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Definitions of International Food Related Items (Revised 2/14)

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A

Aaloo Baingan (Pakistani): Potato and aubergines (eggplant)

Aaloo Ghobi (Paskistani): Spiced potato and cauliflower

Aaloo Gosht Kari (Pakistani): Potato with lamb

Aam (Hindu): Mango

Aam Ka Achar (Indian): Pickled mango

Aarici Halwa (Indian): A sweet made of rice and jaggery

Abaisee: (French): A sheet of thinly rolled, puff pastry mostly used in desserts.

Abalone: A mollusk found along California, Mexico, and Japan coast. The edible part is the foot muscle. The meat is tough and must be tenderized before cooking.

Abats: Organ meat

Abbacchio: Young lamb used much like veal

Abena (Spanish): Oats

Abenkwan (Ghanaian): A soup made from palm nuts and eaten with fufu. It is usually cooked with fresh or smoked meat or fish.

Aboukir: (Swiss): Dessert made with sponge cake and chestnut flavored alcohol based crème.

Abuage: Tofu fried packets cooked in sweet cooking sake, soy sauce, and water.

Acapurrias (Spanish, Puerto Rico): Banana croquettes stuffed with beef or pork.

Acar (Malaysian): Pickle with a sour sweet taste served with a rice dish.

Aceite (Spanish): Oil

Aceituna: (Spanish): Olive

Acetomel: A mixture of honey and vinegar, used to preserve fruit.

Accrats (Haitian, Creol): Breaded fried cod, also called marinades.

Achar (East Indian): Pickled and salted relish that can be sweet or hot.

Achar (Indian): Any kind of pickle

Achat (Asian): Appetizer of vegetable pickled in turmeric powder and spicy herbs with sesame seeds.

Achhar (Hindu): Pickle

Ackee (Caribbean): Bright red in color. Fruit, when it is ripe opens up to reveal large black seeds and a white flesh.

Adapradaman (Indian): Sweet made with jackfruit.

Addai (Indian): Rice, lentils, fried like a pancake.

Ade: Drink made by combining citrus juice, water, and sugar (such as lemonade).

Adhirasam (Indian): A sweet made from whole wheat.

Adjika (Russian): Highly spiced tomato traditional sauce with garlic that accompanies grilled meat or chicken.

Adobo (New Zealand): Dish made from chicken, pork, squid (pusit) or vegetables stewed in vinegar, soy sauce, garlic, peppercorns and bay leaf. A more complicated preparation is soaked in garlic and oil.

Agriduice (Spanish): Sweet and sour

Aguacate Palta (South America): Avocado

Agua De Azucar (Spanish): Water plus sugar

Agua De Coco (Spanish): Coconut water

Agua De Sal (Spanish): Water and salt

Ail (French): Garlic

Aish (Egyptian): Soft, flat bread.

Aji (Spanish): Pepper

Ajo (Spanish): Garlic

Akoho sy voanio (Madagascan): Chicken prepared with fresh coconut and rice.

Akoko Nkarakara (Ghanaian): A light chicken soup cooked with hot spices (chilies), tomatoes and sometimes garden eggs or aubergines.

Akpith (Ghana): Corn/maize and bean flour snack.

Albahaca (Spanish): Basil

Albondigas (Spanish): Meatballs, usually in a tomato sauce

Al Cachofa (Spanish): Artichoke

Alecha (Eritrean): Mildly seasoned chicken or beef stew.

Alfajores (Argentina): Mixture of butter, sugar, yolks, vanilla, cornstarch, baking powder, and baked to make cookies.

Alicha Tibs (Ethiopian): A meal of beef cooked with bland onions.

Alioli: Sauce made with garlic, egg, and olive oil.

Alligator Haebler (Continental): Appetizer made from farm-raised whitetail alligator dredged in flour, then sautéed with capers, lemon, sherry, and chardonnay wines.

Allu Tikka (Appetizer): Mashed Potato served with special spices.

