

# European cuisine

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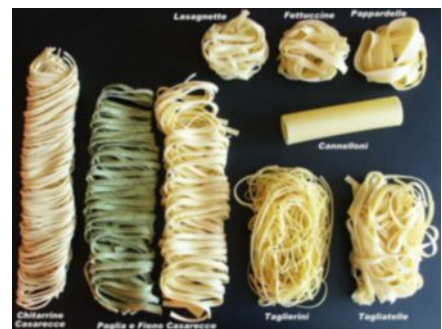
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# European cuisine

**European cuisine**, or alternatively **Western cuisine**, is a generalised term collectively referring to the cuisines of Europe and other Western countries,<sup>[1]</sup> including (depending on the definition) that of Russia, as well as non-indigenous cuisines of Australasia, Latin America, North America, and Oceania, which derive substantial influence from European settlers in those regions. The term is used by East Asians to contrast with Asian styles of cooking.<sup>[2]</sup> (This is analogous to Westerners' referring collectively to the cuisines of East Asian countries as Asian cuisine.) When used by Westerners, the term may sometimes refer more specifically to cuisine *in* Europe; in this context, a synonym is **Continental cuisine**, especially in British English.

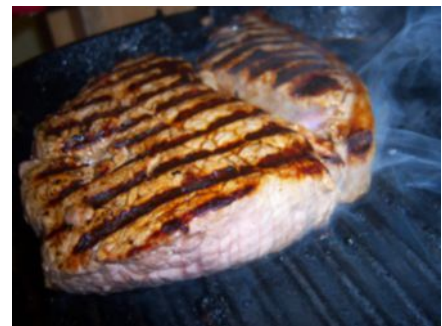


French bread



Italian pasta

The cuisines of Western countries are diverse by themselves, although there are common characteristics that distinguish Western cooking from cuisines of Asian countries<sup>[3]</sup> and others. Compared with traditional cooking of Asian countries, for example, meat is more prominent and substantial in serving-size.<sup>[4]</sup> Steak in particular is a common dish across the West. Western cuisines also put substantial emphasis on grape wine and on sauces as condiments, seasonings, or accompaniments (in part due to the difficulty of seasonings penetrating the often larger pieces of meat used in Western cooking). Many dairy products are utilised in the cooking process, except in nouvelle cuisine.<sup>[5]</sup> Wheat-flour bread has long been the most common source of starch in this cuisine, along with pasta, dumplings and pastries, although the potato has become a major starch plant in the diet of Europeans and their diaspora since the European colonisation of the Americas. Maize is much less common in most European diets than it is in the Americas; however corn meal, or polenta, is a major part of the cuisine of Italy and the Balkans.



Grilled steak



Home fried potatoes

## Central European cuisines

[6][7]

-  Austrian cuisine
-  Croatian cuisine
-  Czech cuisine
-  German cuisine
-  Hungarian cuisine
-  Polish cuisine
-  Slovak cuisine
-  Slovenian cuisine



