 100 countries and a few hundred delicacies thereof. Flipping through the pages I am sure the readers will be awed at the incredible diversity that the world cuisine presents.

In our series of back to back issues on gastronomic tours, this is the second one, and the last this year. There will be two more back to back issues on food tourism next year dedicated to those regions of India and the world respectively that couldn't be covered in these two issues of May and June 2021. I hope our readers will like this issue. Do send us your feedback and suggestions at touriosity2012@gmail.com

I once again request all our readers to stay at home as much as possible, eat healthy, do regular exercises, get vaccinated at the first available opportunity, avoid social gatherings and travel for some more time, keep maintaining the Covid-19 protocols and take all necessary safety measures. Let us hope that the pandemic will soon be over and we will be able to start holidaying again. We pray for the health and safety of all and once again convey our heartfelt gratitude to the frontline warriors, volunteers for social work and other professionals and service providers who are toiling day in and day out to minimise the hardships the society as a whole is facing.

Happy virtual exploring!

Rupanjana De

Rupanjana De



AN APPEAL TO TOURISTS

Travel often exposes us to unusual culinary traditions in various parts of the world. Due to the sheer diversity of cuisines around the world, ingredients used in different countries greatly vary from one another. Not all foods may go well with our taste. But a person who travels with an open mind must show respect to local food culture and avoid expressing disgust. LET'S BE RESPONSIBLE TOURISTS.

GUIDE TO THE MAG

To make your reading through **TOURIOSITY TRAVELMAG** better, here's presenting a quick glance at the various sections and features in the magazine.



DESTINATION

It introduces the readers to various destinations in India with an emphasis on at least one destination from each region. It provides an in-depth information on the locations. In addition, there is also handy tourist information to help our readers plan ahead of trips.



AN ARTIST'S IMPRESSION

A travelling artist makes it to faraway lands and brings memories in the form of impressive water colour paintings. This section is a visual treat and interesting to read at the same time.



FEATURE

Here we bring to our readers an article based on the theme of the issue not necessarily focusing on travelling or travel information.



MEMOIRS OF A BACKPACKER

A new adventure every time in an entirely new place across the globe by a solo female backpacker. We follow the locals she meets, the unusual things she comes across, the surprises she gets and the problems she faces in her journeys with a backpack across the world.



TRAVELOGUE

In this section we bring travel experiences of one of our readers from popular places around the world.



GLOBETROTTER'S DIARY

This section explores the world of a globetrotter, whose passion is to travel, travel and travel more. It brings to readers unique facts and information from remote corners of the world.



COUNTRYSCAPE / CITYSCAPE

Here we introduce a new country / city each time. We bring to our readers facts and photos of people, culture, locales, tourist places, food and traditions of a country / city. Our aim is to take our readers on a magical journey of an unseen land.



PHOTO TRAVELOGUE

Here we bring to our readers a travelogue in photos.



PHOTO FEATURE

In photo feature, we cover the theme of a particular issue in photographs from one of our readers.



SNAPSHOT

This section is an ideal one for quick browsing. It provides interesting information from across the globe with a focus on the theme of the issue.



AT A GLANCE

A quick look at a destination. Here, we bring to our readers locations from the lesser beaten paths in otherwise popular touristy regions.



POINT OF VIEW

Here we bring to our readers useful articles with offbeat content. The idea is to give you the stimulus for thinking. It covers important issues that are in some way connected to travel and tourism.



ADVENTURE

We present here stories of unique adventures undertaken by our readers in some part of the world with a focus on the issue theme.



MOUNTAINEERING / TREKKING

This section focuses solely on trekking and mountaineering adventures across the world.

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Delicacies from 100 countries

Cuisines around the world



The world is full of diversity in terms of terrains, climate, weather, ethnicity, occupation of people, agricultural produces, natural, marine and other resources, leading to differences in lifestyle and food habits. This has resulted in hundreds of different cuisines around the world. These vary from each other in many aspects including the use of ingredients, spices and herbs, taste, cooking techniques, eating styles and so on. This article brings to the readers 200 delicacies belonging to various cuisines from 100 countries and regions of the world.

Traditional foods of Norway

The 17th of May is the Norwegian National Day and every Norwegian celebrates this day, marking the signing of the constitution in 1814, with much pomp, fun, lots of food and street parties. There's new clothes for everyone and traditional foods are prepared in every home. Grete Howard takes a trip down her memory lane and takes the readers along to her childhood days spent in Norway. She has beautifully elaborated on most of the traditional foods prepared during this occasion.



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Moscow

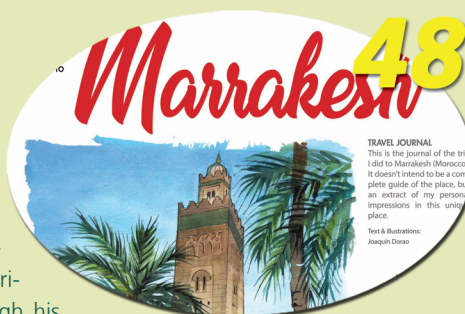
Bunker restaurant in Moscow



Food is an important part of tourism. While the regular tourists do like to taste some local dishes during their tour of a place, for foodies and food adventurers, food is THE reason to travel. So if you are in Moscow, and want to visit museums, know about the country's political history, see its secret tunnels as well as taste the local food, the Bunker restaurant in Tagansky district is the place to visit. Located deep inside the earth at a depth equal to 18 floors underground, this bunker is sure to send a chill down your spine. The delicious food they serve is a bonus!

Artist's Impression of Marrakesh

In every issue, since the beginning of Touriosity, Spanish watercolour artist Joaquin Gonzalez Dorao has taken our readers on a beautiful virtual trip across numerous cities in various countries and continents through his vibrant brushstrokes and detailed storytelling. In this issue he decided to give us a tour of the historic city of Marrakesh in Morocco. His stunning illustrations bring alive this incredibly beautiful destination of Africa.



Other articles

Touroscope, travel horoscope

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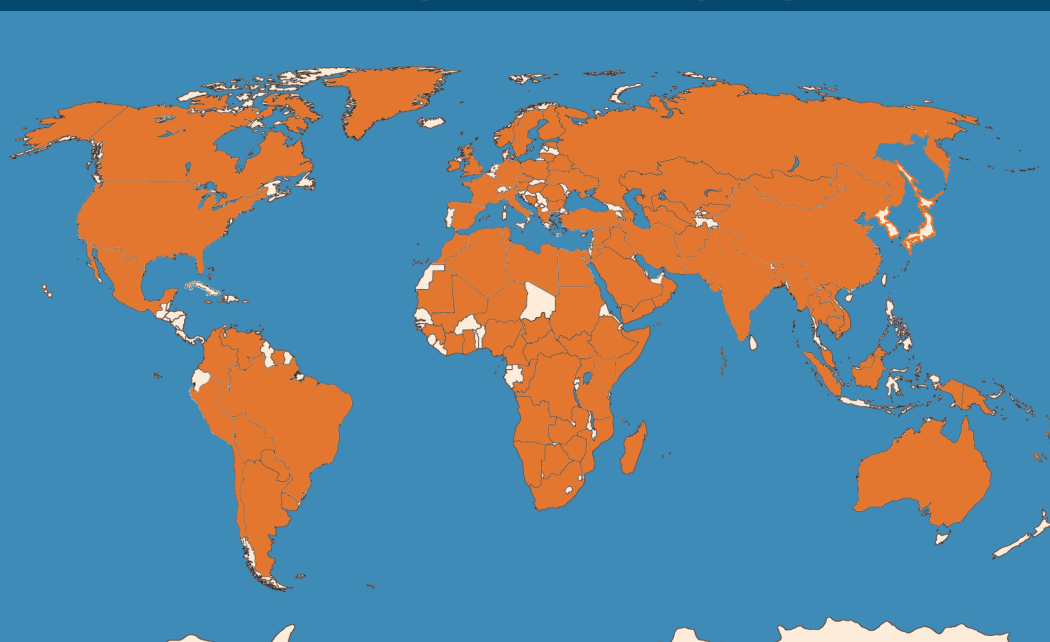
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DESTINATIONS IN THIS ISSUE





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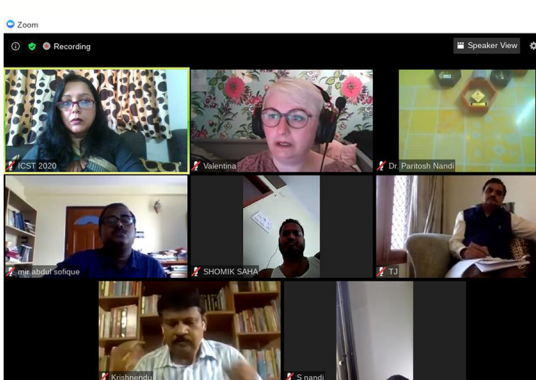
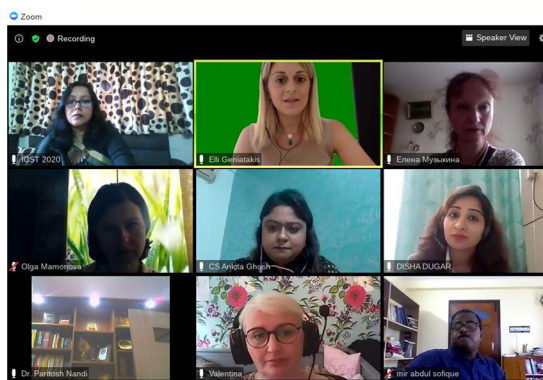
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(400-4000 Words)

Groups

Group A for age 9 to 13 yrs
&
Group B for age 14 to 17 yrs

Genre

Fantasy, Science Fiction,
Non-fiction, Historical fiction,
Horror/Thriller

Timeline

Submission by:
15th May, 2021

Declaration of Winners by:
30th June, 2021

Awarding of Certificates by:
31st July, 2021

Anthology Publication by:
15th September, 2021

*Distribution of Publication to
Winners by:*
15th October, 2021

PRIZE

- Authors of the top 10 winning stories will be **featured** on our website along with their photos;
- Top 10 winning stories will be published in an **Anthology**, an annual publication of Curiosity Kids.
- Each winner will be **given a copy** of the Anthology and the same will also be available for access at Amazon both in paperback and kindle version.
- The top 25 entries will be given a **Certificate of Appreciation**.
- The school will be given a **trophy** where two or more of its students feature in Top 10 across both groups.

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200 Delicacies from 100 countries

Photos by Grete Howard (UK), Christof Nettekoven (Germany) & Rupanjana De

The world is a melting pot of different cultures, traditions, customs, races, languages and ethnicity. The countries also differ in geographical terrain, climate, history and cooking traditions. While one part of the world may prefer bland food, the other part may choose to eat fiery and spicy food, while some cultures believe in food as a part of tradition and lifestyle making the cooking process elaborate and ritualistic, other cultures might consider food essential only for survival, and hence have a minimalistic approach towards it. Geographic location and availability of ingredients as also climatic conditions play a great role in the development of cuisine in a region. The result is most countries and regions of the world have developed a particular cuisine based on locally available ingredients and spices, cooking techniques and blending of co-existent cultures and in many places the local legends and folklores also play a part in shaping a unique culinary tradition. For foodies, a culinary tour ends up being a singular experience. This article, therefore, is essentially about food and culinary traditions, but it is much more than that. It also reflects the cultures and customs of a place, the geography and climate. Some destinations are ideal for spicy food lovers, some are known for their cooking classes, others for food tours. There are some destinations that have made name for themselves by hosting famous food festivals; there are others known for being the place of origin of popular dishes. Those who want to heat up their lives and set their tongue on fire, and are ready to sweat incessantly and shed tears in the process of satisfying the taste buds, there are some countries the cuisines of which will leave you craving for more.

Of the hundreds of cuisines in the world, some prominent ones are



Italian, Chinese, French, Indian, Lebanese, Thai, Mexican, Middle Eastern, Moroccan, Vietnamese and Japanese cuisines. But for those who enjoy having a gourmet experience, the list can be endless. Even in a single country there is not always a uniform cuisine throughout the land, there are regional variations, especially in the bigger and diverse countries like India.

In this article we have brought for our readers about 200 famous dishes from 100 regions and countries that have a distinct cuisine. During a trip to these countries, a food tour side by side with the necessary sightseeing can make the experience more complete and memorable. It is difficult to decide the order in which we can put the different cuisines of the world given that many contiguous regions have similar foods, but with so many countries, keeping a track of contiguity is a big problem. To make it easier for us and the readers, we thought the best idea is to make the list in an alphabetical order of countries and regions. This will also be easier for future reference.

Afghan cuisine

Afghan cuisine is a blend of the elements of Middle Eastern, Turkish and Indian cuisine. It is largely dependent on its main crops - wheat, maize, barley and rice. Other ingredients also include dairy products, various nuts, locally grown vegetables and fruits, chick peas and meat. A famous dish is the Kabuli Palaw (also spelled Qabuli) which is a variation of the Central Asian Pilaf but with added ingredients like dry fruits, lamb meat and carrots that make it very rich.

Algerian cuisine

The cuisine of this largest African country is a fusion of the Berber, Arabic, Ottoman and Mediterranean cuisines. The Mediterranean influence comes from the country's geographical position in North Africa on the coast of the Mediterranean Sea. Popular ingredients for food here are varieties of meat, seafood, dry fruits, olives and locally grown vegetables and fruits. When in Algeria one must try the Berber dishes of couscous and tajine.

Armenian (Caucasian) cuisine

Armenia being an ancient country, its cuisine is the most ancient one in the entire Caucasian region. Food here is rich in vegetables, meat and fish. Lavash is the traditional flatbread. Lamb is the most common meat and eggplant the most favoured vegetable. Dairy products like cheese and matsun are also very popular. Cracked wheat or bulgur is used in place of rice and maize. Dolma (minced meat mixed with rice and herbs, packed in fresh grape leaves and cooked) is a popular dish. Manti is an Armenian dumpling. Gata, a popular sweet bread, is found in different shapes and sizes.

Austrian cuisine

Snow-peaked Alps, lush green valleys and the iconic cities of Vienna and

Salzburg beckon tourists from all over the world. Austrian cuisine too has many dishes that will have a lasting impact on your memory. The Viennese Apfelstrudel is the Austrian National food. Other popular foods include Wiener Schnitzel, Viennese sausages, Knödel dumplings and Potato Gulasch. Austrian cuisine is influenced by that of other European countries and the former Austro-Hungarian Empire.

Bangladeshi cuisine

It is the same as Bengali cuisine in India and is dominated by rice and fish or sea-food dishes. However there are also a wide range of vegetarian and other non-vegetarian curries. Dal is a staple food served with rice. Desserts also constitute an important part of this cuisine. A delicacy for tourists in this country is the Morog Polao. It belongs to the Biryani family but the use of dry fruits and a special type of flavoured rice makes it taste-wise quite different.

Belarusian cuisine

Belarusian cuisine is similar to the cuisines of other Eastern, Central and Northern European countries. The main ingredient of most dishes is meat and local vegetables. Vereshchaka (homemade sausages), Draniki (potato pancakes), Machanka (pork stew), Babka (potato pie) and Kletski (dumplings) are some important items.

