



# WORKBOOK

## Footprints

# Footprints We are Global Eaters

This exercise aims to explore our love affair with food, from both home and abroad, and demonstrate how different foods have infiltrated our diets, altered our traditional meals and made us into the global eaters we are today. It is clear from analysing our eating habits that, for the vast majority of people, the integration of foreign foods into our everyday diet has already been achieved. In this presentation we look at foods that are now commonplace in many people's diets but are only so thanks to the sharing of cultures through travel and migration. It is interesting to note how the non-native foodstuffs we love take on a unique character when integrated with our own culinary traditions. Food integration is achieved through a type of morphing process that adapts the basic elements to suit local needs. Is there a lesson there for the social integration of people?

## We all have our favorite Italian

Pizza was a street food eaten by the poor in Naples around the 16<sup>th</sup> Century.



Pizza Margherita was Created when Queen Margherita and her husband King Umberto 1<sup>st</sup> visited Naples in 1889.

We all associate pizza with Italy but where exactly did it originate? The Pizza Margherita, named after the Queen consort of Italy, was created for her by Neapolitan pizza maker Raffaele Esposito. He garnished a galette flatbread, a street food which was part of the diet of the poor of Naples since the 16<sup>th</sup> century, with tomatoes, mozzarella, and basil representing the national colours of Italy.

## Greek Pizza?



A type of pizza, which consisted of a flatbread with various toppings, was eaten by the ancient Greeks long before the modern dish.

Pizza, however, has its origins in more ancient times. Greek civilizations in distant millennia had a flat-bread called plakous which they flavoured with onion, herbs, garlic and other toppings. As it was the Greeks who founded Naples in 600 BC this may help to explain how the city, regarded by many as the true home of pizza, developed the dish further.

## Integrated Pizza

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India -- pickled ginger, minced mutton, and paneer (a form of cottage cheese)

Russia -- mockba (a combination of sardines, tuna, mackerel, salmon, and onions), red herring

Brazil -- green peas

Japan -- eel, squid, and Mayo Jaga (mayonnaise, potato, bacon)

France -- flambée (bacon, onion, fresh cream)

Pakistan -- curry

Australia -- shrimp, pineapple, barbecue sauce

Costa Rica -- coconut

Netherlands -- "Double Dutch" -- double meat, double cheese, double onion

United States -- pepperoni, mushrooms, sausage, green pepper, onion, and extra cheese



Italian emigrants throughout the world have introduced pizza into the local diet and it now is firmly established as a favourite taste of Italy around the globe. Domino's, Papa John's and Pizza Hut are just three of the many global brands that seek to take advantage of the successful integration of this Italian culinary speciality into global food markets.

## Sushi

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There are more than 61,000 sushi restaurants worldwide. Originally, sushi was used as a method of preserving fish.



Sushi is thought to have originated in China between 500 and the 300 BC, as a means of preserving fish in salt. The original form of sushi was made of rice and fish which were pickled together and mixed with rice vinegar and sake and then left to ferment. The rice was usually thrown away and only the fish eaten.



## A Japanese Delicacy?



The Japanese developed sushi into the type of dish that is eaten throughout the world today.

By the 7<sup>th</sup> century the Japanese had taken the idea further including the rice as part of the dish and in the early 1600's they starting seasoning the dish with rice wine vinegar so it could be eaten immediately, instead of waiting for months for the fermentation process to be completed.

## Japanese Fast Food



Sushi as it is eaten today was developed in the early 19th century when a leading Japanese chef put fresh fish on top of seasoned rice to create finger sushi. This made it easier to eat on the go. This 'fast food' sushi, became increasingly popular and soon spread around the globe. It has now become a proper dining experience with over 61,000 sushi restaurants worldwide. Many people in the western world regard sushi as a delicacy. However, in Japan, it is the most basic of ordinary food.



# Chocolate

Mayans and Aztecs believed cacao beans had magical properties and used them during death, birthing, wedding and other sacred rituals.



The Latin name for the cacao tree, *Theobroma cacao*, means "food of the gods."

Cacao beans were used as currency in pre-modern Latin America.



Where would the world be without chocolate? Chocolate originated in Latin America where it first appeared as a bitter drink brewed from cacao beans. Here it was considered extremely valuable and used as currency and also in the most sacred rituals of the Mayan and Aztec civilisations. It is said that a gourd of chocolate mixed with blood was given to Aztec sacrificial victims to calm them before death.

# Chocolate

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**Chocolate was originally taken as a drink. Sweetened chocolate appeared when European explorers to Latin America found the taste of the cacao drink too bitter and added cane sugar or honey to make it more palatable.**



Explorers to the New World brought the chocolate drink back to Europe where sugar or honey was added to make it more palatable for Europeans. It was popular for medicinal purposes and for its properties as an aphrodisiac throughout the 17<sup>th</sup> century with wealthy Europeans.

Chocolate can save your life!



**Chocolate magnate  
Milton Hershey  
cancelled his  
reservation for the  
Titanic due to last  
minute business  
matters**



In 1828, a Dutch chemist developed a process to make powdered chocolate which then led to the creation of solid chocolate. Joseph Fry is credited with making the first chocolate bars in 1847 and Nestle introduced milk chocolate in the mid-1900s.

## Burgers



**Louis Lassen of Louis' Lunch in New Haven is officially credited by the US Library of Congress for selling the first hamburger in 1900.**



It is difficult to find a city in the world that isn't home to a McDonalds, a Burger King or some other hamburger chain. Most people associate burgers with the USA but, in fact, the first meat pate seems to have originated in Asia in the 13<sup>th</sup> century where Mongol horsemen ate pounded meat which they stored under their saddles as they travelled through the region.

The next reference to a burger type dish is a 1747 recipe for a Hamburg sausage, listed in an English cookery book, 'The Art of Cookery, Made Plain and Easy.' Minced beef is mixed with salt, spices and alcohol before being smoked in a chimney for a week.



## Burgers

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**In 1916, Walter Anderson produced a bun specifically made for the hamburger. He then went on to co-found the world's first burger chain, White Castle, in 1919.**



**Richard and Maurice McDonald opened McDonald's Bar-B-Que in San Bernardino, California in 1940 leading to the establishment of probably the most well known burger chain.**

Although in the 1840's salted minced beef steaks, known as Hamburg steaks, were eaten by German emigrants sailing to America, the invention of the hamburger sandwich was claimed by two brothers, Frank and Charles Menches, in 1885. The same year Charlie Nagreen from Wisconsin also claimed to have invented the hamburger as we know it today. However, in 2000, Louis Lassen of Louis' Lunch in New Haven was officially credited by the US Library of Congress for selling the first hamburger in 1900. Walter Anderson, who co-founded the first burger chain, was the inventor of the burger bun in 1916.

## Foods of the World



Migration has impacted the way we eat and what we eat today, contributing globally to a more rich and varied diet. From Spanish Paella to Irish Stew every country of the world has its own specific culinary treats.



## Exercise 1 – Local Menu



**You can't beat a good Irish Stew!**



Could you make a four course meal for a family using only local ingredients?  
Design the menu and justify your selections.

## Exercise 2 – International Menu



Design a menu for a four course meal that includes all your culinary favourites from around the world. When you are finished, research the origins of every course that you have chosen.

# Thanks!

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