Almejas (Spanish): Clams

Almendrados (Spanish): Almond cookies

Aloo (Hindu): Potato

Alsacienne (French): Sauerkraut and pork

Alu Gobbi (Indian): Cauliflower cooked with potatoes and spices in a sauce.

Amaebi (Japan): Sweet shrimp left uncooked and served most commonly as a sushi.

Ammonia Coke (Southern USA): Coca-cola with a little ammonia. It was popular in West Virginia to cure various ailments. It can still be found in older pharmacies with soda fountains.

Ampesi (Ghanaian): Cooked sliced, yam/cassava/cocoyam eaten with a stew.

Anago (Japan): Salt water eel, eaten raw mostly in Japan.

Ananas (French): Pineapple

Angel Hair Pasta (El Salvador): Pasta mixed with sea food.

Apio (Spanish): Celery

Aponkye Nkarakara (Ghanaian): A light soup of goat meat cooked with hot spices (chilies), tomatoes and sometimes garden eggs or aubergines.

Apor Ayam (Indonesian): Chicken stew cooked in coconut milk sauce.

Appalam (Indian): Side dish eaten with rice and sambar.

Aqtuna (Spanish): Tuna

Arem Arem (Indonesian): Snack made from steamed rice shaped in a roll and filled with chicken and vegetables.

Arepas (Venezuela): Corn, salt, and water mixed into dough and fried on a griddle until firm and hollow.

Arepitas (Spanish): Chips made with cooked flour and spices.

Arpa (Hungarian): Barley

Arroz Con Leche (Spanish, Dominican Republic): Dessert or a meal of rice cooked in milk with cinnamon and sugar.

Arroz Con Pollo (Panama): Chicken and rice which is often garnished with tomato and vegetables.

Artany (Hungarian): Castrated male pig

Artichaut (France): Artichoke

Artischoke (Austria): Artichoke

Artisjok (Belgium): Artichoke

Artiskok (Denmark): Artichoke

Ashure (Turkish): Pudding made of cereals, dried and fresh fruits, nuts, sugar, and spices. Often referred to as "Noah's pudding."

Asopao (Spanish, Dominican Republic): Soup with rice, meat, vegetables and roots.

Asperges (Denmark): Asparagus

Asperge (Belgium): Asparagus

Asperge (France): Asparagus

Awabi (Japanese): Mollusk, related to sea snail. Has a clam like taste, and is rather expensive. Cooked many different ways.

Aval (Indian): Flattened rice same as Poha

Aviyal (South Indian): Mixed vegetables cooked with coconut and spice and soaked in buttermilk.

Awaze (Eritrean and Ethiopian): Red-pepper paste used to give flavor to raw meat or certain mild sauces.

Ayam Bunbu Bali (Indonesian): Grilled or fried chicken in a balinese sauce.

Ayam Gulung Raja Udang Kraton Solo: Tender lobster tail wrapped in chicken breast and covered in a tamarind and truffle-laced wild mushroom demy glaze.

Ayam Panggang Bumbu Rujak (Java): Chicken breast soaked in an aromatic blend of spices, and then char-grilled.

Ayran (Turkish): A drink of beaten yogurt, cold water, and salt

Azucar (Spanish): Sugar

Azucar Glace (Spanish): Icing sugar

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Baba Ghanouj (Lebanon): Roasted eggplant puree

Baba Ghanoush (Egyptian): Middle Eastern eggplant dish

Babi Kecap Singa Raja (Bali): Pork tenderloin soaked in an exotic infusion of sweet soy, ginger, and orange rind.

Babka (Polish): Dough, salt, sugar, raisins that are baked

Baby Mouse Wine (China): Wine made from rice filled with baby mice.

Bacalaítos Fritos (spanish): Deep-fried cod fish fritter

Bacalao (Greece): Dried salted cod fish

Bacalao Con Papas (Spanish, Dominican Republic): Cod fish cooked with potatoes and seasoning.

