

Food around the world

TURKEY

Turkey's territory is located on two continents: 3% of the country lies in Europe, in an area called Eastern Thrace or Rumelia. In European side Turkey borders Greece and Bulgaria and its Asian part is separated from Europe by two straits - The Bosphorus and the Dardanelles, and the Sea of Marmara located between them.



BAKLAVA BAKLAVA

Baklava Baklava is a sweet dessert, loved by Turkish Cuisine fans. They're layers of thin dough, separated by butter. The snack is stuffed with chopped nuts, pistachios and cinnamon. The whole meal is covered with sweet, honey syrup. Every sweet lover should try it!



The history of Baklava is actually really long. One version says that it comes from the Assyrians, who made it in 8th century. Nowadays Baklava has undergone many changes, also with the historical district it comes from. Middle East, Balkans, Caucasus, Turks, Arab, Jews and so on - all of them call Baklava their national dessert, because they were once a part of the Ottoman Empire.



LAHMACUN LAHMACUN

Lahmacun Lahmacun is a traditional dish, often called a Turkish pizza. It's a thin dough minced lamb meat, fresh vegetables and tomatoes, usually served with lemon juice. It is a great alternative to the ubiquitous Italian and American pizza. In Turkey, it is considered a kind of fast-food, that's why you can often see young people eating Lahmacun on the street in a hurry.



The origin of Lahmacun recipe comes from the early Levantine cuisine of the Syrians where the dish essentially consisted of dough with a meat topping, the name of the dish derived from the description of the food.



MERCIMEK KÖFTESİ

Mercimek köftesi it's a vegetarian dish but it is also perfect as a starter before the main dish or a light snack. Traditionally, the main ingredient is a special turkish groat - bulgur, but it can be successfully replaced with couscous. The taste combination lentils with tomatoes and fried onions is very original and totally worth testing.



ZAMBIA

Zambia has been quite isolated over the years, so its cuisine has not been influenced from Europe or Asia as much as the cuisines of other African countries. Traditional food served in Zambia today is not very different from that of 500 years ago. The main ingredient in meals here has been Nshima - a pap made from maize flour that is popular throughout Africa



NSHIMA & NDIWO

Nshima is not only the basis of nutrition, but also an important component of tradition - there are quite a few stories, legends and rituals associated with it.Zambians believe that a meal without Nshima is incomplete.



Nshima is served with a vegetable, fish or meat sauce called Ndiwo. Nshima and Ndiwo are a symbol of a real meal for Zambian people. Venison is very popular in Zambia, and common accompaniments are cassava, peanuts and chilli.



For special occasions, some Zambian tribes prepare dishes of insects and mice. In eastern Zambia, mice are an ingredient in many festive traditional meals, during which mice and Nshima are served to the elders as a sign of respect.

MEXICO

Mexico is a country in the southern part of North America. It borders with United States to the north, is surrounded from both sides by the Pacific Ocean, to the southeast by Guatemala, Belize and the Caribbean Sea; and to the east by the Gulf of Mexico. Mexico is the world's 13th-largest country by area with almost 2 million square kilometers with about 126 million residents, it is the 10th-most populous country and has the most Spanish-speakers.



MARQUESITAS

A crunchy and sweet snack that you will eat on the busy streets of Yucatan, because marquesitas are sold from street carts only here. It's something between a waffle and a pancake and can be served with queso de boa cheese, nutella or jam.



Marquesitas come from Merida and can be purchased in Cancun, Tulum, Isla Mujeres, Playa del Carmen and many small towns throughout the Yucatan Peninsula.



TACOS

A taco is a traditional Mexican food consisting of a small hand-sized corn or wheat-based tortilla topped with a filling. The tortilla is then folded around the filling and eaten with hands.



There is a significant debate about the origins of the taco in Mexico, with some arguing that the taco was invented even before the arrival of the Spanish in Mexico, since there is evidence that the local people of the lake region in the Valley of Mexico traditionally ate tacos filled with fish. Other argue that the taco was born much more recently, with one of the most popular theories stating that the taco was invented by silver miners in the 18th century, however the first mention of the word "taco" in Mexico was in the 1891 novel "Los bondidos de Rio Frio".



Thank you for reading!

Which of these foods would you try?

Let us know in the comment section.