



The Greater Boston Food Bank's

Cultural Food Guide

The Greater Boston
**FOOD
BANK** 
Feeding Eastern Massachusetts

MEMBER OF
**FEEDING
AMERICA** 

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Introduction

The Greater Boston Food Bank, Inc. (GBFB) is committed to building and reinforcing an equitable, diverse, and inclusive culture of belonging.¹ This food guide is designed to help our Agency Partners better understand the needs of their communities, engage meaningfully with their neighbors, and foster a welcoming environment for all.

How this Guide was Developed

Using city and town-level data from Boston Indicators,² the U.S. Census,³ and our Map the Meal Gap⁴ data, GBFB identified the top countries of origin of people living in our service area and weighed these native cultures by the proportion of food insecure people in the respective cities and towns. This weighted measurement was then used to create a list of the top 15 countries of origin, which is the focus of this guide.

Top 15 Countries of Origin in GBFB's Service Area:



This guide provides a brief overview of each of the top 15 countries' cuisines, traditional food practices, preferred foods, cultural holidays, and relevant recipes found on our website, [Click 'N Cook](#). The Cultural Food Guide is a resource intended to help Agency Partners make informed decisions when sourcing food for their communities.

1. <https://www.gbfb.org/diversity-equity-inclusion/>

2. https://www.bostonindicators.org/global_boston

3. <https://www.census.gov/quickfacts/MA>

4. <https://map.feedingamerica.org/county/2022/overall/massachusetts/organization/the-greater-boston-food-bank>

Introduction

Disclaimer

Food preferences and traditions vary from individual to individual for reasons including age, religion, family practice, and time spent in the United States. While an individual may identify with a specific culture, it does not mean that they practice all holidays, preferences, and traditions generally associated with that culture. This guide is an educational tool to assist our Agency Partners in navigating their respective landscape and should not replace experienced-based learnings. This food guide is subject to change based on further research, feedback, and resources.

While GBFB is continually striving to improve our culturally responsive offerings, GBFB may not be able to provide all the food items mentioned in this guide.

Contact Information

We welcome feedback and additional suggestions. Please reach out to the Nutrition Team at nutrition@gbfb.org to submit feedback, suggestions, and/or questions.

How to Use this Guide

This guide is an educational resource designed to help you learn about the diverse cultures of Eastern Massachusetts and identify culturally relevant foods for your community. Here are suggestions on how to use this guide:

- Use the “Common Trends and Foods Across Cultures” page to find ingredients that serve multiple cultural groups.
- Use the “Background” section on each culture’s page to learn more about the culture’s cuisine and meal patterns.
- Use the “Preferred Foods” section on each culture’s page to identify common foods within that culture’s cuisine.
- Use the “Holidays” section on each culture’s page to promote and celebrate important holidays and to stock specific items for those holidays.
- Use the “Recipes” section on each culture’s page to share recipes or provide ingredients to make those meals.
- Use the “References” section on each culture’s page to take a deeper dive into the culture.



Common Trends and Foods Across Cultures

Many Agency Partners serve more than one culture. Here are commonalities across the most common cultures identified in this guide to help you source food for your community:



Offer fresh and whole foods.

Most cultures prefer fresh foods, like meats and produce, to create custom dishes. For example, people may select fresh fruits to make homemade juices or a gallon of milk to create homemade yogurt. GBFB offers a wide variety of fresh produce and whole foods.



Consider canned foods.

Many immigrant families consider canned foods to be unhealthy and would prefer fresh foods. However, there may be exceptions to this rule. If using canned foods, consider pairing them with nutrition education materials from the Healthy Tips blog on ClickNCook.org.



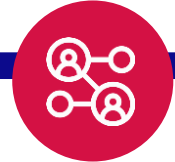
Prioritize unseasoned meats.

This provides the flexibility to cook dishes using an individual's own herbs, spices, and marinades. GBFB offers a variety of unseasoned meats such as beef, pork, poultry, and seafood.



Be mindful of holidays.

Not every culture celebrates holidays with typical American foods such as turkeys for Thanksgiving. Review the holidays for the individual cultures to prioritize sourcing other foods during the holiday season and throughout the year.



Shared Culturally Important Foods

Common culturally important foods shared across at least six countries:

Fruits

- Apples
- Bananas
- Citrus: oranges, lemons, limes
- Coconut
- Mango
- Papaya
- Pears
- Pineapple
- Plantains

Vegetables

- Broccoli
- Cabbage
- Carrots
- Cassava/yuca
- Corn
- Cucumber
- Onions
- Peppers
- Potatoes
- Squash
- Yams

Grains and Proteins

- Beans: red, pinto, broad, black
- Flour
- Rice
- Beef
- Chicken
- Eggs
- Fish: cod, mackerel, sardines,
- Pork
- Shrimp

Cooking Staples

- Cinnamon
- Garlic
- Ginger
- Oil
- Sugar
- Vinegar

Resources and Next Steps



Here are some next steps and resources to help create equitable access to culturally responsive foods:

- ✓ **Listen.**
Continue to listen to your neighbors' voices. You may wish to survey your community about preferred foods. The UConn Rudd Center (<https://uconnruddcenter.org/cultural-foods/>) has created resources, including surveys and a guide, with ideas about how to continue this work.
- ✓ **Know your community.**
If you are unsure of which cultures are predominant in your area, visit the Immigrant Learning Center (<https://www.ilctr.org/about-immigrants/quick-statistics/massachusetts/>) for more information. This site includes an interactive map and other resources.
- ✓ **Request.**
Ask for specific items in food drives like culturally preferred food, cooking staples, and spices.
- ✓ **Resources.**
Recipe blog sites (written by someone of the culture) can provide information about history and traditions in addition to recipes and preferred foods. These sites typically have an "About Me" section where you can find information about the blogger and their background.
- ✓ **Reach out.**
If you do not find your community's predominant culture in this guide, other food banks throughout the country have created similar food guides, including Food Bank of the Rockies and Houston Food Bank. For additional information, read their cultural food guides in the Agency Resources SharePoint.
- ✓ **Connect.**
Develop relationships with local international grocers who offer foods from a specific culture and cuisine. This may help you source and become more familiar with culturally preferred foods.



A list of resources has been included at the end of each food and culture section with additional information.

Brazilian Food and Culture

Background

Brazilian cuisine varies by region and is influenced by European, Amerindian, African, and Asian cuisines.

In the northern states, fish, fruits, and cassava are staple foods due to the abundance of forests and freshwater rivers. The deep south's livestock-based economy influences meat-based products and dishes.

Fresh pastries are eaten for breakfast along with fresh fruits. Fruits are also juiced and enjoyed fresh at breakfast or brunch. Lunch is a typical Brazilian meal of rice, beans, and pork/beef rounded out by fresh bread. These lunchtime meals are often repeated at dinnertime. Dinners include pasta dishes, sandwiches, soups, and salads.

Feijoada, a black bean stew with beef and pork, is the country's national dish.