Belgian cuisine

One of the smallest countries of Europe, Belgium is culturally very diverse. Its food is interesting and diverse too. Belgium's greatest contribution to world food are waffles, French fries, chocolates and tartines. Its cuisine reflects the influence of neighbouring countries of Germany, France and the Netherlands. In fact they say that in Belgium, food is served in German quantity and French quality. Moules-frites is a famous Belgian dish of mussels and fries.

Bhutanese cuisine

Rice constitutes the most important ingredient of most Bhutanese meals. In addition a special type of local cheese called Datshi is a favoured ingredient for most dishes. Green chillies are considered to be just like other vegetables and therefore used liberally in every dish.

Rice is accompanied by one or two side dishes of meat or vegetables. Meat options include chicken, yak, beef, pork and mutton. Ema Datshi (chilies in cheese), Kewa Datshi (potatoes in cheese), Shamu Datshi (mushrooms in cheese), Shakam Datshi (dried beef in cheese), Phaksha Paa (pork cooked with spicy red



Geographic location and availability of ingredients as also climatic conditions play a great role in the development of cuisine in a region. The result is most countries and regions of the world have developed a particular cuisine based on locally available ingredients and spices, cooking techniques and blending of co-existent cultures and in many places the local legends and folklores also play a part in shaping a unique culinary tradition.



1. Kofta Challow from Afghanistan;
2. Lamb Lhalou from Algeria;
3. Couscous poulet from Algeria;
4. Albondigas from Argentina;
5. Gata bread from Armenia;
6. Fruit Lavash stuffed with nuts from Armenia;
7. Schnitzel with fries from Austria;
8. Morog Polao from Bangladesh.



chillies) and Sikam paa (dried pork belly fat fried with chillies) are the most popular dishes. Ema Datshi is the national dish.

Bolivian cuisine

Bolivian cuisine typically reflects the influence of Spanish cuisine with the addition of some local ingredients and added influence of local traditions. Corn, potato, quinoa, meat and beans constitute the main ingredients of most food items of this land-locked South American country. Salteñas, Sopa de Mani, Chairó Soup, Silpancho, Majadito and Pique a lo Macho are some food items to try.

Bosnian cuisine

Bosnian cuisine is a melting pot of many cuisines including that of Western Europe, Eastern Europe, Central Europe, Turkish, Mediterranean and Balkan cuisines.

Bruneian cuisine

The cuisine of Brunei is similar to that of its neighbours Malaysia, Singapore and

Indonesia, with a noticeable influence of Chinese, Indian, Vietnamese and Arabic cuisine. In the capital city street food is very popular.

Burkinabé cuisine

Cuisine of Burkina Faso is a typical West African one and main ingredients include sorghum, millet, rice, maize, nuts, potatoes, beans, yams, meat and fish. Some vegetables like tomatoes, carrots and spinach are also important ingredients.

Cambodian cuisine

Of all the Asian cuisines, Cambodian food is perhaps the most underrated. Its food is similar to Thai food but uses less spices and coconut milk. It is dominated by tropical fruits, rice, noodles, dessert and various soups. Fish Amok, Samlar korkor, Khmer curry, Khmer noodles, Chicken red curry, pork and rice, stewed beef etc. are some foods one must try in Cambodia.

Cameroonian cuisine

One of the most interesting cuisines of Africa is that of Cameroon. The dishes are rich in flavour, taste and diversity. Reasons behind the uniqueness of this cuisine are the country's location on the crossroads between the Northern, Western and Central Africa, presence of ethnic diversity in the country and a strong influence of French food from the colonial era. Ndolé is the national dish. Other 'must-try' dishes include Ekwang, Poulet DG, Jollof Rice, Meat Pie, Cossa Cossa and Accra banana.

Cape Verdean cuisine

Cuisine of Cape Verde has been influenced by Creole, Portuguese, African and Brazilian cuisines. It is dominated by ingredients like fish, other seafood, corn, rice, potatoes, onions, tomatoes, cabbage, kale, manioc and dried beans. Cachupa (influenced by Feijoada) is the national dish and it also has a rice version.

Chinese Cuisine

This is one of the most popular and diverse cuisines of the world. It has influenced cuisines of many countries of Southeast Asia. Chinese cuisine is composed of many distinct cuisines of which the most prominent ones are Cantonese, Sichuan, Anhui, Fujian, Jiangsu, Shandong, Sichuan, Guangdong, Zhejiang and Hunan cuisines. Also there is the Chinese Buddhist cuisine, Chinese Islamic cuisine and Chinese imperial cuisine. These cuisines differ from each other due to availability of ingredients, climate, geography, history, cooking techniques and lifestyle in the respective regions.

The importance of food in the culture of a country where people greet each other by asking "Have you eaten yet?" hardly needs any exaggeration. Having

eaten with satisfaction is considered essential for well being and by asking that question you show that you care. The worldwide popularity of Chinese food can be seen from the number of Chinese restaurants in big cities of various countries around the world.

China is a paradise for the food adventurer. There is no end to options, but if you are of the rather traditional kind the best idea is to stick to touristy food markets and avoid the local markets that can sell, literally anything that moves.

Roasted suckling pig, Peking duck, variety of dumplings, noodles, stir fried vegetables and meat, a variety of finger foods and fries and soups are some of the most common items that one comes across in any food street. Some Chinese dishes can be extremely spicy with dried chillies constituting the main ingredient.

Cuban cuisine

The cuisine of Cuba is influenced by African, Spanish and Caribbean cuisines. Medianoche, Ropa Vieja, Pernil Asado Corn Mojo, Fricasé de

Pollo, Torticas de Morón, Pescado en Escabeche and Arroz con Maiz are some popular dishes.

Cypriot cuisine

The cuisine of Cyprus is a blend of Greek, Turkish and Arabic cuisines. Halloumi (a type of cheese), souvlakia kebabs, shaftalia sausages, afella, pita bread and stifado (rabbit meat stew) are some of the popular food items.

Czech cuisine

Czech cuisine has been influenced by that of the neighbouring countries, and has influenced their cuisines in turn. From potato soups, dumplings, roast pork and noodles to strudel, there's no end to what you can choose to eat during your holiday here. Palačinky (crepes) are a favourite. There is heavy reliance on meat as the main ingredient in most dishes, pork, beef, chicken, duck and turkey meat being the most preferred ones.

Djibouti cuisine

The cuisine of Djibouti is a blend of Somali, Afar,

Arab and French cuisines. There is also an element of South Asian and Indian cooking in this cuisine. Use of various flavourful and aromatic

1. Sausages Machanka with Potato Cakes from Belarus;
2. Grilled ribs with French fries from Belgium;
3. Veseli Bosanac from Bosnia;
4. Salteñas from Bolivia;
5. Cevapi with Kajmak from Bosnia;
6. Assorted traditional food platter from Brunei;
7. Bruneian fritters & rice-based snacks;
8. Guinea Fowl Stew from Burkina Faso;
9. Lamb chop, rice and coconut tuile from Cambodia;
10. Grilled omelette in banana leaf bowl in Cambodia;
11. Suya with Akkras from Cameroon;
12. Lobster in sauce from Cape Verde;
13. Couscous cake from Cape Verde;
14. Peking Duck from China;
15. Mud snail with chilli from China;
16. Stir fried dog meat from China;
17. Ropa Vieja from Cuba



spices is made in cooking. Skudahkharis (lamb meat stew) is the national dish. Sambuussa (like the Indian samosa), Fah-fah (goat meat stew), Laxoos (a type of flat bread), Camba-boor (a special type of flat bread), banana fritters, Xalwo, pronounced as 'halwo' (the Indian equivalent of halwa) and Bariis iyo kaluun or digaag (rice with fish or chicken) are some of the 'must try' dishes of Djibouti.

Ecuadorian cuisine

Ecuadorian cuisine is known for the usage of many local ingredients sourced from the shore of the Pacific Ocean, Amazon rainforests and the high altitude areas of the country. Pork, chicken, beef and guinea pig are popular meats and fish and other seafood are also available in abundance. Rice, corn, quinoa, beans, potatoes, varieties of fruits and hot peppers are common ingredients. Roasted pig served with potatoes is a popular street food in many mountainous regions of the country. Bolon de Verde is the National dish of the country.

Finnish Cuisine

The cuisine of Finland is a blend of Russian and Nordic cuisine. The food is rather simple, healthy and uses many local ingredients. Ruisleipä, a rye bread and Korvapuusti, a cinnamon bun are popular. Karjalanpiirakka is a type of pie from Karelia region. Leipäjuusto is a slightly sweet cheese. Other 'must try' dishes are Poronkäristys (sautéed reindeer meat), Lohikeitto (creamy salmon soup), Lihapiirakka (meat pie) and Lihapullat (Finnish meatballs).

French Cuisine

It is often regarded as one of the best cuisines in the world. The main ingredients of French dishes are generally butter, cream, wine, lot of herbs, sea food, meat and vegetables. The geographical location of France gives it an advantage of being able to locally produce almost all the ingredients it needs for a versatile cuisine. French baguette, cheese and wine are served with most dishes. It is the second largest wine producer in the world, and wine is an important ingredient. Almost a thousand varieties of cheese is produced in the country.

Dinner is the most important meal and is very elaborate. Some of the most relished ingredients of French cuisine are mud snails, oysters and frogs. Foie Gras, a delicacy of French cuisine, is often criticized for the cruel procedure that leads up to this oft-claimed 'tastiest' dish in the world. Duck or geese are force-fed two



to three times a day for 100 days or more and then slaughtered to procure the fattened liver which is the main ingredient of this dish.

The French people like to relish their meals and take time. Lunch breaks often extend up to two hours (unofficially). So when you are in a restaurant, you can take your time. But remember to order only as much as you can eat. Throwing away food is unlawful in France. And by the way, when in France, do not ask for French Fries. The famous finger food is actually the invention and pride of Belgium! France is one of the greatest destinations for cooking classes and a substantial part of tourists come here to take part in one.

Georgian cuisine

Georgian cuisine is perhaps the most underrated cuisine in the world. With a blending of Greek, Mediterranean, Persian and Turkish cuisines, it presents great diversity. Khinkali are popular Georgian dumplings with meat and spices stuffed inside. Some 'must try' food items include Qababi (Georgian kebabs), Mtsvadi (meat skewers), Khachapuri (cheese stuffed bread), Chakapuli (lamb stew) and a large variety of bread. Georgia is also a preferred destination for cooking tours.

German cuisine

If you thought German food is all about wurst (sausages) and potatoes, you are in for some surprise here. German cuisine has a high degree of regional variations and varieties of items starting from dumplings to pasta and pastries, soups and stews to cakes and puddings. However bread and meat dominate almost every meal. A wide variety of locally grown vegetables are often added to soups and stews. Dishes are cooked using more herbs and fewer spices. Bratwurst, the most common variety of sausages (made usually of pork) is said to have about 1,500 varieties. No wonder the Germans are proud of their wurst. Sauerkraut is another dish they take pride in.

Ghanaian cuisine

Waakye, a rice and bean-based dish is the national dish of Ghana. Although of Senegalese origin, the Jollof Rice, cooked in tomato puree and served with meat or fish, is also a popular dish. Banku, a mix of fermented corn and cassava dough, is the main dish of people living near the coast. Red rice, Fufu, Zaafi, Kelwele, Omotuo and Yam are other popular dishes.

Greek cuisine

Like the sights a traveller comes across in Greece, its food is also very colourful. Salad of fresh and colourful vegetables and olives topped with a thick slice of feta cheese can be picture perfect, apart from being healthy. It is one of the

most ancient cuisines of the world. Due to its long coastline, fish and other seafood ingredients of most dishes. Vegetables, meat, olives and olive oil are important ingredients. Tzatziki, a yogurt-based dip is perhaps the best contribution of Greece to world food. Some popular dishes include Moussaka (eggplant or potato-based dish), Gyros (pita bread roll of roasted lamb, pork or chicken) and tzatziki, Spanakopita (flaky spinach pie) and Dolmades (meat and spiced rice wrapped in grape or cabbage leaves).

Greenlandic cuisine

Cuisine of Greenland is dependent on marine mammals, game meat, birds, fish and seafood. There is a great influence of Danish, British, American and Canadian cuisines. Suaasat, thick broth made from the meat of seal, whale, reindeer, musk ox or seabirds is the national dish.

Haitian cuisine

Haitian food has a blend of African, French and Creole influences. Some popular dishes are Poulet aux Noix (chicken and cashew nuts), Lanbi an Sos Lanbi Kreyol (conch in creole sauce), Labi Boukannen (grilled conch) and Woma Boukannen (grilled lobster).

Hong Kong cuisine

Although a Special Administrative Region of China, the cuisine of Hong Kong is different from that of China. It is mainly influenced by

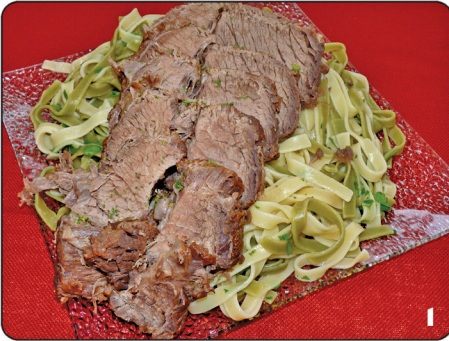
the Cantonese, Korean, Japanese and Southeast Asian cuisines, non-Cantonese Chinese cuisines like Hakka, Hokkien, Teochew and Shanghaiese, and European cuisines due to its long history of being a British colony and an international city of commerce. Wontons, Sweet and sour pork, Phoenix Talons (chicken feet), shrimp, chicken and fish balls, egg waffle and milk tea are some important things to try here. If you are rather adventurous, also try the popular snake soup.

Hungarian cuisine

Hungarian food has been influenced

1. Halloumi on Tambouli from Cyprus;
2. Mehlspeisen with Raspberries from Czech Republic;
3. Roasted whole goat with rice from Djibouti;
4. Dorset Apple cake from England;
5. Encebollado de Pescado from Ecuador;
6. Flaked moose meat with creamed potatoes, salad and lingonberries from Finland;
7. Foie Gras with bread from France;
8. Chateaubriand from France;
9. Snails in Garlic Butter from France;
10. Frog legs, a delicacy from France;
11. Kinkhali dumplings from Georgia;
12. Khachapuri from Georgia;
13. Apfel Strudel from Germany;
14. Pork Schnitzel & Sauerkraut from Germany.





by its neighbours and it is similar to Russian cuisine. It is dominated by soups and stews but there are also dumplings, crepes, rolls and sausages. The most famous dish is Goulash (stew or soup made with meat, vegetables and chilies). Most dishes are meat-based, but seasonal vegetables and fruits are also used.

Icelandic cuisine

Icelandic cuisine is similar to Scandinavian cuisine. Due to its long shoreline, fish and seafood are important ingredients. Hákarl or fermented shark is a delicacy passed on through generations for more than a thousand years and is the national dish. Lamb brain, minke whale and horse meat are other items the adventure tourist must try while visiting the country.

Indian Cuisine

Most people around the world who do not have a prior experience of the diversity of Indian food tend to generalize Indian cuisine as all about spices and curry. But the truth is that there is hardly any other cuisine in the world which has such variety and so many sub-cuisines. The variety comes from not just ingredients and process of cooking but also from degree of usage of spices and combination thereof, cooking techniques, tastes, consistency of gravy, appropriate time of consumption, storage time and pattern, time taken in cooking as well as manner of eating and their ritualistic value.