Badam (Hindu): Almonds

Badusha (Indian): Sweet flour cake topped with sugar syrup

Bae Chu Boke Um (Korean) Chinese cabbage with special sauce.

Bagel Sushi Roll (Japan): Smoked salmon, cream cheese, and scallions rolled with seaweed and rice.

Baji (Indian): Potato covered with gram flour and fried.

Bak Ku Teh (Singapore): “Pork Rib Tea Soup”; Ribs are dipped in soy sauce with chilies and consumed with steamed rice.

Baklava (Turkey): Rich pastry with pistachio or walnuts baked between thin layers of dough and drenched with honey or syrup and flavored with cinnamon and lemon juice.

Balinese Sambal Ling Cod: Fresh Ling cod fillets braised with exotic sambal sauce that blends chopped onions, and tomatoes with roasted spices such as coriander, aniseed, fenugreek, and turmeric. Served with steamed greens and coconut festival rice.

Banana Spring Roll (Asian): Dessert containing crispy fried roll filled with banana, peanut butter, chocolate, and served with vanilla ice cream.

Banane Pese (Hatian, Creol): Twice-fried plantain slice

Banda (Nepali): Cabbage

Banh Pa Bo (Vietnamese): Beef noodle soup. Heated beef stock to boiling and season with fish sauce and pepper.

Banku (Ghanaian): A thick starchy meal made from corn and cassava dough. It may be eaten with a stew or a variety of soups.

Barany (Hungarian): Sheep

Barbunja Jahni (Albanian): Green beans jahni

Basmati Chawal (Hindu): Long grain rice

Basquaise (France): Ham and tomatoes

Basundi (Indian): A sweet made of milk

Batagor (Indonesia): Appetizer of ground beef with vegetables placed in Tofu and deep fried.

Batida De Fresa (Spanish): Strawberry shake

Batida De Lechosa (Spanish): Papaya shake.

Batido (de leche) (Spanish): Milkshake

Bauernbrot (Germany): A dense, round loaf, also called German Farm Bread.

BB (Bean Bran) Rolls: Crispy tofu skin wrapped with pork, shrimp and shiitake mushrooms with Malaysian white pepper served over a bed of steamed Shanghai bok choy.

Beef Bourguignon (French): Beef marinated in wine, sprinkled with flour, and spices such as thyme and slow roasted.

Beef Kofta (Egyptian): Beef and onions fried together

Beef Rendang (Indonesian): Beef and onion sautéed in spicy paste of ginger, garlic, chili, and coriander.

Beicon (Spanish): Bacon

Belarusian (Slovens): Recipe for pork

Bellota (Spanish): Acorn

Berengena (Spanish): Eggplant

Berbere (Ethiopia): Red pepper spice paste

Besi Bela Bath (Indian): Spicy dish mixed with rice

Beurre (French): Butter

Beyaz Penir (Turkish): A medium soft brined cheese

Bhan Trang Cuon Tom (Vietnamese): Roll of shrimp cooked in lime-juice marinade and tossed with fresh herbs.

Bhatmas (Nepali): Soybean

Bhel Puri (Indian): Mixture of fried gram flour and many sauces

Bhindi (Hindu): Okra/ lady fingers

Bi Bim Bop (Korean): Korean mixed vegetables, beef, and rice

Bibim Neng Myean (North Korea) Cold noodles mixed with beef and special chili and hot sauce.

Biito (Ghanaian): A thick vegetable soup which is cooked with a mixture of vegetables and crushed peanuts. It may be eaten alone or with tuo zaafi.

Bi Ji-Ji Ge (Korean): Tofu and pork with special Korean sauce soup.

Bika (Hungarian): Steer

Biltong (South African): Dried meat, mainly beef or game marinated with rock salt, coarse black pepper, coarse ground coriander and vinegar and then air-dried.

Bin Dae Dduk (Korean): Korean style vegetable pancakes.

Biringani (Swahili): Eggplant

Biriyani (Indian): Chicken or lamb in orange flavored rice, sprinkled with sugar and rode.