Preferred Foods

Produce

- Acai
- Bananas
- Caju
- Cassava/yuca
- Cupuacu
- Guarana
- Guava
- Jaboticaba
- Mango
- Oranges
- Papaya
- Passionfruit
- Plantains
- Soursop
- Starfruit
- Sweet Potatoes
- Yams
- Yautia

Grains

- Long grain rice
- Tapioca flour
- Yuca flour

Proteins

- Beef
- Cold Cuts
- Fish
- Pork
- Poultry

Dairy/Dairy Alternatives

- Condensed milk
- Minas cheese

Spices/Herbs/Cooking Staples

- Cinnamon
- Farofa
- Oil: soy, corn
- Sazon
- Tempero Baiano

Brazilian Food and Culture

Holidays

Carnival

Begins on the Friday afternoon before Ash Wednesday

The busiest celebration in Brazil, with street parties all over the country that differ in style based on local traditions and beliefs.

Christmas Eve

December 24

One of the biggest holidays in Brazil, the Christmas feast typically consists of Chester chicken, turkey, pork, or ham, and roasted potatoes or cassava, chicken salad, potato salad, white rice, and farofa.

Recipes (recipes can be found on ClickNCook.org)

- [Black Eyed Peas Salad](#) - A refreshing salad made with black-eyed peas, vegetables, and a tangy vinaigrette.
- [Brazilian Lemonade](#) - A drink made from fresh limes blended with sugar and sweetened condensed milk.
- [Brazilian Feijoada](#) - A hearty black bean stew with pork, traditionally served with rice, collards, and orange slices.
- [Moqueca de Camaroes](#) - A fragrant shrimp stew simmered in coconut milk, tomatoes, and peppers.
- [Brazilian Chicken Salad](#) - A creamy chicken salad with apples, peas, carrots, and topped with crispy potatoes.

References

- https://en.wikipedia.org/wiki/Brazilian_cuisine
- <https://www.iheartbrazil.com/brazilian-christmas-food/>

Cape Verdean Food and Culture

Background

Cape Verdean cuisine is influenced by African and Portuguese flavors, with a heavy Portuguese influence on desserts. Given its location off the coast of West Africa, Cape Verde has an abundance of seafood, especially tuna. Other staple foods are corn, beans, and rice.

The islands were originally volcanic and without vegetation. However, over time, bananas, sugar cane, mango, citrus, and vegetables became commercial crops.

Cape Verde's national dish is cachupa, a hearty stew of corn, beans, and fish or meat.



Preferred Foods

Produce

- Bananas
- Cassava
- Chillies
- Coconut
- Corn
- Mango
- Onions
- Papaya
- Peppers
- Plantains
- Potatoes
- Quince
- Squash
- Sweet potatoes
- Tomatoes
- Yams

Grains

- Cornmeal
- Couscous
- Pulses
- Rice

Proteins

- Beans
- Beef
- Fish
- Goat
- Pork
- Sausage
- Seafood

Dairy/Dairy Alternatives

- Butter
- Cheese
- Coconut milk
- Cow's milk

Spices/Herbs/Cooking Staples

- Anise
- Badian
- Bay leaf
- Cardamon
- Chili pepper
- Cinnamon
- Clove
- Coriander
- Cumin
- Fennel
- Garlic
- Ginger
- Mace
- Nutmeg
- Vanilla

Cape Verdean Food and Culture



Holidays

Festival de Baia das Gatas

Full moon weekend in August

The most popular music festival in Cape Verde, occurring over three days.

Recipes (recipes can be found on ClickNCook.org)

- [Arroz de Atum](#) - A tuna rice dish cooked with spices and vegetables.
- [Brinhola](#) - Banana fritters made from a mixture of mashed bananas, fine yellow cornmeal, and all-purpose flour.
- [Cachupa](#) - A slow-cooked stew made with corn, beans, cassava, vegetables, and meats or fish.
- [Cape Verdean Feijoada](#) - A rich bean stew with vegetables and various cuts of meat or sausage.
- [Rissois de Atum](#) - Fried tuna-filled pastries with a creamy, seasoned filling.

References

- <https://www.discover-cape-verde.com/guide/plants-in-cape-verde/>
- <https://www.capeverdeislands.org/local-specialties/>
- <https://travelinspires.org/cape-verde-food-discover-its-typical-dishes/>
- https://en.wikipedia.org/wiki/Cape_Verdean_cuisine#

Chinese Food and Culture

Background

There are various cuisines and cooking styles in China depending on the region. The most widely known are Sichuan and Cantonese cuisines. In the south, an area with many rice farms, rice is the staple grain. In the north, the staple is wheat-based products such as noodles, dumplings, and buns.

Overall, Chinese people tend to consume mostly fresh fruits, vegetables, and meats. Canned foods are seldom eaten. Ethnic Chinese cooking does not involve a lot of deep-fried foods. Chopsticks are the main eating utensil. Tea plays an important role in Chinese dining culture. A typical Chinese meal consists of a grain, fresh vegetables, fruits, and a small amount of meat.

While China has no official national dish due to its many regional styles, Peking duck is often recognized as the national dish.



Preferred Foods

Produce

- Apples
- Bamboo shoots
- Bananas
- Bok choy
- Broccoli
- Cabbage: Napa/Taiwanese
- Cauliflower
- Chinese eggplant
- Choy Sum
- Cucumber
- Grapes
- Mandarins
- Mushrooms
- Onions
- Oranges
- Pears
- Potatoes: regular and sweet
- Spinach
- Tomatoes
- Watermelon

Grains

- Barley
- Flour: all-purpose, glutinous rice, rice
- Millet
- Noodles: egg, mung bean, rice, wheat
- Rice: brown, jasmine, long, short, sweet
- Starch: corn, mung bean, tapioca, wheat
- Steam buns

Proteins

- Beans: adzuki/red, black-eyed pea, fava/broad, mung, soy
- Beef
- Chicken
- Eggs
- Peas
- Pork
- Shrimp
- Tofu
- White fish

Dairy*/Dairy Alternatives

- Butter
- Soybean milk

*Dairy is typically not consumed in Chinese culture.

Spices/Herbs/Cooking Staples

- Chili oil
- Chinkiang
- Cilantro
- Fish sauce
- Garlic
- Ginger
- Hoisin sauce
- Oyster sauce
- Peanut oil
- Rice vinegar
- Sesame oil
- Shaoxing cooking wine
- Soy sauce
- Soybean oil
- Sugar: brown, rock, white
- Vegetable oil

Chinese Food and Culture

Holidays

Dragon Boat Festival

Fifth day of the fifth month of the Chinese calendar

This day celebrates Qu Yuan. Zongzi are a special meal during this time.

Baby's birth

The birth of a child is celebrated by distributing boiled eggs with black dots. An even number of dots with a point are made for a boy and an odd number of dots without a point are made for girls.

Chinese New Year

Second new moon after the winter solstice on December 21

Fish, considered a sign of prosperity and accumulated wealth, is a favored meal on this day.

Qingming Festival

15th day after the spring equinox

Families visit ancestral gravesites to clean the sites and make offerings. A popular dish that is offered is qingtuan, green dumplings made of glutinous rice and Chinese mugwort or barley grass.

Mid-Autumn Festival

15th day of the eighth month of the Chinese calendar

A harvest festival meant to give thanks for the harvest and celebrate the moon goddess Chang'e. Popular foods include mooncakes, lotus root, pomelo, melons, snails, cooked pumpkin, and taro.