India is a land of spices, and that does not mean only chilies, but a variety of aromatic and non-aromatic herbs including some regularly used ones like cumin, fennel, caraway seeds, carom seeds, mustard seeds, turmeric, coriander, fenugreek, asafetida, pepper, cloves, cardamom and cinnamon and some leaves like bay leaves, mint leaves, curry leaves and fenugreek leaves. In addition, in most Indian cuisines varying amounts of ginger, garlic, onion, tomato, green chillies and yoghurt, or some combination thereof, are used as compulsory ingredients. With all these staple spices and ingredients even the most ordinary Indian dish is full of taste and aroma and is sure to set a first timer's taste buds ablaze.

The term 'Indian cuisine' is a misnomer and there is nothing coming specifically under that term. India has an incredible range of regional cuisines that combine to give rise to what is popularly known as the Indian cuisine. Regional cuisines vary greatly from one another. So if you know of Dosa, Butter Chicken, Biryani, Dhokla and Fish curry to be famous Indian dishes, after reading this article, you will realize that these 5 dishes actually come from 5 different cuisines



from 5 different regions of India (South, North, Central, West and East respectively). But the regional delicacies are also not confined to 5 regions only, almost all the states and Union territories of India have at least one identifiable cuisine. Of the cuisines that together constitute Indian cuisine, the most prominent 25 are the North Indian, Mughlai, Awadhi, Punjabi, Rajasthani, Gujarati, Kashmiri, South Indian, Malabar, Andhra, Hyderabadi, Chettinad, Udupi, Oriya, Bengali, Assamese, Sikkimese, Naga, Manipuri, Maharashtrian, Goan, Parsi, Jain, Punjabi and Sindhi cuisines. Each of these cuisines have a wide variety of dishes cooked using a technique and ingredients different from the other cuisines. These apart street foods of India is a separate cuisine all together.

It is important to note that contrary to popu-

lar belief, India is a pre-dominantly non-vegetarian country. As per the latest national survey in this regard more than 70% of Indians are non-vegetarians. Rajasthan is pre-dominantly vegetarian, followed by Haryana. Among the topmost non-vegetarian food consuming states are Telegana, followed by West Bengal and Odisha.

The popularity of Indian cuisine can be judged from the fact that Indian restaurants have found place in almost all big cities of every country of the world. Some countries like the UK, the US, Australia, Canada, Singapore and Malaysia, Indian cuisine is an important part of the local culture too.

Indonesian cuisine

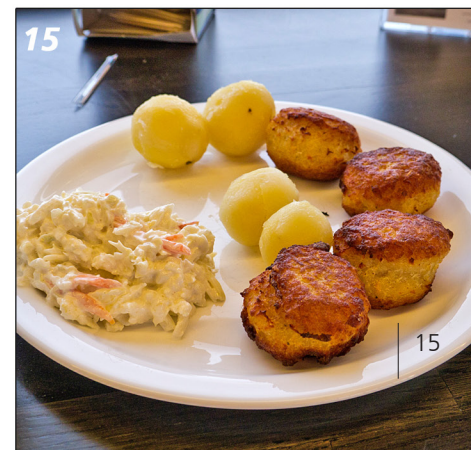
Being a country comprising of about 6000 islands spread across a large geographical area, the Indonesian cuisine is diverse and changes from region to region. The regional cuisines are not only influenced by the local produce, people and geography but also foreign influences. The main regional cuisines are Balinese, Banjar, Batak, Javanese, Betawi, Madurese, Sumatran, Sundanese, Makassar, Manado, Minangkabau, Palembang and Peranakan cuisines. In addition there are also Indonesian Arab cuisine, Indonesian Chinese cuisine and Indonesian Indian cuisine influenced by these respective cuisines. Indonesian food is generally very spicy.

Iranian cuisine

Iranian cuisine is incredibly diverse. Each of the provinces in the country has a distinct culinary style. Rice is the staple food and a variety of stew made with meat and vegetables are used as a side dish. Abgoosht, also called Dizi, is an Iranian stew usually made with lamb and vegetables and dates back hundreds of years. Iranian Kebabs are famous for their succulent textures. Kaboodeh, Bargh, Chenge and Baqtiari are some varieties of Iranian Kebab. Fesenjan is a dish of ancient origin. Dating back from 515 BC, this is a chicken or duck dish made using pomegranate and walnut paste. Baghali Polo and Zerehshe Morgh Polo are two rice

dishes. A very famous dish of Iranian origin is the Chelow Kebab (steamed rice served with butter and various Iranian kebabs).

1. Sauerbrated (roasted meat) with noodles from Germany;
2. Jollof Rice with Snapper from Ghana;
3. Fish and Banku from Ghana;
4. Coconut chapatis from Ghana;
5. Souvlakia, Salad, Tzatziki, Hummous, Baba Ganoush from Greece;
6. Pasticcio from Greece;
7. Kofte with Tzatziki from Greece;
8. Frikadeller (Danish origin) from Greenland;
9. Fried plantain from Haiti;
10. Diri Djon Djon from Haiti;
11. Sang Choy from Hongkong;
12. Svikova Beef from Hungary;
13. Sour Cherry Soup from Hungary;
14. Lean Horse Meat Steak from Iceland;
15. Fiskibollur (fish cakes) from Iceland.





Irish cuisine

Irish cuisine has earned itself the name of being bland and dominated by boiled food. Lamb, beef, seafood, dairy products and potato are the main ingredients of most items. Irish stew is made with lamb or mutton, potatoes, carrots, onions and parsley.

Italian cuisine

One of the top cuisines of the world, Italian food is a favourite with most, be it at home, or while travelling. From pizzas, pastas and risottos to meatballs and fried meats, from cappuccino to delicious ice cream, there's something in the menu for every type of taste. Main ingredients of most dishes are varieties of pasta, rice, tomatoes, olives, olive oil, different types of cheese, sauces, salami, sausages, meat, seafood, seasonal produce and a number of herbs. Spaghetti bolognese, Italian-style salami, lasagna, Pasta alla Norma and varieties of Pizza are the 'must try' items. Historically Italian cuisine has been influenced by ancient Greek, ancient Roman and Etruscan cuisines and dates back to 4th century BC. It is a combination of many regional cuisines like Neapolitan, Abruzzo, Basilican, Calabrian, Tuscan, Ligurian, Umbrian, Lombardian, Sardinian, Sicilian and Venetian cuisines.

Jamaican cuisine

Jamaica was a British colony and hence its cuisine incorporates many elements of British cuisine. Important ingredients in Jamaican dishes are root vegetables, plantains, beans, rice, fish and seafood. The most famous Jamaican dish is the very hot and spicy Jerk chicken. Jamaican curried goat, a local favourite, is extremely hot and spicy.

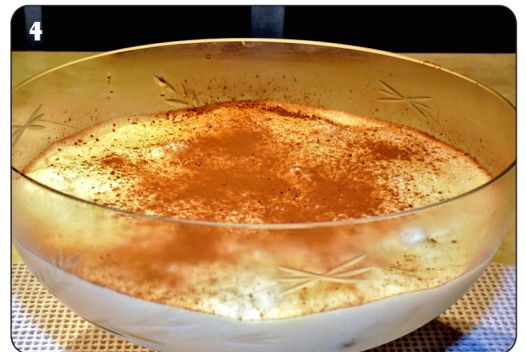
1. Nasi Goreng from Indonesia;
2. Nasi Lemak from Indonesia;
3. Elaborate Rajasthani Thali from India;
4. Street food from West Bengal in India;
5. Dosa with Sambar and chutney from South Indian cuisine;
6. Momos from Ladakh in India;
7. Kulcha, a bread originating from Nizami cuisine in India;
8. Zoolbie from Iran;
9. Soltani Kebab from Iran;
10. Chelow Kebab from Iran.

Japanese cuisine

It wouldn't be an exaggeration to say that the Japanese excel in their food technology just as they do in engineering technology. Japanese cuisine is one of the most popular ones in the world. However, to most, it is synonymous with Sushi. But there's more to it than just sushi. Various types of Katsu (fried non-vegetarian items), Tempura (deep fried snacks), Udon, Miso soup, sashimi and rice dishes are some notable items to try. Japanese Bento box lunch is also interesting. Another experience to invest in while you are in Japan is a trip to a restaurant with a revolving sushi conveyor. If you prefer Michelin-starred restaurants, you would be happy to note that Japan has been awarded more Michelin stars than any other country in the world.

Some ingredients used in Japanese foods are unique to this cuisine only. Also, emphasis on seasonal ingredients and presentation of food are two other important elements of Japanese cuisine. Traditionally Japanese cuisine promotes minimal use of oils and fats. Because of the abundance of seafood in the island nation, most dishes traditionally featured fish and other seafood. However, today it is possible to find many meat options too. Among vegetarian ingredients Tofu features at the top.

Japanese cuisine incorporates elements of many regional cuisines. One such influence is that of the cuisine from Japanese island of Okinawa. Because of the very different climate, culture, produces and other ingredients found in this island, the food of Okinawa significantly differs from that of mainland Japan. Okinawan



1. Crusty rice from Iran;
2. Stew from Ireland;
3. Sicilian Lamb Stew from Italy;
4. Tiramisu from Italy;
5. Saltimbocca from Italy;
6. Jerk Chicken Rice 'n' Peas from Jamaica;
7. Nabeyaki Udon from Japan;
8. A Bento Box lunch from Japan;
9. Prawn tempura from Japan;
10. Japanese sushi.



cuisine is closer to the Chinese and Southeast Asian cuisine families.

Jordanian cuisine

Cuisine of Jordan is part of the Levantine cuisine family and is similar to the cuisines of Lebanon, Palestine and Syria. It has been influenced by Turkish and historical Ottoman cuisine. Jordan being one of the largest producers of olives in the world. Different local herbs, onion, garlic, lemon, tomatoes, olive oil and yoghurt are important ingredients in food. Mansaf is the most popular traditional dish in Jordan and is considered as the national dish. Other popular food items include the hummus, zarb, kibbeh, falafel, baba ghanoush, labaneh, tabbouleh, knafeh, halva and qatayef.

Kazakh cuisine

Food of Kazakhstan typically belongs to the Central Asian cuisine family and has the main ingredients of mutton, beef, horse meat and dairy products. The most popular Kazakh dish is Beshbarmak (boiled horsemeat or mutton).

Kenyan cuisine

Kenyan cuisine is a melting pot of the cooking traditions of the many communities that inhabit the country. Ugali (a thick dough of cornmeal) is the most popular dish and is a staple diet. Other 'must try' dishes include Kenyan Pilau (aromatic and spicy rice dish), Wali wa Nazi (coconut rice), Nyama Choma (roasted meat), Kenyan Stew, Chapati (flatbread) and Bajias (fries) both with an Indian influence, Kachumbari salad and Mondusa (a snack item).

1. Tabuleh of Jordan;
2. Kumis in Kazakhstan;
3. Beshbarmak (boiled horsemeat) in Kazakhstan;
4. Mandazi from Kenya;
5. Kuku with Chapatti from Kenya;
6. Kashkavall i Fërguar from Kosovo;
7. Iloje të Ndryshme Brumërash from Kosovo;
8. Manta dumplings from Kyrgyzstan;
9. Langman with Chicken Guiro from Kyrgyzstan;
10. Kyrgyz Beshmarak (horsemeat).

Kosovar cuisine

Cuisine of Kosovo belongs to the Balkan cuisine family and is similar to Albanian cuisine. Meat, dairy, fruit, vegetables and bread are the essential ingredients. Burek, Sarma, Cevapi, Flija and Ajvar are some dishes to try.

Kyrgyz cuisine

Another Central Asian country, Kyrgyzstan, has similar culture, traditions and cuisine to that of its neighbour, Kazakhstan. Traditional Kyrgyz food includes mutton, beef, horse meat and dairy products. Nomadic lifestyle has largely influenced the Kyrgyz cuisine. Beshbarmak (boiled horsemeat or mutton) is the main dish.

Laotian cuisine

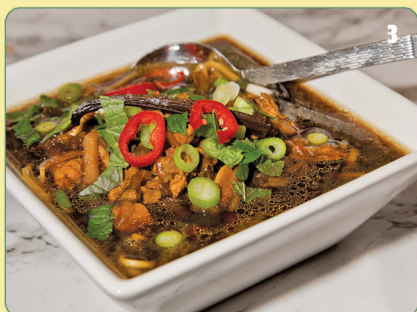
The cuisine of Laos is quite different from that of other Southeast Asian countries. Staple food is sticky rice. Fermented fish and meat, herbs, eggplant, bamboo shoot and bitter parts of banana flowers are the main ingredients of Laotian food. Unlike its neighbours Laotian food does not rely much on coconut milk. The national food is the Larb. It is a salad made from ground meat and herbs, laced with fish sauce and lime juice and topped with powdered rice.

Lapland cuisine

In this sparsely populated northernmost region of Finland bordering Sweden, Norway, Russia and the Baltic Sea, reindeer meat is the



1. Sour Fish Soup with Ants' Eggs in Laos;
2. Deep fried Mekong river weed with a chilli dip with buffalo skin from Laos;
3. Chicken Feet Soup from Laos;
4. Reindeer soup from Lapland;
5. Sami bread from Lapland;
6. Steak with fries and green apple salad from Latvia;
7. Pig's Ears with Stewed Soured Cabbage from Latvia;
8. Black Peas with Smoked Bacon from Latvia;
9. Lamb in Flatbread & Tzatziki in Lebanon;
10. Lebanese Mezze spread.



main food. The meat is available in various forms: sautéed reindeer served with lingonberry jam and mashed potatoes, roasted reindeer ribs, and burgers, pizzas and even sushis made with reindeer meat.

Latvian cuisine

Latvian cuisine is essentially Baltic cuisine and is similar to the other Baltic countries. Both meat and fish are important ingredients of most dishes. Locally grown fruits and vegetables are also included in the recipes. Beetroot soup, bread soup, apple salad, potatoes in various forms, smoked fish etc are some food items to try.

Lebanese cuisine

Think of Lebanese cuisine and Pita bread with Hummus dip comes to your mind. The cuisine of Lebanon is similar to other Mediterranean countries. Meat, fish, other seafood, fruits, vegetables, chick peas, olive oil, garlic, lemon and spices are the most important ingredients of Lebanese food.

Lithuanian cuisine

Lithuanian cuisine is generally mild, but one of a kind. This Baltic cuisine has been largely influenced by German and French cuisines. Potatoes and rye bread are the

staple foods and pork, beef and chicken are the preferred meat. Seaside areas have traditional fish recipes but most other seafood is considered inedible. Potato centric dishes are very famous in Lithuania. Some important local dishes worth trying are potato pudding (kugelis or kugel) and intestines stuffed with mashed potato.

Malagasy cuisine

The cuisine of Madagascar is a melting pot of many culinary traditions because this island nation's population is comprised of Malayan Polynesians, Africans, Arabs, Indians and people of European descent. Rice with curry is the staple food. Locally grown fruits and vegetables, meats, fish, coconut milk, tomato and spices are the main ingredients of most dishes.

Malay cuisine

The cuisine of Malaysia is a curious mix of Malay, Chinese and Indian cuisines. There has also been the influence of many minority ethnic groups from Penang, Melaka, Sabah and Sarawak. The Malay cuisine has been further influenced by Thai, Indonesian, Filipino, Middle Eastern, British, Dutch and Portuguese cuisines.