Biryani (Indian): A fancy rice casserole, often containing meat, poultry, seafood or vegetables.

Biryani (Pakistani): Dish containing meat, fish, or vegetables and rice flavored with saffron or turmeric.

Bistec (Spanish): Fried beef with onions

Bistec Encebollado (Spanish, Dominican Republic) Grilled steak topped with onions and peppers.

Bizcocho (Spanish): Cake

Bladselleri (Denmark): Celery

Bleekselderij (Belgium): Celery

Bleichsellerie (Austria): Celery

Blini (Slovens): 'Russian/Belarusian Pancakes

Bobotee (African): Cooked meat mixed with bread soaked in milk

Boerewors (South African): A sausage dish made from coarsely minced beef and spices.

Boire (French): To drink

Bokeum Of Kimchee (Korean): Mixed Tofu with Korean Kim-Chee and pork

Bok Um Gok Su (Korean): Fried noodles with Bokume sauce

Boleadoras (bolas): A lariat consisting of two or more stone or iron balls attached to the ends of a cord for hurling to entangle an animal's legs.

Bolillo: Sub sandwich bread

Bolinhos De Bacalhaie (Brazil): Cod fish balls

Bollos De Maíz (Spanish): Corn balls with meat in the middle that is made with corn flour.

Bonbons(French): Sweets

Boniato: White vegetable similar to a sweet potato or yam

Boquerónes (Spanish, Spain): Small white fish fillets in oil

Borek (Turkish): Flakey pastries, in various shapes, filled with meat, cheese or potatoes, which are baked, fried, or grilled.

Borju (Hungarian): Calf.

Borsch (Russian): Soup usually containing beef juice

Boruga (Spanish): Drink made with fermented milk, different than yogurt

Bot Daek (Thailand): Seafood, squid, and crap with shallots, fish sauce, lime juice garlic, lemon grass, chili paste, and lime leaves cooked in a clay pot.

Bottarga Di Toono Macinato (Italy): A dried, finely ground tuna served over pasta

Boulgeur Pilau (Armenian): Dish made with lamb, wheat, and onion

Bourguignonne (France): Red wine, bacon, and onions

Brecol (Spanish): Broccoli

Brie: Whole milk cheese which is mold ripened with a whitish rind, and a soft, light yellow interior color.

Brotes de soja (Spanish): Bean sprouts

Buen Pan (Spanish): Bread fruit

Bulgar Pilaf: Casserole made with browned bulgur, onion, and consommé.

Bul Kogi (Korean): Barbecued, thin, tender slices of beef are marinated in a sauce made with soy sauce, sesame oil, garlic, and other seasonings.

Bulgogi (Korean): Sliced beef mixed with soy sauce, sesame oil, seasonings, then grilled and served with rice.

Bunuelos (Columbian): Christmas pastries fried and served with syrup or honey.

Burger: An American sandwich consisting of a bun, a cooked beef patty, and often other ingredients such as cheese, onion slices, lettuce, or condiments.

Butifarra SWausage (Greek): A white sausage popular in Catalina

Buza (Hungarian): Wheat

Byrek Me Gjizë (Albanian): Cottage cheese pie

Byrek Me Presh (Albanian): Leek pie

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Cabrales (Spanish, Spain): Mixed milk cheese, naturally blued in the limestone caves of the Picos Mountains.

Cacciatore: Food with tomatoes, onions, mushrooms, herbs and spices, and sometimes wine.

Cachita (Spanish, Dominican Republic): Boiled green bananas

Cacik (Turkish): Grated cucumber with diluted yogurt, garlic, salt, sprinkled with dill and olive oil.

Cactus Apples (Southwest US/Mexico): A red or purple fruit found growing on beavertail cactus plants.

Cafe (French): Coffee

Cafe au Lait (French): Coffee with hot milk in equal proportions

Café con Leche (Spanish, Dominican Republic): Steamed milk

Calabazas: Pumpkin or squash

Calamari: Squid prepared as food

Calda (Spanish): Broth

Caldo de Coco (Spanish): Soup made with coconut milk, water, seasoning, and cod fish.