Recipes (recipes can be found on ClickNCook.org)

- [15-Minute Noodles](#) - Quick stir-fried noodles with vegetables and a savory sauce.
- [Mapo Tofu](#) - Spicy Sichuan dish of tofu in a chili and fermented bean sauce with minced pork.
- [Smashed Asian Cucumber Salad](#) - A crisp, garlicky cucumber salad dressed in vinegar and soy sauce.
- [Chinese Cold Noodles](#) - Chilled noodles tossed with sesame, soy, and garlic-based sauce.
- [Steamed Eggs](#) - Custard-like savory steamed eggs often topped with soy sauce and scallions.

References

- <https://ethnomed.org/resource/chinese-food-cultural-profile/>
- https://en.wikipedia.org/wiki/Chinese_cuisine#Drinks
- https://www.houstonfoodbank.org/wp-content/uploads/2023/01/HFB_FoodCultureGuide_v3.pdf
- https://www.google.com/books/edition/Food_Cuisine_and_Cultural_Competency_for/lj0CealIETkC?hl=en&gbpv=1

Dominican Food and Culture

Background

Dominican people eat three meals per day, with lunch being the most important meal of the day. Breakfast and dinner meals depend on family customs and the activities of the day. Meals typically consist of starch, meat, beans, and side salad. The cuisine is influenced by Taino, Spanish, and African cuisines, and is like other Caribbean cuisines including Puerto Rican and Cuban. Dominican people often prefer fresh produce and meats over canned products.

La Bandera Dominicana is recognized as the national dish, and consists of stewed chicken, white rice, stewed beans, and a side salad.



Preferred Foods

Produce

- Apples
- Avocado
- Bananas
- Bell peppers
- Broccoli
- Cabbage: green, red
- Carrots
- Cassava/yuca
- Coconut
- Corn
- Dried fruits: cranberries, prunes, raisins
- Grapes
- Green peas
- Guava
- Lettuce
- Limes
- Mandarins
- Mango
- Onions
- Oranges
- Papaya
- Passionfruit
- Pears
- Pineapple
- Plantains
- Potatoes: sweet, white, yellow
- Squash
- Tomatoes
- Yams

Grains

- All-purpose flour
- Bread: pan de agua, white
- Cornmeal
- Long grain rice
- Oats

Proteins

- Beans: black-eyed pea, kidney, pinto, red
- Beef
- Chicken
- Eggs
- Fish: cod, mackerel, sardines
- Nuts: almonds, cashews, peanuts
- Peas: pigeon
- Pork
- Shrimp

Dairy/Dairy Alternatives

- Butter
- Cheese: queso blanco
- Coconut milk
- Condensed milk
- Evaporated milk
- Cow's milk

Spices/Herbs/Cooking Staples

- Allspice
- Anise
- Bouillon cubes
- Cilantro
- Cinnamon
- Cloves
- Mint
- Nutmeg
- Oil: coconut, olive, vegetable
- Oregano
- Parsley
- Pepper
- Salt
- Sugar: brown, cane, white
- Thyme
- Vinegar: apple cider, white

Dominican Food and Culture

Holidays

Dominican Independence Day

February 27

This day celebrates when the Dominican Republic established its independence as a sovereign state. Celebrations throughout the U.S. include parades and other special events.

Thanksgiving

Fourth Thursday in November

In the U.S., Dominicans celebrate Thanksgiving with a meal similar to the Christmas Eve and New Year's Eve meals.

Christmas Eve

December 24

Traditional Christmas Eve dinner consists of pork roast, rice with pigeon peas, and potato salad. Other popular dishes include kipes, pastelitos, pastelones, pasteles en hojas, and more.

New Year's Eve

December 31

A similar dinner as Christmas Eve is eaten on this day. Some families observe the Spanish custom of eating 12 grapes, one for each chime at midnight.

Recipes (recipes can be found on ClickNCook.org)

- [Asopao de Camarones](#) – A hearty rice stew cooked with shrimp and vegetables.
- [Batida de Lechosa](#) - A quick and easy papaya milkshake.
- [Dominican Farina](#) - A creamy porridge that can be topped with fruits or nuts.
- [Habichuelas Guisadas](#) - A stewed bean side dish that can be paired with rice and meat.
- [Yuca con Mojo de Ajo](#) - An aromatic garlic sauce paired with yuca.

References

- <https://www.dominicancooking.com/dominican-culture>
- <https://www.fao.org/nutrition/education/food-dietary-guidelines/regions/countries/dominican-republic/en/>
- https://en.wikipedia.org/wiki/Dominican_Republic_cuisine
- <https://togetherwomenrise.org/customsandcuisine/customs-and-cuisine-of-the-dominican-republic/>
- <https://www.dominicancooking.com/dominican-christmas-new-year-thanksgiving>
- [https://www.nybg.org/files/scientists/mbalick/Dominican Medicinal Plants_2nd Edition Manuscript 2010.pdf](https://www.nybg.org/files/scientists/mbalick/Dominican_Medicinal_Plants_2nd_Edition_Manuscript_2010.pdf)

Salvadoran Food and Culture

Background

Salvadoran cuisine is a blend of Indigenous and Spanish influences, with creative uses of ingredients such as corn, beans, plantains, and cheese.

The most notable Salvadoran dish is the pupusa, a thick tortilla stuffed with cheese, pork, refried beans, or loroco. The daily diet consists of fruits, vegetables, tortillas, rice, meats, plantains, and soups.

Breakfast in El Salvador consists of plantains, beans, eggs, and tortillas. Lunch is the main meal, consisting of stewed meats, beans, rice, pupusas, and a side salad. Dinner is typically a lighter meal of soups, salads, pupusas or a smaller portion of the lunch meal.



Preferred Foods

Produce

- Apples
- Avocado
- Bananas
- Bell peppers
- Cabbage
- Celery
- Chayote
- Citrus
- Coconut
- Corn
- Cucumbers
- Lettuce
- Limes
- Mango
- Melon
- Onions: red, white, yellow
- Papaya
- Pineapple
- Plantains
- Potatoes
- Radishes
- Squash
- Tomatoes and tomatillos
- Yuca

Grains

- Bread
- Flour: corn, wheat
- Pasta
- Rice: yellow, white
- Tortillas: corn, flour, wheat

Proteins

- Beans*: black, pinto, red
- Beef
- Chicken
- Eggs
- Fish
- Iguana
- Pork
- Rabbit
- Seafood

*Dry beans are preferred.

Dairy/Dairy Alternatives

- Cheese: cream, fresh, hard
- Coconut
- Condensed milk
- Evaporated milk
- Cow's milk
- Sour cream

Spices/Herbs/Cooking Staples

- Chicken bouillon cubes
- Cocoa
- Hot sauce
- Loroco
- Ketchup
- Mayonnaise
- Mustard
- Oil: canola, corn, vegetable
- Pumpkin seeds
- Sesame seeds
- Sugar: cane, white
- Vinegar: cider, white

Salvadoran Food and Culture

Holidays

All Souls Day

November 2

This day is similar to Day of the Dead and All Saints Day. Families gather to pray, dance, talk about loved ones, pay respect, and eat traditional foods such as tamales.