Maldivian cuisine

Maldivian cuisine is also called Dhivehi cuisine and it is based on the key ingredients of coconut, fish and starches. Garudhiya (fish soup), fish cutlets, fish curry, Mas Huni (shredded smoked tuna), Mas Roshhi (tuna stuffed dough), Kulhi Boakibaa (fish cake), Boshi Mashuni (banana flower salad), Bis Keemiya (samosa), Gulha (flour dough with tuna filling) and Aluvi Boakibaa (coconut and cassava cake) are some lip smacking items to try while in the Maldives.

Mexican cuisine

The variety of Mexican food is mind boggling. One can choose to eat a single Mexican dish for every day of life and yet one will not be able to tick off all items that this traditional cuisine has to offer. However Mexican food is more on the spicier side, hence ideal for the Indian appetite, but those preferring mildly spicy to bland food may find it difficult to handle. The country takes pride in the sheer variety of chilies it produces. Some famous names are Jalapeno, Poblano, Chilaca, Anahem, Serrano, Habanero, Bola and Ancho. Most items have one or two varieties of chilies in them resulting in a hot after taste. The two other most important ingredients of Mexican foods are corn tortillas and meat. However, there are many vegetarian items also.

Many Mexican foods are of ancient Mayan, Aztec and pre- and post-Colombian origin, making an eating experience all the more exciting. Tacos, enchila-

das, quesadillas, tostadas, helados, burritos, tapas, guacamole, chilaquiles, pozole and elote are some of the Mexican 'must try' foods when you are visiting the country.

Mexican food also varies by region due to the difference in climate, geography, ethnicity and varying degree of colonial influence. The six regions for food exploration are Yucatán, Oaxacan, Northern Mexico, Southern Mexico, mountainous Western Mexico and Central Mexico. The cuisine of each region differs greatly from the others.

Middle Eastern cuisine

Middle Eastern cuisine is a large family including many sub cuisines like the Arab cuisine, Armenian, Azeri, Assyrian, Georgian, Cypriot, Persian, Palestinian, Turkish and Kurdish cuisine.

Moldovan cuisine

Mămăligă (cornbread) is the national dish of Moldova. Other popular dishes include Sar-

male (cabbage leaves stuffed with rice and chopped vegetables and then baked), Zeama (chicken soup), Plăcintă (bread with filling) and Ardei Umpluți (stuffed bell peppers).

Mongolian cuisine

Mongolia has one of the most difficult terrains and extreme climates in the world making lifestyle very hard. This reflects in the Mongolian cuisine which consists mainly of dairy products, meat and animal fats and hardly any vegetables or spices. The important food items worth trying are Huushuur (deep fried meat pie), Buuz (large dumplings), Bansh (small dumplings), Tsuivan (fried noodles), Khorkhog (barbecue), Buudatai Hurga (stir fried rice), Lavsha Guriltai Shul (noodle soup) and a variety of dairy products like dried yoghurt, cheese, butter and so on.

Montenegrin cuisine

Despite being a very small country, Montenegro's cuisine is diverse. It has similarity with Balkan, Greek and Turkish cuisines. Some

'must try' dishes include Brav u Mlijeku (lamb cooked in milk), Crni Rižot (black risotto), Cevapi kebabs, Palačinke (pancakes), Njeguski Prosciutto (smoked ham), Njeguski Steak (pork steak filled with cheese), Burek (a type of pastry), Buzara (prawn or other

1. Stuffed potato from Lithuania;
2. Potato stuffed in intestine from Lithuania;
3. Duck and Vanilla Broth with Noodles from Madagascar;
4. Prawn Laksa from Malaysia;
5. Beef Satay with Asian Coleslaw in Malaysia;
6. Geri Riha or Maldivian Beef Curry;
7. A dish of Nachos from Mexico;
8. Huevos Rancheros from Mexico;
9. Moldovan Sarmale (stuffed cabbage rolls);
10. Moldovan Rabbit with Kasha (buckwheat);
11. Moldovan Plej Placinta (pastry stuffed with cheese and herbs)
12. Mongolian Lamb noodles;
13. Punjeni Svinjski from Montenegro;
14. Burek from Montenegro;
15. Moroccan Chermoula Duck with Fruity Couscous;
16. Moroccan lamb and date tajine.





seafood cooked in a sauce), grilled fish and seafood and Octopus salad.

Moroccan cuisine

Moroccan cuisine has been influenced by Berber, Moorish, Amazigh, Andalusian, Mediterranean, North African and Middle Eastern cuisines. No wonder, it is extremely diverse. Meats of goat, lamb, poultry and beef and seafood constitute the main ingredient of most dishes. Spices, lemons, dry fruits, olives and olive oil are the other common ingredients. By far the most famous Moroccan dish is couscous. Wheat-based couscous is cooked with various spices, herbs, meat and vegetables to create a variety of this traditional dish. Tajine dishes are also popular. Traditional tajine is an earthenware pot used to cook meat along with vegetables or dried fruits and food like couscous is often served in tagines.

Myanmar (Burmese) cuisine

This cuisine, also called Burmese cuisine, has been greatly influenced by Chinese, Thai and Indian cuisine, yet, the food of Myanmar is unique and memorable. Some common dishes are fish rice, curries, various deep fried items, Tea leaf salad, noodle bowls, dumplings, Khaw Suey (a one pot dish with noodles on a coconut-based gravy served with toppings of eggs, leeks, spring onions and potatoes). Mohinga is the unofficial national dish of Myanmar. It is a bowl of noodles served in fish or shallot-based broth.

Namibian cuisine

It is the cuisine of the indigenous Namibian tribes of Himba, Herero and San with the added influence of the German, Afrikaner and British people during the colonial period. The staple food of Namibia is Oshifima, a millet-based stiff porridge, which is served with a vegetable or meat stew. Mealie Pap (a porridge), Oshithima (a maize porridge), Oodhingu (dried meat), Omboga (dried spinach), Omagungu (Mopane worm dish) and Oshiwambo (spinach and beef dish), are also popular.





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Nigerian cuisine

It belongs to West African cuisine family. Wide usage of spices and herbs result in delicious stews, curries and rice dishes. The national dish is Jollof Rice wherein the rice is cooked in tomato sauce and spices. Other popular dishes are pounded yam, Egusi soup, pepper soup and Garri.

Nepali cuisine

Nepali cuisine is similar to North Indian cuisine and also has some dishes inspired by Tibetan cuisine, like momos. Rice, dal and curry is the staple food.

Nicaraguan cuisine

Nicaraguan cuisine is an admixture of the cooking traditions of the indigenous people and the Spanish, Creole, Caribbean and Garifuna cuisines. Corn is the main ingredient. Varieties of meat, seafood, vegetables and fruits are also used in dishes. For foodies visiting the country going to the Fritanguerias is a must. These are roadside food stalls that sell everything from roast chicken, roast pork, fried bananas, fried cheese to enchiladas and tacos. Nacatamalles, Quesillo, Indio Viejo and Gallo Pinto are some dishes to try.

1. Moroccan Roast Lamb, Fruit & Nut Couscous, Tajine of Onions and Carrot Fritters;
2. Burmese noodles bowl;
3. Baklavas from the Middle East;
4. Cooked Kudu meat from Namibia;
5. Felaful from the Middle East;
6. Fried sparrows, fried quail, fried quail eggs and quail egg fritters from Myanmar;
7. Nicaraguan breakfast of rice and beans mixed, fried egg, tortilla and fried cheese;
8. Tapisqueña from Nicaragua;
9. Ceviche from Nicaragua;
10. Gallo Pinto, Salsa Ranchero and Fried Cheese from Nicaragua;
11. Korean Rice Cake filled with red bean paste;
12. Kimchee from North Korea;
13. Korean Pork and cabbage roll;
14. Korean Pansanggi;
15. Nigerian Lobster Piri Piri;
16. Momos from Nepal.



North and South Korean cuisine

Korean cuisine is based on the main ingredients of rice, meats, seafood and vegetables, that may be grilled, steamed or even raw in the case of fish. Along with steamed rice, noodles or porridge, each meal has a number of flavourful side dishes like the famous Kimchi (spicy fermented cabbage preparation using hot chillies), sautéed bean sprouts, Gogi gui (Korean barbecue) etc. Bibimbap is a famous rice dish often served with vegetables and kimbhi. Buldak or 'Fire-chicken' is the most popular Korean food outside of the two countries. This mouth-numbing noodles comes in various levels of spiciness in restaurants across these two countries.

Norwegian cuisine

From waffles and berries to cured meat, salmon, Atlantic cod and other seafood, the Norwegian menu looks extremely diverse. Sodd (diced mutton, meatball, carrots and potatoes served in clear broth), Sursild (pickled herring), Fenalår (slow-cured lamb's leg in the mountain air), Finnbliff (sautéed reindeer in stew), Fårikål (lamb and cabbage stew), Smalahove (sheep's head), Kjøttkaker (a type of meatball dish), fish balls, whale steak, Lutefisk and Tørrfisk are some of the popular dishes to try. Also apart from the regular meats (lamb, mutton, pork and beef), moose, reindeer, grouse and deer are the four meat varieties one should not miss the opportunity of tasting in Norway.

Omani cuisine

The Omani cuisine is influenced by

1. Norwegian waffles;
2. Norwegian Fleskepannekake;
3. Labne Plate and Breads from Oman;
4. Yakhni Pulao from Pakistan;
5. Corvina from Panama;
6. Peruvian Chocolate Chili Pork, Orange Mange Tout Salad, Soft Polenta;
7. Sinangag from the Philippines;
8. Beef rendang from the Philippines;
9. Stuffed Porkloin from Poland;
10. Romanian Mititei la Grătar - minced meat sausages with mustard.

Arab, India, Persian, Asian, Mediterranean and African cuisines. Rice is the staple food and typical ingredients include chicken, lamb, fish and vegetables.

Pakistan cuisine

The cuisine of Pakistan belongs to the greater cuisine of the Indian subcontinent and incorporates elements of Mughal cuisine as well as many regional culinary traditions. There is also great influence of Islamic traditions in the food. Nihari is the national dish of the country. Pakistani food is known for its aromatic flavour and wide use of flavourful spices.

Panamanian cuisine

This cuisine is a blend of African, Spanish, Caribbean and Native American cooking techniques with influences from North and South America. Popular dishes are Sancocho (chicken and beef soup), Carimanolas (meat pie), Ropa Vieja (beef dish), Carne Guisada (beef and potato cooked in sauce), Tamales (chicken cooked wrapped in plantain leaf), Caldo de Bolas de Verde (dumpling soup) and Tostones (fried plantains).

Peruvian cuisine

Peruvian cuisine is influenced by Spanish, Chinese, Italian, German, West African and Japanese cuisine apart from the various local influences. These apart, there is also strong historical influence of Incan cuisine. Seafood and tropical fruits are widely used in cooking. Seafood-based Ceviche is the most popular dish.

1. Romanian Tocinei Moldovinești (potato pancakes with sour cream & brined cheese;

2. Russian Buckwheat Porridge;

3. Russian Potato Cakes with Sour Cream and Smoked Salmon;

4. São Toméan fish and bean stew,

sweet potato, rice, grated cassava, ex-

remely strong pickled green peppers;

5. Mince 'n' Tatties from Scotland;

6. Cock-a-Leekie Soup from Scotland;

7. Jollof Rice and chicken from Senegal;

8. Serbian Pileci Raznjici;

9. Serbian Muckalica;

10. Singaporean noodles.





Philippino cuisine

Filipino cuisine brings together the cooking traditions of hundreds of local ethnic groups. It has evolved over centuries through the added influence of Spanish, Chinese, American and other Asian cuisines. Filipino adobo (chicken or pork cooked until dry in garlic, vinegar and soy sauce) is the most popular dish. Other prominent food items include Lechón (whole roasted pig), longganisa (sausages), tapa (cured beef), torta (omelet), dinuguan (pork blood stew) and kaldereta (meat stew).

Polish cuisine

The cuisine of Poland relies heavily on various types of meats, vegetables, fruits, breads, sausage and dairy products. Most common ingredients are beetroot, cabbage, gherkins, chilies, kohlrabi, mushrooms, sausages, dairy products, herbs and spices.

Romanian cuisine

Romanian cuisine is a blend of cooking styles borrowed from the neighbouring countries of Hungary, Germany, Turkey, Ukraine, Russia, Slovakia, Czechia, Slovenia, Belarus, Croatia, Macedonia, Serbia, Bulgaria, Montenegro and Bosnia. Historically there has also the influence of Ottoman cuisine.

Russian cuisine

The cuisine of the largest country of the world is quite diverse, not only in types of dishes but also in ingredients used and regional variation of cooking techniques. There has been influence of culinary traditions from many regions. As a result of the harsh climate, soups, stews and meaty broths have become integral part of the culinary

1. Hot chocolate in Slovakia;
2. Slovenian Buckwheat dumplings stuffed with Cottage Cheese in a Mushroom sauce;
3. Slovenian Blejska kremna rezina;
4. South Korean egg cake with black sesame seeds;
5. South Korean Bulgogi;
6. Spanish Tortilla de Patatas;
7. Spanish Tapas;
8. Spanish Chorizo in Garlic;
9. Tuna with salad and fries in Srilanka;
10. Srilankan Mixed seafood fried rice.

culture of the people here. Blini (pastry rolled with a variety of ingredients), Borscht (beetroot and cabbage soup), Caviar, Crêpe, Pelmeni (pastry dumplings filled with minced meat), Beef Stroganoff (sautéed beef), Russian meatballs, Pirozhki (pastry filled with potato, cabbage, meat or cheese), Syrniki (cottage cheese pancakes), Kasha (porridge), Okrishka (cold soup) and Shashlik (kebab) are some dishes to try. Buckwheat, barley, millet, berries, vegetables, flour and fish are important ingredients.

Sãotoméan cuisine

Sãotoméan cuisine is strongly influenced by Portuguese cuisine. The country's food is dominated by seafood and tropical fruits. Beans, maize, cooked bananas, smoked fish, meat, cassava, tomatoes etc. are important ingredients.

Scottish cuisine

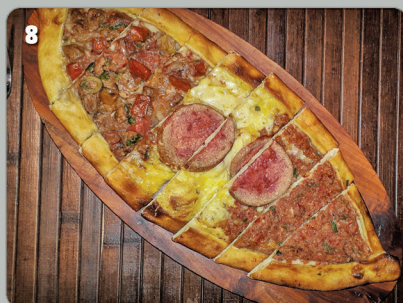
Scottish cuisine shares similarity with many other European cuisines, but it also has its own uniqueness. The country is blessed with a long shoreline resulting in an abundance of seafood. Meat, fish, seafood, dairy, berries, fruit and vegetables constitute main ingredients of dishes. As regards meat, the Scottish people are known to gainfully utilize every part of the animal. For example Haggis, a 'must try' delicacy, is cooked with finely chopped lungs, heart and liver of sheep. Scottish oatcakes, porridge, kippers, Cullen Skink (soup of smoked haddock and potato) and shortbread are also not to be missed.

