

YR8 Knowledge Organiser: Topic 3-Cuisines

What is a Cuisine?

A cuisine is a style or method of cooking that is characteristic of a particular country or region. It is shaped by culture, history, geography, religion, and available ingredients.

Cuisines evolve over time, influenced by migration, trade, globalisation, traditional cooking methods and local ingredients.

For example, a wok is widely used in Southeast Asian cuisine, while stockpots are common in European kitchens.

Presentation is important too – sushi is carefully prepared to look colourful and neat. In some cultures such as Hinduism and Buddhism, food is eaten sitting on the floor.

Religion and Culture:

Religious laws can restrict certain foods (e.g., kosher, halal, vegetarianism).



History: Colonisation and empire-building (e.g., British rule in India) introduced new ingredients and methods.



Factors Influencing Cuisine

Economy and Trade:

Access to spices, sugar, and exotic goods from other countries influences recipes and food variety.



Geography: The climate and landscape affect what grows or is raised – coastal regions eat more seafood.

Immigration and Globalisation: Dishes from other countries (like Indian curries or Italian pasta) become part of daily diets.



British Regional Cuisine

Scotland: Haggis, shortbread

North East: Pease pudding, stottie cakes

Yorkshire: Yorkshire pudding, parkin

Northern Ireland: Ulster fry, soda bread

North West: Lancashire hotpot, Eccles cakes

East Midlands: Melton Mowbray pork pies, Stilton cheese

West Midlands: Balti curries, faggots

Wales: Welsh rarebit, lamb cawl

East of England: Norfolk turkey, Colchester oysters

South East: Eton mess, watercress soup

London: Pie and mash, jellied eels

Southwest: Cornish pasty, cream tea, cider

Southeast Asian Cuisine

Countries include:

- Thailand
- Vietnam
- Malaysia
- Indonesia
- Philippines

Common ingredients:

- Lemongrass
- coconut milk
- rice
- noodles
- fish sauce

Popular dishes:

- Pad Thai
- pho
- nasi goreng
- satay
- spring rolls

Common influences:

- Chinese
- Indian cuisine
- European colonisation

Thai Curry: Made with Thai curry paste, coconut milk, vegetables or meat, and fresh herbs like Thai basil or coriander. It balances sweet, sour, salty, and spicy flavours typical of Southeast Asian cooking.

African and Caribbean cuisines are closely linked. The transatlantic slave trade brought African ingredients and cooking styles to the Caribbean. British and European rule added new techniques and ingredients. Caribbean food is a fusion of African, Indigenous, and European influences.

Popular African dishes:

- Jollof rice
- egusi soup
- fufu
- suya
- groundnut stew

Popular Caribbean dishes:

- Rice and peas
- jerk chicken
- curry goat
- ackee and saltfish

Middle Eastern food has been influenced by trade and history with Mediterranean, South Asian, and North African cultures.

Countries include:

- Lebanon
- Iran
- Iraq
- Türkiye
- Israel
- Saudi Arabia.

Spices:

- Cumin
- Coriander
- Cinnamon
- Sumac
- Turmeric

Staples:

- Flatbreads
- rice
- chickpeas
- lentils

Common dishes:

- Shawarma
- Falafel
- Hummus
- Baba ghanoush

British history, such as the transatlantic slave trade and colonisation, introduced new ingredients and techniques. Though linked to painful history, these influences have enriched modern British cuisine.

Immigration and British Cuisine

Immigration from India, China, the Caribbean, Italy, and Africa has transformed British food.

Popular dishes include:

India: Curry, naan bread, samosas

China: Sweet and sour chicken, spring rolls

Caribbean: Jerk chicken, plantain and curry goat.

Africa: Jollof rice, peanut stew and peri peri chicken.

Italy: Pizza, pasta, risotto and focaccia bread.

Cooks



Lemon drizzle cake:
Food skills

- Creaming.
- Folding in
- Using the oven.



Thai Curry: Food skills

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Jollof Rice: Food skills

- Weighing
- Steaming
- chopping

IMPORTANT!!- Always check the classroom for your set ingredients and what practical you have.



Middle Eastern Couscous salad:
Food skills

- Weighing
- Steaming
- chopping

Key words

Cuisine

Multicultural

Regional Foods

Steaming

Sauteing

Cultural Exchange

Middle East

Spices

Fusion Cuisine

Colonialism

Revision Questions

- 1.What is a cuisine and what factors influence it? List at least three.
- 2.Give two examples of how immigration has influenced British cuisine.
- 3.Name one dish from African cuisine and one from Caribbean cuisine. How are these cuisines linked?
- 4.What are two common ingredients used in Middle Eastern cuisine?
- 5.Describe one way geography affects cuisine, using an example.