National Pupusas Day

The second Sunday of November

This is a day to honor the notable Salvadoran dish made with thick corn tortillas filled with cheese, beans, and/or meats. There is typically a festival on this day to honor the national tradition.

Christmas Eve and Christmas Day

(December 24 – 25)

Christmas Eve dinner is typically served very late at night (maybe even at midnight). Popular dishes include Salvadoran turkey in creole sauce, pork leg, pork loin with tamarind and plum sauce, Salvadoran chicken tamales, stuffed mushrooms, and Christmas rice with almonds and raisins.

Recipes (recipes can be found on ClickNCook.org)

- [Pollo Guisado](#) - A savory stewed chicken dish cooked with vegetables and spices.
- [Pupusas](#) - Corn cakes stuffed with cheese, beans, or meat.
- [Sopa Cremosa de Mariscos](#) - Creamy seafood soup made with shrimp, fish, and vegetables.
- [Sopa de Res](#) - Traditional beef soup with root vegetables, corn, and cabbage.

References

- https://www.houstonfoodbank.org/wp-content/uploads/2023/01/HFB_FoodCultureGuide_v3.pdf
- https://en.wikipedia.org/wiki/Salvadoran_cuisine
- <https://everythingelsalvador.com/best-food-el-salvador/>
- <https://hhs.iowa.gov/media/12907/download?inline=>
- <https://togetherwomenrise.org/customsandcuisine/customs-and-cuisine-of-el-salvador/#:~:text=Return%20to%20Project-,Customs%20and%20Cuisine%20of%20El%20Salvador,Tamales>
- <https://tryotter.com/resource/wiki/what-is-salvadoran-cuisine/#:~:text=Pupusas%2C%20a%20type%20of%20stuffed%20corn%20tortilla%2C%20are%20also%20a,popular%2C%20especially%20in%20coastal%20areas.>
- <https://elsalvadorinfo.net/all-souls-day-el-salvador/>

French Food and Culture

Background

French cuisine is diverse region to region. However, common ingredients include fresh fruits, vegetables, meats, fish, and cheese. Fresh, high-quality ingredients are emphasized in meals, and cooking techniques and skills are important. French people typically eat three meals a day with limited snacking. Breakfast can be a quick meal consisting of French bread with butter and a hot drink such as coffee, tea, or hot chocolate. Lunch and dinner are often three-course meals: the appetizer, a main course, and a cheese platter or dessert enjoyed slowly and socially.

Pot-au-feu, a dish of slowly boiled meat and vegetables, is considered a symbol of French cuisine.



Preferred Foods

Produce

- Apples
- Apricots
- Bell peppers
- Berries: raspberries, strawberries
- Brussel sprouts
- Carrots
- Celery
- Cherries
- Citrus
- Eggplant
- Figs
- Grapes
- Lemons
- Melon
- Mushrooms
- Onions
- Oranges
- Peaches
- Pears
- Prunes
- Pumpkin
- Quinces
- Tomatoes
- Zucchini

Grains

- Bread
- Wheat

Proteins

- Beef
- Chicken
- Duck
- Escargot
- Frog
- Goose
- Lamb
- Pork
- Quail
- Rabbit
- Veal

Dairy/Dairy Alternatives

- Butter
- Cheese
- Cream
- Cow's milk

Spices/Herbs/Cooking Staples

- Basil
- Cayenne pepper
- Chives
- Cinnamon
- Cloves
- Garlic
- Herbes de Provence
- Mint
- Nutmeg
- Paprika
- Parsley
- Tarragon
- Thyme

French Food and Culture

Holidays

Christmas

December 25

A Christmas meal may contain foie gras, caviar, escargot, oysters, scallops, des oeufs de caille, Christmas fowl, cheese platter, Buche de Noel, chocolate, Christmas cookies, candied fruits, black truffles, champagne, and wine.

L'Épiphanie

January 6

This day commemorates the visit of the three Wise Men to baby Jesus. It is celebrated with a galette des rois, a flaky pastry filled with frangipane with a small charm hidden inside.

La Chandeleur

February 2

Also known as Candlemas, this day is dedicated to eating crepes.

Mardi Gras

The last day before Lent begins

This day is considered the last night of consuming rich, fatty foods in preparation for the Christian fasting season of Lent.

Easter

First Sunday after the Paschal Full Moon

At Easter, French people traditionally eat lamb cooked in the oven with Provençal herbs, cumin, garlic and olive oil. Chocolate, eggs, rabbits, and chicken may also be part of the meal.

Recipes (all recipes can be found on ClickNCook.org)

- [Chicken Fricassee](#) - A creamy chicken stew with vegetables and white wine sauce.
- [Croque Monsieur](#) - A baked or fried ham and cheese sandwich topped with béchamel sauce.
- [Quiche Lorraine](#) - A savory pie filled with eggs, cream, bacon, and cheese.
- [Ratatouille](#) - A vegetable medley stew made with zucchini, eggplant, tomatoes, and herbs.
- [Salade Nicoise](#) - A composed salad with tuna, hard-boiled eggs, olives, and fresh vegetables.

References

- https://dune.une.edu/cgi/viewcontent.cgi?article=1002&context=an_studedres
- https://en.wikipedia.org/wiki/French_cuisine

Guatemalan Food and Culture

Background

Guatemalan cuisine is largely based on Mayan cuisine, with Spanish influences. Most dishes include key ingredients like corn, chilis, and beans. Many dishes are made without cooking oil. Ingredients are instead placed directly on a comal or wrapped in leaves. There may also be foods that are eaten on certain days of the week or special occasions, such as paches on Thursdays, fiambre for All Saints Day, and tamales on Christmas.

Guatemalans typically eat three meals a day and lunch is the largest meal. A traditional breakfast may include eggs, refried beans, corn tortillas, and plantains. Lunch may be soup followed by meat, rice, vegetables, and a simple salad. Dinner may be similar to lunch, with a chicken or beef dish paired with rice, beans, and tortillas.

Pepian, a stew, is thought to be the national dish.



Preferred Foods

Produce

- Apples
- Avocado
- Bananas
- Cabbage: green and red
- Celery
- Chayote
- Chilies
- Citrus
- Coconut
- Corn
- Cucumber
- Lettuce
- Mango
- Melon
- Onions
- Papaya
- Peppers: bell and chili
- Pineapple
- Plantains
- Potatoes
- Radishes
- Squash
- Tomatillos
- Tomatoes
- Yuca

Grains

- Bread
- Flour: all-purpose, corn
- Pasta
- Rice: white and yellow
- Tortillas: corn, flour, and wheat

Proteins

- Beans: black, pinto, red
- Beef
- Chicken
- Eggs
- Fish
- Pork

Dairy/Dairy Alternatives

- Cheese: queso crema, queso duro, queso fresco
- Coconut milk
- Condensed milk
- Cow's milk
- Evaporated milk
- Sour cream

Spices/Herbs/Cooking Staples

- Chicken bouillon cubes
- Cilantro
- Cocoa
- Oil: canola, corn, vegetable
- Seeds: pumpkin, sesame
- Sugar: cane, white
- Vinegar: cider, white

Guatemalan Food and Culture



Holidays

Dia de todos los Santos

November 1

Fiambre, ayote en dulce, jocotes en miel and empanadas de ayote are often eaten on this day, All Saints Day.