California Sushi Roll (Japan): Crab, cucumber, and avocado tightly wrapped in seaweed and covered with rice.

Callos (Spanish, Spain): Tripe with chickpeas

Canela (Spanish): Cinnamon

Cangrejojaiba (Spanish): Crab

Canh Chua Dau Ca (Vietnamese): Sour, fish head soup containing scallions, and Nuoc Mam (fish sauce).

Canjeero (Somali): Canjeero is a flat bread made with un-kneaded flour.

Caraco (Spanish): Snail

Caramelo Duro Hecho Con Azucar Y Mantequilla (Spanish): Butterscotch

Cardamom (India): An Indian herb with capsular fruits with aromatic seeds most commonly found as a spice or condiment.

Carne (Spanish): Meat

Carne De calchicha (Spanish): Sausage meat

Carotte (France): Carrot

Casaba: A sweet winter melon with a yellow rind

Cassava Bread (Spanish, Dominican Republic): Crispy, flat bread inherited from the Taínos.

Casse-Caoute (French): Snack

Caviar: Raw fish eggs that are eaten as a delicacy or a relish.

Cazon (Spanish): Dogfish

Cazuela (Spanish): Soup with a little meat, one potato, one small cob of corn.

Cebollas Fritas (Spanish): Fried onions

Ceedai (Indian): Salty snack

Celeri A Cotes (France): Celery

Cerdo (Spanish): Pork

Chack Chouka (Tunisian): Spicy food made with eggs, green peppers, onions, and potatoes.

Cha gio (Vietnamese): Small spring rolls of minced lean pork, prawn, crab, mushrooms, eggs, and vegetables wrapped in rice paper and deep fried.

Chakkapradaman (Indian): Desert made with jackfruit.

Chambre (Spanish, Dominican Republic): Stew of rice, meat and vegetables.

Champinones (Spanish): Mushrooms

Chana Dal (Pakistan): Split yellow lentils that are spicy

Changua (Columbia): popular breakfast meal consisting of potato and egg soup.

Channa Masala: Lentil sprouts served in spicy sauce.

Chao Tom (Indonesian): Grilled shrimp paste.

Chapati/Roti (Indian): Thin bread cooked on the griddle

Chapatti (Northern India): Flat, unleavened, disk-shaped bread made of wheat flour, water, and salt.

Chap Chae (Korean): Vegetarian mixture of vegetables and mung-bean noodles with soy sauce.

Char Koay Teow (Malaysia): Fried rice noodles

Charosets: Candies made with dough, red wine, and raisins

Char Shiu (Cantonese): Pork barbecue usually with a red outer coloring.

Char Siu Bao (Cantonese): Steamed buns and pork

Chicha (Spanish, Bolivia): Fermented corn (usually homemade), used to be considered the sacred drink of the Incas.

Chicharron (Spanish): Pieces of fried pork

Cichlids: Tropical fish served as an exotic main course, grilled or fried

Chicken Makhani (Pakistani): Chicken with butter

Chicken Malaysian: Slices of chicken stir-fried with onion and pineapple in a special astray sauce.

Chicken or Lamb Shawarma (Middle Eastern): Chicken or lamb sandwiches available for purchase and consumption on the street. They are often served with a variety of spiced sauce.

Chicken Tikka Masala (Main Dish): Chicken cooked and served in a spicy curry

Chicken Vindeloo (India): Chicken with potatoes, and peas, and heavily spiced.

Chicken Yakisoba: Grilled Chicken covered in a teriyaki sauce and served over Japanese noodles.

Chikkar Cholay (Pakistan): Main course meal made from mashed or crushed chickpeas.

Chilorio (Mexican): Pork with spicy sauce

Chimichurri (Argentina): Sauce made from poultry or meat, olive oil, wine vinegar, cayenne pepper, cracker peppercorn, oregano, salt and crumbled bay leaf.