Senegalese cuisine

Essentially a West African cuisine with Islamic influence, the Senegalese culinary tradition is largely influenced by North African, French and Portuguese cuisines also. Thiéboudienne (spicy one pot fish



1. Swedish Kåldormar (stuffed cabbage leaves), boiled potatoes, carrots, sugar snap peas;
2. Swedish meatballs;
3. Bratwurst and Rosti from Switzerland;
4. Tanzanian fish curry with rice;
5. Tanzanian Banana Soup with Beef;
6. Tanzanian sticky black rice with mango;
7. Pad Thai from Thailand;
8. Khao Ob Spparot from Thailand;
9. Gambian Butter Fish;
10. Gambian groundnut soup.



and rice dish) is the national dish. Yassa Poulet or Poisson, Mafé (a lamb stew) and Dibi (Senegalese barbeque) are some of the popular dishes worth trying.

Serbian cuisine

One of the biggest cultural traits of Serbians is their love for food. Meat dominates Serbian dishes. Karadordževa Šnicla, Serbian version of Schnitzel, is a national favourite. Sarma or cabbage leaves rolled with meat and rice inside is another favourite. Čevapi, or finger-shaped minced meat, is also popular. Burek, a flaky pastry with meat filling inside, and Gibanica, a cheese pie, are also worth trying.

Singaporean cuisine

Singaporean food is inspired by the three main cuisines, Chinese, Malay and Indian. There are dishes that combine these three cuisines also. There's some influence of Indonesian and Western cuisines also. Apart from the widely available Chinese and Indian dishes, Laksa is the most identifiable local dish. It is a bowl of rice noodles in coconut-based spicy gravy and topped with shrimps, chicken, eggs and often fish cakes also.

Slovak cuisine

Although Slovakia is not a very big coun-

try, there are great regional variations in cuisine. Its cuisine is also influenced by that of the neighbouring countries of Austria, Czechia, Hungary, Poland and Ukraine. Bryndzové Halušky (dumpling with local sheep's cheese filling) is the national dish. Cabbage soup, pork stew, goulash soup, fried cheese and potato pancakes are worth trying.

Slovenian cuisine

Slovenia is a great choice for food tourism with many culinary events to participate in. It has as many as 24 regional variations in its cuisine. Štruklji, or rolled dumplings with a variety of filling, is a very popular local food. Žganci (corn mush or spoon bread), Kraški Pršut (Slovenian prosciutto), Prežgana župa (a soup), Potica (rolled cake with 80 different fillings), Bujta repa (blood and meat sausages), Jota (a stew), Štefani Pečenka (meat loaf with hard boiled eggs) and horsemeat burger are some popular local dishes.

Spanish cuisine

It wouldn't be wrong to say that the life of Spanish people revolve round food, making culinary culture an important part of their lifestyle, expression and existence. The Spaniards love to indulge in good food like art. Different regions of Spain have different cuisines and overall the Spanish cuisine is an assimilation of dishes from all these cuisines. Some of the regional cuisines are Andalusian, Andorran, Asturian, Aragonese, Basque, Canarian, Cantabrian, Catalan, Galician, Leonese and Valencian cuisine.

Spanish cuisine is similar to the Mediterranean cuisine and is dominated by seafood like mussels, cuttlefish, shrimps and lobster. The over dependence on seafood also reflects the country's rich maritime history. However, there are also non-seafood items like cured meats (Serrano or Iberico ham), chorizo sausage, mushrooms, churros and meat-based tapas. Paella and Tapas are probably the two most famous Spanish foods. The former is a rice dish layered with prawns and tomatoes and tapas is a lip-smacking snacks item with complex layers of flavours. Common ingredients in Spanish dishes include paprika, saffron, herbs, tomatoes and broth.

Sri Lankan cuisine

The cuisine of Sri Lanka is dominated by seafood. There's strong influence of Indian cuisine with rice-based dishes and curries in menu. Coconut and a variety of spices are the common ingredients of most dishes. The food is often extra spicy with lot of chilies added in. Rice with lentils, curry and fish or meat gravy, accompanied by pickles and seasonal fruits is the staple food.

Swedish cuisine

Like other Scandinavian countries, seafood and fish is extremely popular in Sweden. Swedish cuisine has a sharp divide between the two regions, northern and southern Sweden. Kroppkakor (a type of potato dumplings), falukorv sausages, meatballs with mashed potato and

lingonberry jam, meat stew, pickled herring, fried herring, fermented herring, pork blood pudding, pyttipanna (a dish of fried onions, potatoes and meat), gubbröra (egg and anchovy salad), dill cured salmon, ärtsoppa pea soups, potato pancakes, saffron buns and cinnamon buns are 'must try' items.

Swiss cuisine

As one would expect, Swiss cuisine is influenced by that of France, Italy and Germany. The dishes are rather plain and non-spicy with potatoes and cheese constituting the main ingredients. Cheese fondue, Raclette (melted cheese served with jacket potatoes), Rösti (a potato cake), Pizzoccheri (a stew made with buckwheat pasta and vegetable), Polenta (maize puree mixed with cheese) and Berner Platte (with a variety of meat and sausages) are some dishes to try.

Tanzanian cuisine

Ugali, a stiff dough prepared with cornmeal, cassava, millet or sorghum, is the national dish of Tanzania. It is served with meat, fish

or vegetable curry. Spicy food is popular in the country and coconut milk is an important ingredient. There are regional variations in food.

Thai cuisine

One of the most popular touristy things to do in Thailand is to visit the street food stalls along the popular lanes in Thai towns and cities and taste the spicy finger foods, fried items, stir-fry dishes and soups. Thai cuisine is known for the use of aromatic herbs, spices and sauces that incorporate sweet, sour, and hot elements. Thai food has been influenced by Chinese, Malaysian, Indonesian, Burmese and a royal culinary tradition. Tom Yum soup, Pad Thai and green curry are some examples of popular Thai dishes. Thai food is traditionally served with rice or noodles. Most soups bowls contain rice noodles. The most common ingredients are turmeric, basil leaves, lemongrass, cloves, ginger, cilantro, mint, kaffir lime leaves, chilies, shrimp paste and coconut milk.

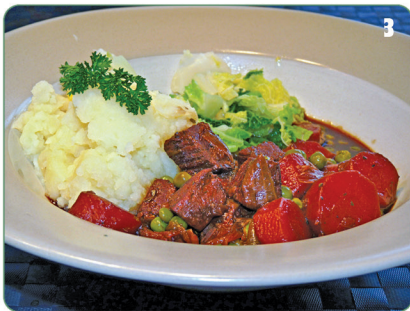
The Gambian cuisine

This is essentially a West African cuisine. Rice,

fish, peas, peanuts, tomatoes, cabbage, lemon, onion, cassava, various spices and herbs are the common ingredients. Yassa, Afra and Akara are the popular dishes.

1. Yak Pepper Steak from Tibet;
2. Tibetan Momo soup;
3. Trinidadian Saltfish, Blue Food & Dumplings;
4. Caribbean Fold (seafood sautéed with onions, peppers, tomatoes, folded quesadilla with cheese) from Trinidad and Tobago;
5. Beef stew & dumplings from Trinidad and Tobago;
6. İskembe çorbası (soup made from tripe, calf's feet and lemon juice) from Turkey
7. Turkish Adana Kebab;
8. Turkish Karşık Pide;
9. Turkish Mantar Güveç (Mushroom casserole with Beef);
10. Turkish Lahmacun;
11. Manty from Turkmenistan;
12. Samsa from Turkmenistan;
13. Buffet dinner with Rice and kebabs in UAE;
14. Fish and chips from the UK;
15. Bangers (sausages) and Mash from the UK;
16. Herring Salad from Ukraine;
17. Veal Kruchenyk from Ukraine.





Tibetan cuisine

Tibetan cuisine is largely influenced by its mountainous terrain and difficult living conditions. Dumplings, noodles, goat and yak meat, local cheese, butter and yoghurt are the most common items to try. Thenthuk, Tsampa and Thukpa are the names of some popular dishes.

Trinidadian cuisine

The cuisine of the twin islands of Trinidad and Tobago has been influenced by African, American, Indian, Chinese and European cuisines. Fish and seafood constitute the main ingredients of the food

here. Crab and callaloo is the national dish of Trinidad. Trinidadian Pelau, a rice dish, is another popular item.

Turkish cuisine

Turkish cuisine is a fine blend of Central Asian, Middle Eastern, Eastern European, Armenian and Balkan cuisines and a direct historical descendant of the Ottoman cuisine. This cuisine has in turn influenced those of its neighbouring countries. Meat-based dishes dominate the food scene in Turkey. There's an array of delicious foods to try while in Turkey and one has to keep revisiting the country to taste everything that it has to offer, from various types of

kebabs, köfte (meatballs) and stuffed dolmas to pilaf, durum, simit, baklavas and Boreks. The list does not end here, it's just a fraction of what you can lay your hands on while in the country. Various types of nuts are important ingredients and yoghurt is an accompaniment to many dishes.

Turkmen cuisine

The cuisine of Turkmenistan is influenced by the dry and arid desert terrain of the country and the hard life that it results in. It is similar to that of other Central Asian countries. The staple dish and the most popular food in the country is Plov (a one pot dish of chunks of mutton, rice and carrots). Diet mainly includes meat, çörek or naan bread and dairy products and vegetables are very rare. Various types of meat (lamb, chicken, other wild birds, rabbit, gazelle, deer and camel) are used in Turkmen cuisine. Horsemeat is prohibited unlike in its neighbouring countries as horses are revered. Some popular items are manti dumplings, variety of kebabs including Shashlyk, stews, shurpas (hearty soup), Dogroma Chorba (a meat soup), chorek (flat bread), Kovurma (meat dish cooked in its own fat) and Gutap (stuffed flatbread).

UAE (Arab) cuisine

The Arab cuisine is a set of individual cuisines from various countries of the large Arab world. It has been influenced by Indian, Persian, Middle Eastern, Chinese and Levantine cuisines. The main ingredients of Arab food include rice, meat, chick peas, dry fruits, various types of spices and blackened lime. Kebabs, grilled chicken and lamb, falafel, shawarma, mutabbaq, ful medames, Kabsa and Mazboos are some Arab dishes to try.

UK cuisine

British cuisine has absorbed cultural influences of all its colonies and the settlers. This has substantially enriched the indigenous cuisine. The result is hybrid dishes, like Kedgeree, Anglo-Indian chicken tikka masala etc. Fish and chips, roast beef, roast potatoes, steak, Yorkshire pudding, shepherd's pie, Kidney pie and mash are some original British dishes.

Ukranian cuisine

Ukrainian cuisine belongs to the Eastern European cuisine family. It is diverse and has been influenced by Russian, Turkish, Polish and Crimean Tatar cuisines. Bread is the staple food, and come in different types. In Ukraine Borscht is the national favourite dish. It is a hot beetroot soup and comes in as many as 30 varieties and is generally served with garlic doughnuts. Varenyky is a Ukrainian dumpling with many possible fillings. Other popular dishes include Chicken Kyiv, Holubtsi (cabbage leaves rolled with rice and meat inside), potato pancakes and potato

salad. Common ingredients of various dishes are meats, vegetables (or pickled vegetables), mushrooms, fruits, berries and herbs.

US cuisine

The US cuisine is actually a melting pot of so many cultures brought by people who settled here from around the world. The American chefs took the traditional foods from different countries and added a local touch giving it an American feel. Hamburgers (Germany), pizzas (Italian), French fries (Belgian), fried chicken (Europe), steaks (Scandinavia), etc came from different countries but were given a new shape and identity in the US thus making them a part of the American cuisine.

However much before the colonial period, the Native Americans had a diverse cooking style using local ingredients. The country being a very big one, there were regional variations in the cooking of the natives. Once it became a colony new ingredients were introduced from Europe. The cuisine expanded. It further diversified with the coming of immigrants from around the world. All these together have created what we know as American cuisine today. In course of time it has introduced many homegrown dishes too.

Uzbek cuisine

Uzbek cuisine is essentially Central Asian cuisine having similarities with the cuisines of Turkmenistan and Kazakhstan. The country's most famous dish is the Plov (Pilaf) which is a one pot dish made with rice, chunks of meat, julienned carrots, onions and spices. Bread and noodles are staple dishes. Uzbek manti (dumpling) is also popular, so is the Shashlyk kebab.

Vietnamese cuisine

Vietnamese food is extremely diverse (no wonder it made it to the cover of this issue of Touriosity). It has been influenced by Chinese, Thai and French cuisines. It is a perfect mix of spicy, sour, bitter, salty and sweet delicacies. Rice, sticky rice, meats, fish, soy sauce, fish sauce, shrimp paste, a fermented sauce, fruits, vegetables and fresh herbs like ginger, lemongrass, coriander, cinnamon, chili, lime, mint and Thai basil leaves are the main ingredients of most dishes. Eel is a delicacy in many regions. Vietnamese Pho (noodle soups), fresh spring rolls, Bún chà (grilled fatty pork over rice noodles served with fish sauce), translucent dumplings, eel soup and rice desserts are some delicacies to taste in Vietnam.

Welsh cuisine

Glamorgan sausages (meatless sausages), Cawl (Welsh stew), Cawl Cennin (leek and potato soup), Anglesey Eggs (hard-boiled eggs baked on a bed of mashed potatoes), Miser's Feast (casserole), Faggots (Welsh meatballs), Onion cakes and Bara brith (fruit



cake) are some items worth trying when visiting the Wales.

Yemeni cuisine

Chicken, goat and lamb are the staple meats in Yemen. Beef is also eaten although less popular than these. In the coastal areas, fish is also popular. Dairy products are not preferred much. Saltah is the national dish of Yemen. Fahsa is popular dish, containing beef or lamb meat cooked in a stony pot called Madara. Mandi is a one pot dish cooked using meat (lamb or chicken), basmati rice and variety of spices. The other popular Yemeni dishes include Aseeda, Bint Al-Sahn, Fatoot, Fattah, Ful medames, Hareesh, Jachnun, Kabsa, Karees, Komroh, Ogda, Mateet, Martabak, Samak Mofa, Shafut, Shakshouka, Thareed, Masoub and Zhoug.

1. Bagel with Cream Cheese and Smoked Salmon in the USA;
2. Red Flannel Hash with Corned Beef from the USA;
3. Idaho Beef stew from USA;
4. Chicken fried steak with fries from the USA;
5. Plov from Uzbekistan;
6. Bara Brith from the Wales;
7. Grilled camel meat from Yemen;
8. Chicken Mahwit from Yemen;
9. Roasted whole goat & rice in Yemen;
10. Eel soup with baguettes in Vietnam;
11. Typical Vietnamese lunch spread;
12. Vietnamese Bún bò bắp chà cua (Beef and crab meatball noodle);
13. Vietnamese Caramelised Fish.



Aries

(21 March – 19 April)

You can successfully combine practical matters and more fanciful ones. With focus, you can make enormous progress in your work. Moderation and focus are keys to success now. The area of life that is subject to the most changes is your close relationships.

Places to visit: Copenhagen oozes with Nordic charm and “coziness,” making the city more laid-back than other capitals. and has an edge, offering trendy restaurants and shops.

Thenmala - Thenmala in Kollam district is majestically set in the midst of evergreen forests in the lap of the Western Ghats and hosts a wide range of adventure and leisure activities.