Recipes (recipes can be found on ClickNCook.org)

- [Guatemalan Enchiladas](#) - Crisp tortillas topped with ground beef, pickled beets, vegetables, and hard-boiled eggs.
- [Hilachas](#) - Shredded beef in a tomato-tomatillo sauce, served with potatoes and rice.
- [Kak'ik](#) - A traditional Mayan turkey soup flavored with spices, tomatoes, and chili peppers.
- [Pepian de Pollo](#) - A rich, spicy chicken stew made with roasted seeds, chilies, and tomatoes.
- [Tapado](#) - A coconut milk-based seafood and green plantain stew.

References

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- <https://togetherwomenrise.org/customsandcuisine/customs-cuisine-of-guatemala-wings/>
- <http://www.foodbycountry.com/Germany-to-Japan/Guatemala.html>
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Haitian Food and Culture

Background

Haitian cuisine is largely influenced by African and French flavors, as well as some Spanish and Indian flavors. In general, the Haitian diet is largely based on a starch option supplemented by meats and seafoods when available. Most meals are simple but bold with spices and flavor. Coffee and bread are a typical breakfast, with heavier meals for lunch and dinner consisting of rice, beans, and meat. A lighter meal may be eaten in the evening, such as a bowl of porridge or cereal. Haitian people often prefer to snack on fresh fruits and make homemade juices. Tropical fruits grow abundantly in Haiti's climate, with coffee and sugarcane being important crops.

Soup joumou, a pumpkin soup, is the most symbolic meal in Haiti, celebrating freedom from slavery.



Preferred Foods

Produce

- Akee
- Arracacha
- Arrowroot
- Avocado
- Breadfruit
- Cabbage
- Cashew apples
- Cassava
- Chiles
- Coconut
- Corn
- Guava
- Jackfruit
- Lemons
- Limes
- Mango
- Mushrooms: black, djon-djon
- Okra
- Onions and scallions
- Papaya
- Peppers: green and red
- Pineapple
- Plantains
- Potatoes: regular, sweet
- Pumpkin
- Soursop
- Wild greens
- Yams

Grains

- Corn
- Cornmeal
- Millet
- Short grain rice
- Sorghum
- Wheat

Proteins

- Beans: black, black-eyed pea, garbanzo, lima, red, soy
- Beef
- Chicken
- Eggs
- Fish
- Goat
- Pork
- Shellfish
- Turkey

Dairy/Dairy Alternatives

- Cheese
- Evaporated milk

Spices/Herbs/Cooking Staples

- Anise
- Annatto
- Bay leaf
- Cayenne pepper
- Chilis
- Chili pepper
- Chive
- Cinnamon
- Clove
- Garlic
- Ginger
- Leek
- Lemongrass
- Mint
- Oil: palm, soy
- Parsley
- Pimento
- Recao
- Thyme
- Vanilla
- Vinegar

Haitian Food and Culture



Holidays

Haitian Independence Day

January 1

This day marks the world's first independent black republic and is celebrated annually as a public holiday with festivities, fireworks, and parades. The tradition of eating soup joumou is central to the celebrations as this dish symbolizes equality and freedom.

Recipes (recipes can be found on ClickNCook.org)

- [Diri Kole ak Pwa](#) - Haitian-style rice and beans cooked with epis and coconut milk.
- [Epis Marinade](#) - A flavor base for many Haitian dishes. Epis varies regionally but typically contains peppers, garlic, onions, and herbs.
- [Labouyi Farin](#) - A creamy porridge made from flour, often flavored with cinnamon and vanilla.
- [Pikliz](#) - A spicy, tangy pickled slaw made with cabbage, carrots, and Scotch bonnet peppers.

References

- <https://togetherwomenrise.org/customsandcuisine/customs-and-cuisine-of-haiti/>
- <https://www.lovetoknow.com/life/relationships/haitian-family-values-religion-superstitions>
- https://dune.une.edu/cgi/viewcontent.cgi?article=1009&context=an_studedres
- [https://en.wikipedia.org/wiki/Independence_Day_\(Haiti\)](https://en.wikipedia.org/wiki/Independence_Day_(Haiti))

Indian Food and Culture

Background

In India, food is often eaten with fingers and cutlery is rarely used except to serve food. Indian food is heavily influenced by religion, specifically Hinduism and Islam, as well as cultural choices and traditions. Staple foods include beans, lentils, rice, and vegetables. A healthy breakfast is important. Lunch typically consists of a main rice dish in the south, and in the north, whole wheat rotis may be preferred. Dinner is usually the main meal of the day. Indian cuisine varies greatly due to its many diverse regions. Because of the variability, there is no national dish. However, some may consider khichdi, a rice dish, to be the national dish.



Preferred Foods

Produce

- | | | |
|-------------------|--------------------|--------------------|
| • Bananas | ridge, snake | • Onions |
| • Cabbage | • Green beans | • Papaya |
| • Carrots | • Green plantains | • Peas |
| • Cauliflower | • Greens: Amaranth | • Pomegranate |
| • Citrus | leaves, fenugreek | • Potatoes: sweet, |
| • Coconut | leaves | white, yellow |
| • Colocasia | • Guava | • Sapota |
| • Cucumber | • Jackfruit | • Squash |
| • Eggplant | • Mango | • Tomatoes |
| • Gourds: bottle, | • Okra | • Yams |

Grains

- | | |
|-----------------------------|---------------------------------|
| • Barley | • Pearl millet |
| • Bread: bhatura, chapatti, | • Ragi |
| dosa, naan, paratha, puri | • Rice: basmati, beaten, puffed |
| • Cereal | • Tapioca |
| • Dal | • Wheat |
| • Flour | |

Proteins

- | | |
|---|--|
| • Beans and legumes: black-eyed pea, garbanzo, kidney | • Lentils: black, green, red, yellow |
| • Beef | • Nuts: Almonds, cashews, gingelly, peanuts, pistachios, walnuts |
| • Chicken | • Pigeon peas |
| • Eggs | • Pork |
| • Fish | |
| • Lamb/mutton | |

Dairy/Dairy Alternatives

- | | |
|------------------|----------------|
| • Coconut milk | • Cow's milk |
| • Condensed milk | • Paneer |
| • Ghee | • Plain yogurt |

Spices/Herbs/Cooking Staples

- | | | |
|--------------------|--------------------|------------------|
| • Anise seeds | • Dill | sunflower, |
| • Asafoetida | • Fennel | vegetable |
| • Black peppercorn | • Fenugreek seeds | • Peppercorn |
| • Cardamom | • Garlic | • Red chilis |
| • Chai | • Ginger | • Saffron |
| • Chutneys | • Mint | • Sugar: brown, |
| • Cilantro | • Mustard seed | granulated, cane |
| • Cinnamon | • Nutmeg | • Turmeric |
| • Cloves | • Oil: canola, | • Vinegar |
| • Coriander seed | coconut, gingelly, | • Yeast |
| • Cumin | peanut, sesame, | |

Indian Food and Culture

Holidays

Diwali

Five-day celebration observed within the second half of October to the first half of November

This festival of lights is celebrated for about five days. It has many spiritual meanings of victory of light over darkness. Common snacks eaten during this time are murukku, chakli, Chivda, samosa, and more.

