Surprising Things

TIME

We Eat



Monika Davies



Table of Contents

The Surprising Food We Love 4

Grocery Shopping Surprises 6

Eccentric Ingredient Profiles 16

My Snack-tastic Road Trip 22

PINpoint Your Sweet Tooth 32

Meet Heston Blumenthal, Chef & Wizard 40

What U.S. Food Should You Try? 48

A Culinary Discovery 56

Glossary 58

Index 60

Check It Out! 62

Try It! 63

About the Author 64

PDF Review Only

The Surprising Food We Love

Food is an important ingredient in the recipe for human survival. Every person needs to eat food, but that doesn't mean it has to be a **mundane** task. People around the world have come up with various ways to ward off hunger pangs, and the results can sometimes be spicy . . . and unique!

There is a story behind every piece of food. The food we choose to eat and enjoy tells us a lot about who we are, the cultural influences in our lives, and what we value. In this book, we will peek into grocery stores in different countries, glimpse some surprising street food, and head into the kitchen of a celebrity chef known for his unique creations. Let's bite into the world of "*can you really eat that?*" with gusto. Jump in and discover the stories behind the surprising foods that people love around the world!



For Review Only



Open Minds, Full Stomachs

While you're reading, consider the stories behind the food you eat on a day-to-day basis. Consider how you could incorporate new and exciting ingredients into your next meal. "You are what you eat," the saying goes. What does the food on your plate say about you?

For Review Only

Grocery Shopping Surprises

There's no better way to dive right into the heart of a city than by trying its food. Picking out food in a new country will always lead you to surprises—the best part of any journey.

Japan

Japan has a reputation for harboring some of the most unusual (and tastiest) foods you will ever encounter. Here are some highlights from a grocery store in this country.



Tuna Eyeball

There's nothing quite like having a staring contest with your next meal! Tuna eyeballs are a common **staple** on Japanese grocery shelves.

Wasp Crackers

Scamper over to Omachi, Japan, for this stinger of a treat. Wasp crackers are rice crackers filled with wasps, which taste like slightly bitter raisins.

Cherry Blossom Meat

If you are a fan of sushi joints, you are probably familiar with sashimi (raw fish or meat). Cherry blossom meat is quite different from the average ocean-bred sashimi, as this extremely red variety is actually raw horsemeat.



Kit Kats®

Kit Kats are hugely popular in Japan, and as such, your choices for Kit Kat flavors are decidedly more varied. Keep an eye out for Kit Kats with unique tastes, such as green tea, soy bean, and baked potato . . . just to name a few!



For Review Only



Seasonal Flavors

In Japan, a lot of importance is placed on serving food of the freshest quality and what is seasonally available. That means you will find Japanese supermarkets stocked with fruits and vegetables that are currently being harvested. For example, delicious strawberries line the shelves from December to May, but you may need to pick another fruit during the rest of the year.

