



Asian Cuisine



Loida R. Banzuelo

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ASIAN CUISINE

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Loida R. Banzuelo

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Preface

This book is intended for the students taking up Bachelor of Science in Hospitality Management. The book will surely be of great help to enhance the knowledge and skills of students in Asian cuisine.

The book consists of nine chapters which include overview of *Asian Cuisine* and selected cuisines in the Asian continent like the *Philippine, Japanese, Chinese, Korean, Vietnamese, Thai, Indonesian* and *Indian*. Each chapter discusses an overview of each cuisine, historical influences, nature or characteristics, regional cuisines and specialties, basic ingredients, tools and preparation methods.

Several books and online sources were used to enrich the Asian Cuisine book.

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CHAPTER I

Overview of Asian Cuisine

Objectives:

At the end of the discussion, the students should be able to:

- Discuss the culinary influences of Asian cuisine;
- Identify the roots of Asian cooking;
- Enumerate contributions of the countries influential in the birth of Asian cuisine;
- Differentiate one cooking method from another;
- Explain the importance of safety and sanitation;
- Strengthen observance of personal hygiene; and
- Observe safety and sanitation in the kitchen.

Introduction

One of the emerging cuisines in the world is Asian cuisine. It is a mixture of different cooking styles as it is influenced by different culinary culture from countries that explored, traded, colonized and introduced their recipes and way of cooking in Asian countries. Thus, Asian cuisine is fusion cooking with the culinary impact from the Middle East, Dutch, British, French, Portuguese, other European countries and nearby nations who had intermarriage in Asia.

Asian cuisine is the culmination of the Chinese, European, Islamic, Hinduism and Christian influences as proven by the balance of flavors, refinement and a distinct creativity of food presentation.

Brief History of Asian Cuisine

During the early times the concept of cooking in Asia was very primitive- hunt and kill something, put it on the fire with whatever vegetables or fruits and alas, they had something to eat for the day. Cooking implements were simple, this would include using a few sticks for skewering meat, fish and vegetables, leaves for wrapping and baking on a hot flat rock, or cooking directly on fire.

1. When the traders, colonizers and explorers came, they introduced their cooking techniques, use of cooking vessels and other culinary tools, thus making the preparation for Asians pleasurable.