Holi

Last full moon day at the end of winter

A festival of colors celebrates the arrival of spring and signifies the triumph of good over evil. Gujiya, thandai, lassi, and rasmalai are typically consumed during this festival.

Ramadan

Ninth month of the Islamic calendar

This is a month-long period of fasting, prayer, reflection, and community observed by Muslims worldwide as a commemoration of Muhammad's first revelation. During this month, observers fast from dawn to sunset. The predawn meal is referred to as suhur, and the nighttime meal that breaks the fast is called iftar.

Recipes (recipes can be found on ClickNCook.org)

- [Chicken Curry](#) - A flavorful dish of chicken simmered in a spiced tomato-onion gravy.
- [Dal Soup](#) - A hearty lentil soup seasoned with cumin, turmeric, and other warm spices.
- [Mango Lassi](#) - A refreshing yogurt-based mango drink blended with sugar and cardamom.
- [Vegetable Biryani](#) - A fragrant rice dish layered with spiced vegetables and herbs.

References

- https://www.houstonfoodbank.org/wp-content/uploads/2023/01/HFB_FoodCultureGuide_v3.pdf
- https://en.wikipedia.org/wiki/Indian_cuisine#Regional_cuisines

Irish Food and Culture

Background

Irish food is hearty and comforting, consisting of fish from the Atlantic Ocean, native crops, and farmed animals. The potato was introduced in the late 1500s and became a staple food item, appearing in most Irish meals.

Typically, a lighter meal is eaten for breakfast and lunch, with a main meal eaten after work or school as dinner. Breakfast foods include breads, porridge, eggs, and various meats. Lunch can be a bowl of soup with bread. "Supper" in Ireland means a late-night snack and is usually a slice of bread with butter and a glass of milk.

Irish stew, a comforting bowl, is the national dish.



Preferred Foods

Produce

- Apples
- Bananas
- Berries: bilberries, blackberries, gooseberries, strawberries
- Brussels sprouts
- Cabbage
- Carrots
- Dried or preserved jams, jellies and fruits
- Melon
- Mushrooms
- Onions
- Oranges
- Parsnips
- Pears
- Peas
- Plums
- Potatoes
- Seaweed
- Swede turnips/rutabagas

Grains

- Bread: soda bread, toast
- Oats

Proteins

- Beef
- Eggs
- Fish
- Lamb
- Pork
- Seafood

Dairy/Dairy Alternatives

- Butter
- Buttermilk
- Cheese
- Cream

Spices/Herbs/Cooking Staples

- Garlic
- Honey
- Margarine
- Oil
- Parsley
- Rosemary
- Sugar
- Thyme

Irish Food and Culture

Holidays

Christmas

December 25

Common holiday feasts include roast turkey, thyme and onion stuffing, mashed potato, smoked salmon on potato cakes, cranberry sauce, gravy, honey-glazed ham, roast potatoes, Brussels sprouts, dry spiced beef with chutney, and Christmas cake.

Good Friday

Friday before Easter

Hot cross buns are typically part of this holiday.

Easter

First Sunday after the Paschal Full Moon

A typical Easter meal consists of leek soup and roast lamb and vegetables. The main meal is followed by cake or buns and the modern-day addition of chocolate eggs.

All Saints Day

November 1

Catholic people will not eat meat on this day. Popular meatless dishes include oatcakes, pancakes, potato pudding, apple cake, and blackberry pies.

St. Patrick's Day

March 17

March 17th marks the day of St. Patrick's passing and is the biggest day in Ireland with celebrations throughout the country.

Recipes (recipes can be found on ClickNCook.org)

- [Champ](#) - Mashed potatoes with green onions or chives.
- [Corned Beef with Cabbage](#) - Tender beef dish with cabbage, carrots, and herbs.
- [Dublin Coddle](#) - A hearty dinner with savory meats, herbs, potatoes, and carrots.
- [Irish Stew](#) - Comforting one-pot meal of lamb, herbs, and vegetables.
- [Soda Bread](#) - A dense, soft bread to pair with hearty dishes.

References

- <https://www.legalprofessionalsinc.org/a-history-of-traditional-irish-food/>
- https://en.wikipedia.org/wiki/Irish_cuisine#
- http://www.foodbycountry.com/Germany-to-Japan/Ireland.html#google_vignette

Italian Food and Culture

Background

A main characteristic of Italian cuisine is its simplicity, with many dishes made up of few ingredients, suitable for daily cooking. Quality of ingredients is important. Common ingredients include fruits, vegetables, grains, cheeses, meats, and fish. Stuffed pasta dishes, risotto, and polenta are popular northern Italian dishes. Central Italy uses tomatoes, all types of meats, fish, and pecorino cheeses. Southern Italy emphasizes tomatoes, peppers, olives, artichokes, ricotta, and certain fishes including anchovies, sardines and tuna. Breakfast is often skipped or consists of a very light portion. Everyday lunch and dinner meals include one to two courses, a side dish, and a coffee. The first course of a meal typically consists of a filling pasta or risotto dish and the second course often contains meat. Ragu alla Bolognese, meat and tomato sauce with pasta, is often considered the national dish.



Preferred Foods

Produce

- Apples
- Artichokes
- Arugula
- Bell peppers
- Broccoli rabe
- Cherries
- Chicory
- Eggplant
- Fennel
- Figs
- Grapes
- Kale
- Lemons
- Onions
- Oranges: blood oranges
- Peaches
- Pears
- Potatoes
- Radishes
- Tomatoes
- Truffles
- Zucchini

Grains

- Bread
- Pasta
- Risotto

Proteins

- Beef
- Eggs
- Fish
- Lamb
- Pork
- Seafood

Dairy/Dairy Alternatives

- Cheese: Asiago, Buffalo mozzarella, Burrata, Fior di Latte, Fontina, Parmigiano Reggiano, Pecorino Romano, Provolone, Ricotta, Taleggio
- Gelato
- Cow's milk
- Yogurt

Spices/Herbs/Cooking Staples

- Basil
- Garlic
- Olive oil
- Oregano

Italian Food and Culture

Holidays

Christmas

December 25

The Christmas meal may contain arancini, canederli, baked pasta, tortellini en brodo, veal, and desserts including panettone, pandoro and panforte.

Feast of the Epiphany

January 6

This day marks the end of the Christmas period and commemorates the presentation of baby Jesus to the Magi. To celebrate, people may enjoy panettone and pandoro with hot cocoa or sparkling wine.

Feast of the Seven Fishes on Christmas Eve

December 24

This Italian American holiday usually consists of one or two types of fish prepared in seven different ways. Most commonly, salt cod, eel, squid, and shellfish are prepared.

New Year's Eve

December 31

Popular New Year's Eve dishes include pork and lentils. Pork, either cooked sausage or pig trotter, represents life's fullness and the richness to come. Lentils, which resemble miniature coins, symbolize a prosperous new year.