Chimichurri Sauce (Argentina): Sweet pepper, tomato, parsley, vinegar, black peppercorns, mixed and refrigerated for 12 hrs and usually stored for weeks before use.

Chinese Dumplings (China): the food for sending off friends or family members away

Chinese Foods: Types:

1. Beijing, 2. Shanghai, 3. Guangzhou (Canton), 4. Hang Zhou, 5. Sichuan (hot), 6. Hunan (hot), 7. Fuzhou(Fukien), 8. Northeast.

Staple:

1. Rice – Southern part of Yangtze River, 2. Wheat northern part of Yangtze River

Famous Food:

Beijing roasted duck, 2. Dumpling (Shao long bo), 3. Nanjing cured duck cake, 4. Nan An cured duck cake (Jiangxi), 5. Jinhua cured ham (Zhejiang), 6. Shangwei cured ham (Yunnan), 7. Hunan bacon, 8. Canton Lupchung (sausage), 9. Canton roasted piglet, 10. Moon cake (mid-autumn festival), 11. Tofu (soy bean curd), 12. Tungpo zou (stewed pork), 13. Pork floss

Seasoning and Spices:

1. Soy Sauce, 2. Hot pepper sauce, 3. Monosodium glutamate, 4. Sesame paste, 5. Salt and sugar, 6. Vinegar, 7. Wine, 8. Garlic, 9. Green onion, 10. Ginger, 11. Coriander, 12. Anise, 13. Five spices, 14. Sesame oil.

Food Ingredients:

1. Shark fin, 2. Swallow nest, 3. Abalone, 4. Pork, 5. Beef, 6. Goat, 7. Chicken, 8. Duck, 9. Geese, 10. Fish and shellfish, 11. Vegetables and fruits, 12. Strange and special foods – dog, monkey brain, turtle, snake, bear claw.

Custom and special meals:

Wedding party, Dinner party, Thanksgiving (end of Lunar New Year) – At these there are 10 to 12 courses (dishes) and usually are 30 to 1,000 tables.

Chipas (Paraguay): A popular dessert, made of manioc flour, eggs and cheese.

Chivo (Spanish): Roasted goat

Chiwda (Hindu): Flaked rice

Chizu Salad (Moroccan): Cold carrot salad with spices

Cholay Peshawari (North Indian): Cooked chick peas and diced potatoes.

Chorizo (Spanish): Typical spicy sausage, heavily seasoned with paprika and garlic.

Chou (French): Cabbage

Chou De Bruxelles (France): Brussels sprouts

Chou-fleur (French): Cauliflower

Chow Kueh Teow (Malaysian): Stir fried flat rice noodles with fresh shrimp, squid, bean sprouts, chives, eggs, soy sauce, and chili paste.

Chowli (Hindu): Black eyed beans

Chulo (Spanish, Dominican Republic): Fried balls prepared with cassava, and seasoning

Chumvi (Swahili): Sugar

Chungwa (Swahili): Orange

Chutney (Indian): A mix of pickles and spices served with appetizers usually liquefied.

Clafoutis Aux Abricots (France): Apricot pudding drizzled with rum and sugar, caramelized.

Cocho (Spanish): Toasted flour mixed with hot water or milk and eaten as a hot cereal; stews

Cocodrilo a la Parilla (Spanish, Cuba): Grilled crocodile

Coconut Rice, Thenga Sadam: South Indian rice mixed with grated coconut.

Col (Spanish): Cabbage

Collard Greens (Southern USA): Plant roots similar to turnips cooked with chunks of pork belly.

Com Dep (Indonesian): Grilled green rice

Com Huong Giang (Vietnamese): Hue rice, serve with Nuoc Cham (lime sauce).

Comida Basura (Spanish): Junk food

Comisa (Spanish): Packed lunch

Commander (French): To order

Compota de Peras (Spanish): Pear compote

Conch: Tropical main course, type of mollusk with an edible flesh often marinated in butter.