for Retail Only

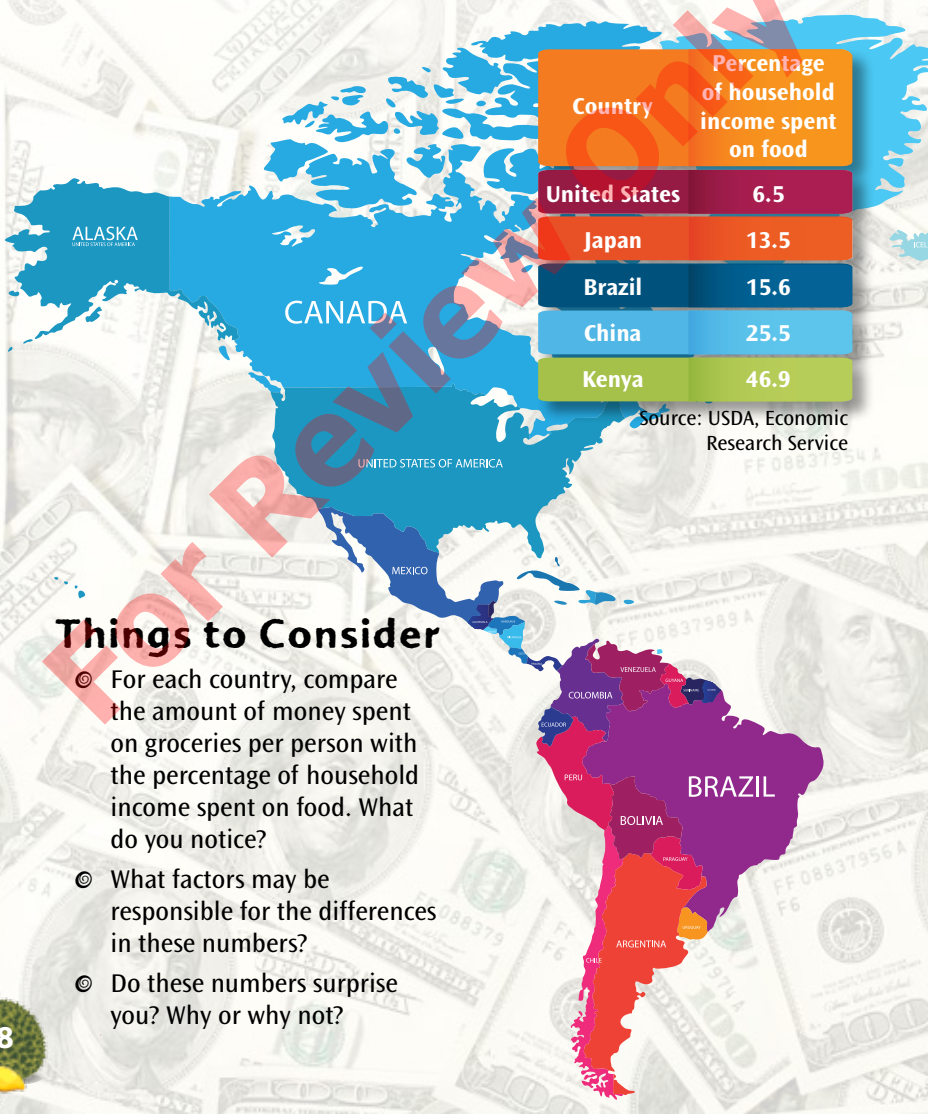


Food Expenses in Different Countries

How much do people around the world spend on food? Have a look at the data on these pages and compare the numbers.

Country	Percentage of household income spent on food
United States	6.5
Japan	13.5
Brazil	15.6
China	25.5
Kenya	46.9

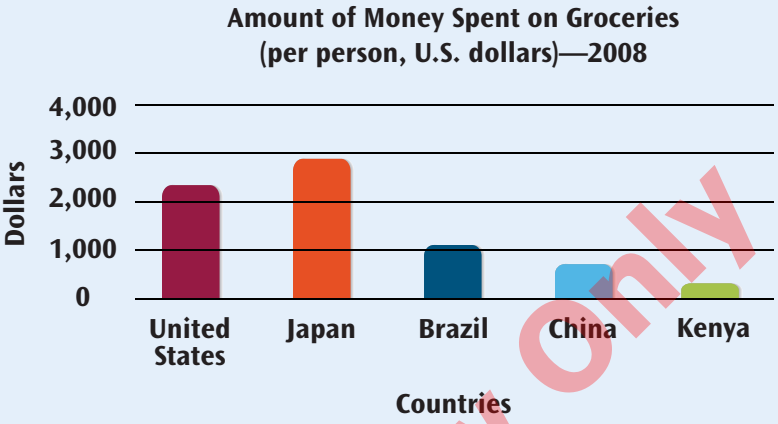
Source: USDA, Economic Research Service



For Review Only

Things to Consider

- For each country, compare the amount of money spent on groceries per person with the percentage of household income spent on food. What do you notice?
- What factors may be responsible for the differences in these numbers?
- Do these numbers surprise you? Why or why not?



Source: Washington State University, 2008

Preview Only

Reader's Guide

1. What makes people decide that a particular food is "surprising" or "strange"?
2. Each country has its own favorite food that is likely not as common in other areas of the world. Why are there such differences in culinary habits across the globe?
3. What is the weirdest food you've ever tried? Tell the story behind the food.
4. What country or city would be interesting to visit for the purpose of trying new foods? Why?



For Review Only