Favorable Dates: July 2, 5, 11, 14, 20, 23

Favorable Colors: Blue & White

This month suggests some material benefits coming from your career as well as real estate or family. You are increasingly less focused on your own self-centred needs, more universal in your concerns, and more open to the intangible realms of inspiration and beauty.

Places to visit: London - Exploring the world-class British Museum, seeing a musical in the West End, touring the Tower of London would be major tourist attractions abroad.

West Bengal - You can visit southern parts of West Bengal into the Sundarban Delta where there is a vast range of beautiful flora and fauna.

Favorable Dates: July 3, 5, 12, 14, 21, 23

Favorable Colors: Red & Yellow



Taurus

(20 April – 20 May)



Gemini

(21 May – 20 June)

This period could stimulate you to make changes that have long been overdue. You might break free from limiting or frustrating circumstances. Your life speeds up, and decision-making can be very hasty now. A practical strategy is required preferably one that will support you at every stage.

Places to visit: Rothenburg in Germany - The unique atmosphere of Rothenburg can be experienced when you stroll through the high-ways and byways of this town, where you will discover evidence of a bygone age on almost every corner.

Backwaters, Kerala - They are known for their scenic beauty and a rich variety of flora, fauna, avi-fauna and marine life.

Favorable Dates: July 3, 8, 12, 17, 21, 26

Favorable Colors: Green & Blue

Your private life is especially animated this month. You're not as willing to share your feelings with the world and personal plans are in an early stage of development.

Places to visit: Sydney in Australia - The Barangaroo Reserve, a terraced finger of sandstone and native plants that juts into the harbor are the sights to watch for in Sydney.

Andaman and Nicobar Islands - These islands are covered with lush forests and endless varieties of exotic flora and fauna. Incredible corals and marine life, crystal clear water and mangrove-lined creeks lure travellers to these picturesque islands.

Favorable Dates: July 1, 2, 10, 11, 19, 20

Favorable Colors: Yellow & White



Cancer

(21 June – 22 July)



Leo

(23 July – 22 August)

You are likely to have new or increased responsibilities, and it might take some time to get adjusted to them. Your efforts to measure up to expectations can ultimately increase your confidence in your ability to be responsible for yourself.

Places to visit: Mauritius - Mauritius kitesurfing is a wind-hungry person's dream; with stunning landscapes, warm waters and great waves and flat lagoons as your playground.

Dal Lake, Srinagar, India - Taking a 'shikara' (long-tailed boat) ride at sunset, or sipping a hot morning cuppa on the veranda of a houseboat as the sun comes up is likely to be your most enduring memory of Kashmir.

Favorable Dates: July 2, 4, 11, 13, 20, 22

Favorable Colors: Red & White

Your creativity is stimulated, but so is your excitability. You are likely to be more outspoken than usual. You are noticed and recognized for your natural talents on the job.

Places to visit: Kata Bay, Phuket, Thailand - Just a stone's throw from south of Karon Beach, the pristine bay of Kata lends itself wonderfully to solitude. The beach is one of the amazing places in the world and is far away from the hubbub of town and traffic.

Bodhgaya, Bihar, India - The most definitive Buddhist pilgrimage manages to maintain a calm and meditative ambience despite the large number of visitors it sees every year.

Favorable Dates: July 2, 5, 11, 14, 20, 23

Favorable Colors: Red & Grey



Virgo

(23 August – 22 Sept)

Manish Kumar Arora is a renowned KP Astrologer, Numerologist, Tarot Reader and Vastu Consultant. He will be with Touriosity Travelmag to bring to our readers monthly predictions based on zodiac signs with special emphasis on travel predictions. Our readers can plan their tours accordingly. He can be reached at manish@manishastrologer.com



This is a time for thinking in big terms, but it's also important to consider your abilities and resources before taking on too much. Balance is important, and considering your reasonable limits is necessary to achieve it.

Places to visit: Parga, Greece - A pretty old village of white-plastered houses built on zigzag, flowery streets, in the fold of a bay crowned by a Venetian castle.

Benaulim Beach Goa - An ideal place to relax, Benaulim Beach is a popular destination for fishing. Long stretch of sands, abundance of beach shacks and myriad options of hotels and nightlife will be offered to you once you set foot on it.

Favorable Dates: July 4, 6, 13, 15, 22, 24

Favorable Colors: Red & White

There can be so many opportunities and ideas available to you now that you feel overwhelmed. Any "crisis" occurring in your work at this time is simply clearing the way towards better work conditions.

Places to visit: Tulum, Mexico - Tulum's stunning coastline, with powdery white sand, jade-green water, mild breeze and bright sun, makes it one of the top beaches in Mexico and a perfect place to eat, pray and meditate.

Munnar Kerela - Situated on the banks of three rivers- Madupetti, Nallathanni and Periyar, Munnar is an idyllic hill station, famous for its tea estates, exotic scenery, abundance of flora and fauna and craggy peaks.

Favorable Dates: July 1, 5, 10, 14, 19, 23

Favorable Colors: Blue & White



You feel especially strong feelings about your career, reputation, income, and possessions. You instinctively feel that taking care of your practical affairs will help you to eventually enjoy more freedom of movement. Romance can heat up now.

Places to visit: Loch Lomond Highlands, Scotland - This place exemplifies the serene natural rolling landscape of Scotland. Ideal for solitary walks, the highlands are punctuated by stunning natural beauty and panoramic views.

Manali - Nestled at one end of the Kullu Valley, Manali is a hill station with attraction such as the Rohtang pass nearby and is popular among tourists, especially during summers.

Favorable Dates: July 3, 5, 12, 14, 21, 23

Favorable Colors: Red & Green

You may feel driven to prove or achieve something substantial during this period. Your performance becomes public or everyone's business. Rewards come from hard work, solid effort, sincerity, and respect or humbleness.

Places to visit: Lake Como, Italy - With the snow-clad Rhaetian Alps in the background, Lake Como is one of the most picturesque Alpine lakes in existence. It is one of the most amazing places to visit in the world.

Agra - Home to one of the 7 wonders of the world, Taj Mahal, Agra is a sneak peek into the architectural history with other structures such as Agra Fort and Fatehpur Sikri.

Favorable Dates: July 2, 7, 11, 16, 20, 25

Favorable Colors: Blue & White



This is a period for believing in your plans and faith in your ability to bring your dreams to reality. Intimate matters are warm, comfortable, and natural. You are likely to find the spirit and motivation to embark on unusual or merely different adventures.

Places to visit: Abaco Islands, Bahamas -The glittering white sand beaches on this archipelago in the Bahamas define Caribbean chill. Paradise doesn't get any more tropical than this.

Gangtok - Prettily situated on a hillock at an altitude of 1800 meters, Gangtok can be safely said to be one of the most beautiful hill stations in the country.

Favorable Dates: July 4, 6, 13, 15, 22, 24

Favorable Colors: Red & Yellow

This period is fortunate for your work, finances, and health. Your initiative is stronger than usual, and your courage increases. you're in great shape for sharing your thoughts and getting some good feedback for your ideas.

Places to visit: The Fells, Finland - The mountains in this Scandinavian country, also known as Fells, are home to some of the densest forests, and most secluded arctic lakes in Europe.

Kanha National Park - A delightful town situated in the district of Mandla, Kanha National park is the haven of an exceptionally wide variety of wild animals, including the majestic creature tiger.

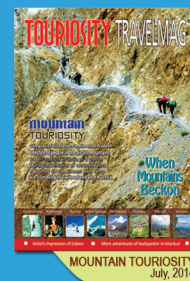
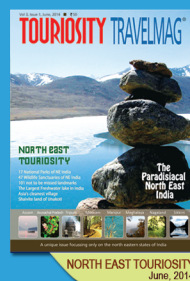
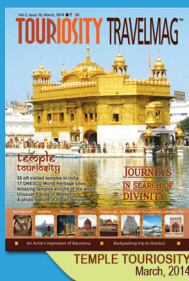
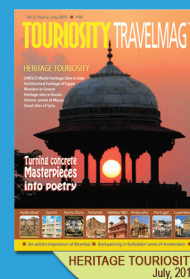
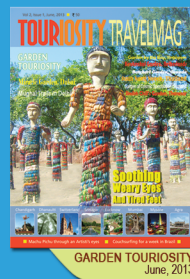
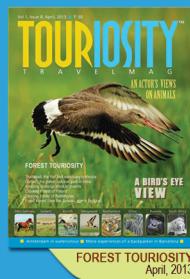
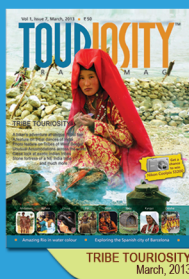
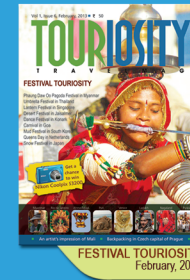
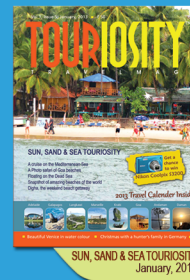
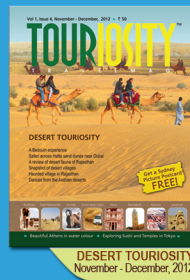
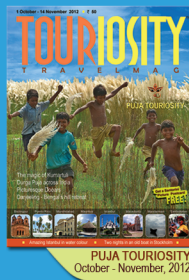
Favorable Dates: July 3, 6, 12, 18, 21, 25

Favorable Colors: Red & Yellow



Touriosity Travelmag brings to you

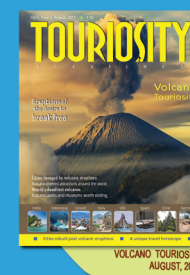
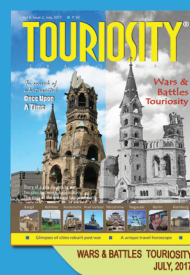
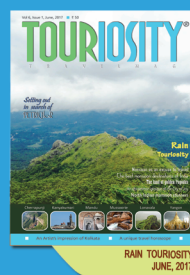
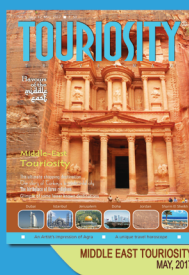
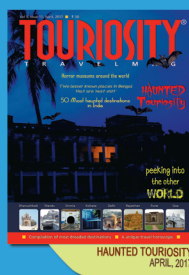
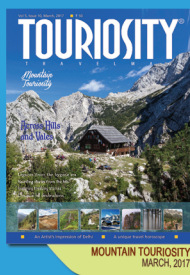
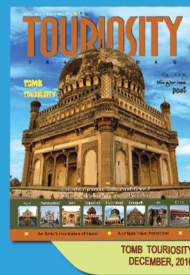
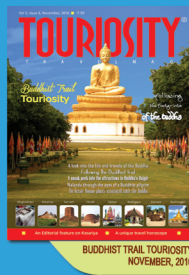
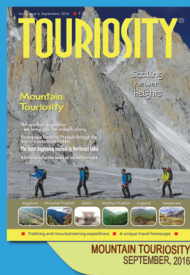
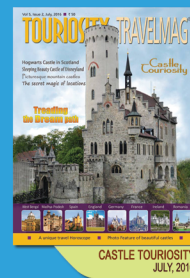
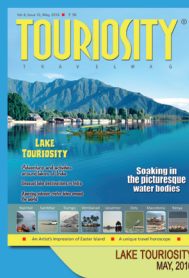
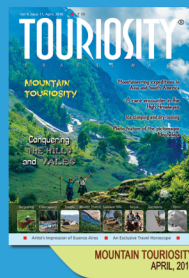
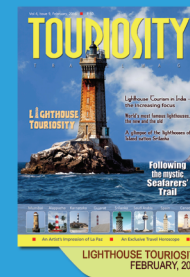
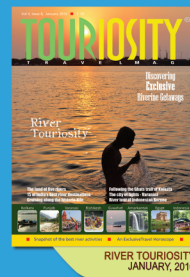
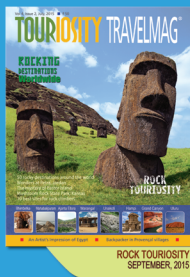
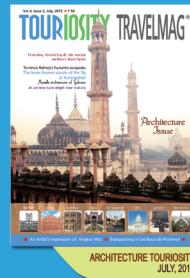
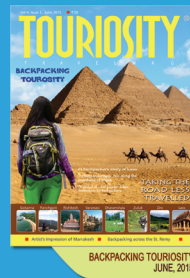
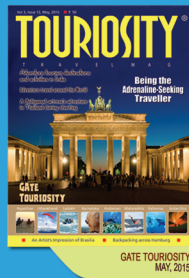
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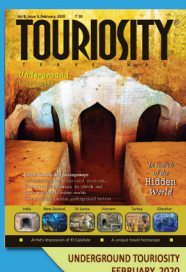
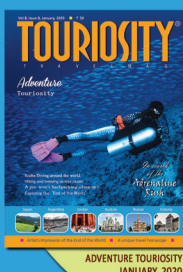
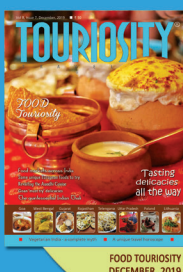
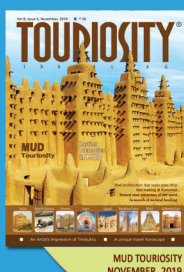
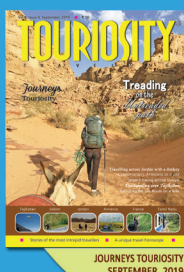
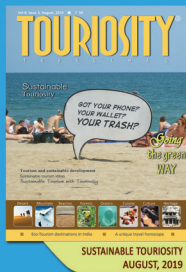
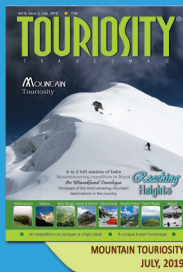
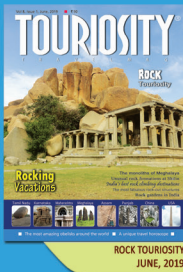
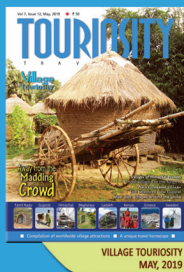
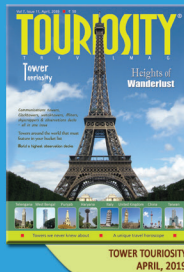
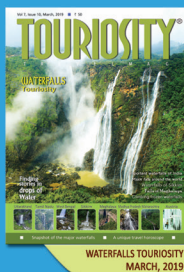
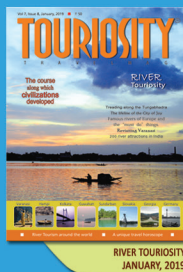
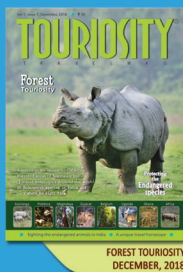
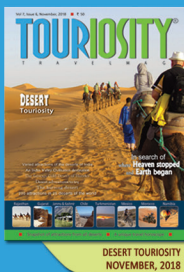
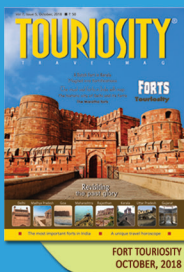
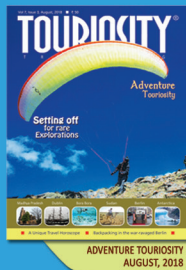
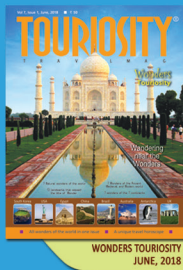
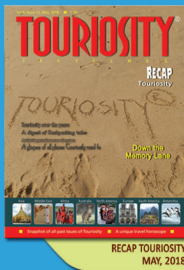
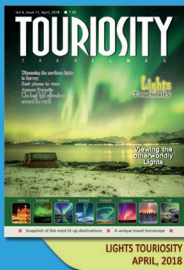
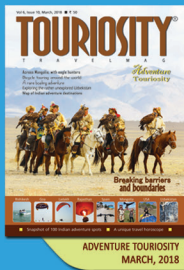
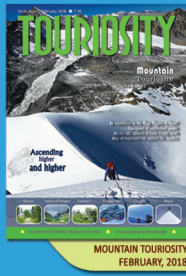
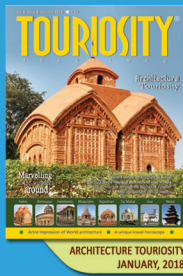
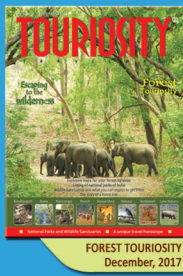
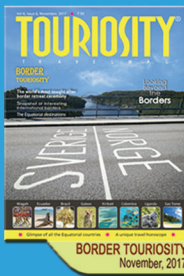
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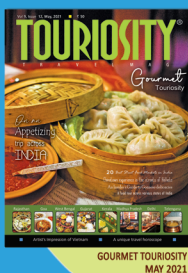
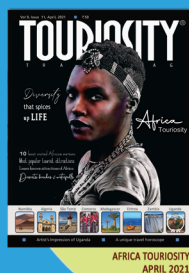
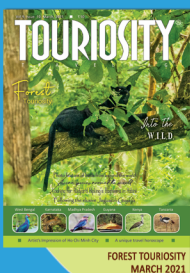
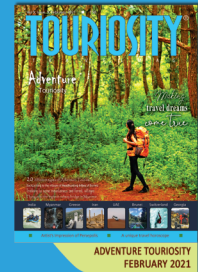
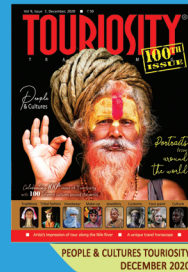
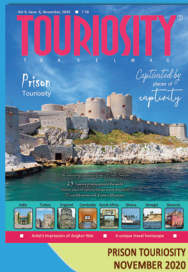
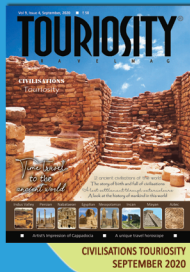
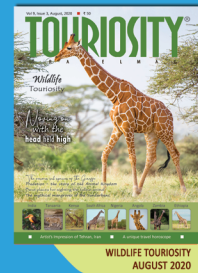
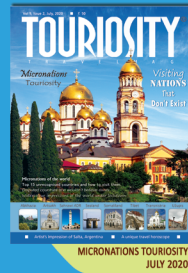
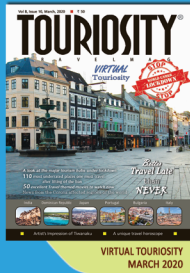
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A glass of yellow smoothie sits on a red tablecloth. In the background, a Norwegian flag is on a wooden stick, and a floral curtain is visible. To the left, a glass display case holds some items.