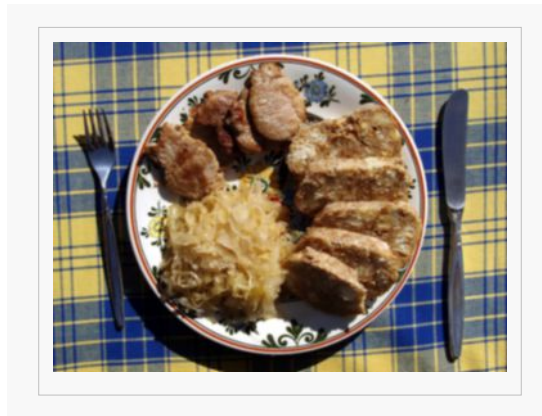
Austrian *Wiener Schnitzel*



Croatian *žganci*



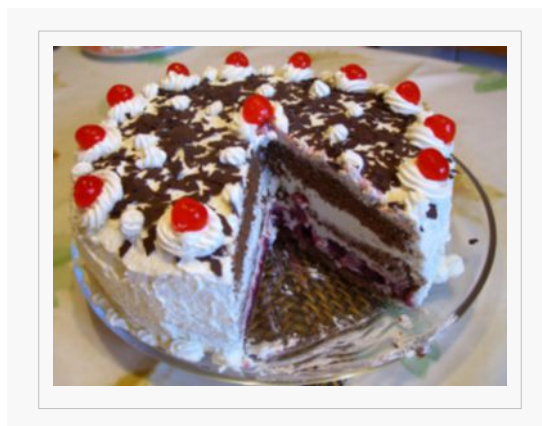
Croatian *Pura z mlinci*



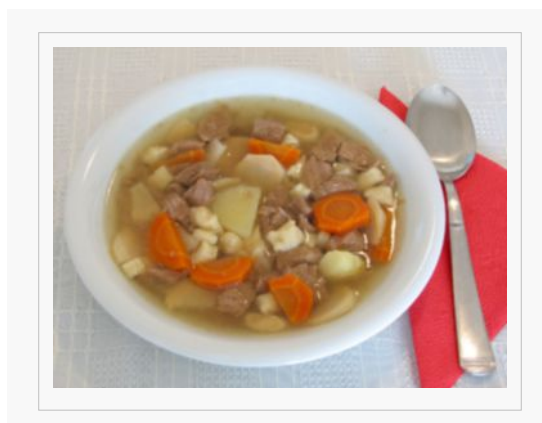
Czech *Vepřo-knedlo-zelo*



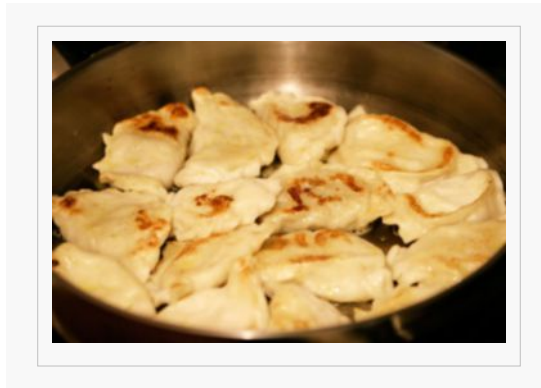
German *Sauerbraten* with potato dumplings



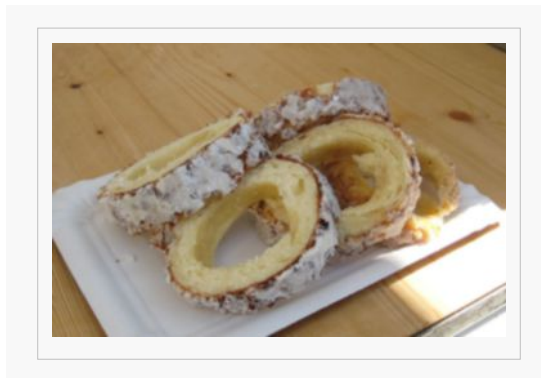
German Black Forest cake



Hungarian gulyás



Polish pierogi



Slovakian Skalický trdelník



Slovenian Prekmurska gibanica

## Eastern European cuisines

-  Belarusian cuisine
-  Moldovan cuisine
-  Romanian cuisine
-  Russian cuisine
-  Ukrainian cuisine



Belarusian potato babka



Romanian *Sărmăluțe cu mămăligă*



Russian pirozhki





Ukrainian borscht

## Northern European cuisines

-  British cuisine
  -  English cuisine
  -  Scottish cuisine
  -  Welsh cuisine
-  Danish cuisine
-  Estonian cuisine
-  Faroese cuisine
-  Finnish cuisine
-  Icelandic cuisine
-  Irish cuisine
-  Lappish cuisine
-  Latvian cuisine
-  Lithuanian cuisine
-  Norwegian cuisine
-  Swedish cuisine



Danish *Stegt flæsk med persillesovs*





English Sunday roast



Norwegian smørbrød



Finnish sautéed reindeer



Scottish haggis, neeps, and tatties



Irish stew



Swedish meatballs



Lithuanian cold borscht



Welsh rarebit

## Southern European cuisines

-  Albanian cuisine
-  Bosnia and Herzegovina cuisine
-  Bulgarian cuisine
-  Croatian cuisine
-  Cypriot cuisine
-  Greek cuisine
  -  Macedonian Greek cuisine
-  Italian cuisine
  -  Neapolitan cuisine
  -  Sardinian cuisine
  -  Sicilian cuisine
  -  Tuscan cuisine
  -  Venetian cuisine
-  Occitan cuisine
-  Macedonian cuisine
-  Maltese cuisine
-  Montenegrin cuisine
-  Portuguese cuisine