Recipes (recipes can be found on ClickNCook.org)

- [Eggplant Parmigiana](#) - Comforting eggplant dish with tomato sauce, basil, and cheese.
- [Halibut with Tomato and Spinach](#) - One-pot tomato-based fish meal with spinach.
- [Minestrone Soup](#) - An aromatic vegetable and bean soup with pasta.
- [Lemon Olive Oil Cake](#) - A dense and moist lemon-based cake.
- [Pea and Pesto Risotto](#) - Vibrant risotto with zesty lemon and homemade basil pesto.

References

- https://en.wikipedia.org/wiki/Italian_cuisine
- [https://www.italiarail.com/food/feast-of-the-seven-fishes#:~:text=Typical%20%22fishes%22%20include%20baccal%C3%A0%20\(squash%20blossoms%2C%20and%20other%20treats.](https://www.italiarail.com/food/feast-of-the-seven-fishes#:~:text=Typical%20%22fishes%22%20include%20baccal%C3%A0%20(squash%20blossoms%2C%20and%20other%20treats.)

Jamaican Food and Culture

Background

Jamaican cuisine is influenced by a blend of cultures including Spanish, English, African, Indian, and Chinese. Local produce and spices blend with crops and dishes introduced to the island. Rastafarian people have introduced many unique vegetarian dishes to Jamaican cuisine.

A Jamaican breakfast consists of a main course and a root vegetable or starchy fruit. These may include codfish fritters, breakfast patties, leafy vegetables, potatoes, dumplings, or banana. These same foods are often eaten for lunch, or lunch may consist of flaky patties with curried chicken, beef, or vegetables. Dinner is a social gathering with large meals.

Ackee and saltfish, a dish typically eaten for breakfast, is the country's national dish.



Preferred Foods

Produce

- Ackee
- Apples
- Bananas
- Bell peppers
- Breadfruit
- Broccoli
- Cabbage: green, red
- Callaloo
- Carrots
- Chayote
- Coconut
- Corn
- Cranberry
- Cucumber
- Dried fruit: cherries, cranberries, prunes, raisins
- Green peas
- Guinep
- Jamaican coco
- June plums
- Lettuce
- Mango
- Okra
- Onions
- Oranges
- Papaya
- Pineapple
- Potatoes
- Squash
- Stinking toe
- String beans
- Susumber/gully beans
- Sweetsop
- Tangerines
- Tomatoes
- Watermelon
- Yams
- Yuca

Grains

- Cornmeal
- Flour: all-purpose, wheat
- Long-grain rice
- Oatmeal

Proteins

- Beans: black, kidney, pinto, red
- Beef
- Chicken
- Eggs
- Fish
- Goat
- Peas: black-eyed, pigeon
- Pork
- Seafood: lobster, oysters, shrimp

Dairy/Dairy Alternatives

- Cheese: cheddar, gouda, queso blanco
- Coconut milk
- Condensed milk
- Evaporated milk

Spices/Herbs/Cooking Staples

- Bouillon cubes
- Curry
- Garlic
- Ginger
- Jerk
- Oil: coconut, olive, vegetable
- Pimento
- Scotch bonnet peppers
- Sugar: brown, cane, white
- Thyme
- Turmeric
- Vinegar: apple cider, wine, white

Jamaican Food and Culture

Holidays

Jamaican Independence Day

August 6

The national dish of ackee and saltfish is often paired with fried or boiled dumplings, breadfruit, rice and more.

Christmas

December 25

This holiday may include roast ham, roast beef, curried goat, chicken, oxtail and rice and gungo peas.

Easter

First Sunday after Paschall Full Moon

Easter dinner may consist of fried or stewed fish dishes, or escovitch fish. Easter Spice Buns are a spicy bread eaten with cheese.

Nine Nights

This observance provides comfort for relatives of the deceased. Bammy and fried fish are often served on this holiday.

Recipes (recipes can be found on ClickNCook.org)

- [Ackee and Salt Fish](#) - One-pot classic dish with fish and vegetables that can pair with any side.
- [Banana Fritters](#) - A crispy and sweet banana delicacy.
- [Jamaican Curry Chicken](#) - Flavorful curry chicken using an assortment of spices and herbs.
- [Escovitch Fish](#) - A spicy fish-based dish with vegetables, spices, and herbs.

References

- https://dune.une.edu/cgi/viewcontent.cgi?article=1005&context=an_studedres
- https://en.wikipedia.org/wiki/Jamaican_cuisine#
- https://www.houstonfoodbank.org/wp-content/uploads/2023/01/HFB_FoodCultureGuide_v3.pdf
- <https://www.visitjamaica.com/discover-jamaica/cuisine/jamaican-food/>

Portuguese Food and Culture

Background

Portuguese cuisine has strong French and Mediterranean influences, with olive oil being one of the staples of its cuisine.

A typical breakfast is light, consisting of a hot beverage with bread or pastel de nata. Lunch and dinner last for over an hour and consist of three courses, including a soup dish. Portuguese dishes are usually comprised of meat, seafood, vegetables, legumes, bread, and rice.

Portugal has Europe's highest fish consumption per capita due to its well-developed fishing industry. Bacalhau, or cod, is the most-consumed fish.



Preferred Foods

Produce

- Apples
- Bell peppers
- Cherries
- Grapefruit
- Kale
- Lemons
- Limes
- Olives
- Oranges
- Passionfruit
- Pears
- Pineapples
- Potatoes
- Tangerines
- Tomatoes

Grains

- Bread: broa, homemade
- Rice

Proteins

- Beans: broad, fava
- Beef
- Eggs
- Fish
- Pork
- Poultry
- Sausages
- Seafood

Dairy/Dairy Alternatives

- Homemade cheese

Spices/Herbs/Cooking Staples

- Anise seed
- Bay leaf
- Cilantro
- Cinnamon
- Coriander
- Cumin
- Curry spices
- Genista tridentata
- Lupine seeds
- Mint
- Olive oil
- Paprika
- Parsley
- Pepper
- Piri-piri
- Rosemary

Portuguese Food and Culture

Holidays

Festival of the Blessed Sacrament

Four-day festival during the first week of August

The largest Portuguese American celebration, this festival is celebrated with foods including carne de espeto, linguica, cabra, bacalhau in spicy Portuguese sauces, favas, and Madeira wine.

Our Lady of Miracles Celebration

The 13th of each month from May to October

Foods during this celebration include red wine, fried sardines, lupini beans, salt cod, chestnuts, pastel candied almonds, red octopus stew, and cinnamon pastries.

Christmas Eve

December 24

Dinner consists of potato and bacalhau casserole, and post-midnight mass buffets consist of finger foods including sausage and cod fritters.

New Year's Eve

December 31

To celebrate, people may pick and eat 12 grapes as the clock strikes midnight.

Holy Ghost Festival

One week, between Easter and the end of July

This social and religious ceremony among Portuguese Americans typically consists of an open banquet served to the community, including meat, bread, potatoes, and Massa Sovada. This festival emphasizes sharing food with people in need.