Memories of childhood foods in **NORWAY**

*Article and Photos by
Grete Howard, Bristol, UK*



The 17th May, the Norwegian National Day (celebrating the signing of the constitution in 1814), was the highlight of our year, with everyone wearing their national costume, or new clothes bought especially for the occasion; while participating in processions and street parties.



You don't realise how strong an influence traditional foods have until they are no longer part of your life. Despite having lived away from my birth-country for nearly 50 years, the thought of the foods I grew up with evoke more powerful emotions than I would expect.

My parents were not adventurous diners, but I guess that was the norm in the 1960s. The two of them also had very different tastes – my mum was city born and bred, while my dad grew up on a farm – and my father's fish and seafood allergy plus the lack of availability of foreign produce in those days, meant the meals were hearty and nourishing rather than exotic. I was ten years old before I ever tasted potato fries, and I can remember the arrival of yogurt in our local grocery store around the same time.

17th May

As children, there was one day of the year that we were allowed to eat whatever we wanted and however much of it we could cram in our little stomachs before being ill – which often happened!

The 17th May, the Norwegian National Day (celebrating the signing of the constitution in 1814), was the highlight of our year, with everyone wearing their national costume, or new clothes bought especially for the occasion; while participating in processions and street parties.

Breakfast

It was a 17th May that I tasted alcohol for the first time, 69% pure spirit mixed into an eggadosis – a eggnog made from whipping up raw eggs and sugar. I was around nine or ten then, I guess. It didn't put me off alcohol, nor did it encourage me to drink. For many older teenagers, this would be the breakfast of choice on the 17th May.

In our house, however, I remember smoked salmon open sandwiches for my mum's and my breakfast that day, while my dad's favourite was an open sandwich with a meat patty (a bit like a burger) and fried onion, served cold (called karbonadesmørbrød). If smoked salmon (røkelaks) was not available, my mum and I might top our bread (which would always be wholewheat) with rekesalat – a rich salad mix of prawns, mayonnaise, and white beet.

Article cover photo: Eggadosis;

Other photos:

1. Vafler med blåbærsyltetøy;

2. A traditional Norwegian breakfast;

3. Karbonadesmørbrød;

4. Smoked Salmon Open Sandwich;

5. Rekesalat;

6. Pølse med lompe.





Asker, where I lived between the ages of six and 15, was also the home of the Norwegian Royal family, and early in the morning on the 17th May, every school child in the town walked past the Royal Palace in one long procession, waving flags and singing patriotic songs, following the school band and older children carrying the school banner; while the Royals stood on their doorstep waving at the children as they passed.

Lunch

Later in the day each neighbourhood had its own street party, and the menu was always pølse med lompe and ice cream. Lompe is a simple wrap made from potatoes, flour and salt which was wrapped around a sausage; and I liked my pølse (sausage) topped with a mild Norwegian mustard. It wasn't until much later that I discovered other people would also add ketchup and crispy fried onion.

No self-respecting Norwegian home would be without a waffle iron, and usually one of our neighbours would fry vafler (waffles), piling them up in big towers for us to eat with freshly stewed berries – often wild blueberries picked the autumn before and turned to jam. Some people like to put gjetost on their waffles – a whey cheese made from goat's milk, commonly just referred to as brunost (brown cheese), but I am sorry to say that it is an acquired taste that I never acquired.

Instead, my mum would make my favourite cake, bladkrans, a yeasty dough rolled out flat, spread with butter, cinnamon and sugar, then rolled up into a long sausage and placed in a circle on a baking plate. Using scissors, she'd cut 'leaves' and turn the cake into a wreath (the name bladkrans is directly translated as 'leaf wreath'). After baking she'd top it with a frosting of icing sugar mixed with a little milk and rum, and my dad and I would polish off most of it during the afternoon.

My drink of choice would be a champagne-coloured soda called Villa Farris or an orangeade known as Solo.

Dinner

After more games (and eating more ice cream) during the afternoon, we would still be ready for some more food in the evening. Usually my mum would prepare something easy, such as spekeskinke (cured ham), eggerøre (scrambled eggs) and boiled potatoes, with a side of flatbrød (very thin, crispy flat bread). Despite growing up in Norway, I have never understood the Norwegian obsession with boiled potatoes. This may have changed now, but in the 1960s, boiled potatoes was the only side dish served in the vast majority of homes. Every. Single. Day. Much as I like boiled potatoes, they are such a versatile vegetable, it seems a shame to limit them to just one preparation method.

Spekeskinke carries an age old custom – my family would buy a whole leg of cured ham in the autumn and store it in the cold-cellar over winter ready to eat in spring. Traditionally you should not start cutting into it until you had heard the

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|--|--|
| 1. Vafles or Norwegian waffles; | baked. It is topped with a frosting of icing sugar mixed with a little milk and rum; |
| 2. Vafles med brunost; | 7. Soda drink Villa Farris; |
| 3. Norway - Gjetost; | 8. Spekeskinke, Eggerøre & Flatbrød; |
| 4,5,6. The making of traditional Bladkrans, a cake. A yeasty dough is rolled out flat, spread with butter, cinnamon and sugar, then rolled up into a long sausage and placed in a circle on a baking plate. Using scissors, it is then cut into 'leaves' and | 9. Risengrynsgrot; |
| | 10. Fleskepannekake; |
| | 11. Eplegrøt med melk; |
| | 12. Multekrem, a traditional Norwegian dessert. |

first cuckoo of the season. We spent a lot of time outdoors in the first couple of weeks of May, wanting to hear the instantly recognisable 'koo-koo' call so that we could enjoy the ham on the 17th.

Should the cuckoo fail to appear, we might have risengrynsgrøt instead, another fairly easy meal of a rice pudding cooked in water and milk. The resulting 'porridge' is served with melted butter in the centre, known as smørøye (literally translated 'butter eye'), and sprinkled with sugar and cinnamon. Traditionally you would not mix the toppings into the pudding, you just scrape off a thin layer from the top and include a little bit of the butter on each spoonful. Once the sugar and cinnamon has finished, you sprinkler on some more, as well as add more butter. This central blob of butter is the inspiration for a well-know Norwegian saying: Å være midt i smørøye (to be in the middle of the butter eye), which means to be in the best place possible.

Dessert

One of my favourite desserts was eplegrøt med melk— an apple compote which was served hot with cold milk poured over. Sometimes we'd crush a couple of rusks over the top – as children we walked past the rusk factory on our way to school and would often wander up to the open windows and ask if they had any broken produce to give away.

To finish

It is not something that ever interested me, but my parents would usually finish the evening with what they called kaffe doktor (coffee doctor), a traditional tippie my father brought with him from the farm. Folklore says that you should place a coin in the bottom of a coffee cup, and pour over strong black coffee until you can no longer see the coin, then add enough 69% pure alcohol (often home made bootleg) until you can read the date on the coin. I am not sure my parents used to make it quite that strong, but it was certainly a nightcap they used to enjoy.

Happy 17th May everyone!



Spekeskinke carries an age old custom – my family would buy a whole leg of cured ham in the autumn and store it in the cold-cellar over winter ready to eat in spring. Traditionally you should not start cutting into it until you had heard the first cuckoo of the season. We spent a lot of time outdoors in the first couple of weeks of May, wanting to hear the instantly recognisable 'koo-koo' call so that we could enjoy the ham on the 17th.





Moscow's

Bunker Restaurant



Photos by Rupanjana De



There are many unusual restaurants around the world that welcome diners for a memorable meal. But this one is really unique. So even if you are not really hungry, this must be in your bucket list when you visit Moscow.

Located in the hilly Tagansky district of the Russian capital city (in proximity to Kremlin), Bunker 42 is actually a cold war fortress, once reserved only for Stalin. Designed and built after the first series of nuclear tests done by the erstwhile Soviet Union, this underground bunker was originally meant to be a protection from nuclear explosions. The construction of the bunker was done very secretly avoiding the eyes of the public and the spies. Once completed, the bunker was never used for the purpose it was originally intended for. Rather it was used as an airstrike command base to communicate with aircrafts transporting bombers carrying nuclear weapons from 1956 – 1986.

After change in political power and disintegration of the Soviet Union, it was converted into a Cold War Museum and also houses a restaurant. There are hourly

guided tours wherein groups of tourists are taken to the secret chambers deep under the ground. The bunker is 180 feet under the ground, equal to the height of 18 floors [the minimum depth to protect from nuclear explosion was calculated to be 165 feet]. There is a very fast lift to take visitors into the depth in a matter of seconds. The tour takes about an hour or two.

If you are in a hurry or want to avoid the tour for other reasons, you can still have a look and feel of the bunker. Head straight to the restaurant! After the lift ride, there are a few narrow passageways to cross. The tunnel-like paths look deserted and can give you a little eerie sensation. The temperature is many degrees cooler down there, adding to the hair-raising experience. But you will ultimately reach an area that looks like a restaurant. On the way there are many interesting exhibits, mainly related to war, like arms and ammunitions.

The restaurant serves authentic Russian food. Great music and lighting, together with the unusual ambience makes for a memorable experience.





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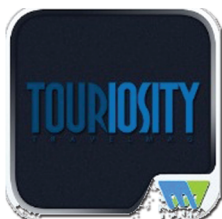
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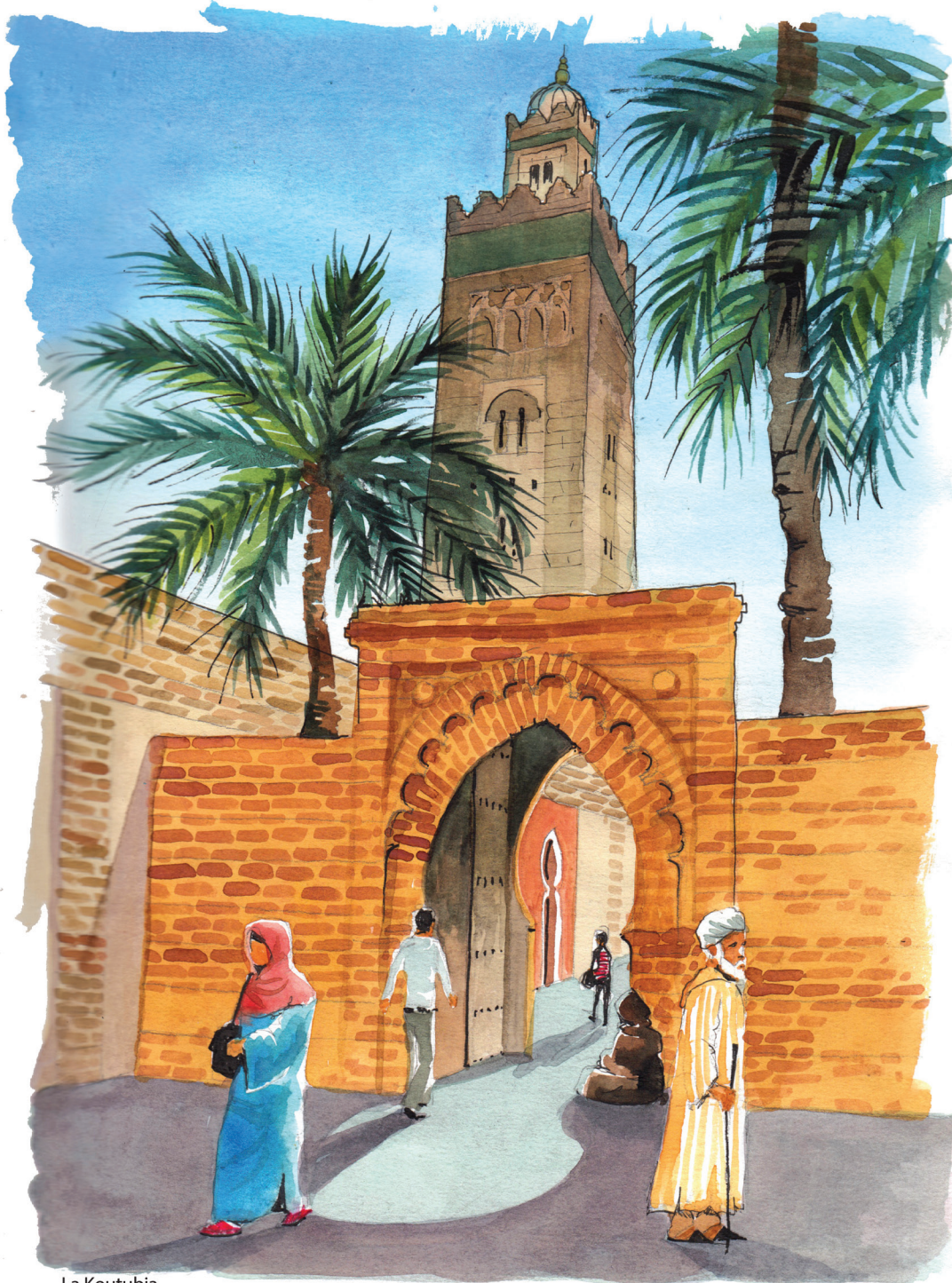