-  Serbian cuisine
-  Slovenian cuisine
-  Spanish cuisine
  -  Andalusian cuisine
  -  Asturian cuisine
  -  Aragonese cuisine
  -  Balearic cuisine
  -  Basque cuisine
  -  Canarian cuisine
  -  Cantabrian cuisine
  -  Castilian-Manchego cuisine
  -  Catalan cuisine
  -  Extremaduran cuisine
  -  Galician cuisine
  -  Leonese cuisine
  -  Valencian cuisine



Bosnian ćevapi



Macedonian tavče gravče



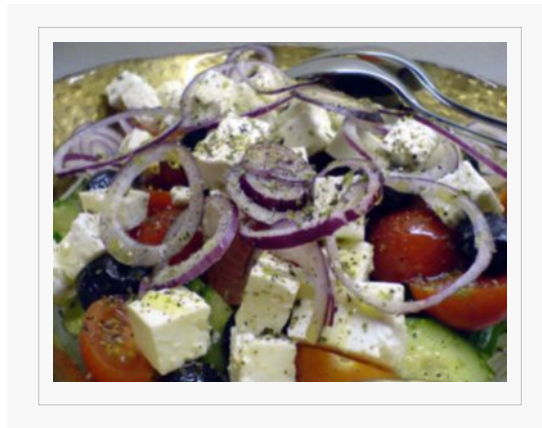
Croatian *Pašticada*



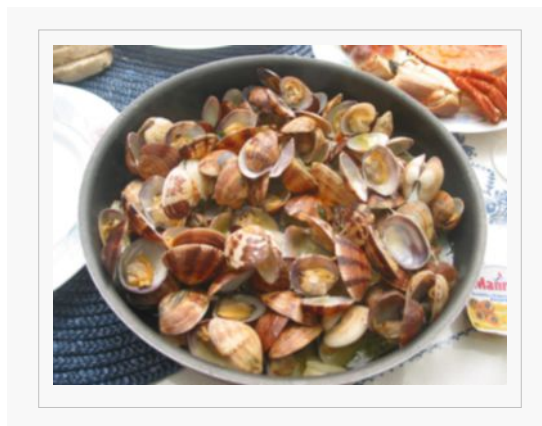
Maltese octopus stew



Serbian Ćuveč



Greek salad

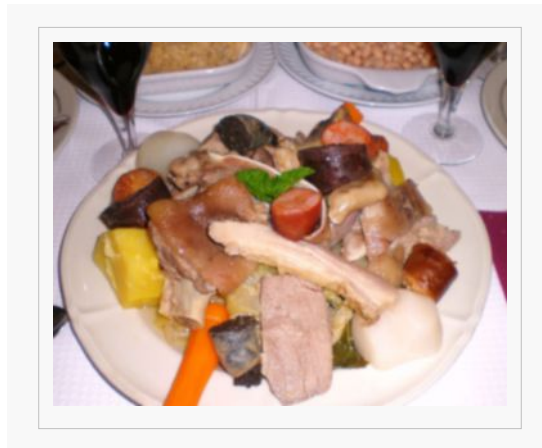


Portuguese *amêijoas à bulhão pato*



Italian *polenta* with rabbit





Portuguese *cozido*



Italian *risotto alla milanese*



Spanish paella



Italian *spaghetti alla carbonara*



Spanish tapas



Neapolitan pizza

## Western European cuisines

-  Belgian cuisine
-  Dutch cuisine
-  French cuisine
  - Haute cuisine
    - Cuisine classique
    - Nouvelle cuisine
-  Liechtensteiner cuisine
-  Luxembourgian cuisine
-  Swiss cuisine



Belgian *carbonnade flamande*



Belgian *moules frites*



French *magret*



Dutch *Boerenkoolstamppot* with *rookworst*



French *fondue savoyarde*



French *quiche lorraine*



Swiss *rösti*



Luxembourgian *Quetschentaart*

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- [2] Leung Man-tao (12 February 2007), "Eating and Cultural Stereotypes", *Eat and Travel Weekly*, no. 312, p. 76. Hong Kong
- [3] Kwan Shuk-yan (1988). *Selected Occidental Cookeries and Delicacies*, p. 23. Hong Kong: Food Paradise Pub. Co.
- [4] Lin Ch'ing (1977). *First Steps to European Cooking*, p. 5. Hong Kong: Wan Li Pub. Co.
- [5] Kwan Shuk-yan, pg 26
- [6] <http://www.visiteurope.com/Discover/Where-To-Go/Central-Europe/Cuisine-Central-Europe>
- [7] <http://foodspring.com/content/central-europe/>

## Further reading

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# Central European cuisine

**Central European cuisine** is a generic term regarding the cuisine of Central Europe.

The cuisine of a country is strongly influenced by regional climates. For example, German cuisine, Polish cuisine, Austrian and Czech cuisine show many similarities, yet differ from the highlander cuisines in these countries.