Confiture (French): Jam

Cong Bao Yang Rou (Chinese): Quick fried mutton with scallions.

Cong Bau Yang Rou (Korean): Lamb and Korean leek's cooked in the wok.

Congolais (France): Coconut biscuits

Çorbë Me Gjoks Dashi (Albanian): Mutton breast soup

Cordero (Spanish): Lamb

Costa Rican Tilapia (Costa Rica): Fish marinated with native spices and cooked with rice.

Costillas (Spanish): Ribs

Couscous (North African): Made from finely ground wheat and salted water to make a type of pasta sometimes topped with powdered sugar and nuts to create a dessert.

Crema De Apio (Spanish): Celery cream

Crepe (France): A very thin pancake

Csiko (Hungarian): Foal

Culantro (Panamanian): Herb related to parsley, coriander and celery but with its own unique distinctive taste. Used as regularly as salt and pepper.

Cumin Yang-Ko-Gi (Korean) Cumin seeds with lamb

Cuon Diep (Indonesian): Shrimp, pork, noodles, mint and coriander wrapped in lettuce leaves.

Curd Rice (Indian): Yogurt mixed with rice and fried mustard, coriander, and peppers.

Cynar (Italy): Bitter liqueur made from artichokes

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Dahi Puri (Indian): A dish made with fried gram flour and buttermilk.

Daiquiri: (Spanish, Cuba): Drink made with white rum, lime juice, and sugar.

Dakanohana (Japan): Pickled radish, served as a sushi roll

Dal (Nepali): Lentil

Dal Fry (Indian): Boiled Toor dal with fried onion and tomatoes added, and eaten with rice.

Dalia (Pakistan): Whole grain wheat and bean pudding

Dal Kofta (Indian): Toor balls steamed and dipped in buttermilk

Dal Palak (Pakistan; Indian): Lentils and spinach

Das Fleisch (German): Meat

Das Gemuse (French): Vegetables

Das Hackfleisch (French): Pork

Das Obst (German): Fruit

Ddeok Guk (Korean): Special Korean style rice cake soup

Der Aufschnitt (German): Cold cuts of meat

Der Salat (German): Salad

Der Zucker (German): Sugar

Die Getranke (German): Drinks

Die Kola (German): Cola

Die Milch (Milch): Milk

Die Semmeln (German): Hard rolls

Die Suppe (German): Soup

Die Wurst (German): Sausages

Diner (German): Dinner

Dol Ssot Bi Bimbab (Korean): Mixed vegetable, minced beef and fried egg over rice served in stoneware.

Dong Ga Shu (Korean): Fried cutter of pork and salad with rice.

Dong Tae Ji Ge (Korean): Spicy flavored cod fish soup in Stoneware.

Dosa (Indian): Crispy, crepe-like southern Indian specialty filled with potatoes or vegetables.

Dashi Dofu (Japan): Lightly fried tofu with special Japanese sauce

Debinja (Ethiopian): Fresh eggplant cooked with tomato, onion, and spices.

Dehuesado (Spanish): Boned

Dejeuner (French): Lunch

Dhood Peda (Indian): Sweets made with milk

Diples (Greek): Thin strips of dough tied, folded, or twisted into bows or loops and deep-fried, then dipped in a honey syrup and topped with chopped nuts.

Di Saan Xian (Korean): Selection of vegetables deep fried and cooked in a sauce in the wok

Diszno (Hungarian): Pig

Doa Raji Mu Chim (Korean): Traditional Korean pickled wild vegetable root

Dolma (Turkish, Kuwait): Any filled or stuffed vegetable. The term means “to stuff”, the most popular is rolled vine leaves stuffed with flavored rice and meat.

