

MENU: Street Foods From Around the Globe

We'll prepare and taste these dishes.
Recipes included.

- Africa and the Middle East:** Lamb and bulgar wheat patties (kibbeh) • **Brazil:** Grilled Salty Cheese Marinated with Oregano •
- Belize:** Fried calamari with chile-coconut sauce
- **India:** Chicken tikka pita • **Morocco and North Africa Coast:** Harissa mini fish cakes with preserved lemon (kofte samah) •
- Vietnam:** Crispy chicken spring roll (cha gio)

“To get a feel for the beating heart of any community and begin to understand a culture different from your own, you need to experience the food.”

“From the chaotic bazaars of Southern India and the

severity of Nepalese Himalayas, to the steaming jungles of Sumatra and the cobbled labyrinths of Mexico City—wherever marketplace cooks and street-side vendors hold court, great food is but one of the many pleasures to enjoy.

Street food is the ultimate ‘snack’ food. Although the execution may at times seem unsophisticated, defying strict adherence to old cooking-school rules, the results are in fact a product of hundreds of years of refinement. Yet there are no hard and fast rules. Street food is also extremely versatile—whether you wish to compile a menu from around the globe or just sample a quick “fix”, the flexibility and, in most cases, one pot execution of street food makes it accessible no matter how advanced your skills.”



TIPS: How to Eat Street Food, Without Ruining Your Trip

1) Follow the crowds. A line of people is always a good indicator that the food is tasty and fresh. If a vendor on a busy street has no customers, there’s probably a reason.

2) Ask the locals. Taxi drivers, shop owners, office workers... they know where food is good, fresh, and cheap.

3) Watch it cook. Seeing the ingredients and preparation with your own eyes is a great way to both build your comfort level about the food’s freshness, and build some delicious anticipation into your appetite.

“Street food constitutes up to 40% of the daily diet of urban consumers in the developing world.”

“The simple yet exotic flavors are what made street

food cuisine an increasingly popular dish in the west—with markets, recipe books and even restaurants specializing in dishes from the streets all over the globe... Yet the rich cultural importance of street food is fragile. Globalization and urban development threaten these age-old traditions and despite street food’s vital importance to local communities, there are serious health issues to contend with. Consumers International is working to preserve street food life, so that local consumers, street food sellers and inquisitive travelers can enjoy these great dishes safely. The best way to experience the real food that fuels and drives a community is to sample the street food.”

References:

“Street Food” by Clare Ferguson • “Street Food: Exploring the World’s Most Authentic Tastes” by Tom Kime • “Street Food from around the World” by James Mayson



Cooking Class: Street Foods From Around the Globe - \$65

The best food around is from local street vendors. In this class, we’ll explore and create the international tastes of street food.

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“Vietnam’s noodle stalls. Italy’s geletarias. India’s

tr roadside truck stop Dabbahwallahs. Each one turns out easy, delicious street food loved by locals and tourists alike... Why do people eat exactly what they do? There’s a complex, hidden logic in it somewhere, composed of history and geography, trade patterns. Inter marriage, royal decrees, politics, climatic change, invasion and conquest, sea currents, mechanical inventions, religion, medicine and folklore. But eating and cooking are living arts. Dishes and food habits evolve or are introduced, move on, get remodeled, fade into other things, get rediscovered elsewhere, and start again. Street food in particular keeps a sort of gutsy honesty and authenticity and it’s possible to trace a certain pattern in its evolution.”