*Austrian Wiener Schnitzel*

## Resources on Central European cuisine

- Metzger, Christine (ed.) *Culinaria Germany*. Cambridge: Ullmann, 2008.
- Montanari, Massimo, *Il mondo in cucina (The world in the kitchen)*. Laterza, 2002
- Mintz, Sidney . *Tasting Food, Tasting Freedom: Excursions into Eating, Power, and the Past*, Beacon Press, 1997, ISBN 0807046299
- Mintalová - Zuberová, Zora: *Všetko okolo stola I.(All around the table I.)*, Vydavateľstvo Matice slovenskej, 2009, ISBN 978-80-89208-94-4
- Visit Europe on Central European cuisine <sup>[1]</sup>
- Foodspring. Central European cuisine <sup>[2]</sup>
- Whats4eats - Europe <sup>[3]</sup>



Hungarian gulyás soup

## References

[1] <http://www.visiteurope.com/Discover/Where-To-Go/Central-Europe/Cuisine-Central-Europe>

[2] <http://foodspring.com/content/central-europe/>

[3] <http://www.whats4eats.com/europe>



# Eastern European cuisine

**Eastern European cuisine** is a generic term for the cuisine of Eastern Europe, including the Caucasus, but excluding most Balkan countries.

The cuisine of the region is strongly influenced by its climate and still varies, depending on a country. For example, Russian, Belarusian cuisine and Ukrainian cuisine show many similarities, yet differ considerably from Caucasian cuisine.

## Books on Eastern European cuisine

- Metzger, Christine (ed.) *Culinaria Germany*. Cambridge: Ullmann, 2008.
- Montanari, Massimo, *Il mondo in cucina (The world in the kitchen)*. Laterza, 2002
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Russian Shchi soup

# Mediterranean cuisine

**Mediterranean cuisine** is the food from the cultures adjacent to the Mediterranean Sea. Although this region spans a wide variety of cultures, the historical connections of the region, as well as the impact of the Mediterranean Sea on the region's climate and economy, have led to there being many common elements in the foods.

## Category

Whether "Mediterranean cuisine" is a useful category is disputed:

The idea of the 'standard Mediterranean' ... is a modern construction of food writers and publicists in Europe and North America earnestly preaching what is now thought to be a healthy diet to their audiences by invoking a stereotype of the healthy other on the shores of the Mediterranean. Their colleagues in Mediterranean countries are only too wilres of the Middle East, *London and New York, 1994 and 2000, ISBN 1-86064-603-4.*</ref>

...there really is no such thing as "Mediterranean cuisine." At the same time, we seem to know what we mean when we use the expression...<sup>[1]</sup>



Lobster in Dubrovnik

## Origins

The varied cuisines of the Mediterranean have developed over the millennia, with notable regional changes happening with the introduction of New World foods starting in the 16th century. The concept of a *Mediterranean cuisine*, however, is very recent, probably dating from the publication of Elizabeth David's *Book of Mediterranean Food* in 1950<sup>[2]</sup>—though David herself spoke of Mediterranean "food", "cookery", or "cooking".<sup>[3]</sup>


The Mediterranean diet, popularized in the 1970s, is sometimes conflated with Mediterranean cuisine:

Around 1975, under the impulse of one of those new nutritional directives by which good cooking is too often influenced, the Americans discovered the so-called Mediterranean diet. The name even pleased Italian government officials, who made one modification: changing from *diet*—a word which has always seemed punitive and therefore unpleasant—to Mediterranean *cuisine*.<sup>[4]</sup>

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- [1] Clifford A. Wright, *A Mediterranean Feast: The Story of the Birth of the Celebrated Cuisines of the Mediterranean from the Merchants of Venice to the Barbary Corsairs, with More than 500 Recipes*, 1999, ISBN 0688153054, p. 1
- [2] Wright, p. xv
- [3] Elizabeth David, *A Book of Mediterranean Food*, 1950
- [4] Massimo Alberini, Giorgio Mistretta, *Guida all'Italia gastronomica*, Touring Club Italiano, 1984, p. 37

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