Recipes (recipes can be found on ClickNCook.org)

- [Caldo Verde](#) - A kale soup with chorizo and potatoes.
- [Ervilhas com Ovos](#) - A side dish consisting of peas, eggs, and thick-cut bacon.
- [Pasteis de Nata](#) - Rich egg custard in a crisp pastry.
- [Portuguese Fish Chowder](#) - Tomato-based chowder with fish, potatoes, and chorizo.
- [Portuguese Salt Cod with Garlic Pepper Sauce](#) - A crispy, fried fish paired with a spicy sauce.

References

- https://en.wikipedia.org/wiki/Portuguese_cuisine

United Kingdom (British) Food and Culture

Background

British cuisine includes the cuisines of England, Scotland, Wales and Northern Ireland, and has been influenced by history and politics.

Traditional British cooking is characterized by roasting, stewing, and baking. A day of eating consists of typical meals such as breakfast, lunch, and dinner with an afternoon tea and supper.

A popular dish is the full breakfast consisting of bacon, eggs, sausages, mushrooms, and toast. While dinner is the same as the rest of the world, supper is not the same as dinner. Supper can be an evening meal or a bedtime snack.



Preferred Foods

Produce

- Apples
- Apricots
- Avocado
- Bananas
- Berries
- Broccoli
- Cabbages
- Carrots
- Cherries
- Chives
- Clementines
- Cucumber
- Figs
- Grapes
- Kale
- Leeks
- Mushrooms
- Mustard plant
- Onions
- Oranges
- Peaches
- Pears
- Peas: gray, green, white
- Plums
- Potatoes
- Tomatoes
- Turnips

Grains

- Barley
- Oats
- Porridge
- Rye
- Wheat

Proteins

- Bacon
- Beans: broad, Celtic
- Beef
- Chicken
- Eggs
- Fish
- Ham
- Lamb
- Nuts: cobs, hazelnuts, walnuts
- Pork
- Sausage

Dairy/Dairy Alternatives

- Butter
- Cheese
- Cream
- Cow's milk
- Yogurt

Spices/Herbs/Cooking Staples

- Chili powder
- Cinnamon
- Coriander
- Garlic
- Juniper berry
- Parsley
- Rosemary
- Sage
- Thyme

United Kingdom (British) Food and Culture



Holidays

Shrove Tuesday

Forty days before Easter

This day is the last time luxury foods can be used before Easter. While different meals are made all over the United Kingdom, the most popular meal made is pancakes. Pancakes are eaten because they contain fatty ingredients which were forbidden during Lent.

Boxing Day

The day after Christmas

Boxing Day is a day to open Christmas Box to share with those less fortunate. The box is a wooden container in which people placed gifts. Typically, leftovers from Christmas dinner are eaten on this day.

Recipes (recipes can be found on ClickNCook.org)

- [Savoury Mince](#) - A quick, savory ground beef dish with peas and carrots.
- [Simple Roast Gammon](#) - A sweet and savory roasted ham with a honey mustard glaze.
- [English Pea Salad](#) - Classic side dish of peas, eggs, potatoes, and bacon.
- [Macaroni Pudding](#) - Comforting milk pudding dessert that can be warm or cold.
- [Corned Beef Fritters](#) - A quick salty fritter made with beef.

References

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- https://www.hillvale.co.uk/blogs/food-culture/british-cuisine?srsId=AfmBOoqMg6YIW-GSQHgig-2Xxh7Glw7MqwLMA_LjL1Cm4rFE-_4tZL2d
- <https://projectbritain.com/holidays.html>

Vietnamese Food and Culture

Background

Vietnamese cuisine features a combination of the five fundamental tastes: sweet, salty, bitter, sour, and spicy. Many dishes are naturally gluten-free as they are mostly rice-based, rather than wheat-based. While the cuisine may vary by region, all regions share similar characteristics such as freshness, presence of herbs and vegetables, variety and harmony of textures, and presentation. Broths and soup-based dishes are common throughout. Dairy is typically not eaten except for condensed milk. Vietnamese people often eat two or three meals per day. Breakfast is sometimes phở, or bahn xèo and lunch may consist of a bahn mi or trắng bang. A typical dinner may include white rice, vegetables, a broth, dipping sauces, a small dish of pickled vegetables/fruits, and a main dish such as fish/seafood, meat, or tofu. Desserts include fresh fruits, drinks, and sweets. All dishes are communal except for individual bowls of rice. Food is mostly consumed with chopsticks and spoons.

Phở, a broth with rice noodles and fresh vegetables and herbs, is often considered the national dish.



Preferred Foods

Produce

- Bamboo shoots: dry and canned
- Beets
- Bell peppers
- Broccoli
- Cabbage: green, Napa, purple
- Carrots
- Cauliflower
- Celery
- Cucumber
- Greens: leafy, mustard, salad
- Green papaya
- Lemongrass
- Lettuce
- Limes
- Mung bean sprouts
- Nectarines
- Onions
- Oranges
- Pineapples
- Shallots
- Tamarind
- Tomatoes

Grains

- Bread
- Flour: all-purpose, glutinous rice, rice, tapioca
- Noodles: egg, rice
- Pasta
- Rice: glutinous/sticky, jasmine
- Rice paper

Proteins

- Beef
- Bones: any
- Chicken
- Eggs
- Fish: canned tuna, frozen fish
- Pork
- Seafood
- Spam
- Tofu

Dairy/Dairy Alternatives*

- Coconut milk
- Condensed milk

*Generally, no other dairy.

Spices/Herbs/Cooking Staples

- Baking powder
- Bouillon cubes
- Broth: chicken, vegetable
- Cilantro
- Fish sauce
- Garlic
- Ginger
- Mint
- Oil: canola, olive, sesame, vegetable
- Parsley
- Salt
- Sauces: hoisin, oyster, soy
- Sugar: palm, rock, white
- Thai basil
- Turmeric
- Vietnamese cinnamon
- Vinegar: cane, rice, white
- Yeast

Vietnamese Food and Culture



Holidays

Lunar New Year

First day of Lunar Calendar

Also known as Tết, this holiday's traditional foods include bánh chưng, xôi gấc, Vietnamese head cheese, white cut chicken, Vietnamese fried spring rolls, pickled vegetables/onions, frozen pork, bánh tét, cured fermented beef, sour shrimp, and Vietnamese meatloaf.

Recipes (Recipes can be found on ClickNCook.org)

- [Bo Kho](#) - An aromatic beef stew made with garlic, ginger, and lemongrass.
- [Cao Lau](#) - A noodle bowl consisting of thick noodles, pork tenderloin, and vegetables.
- [Ginger Soy Marinated Eggs](#) - Soft-boiled eggs marinated in ginger, soy sauce, and sesame oil.
- [Quick and Easy Pho](#) - An easy soup with a flavorful broth, rice noodles, and choice of meat.
- [Sinh To Bo](#) - A four-ingredient sweet avocado and milk smoothie.

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About GBFB

GBFB is the engine behind Eastern Massachusetts' hunger-relief system. As the largest food bank in New England, we fuel a distribution network that provides nearly 90 million meals every year to our neighbors across 190 cities and towns. Our work empowers the 1 in 3 Massachusetts residents facing hunger to put healthy food on their tables. A member of the Feeding America Network, we are among the largest food banks in the country and work with 600 community partners across Eastern Massachusetts. Through hunger relief, community engagement, research, advocacy, and thought leadership, we have the power to end hunger here.

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