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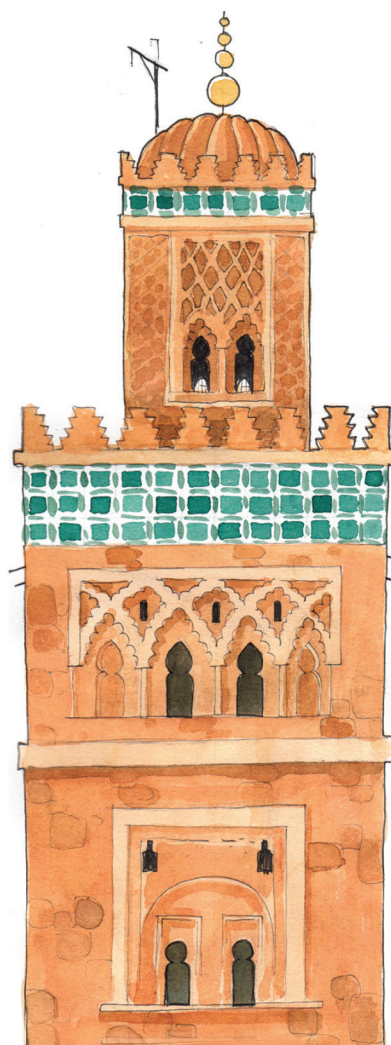
Marrakesh



TRAVEL JOURNAL

This is the journal of the trip I did to Marrakesh (Morocco). It doesn't intend to be a complete guide of the place, but an extract of my personal impressions in this unique place.

Text & illustrations:
Joaquín Dorao



Also called 'the red city', Marrakesh is the gateway to Africa. It is the last great city on this side of the Sahara and fascinates the traveler with its alleys, markets and mosques.

The first point to visit here is always the famous Jemaa el-Fna square. And there I went after leaving my backpack at the riad, a traditional Moroccan house that I was putting up in. This mythical square never disappoints, it maintains its hectic activity day and night.

I arrived at the quietest hour, early in the morning. I sat at one of the many street stalls and had a mint tea for breakfast accompanied by a delicious orange juice. The souvenir shops were already opening and I headed across the square to the souk.

Once inside the labyrinth of alleys in the souk, the best thing to do is get lost, let yourself be seduced by the smells, colors and flavors, aimlessly exploring this market that takes you to other places and times. I wasn't looking for anything in particular, but I ended up being cajoled by a carpet salesman who spoke eight languages and whose brother (or so he said) lived in Spain. Despite my initial refusal, he invited me into his store, offered me a mint tea, and began to unfold



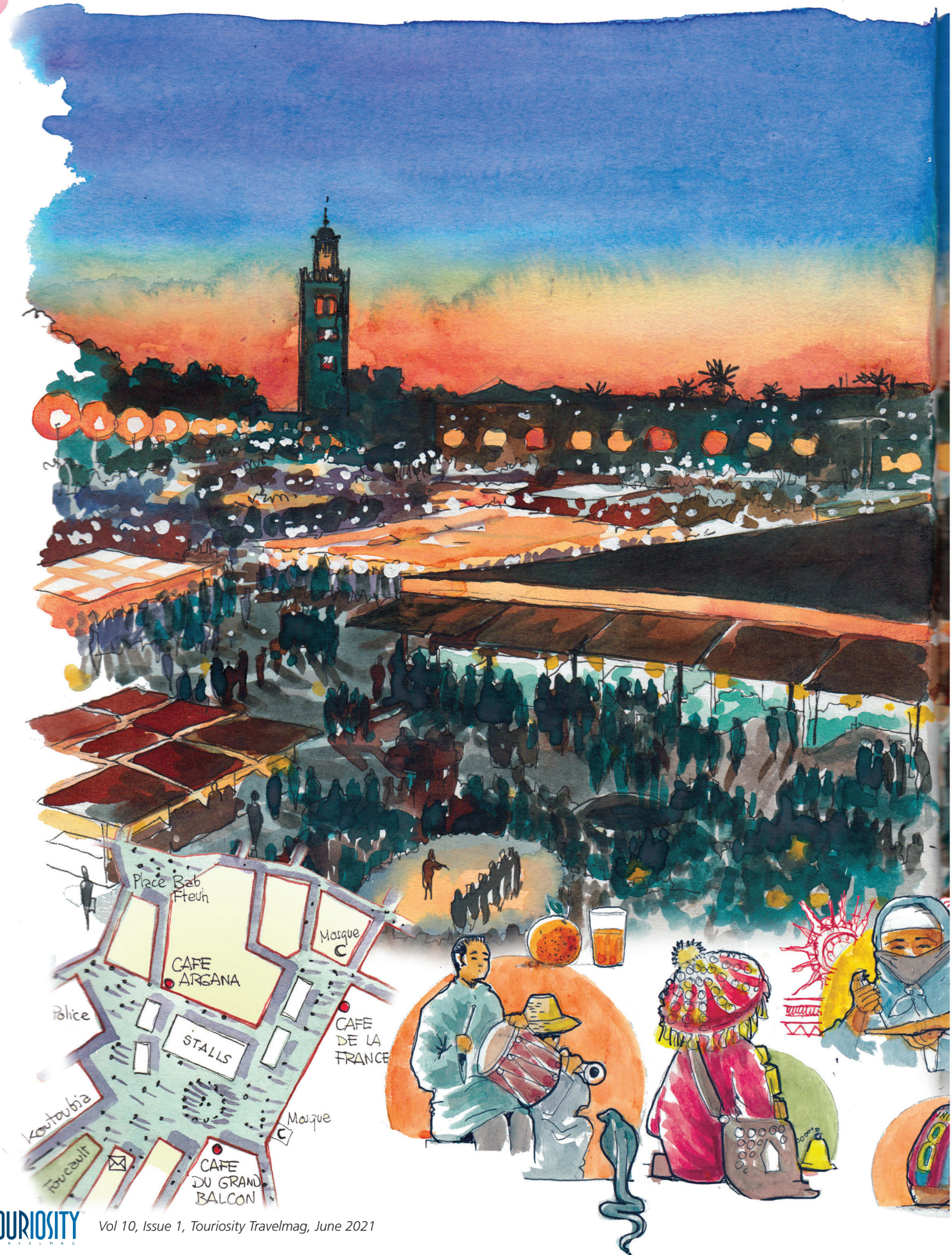
hundreds of rugs of all sizes and colors in front of me. Given my refusal, he reduced the size of the rugs, until I ended up buying a small hall rug, which I still have at home.

As I wandered out of the souk, I found a small square with a terrace where I had my lunch with a Moroccan salad and an abundance of couscous.



Some street sellers in Jemaa-el-Fna square







Jemaa-el-Fna square
is always busy, day
and night



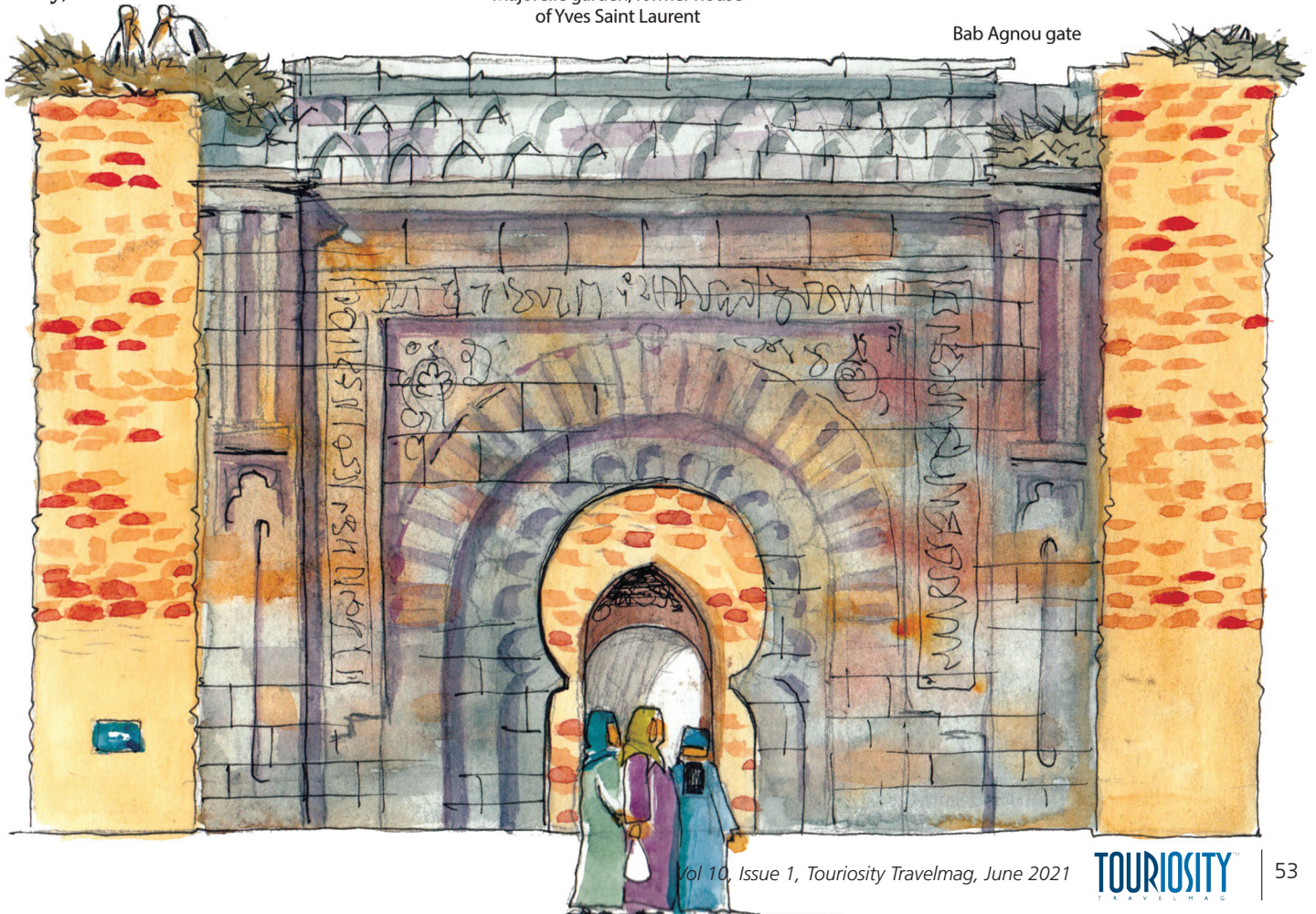
Souk

After a well-deserved rest, I headed back to Jemaa el-Fna square in the middle of the afternoon and went up to the terrace of the Cafe de la France. From its terrace you have a spectacular view of the square; so I stayed there drawing until dusk, mesmerized by the continuous bustle of the square.

The next day I dedicated myself to seeing other interesting places in the city such as the Majorelle Garden, which was once the home of Yves Saint Laurent and is currently the Berber Museum. From there I went to the Bab Agnou gate, one of the gates that are preserved from the original city walls. I ate something in one of the many tourist restaurants in the area. And in the afternoon I took a pleasant walk to the Menara, a huge pond on the outskirts of the city. The sight of the Atlas Mountains reflected in that great pond put a finishing touch to my stay in the Red City, Marrakesh.



Majorelle garden, former house of Yves Saint Laurent



La Menara







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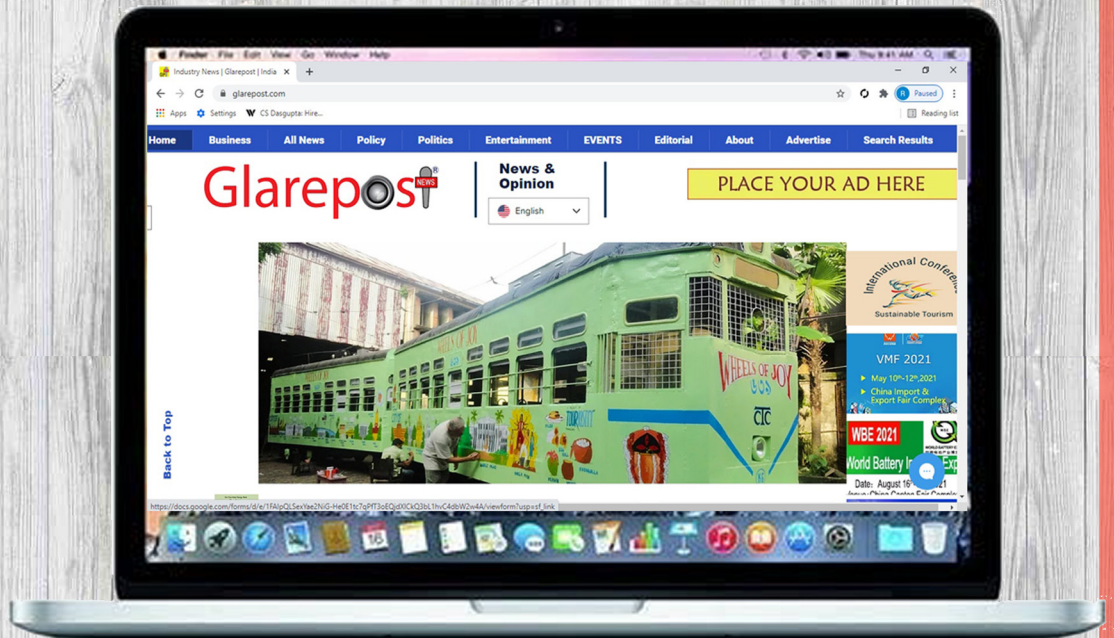
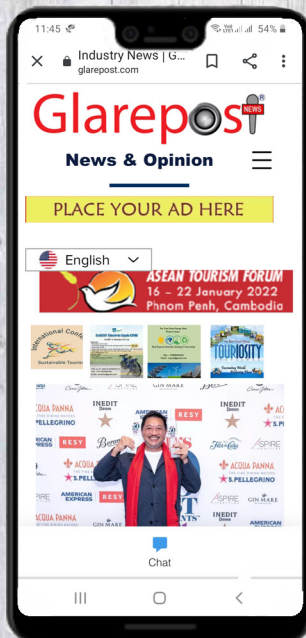
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