Dolmades (Greek): Grape vine leaves stuffed with rice or meat

Dooro Alichu (Ethiopian): A mild (less spicy) chicken cuisine

Dooro Wat: A spicy Ethiopian chicken cuisine

Dosai (South Indian): Fermented rice batter fried in a pan (like pancake)

Dragon Carrots (Asia): Purple, spicy carrot with a very intense flavor

Dranik (Russian): Fried flat cake cuisine prepared from potato batter

Dried Bananas (Brazil): Dried bananas that are black, wrinkled, and sweet

Du Bu Gu Yi (Korean): Korean style pan-fried Toiu

Dulce De Batata (Spanish, Dominican Republic): Dessert prepared with boiled and mashed sweet potatoes, milk, cinnamon, and sugar.

Dulce De Leche (Spanish): Milk cream; milk and sugar

Dulce de Lechosa (Spanish): Dessert made with papaya, sugar, and cinnamon

Dulce Tres Leche (Spanish, Dominican Republic): Dessert prepared with butter, sugar, whole eggs, cake flour, baking powder, vanilla extract, fresh orange juice, and salt.

Dum aloo (North Indian): A side dish made with potato and gravy

Du-Wuen Zhang Ji GE (Korean): Soybean paste flavored soup with vegetables and pork

Dynamite Sushi Roll (Japan): Tuna, hamachi, salmon, wasabi, and mayo wrapped with seaweed and covered in rice.

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Easy Chicken and Rice Wrap (El Salvador): Bread filled with chicken and rice.

Eau minerale (French): Mineral water

Eba (West African): A meal of dried grated and fermented cassava. Hot water is added to the grated cassava and stirred. Eaten with stew or okra soup.

Eda Mame (Japan): Boiled soy bean pods

Ebi (Japan): Japanese shrimp served raw

Elmussalammiya (Sudanese): This is a soup made with liver (cattle or sheep), flour, dates and spices.

Embe (Swahili): Mango

Empanada (Panama): Corn tortilla filled with seasoned ground beef folded over into a pocket and fried. Sometimes filled with sugar for a dessert.

Empanada (Spanish): Olive oil pastry pies with a filling of sweet peppers and tuna

Empanadas (Chile): Meat turnovers with spice and eggs

Empek-empek (Indonesian): Appetizer mixture of fish, prawn, and crab with flour and egg which is deep fried, and then served with rice noodles.

Enchiladas: Flour tortillas stuffed with meat, cheese, and salsa

Engrasar (Spanish): Oil

Ensalada De Arroz (Spanish): Andalusian rice salad

Ensalada De Boca (Spanish): Crabstick salad

Ensalada De Frutas (Spanish): Fruit salads

Ensalada De Garbanzos (Spanish): Salad made with cooked chickpea, carrots, potatoes, and vegetable oil.

Ensalada De Mango Verde (Spanish): Salad of green mangos

Ensalada De Pollo (Spanish): Chicken salad; which is basically steamed chicken and lettuce.

Ensalada De Tomate (Spanish): Tomato salad

Ensalada De Tuna (Spanish): Salad made with tuna and pasta

Ensalada Mixta (Spanish): Salad made with boiled potatoes, carrots and eggs

Ensalada Verde (Spanish): Fresh salad made with lettuce and tomatoes

Enyucados (Costa Rica): Cakes made with boiled yucca, pureed eggs, butter, and flour

Erucheri (Indian): Dish made of yellow pumpkin

Escargot (French): An edible snail, prepared as an appetizer or entrée.

Es Cendol (Indonesian): Cold dessert that is made from frozen “banh lot” with coconut milk and coconut sugar or “Gula Jave”. Served cold with ice cubes.

Espaguetis (Spanish): Spaghetti

Esparrago (Spanish): Asparagus

Estofado (Spanish): Casserole or Stew

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Fajita (Mexican): Strips of marinated meat, poultry, or vegetables that are grilled over an open fire and served in a tortilla, usually with spicy condiments. Often used in the plural.

Falafel (Israeli): Patties made of chick-peas, onions, and breadcrumbs

Falafel (Middle Eastern): Deep-fried balls made from spiced, ground chickpeas usually put inside pita bread and served with yogurt or tahini-based sauce.

Falernum (West Indies): Flavoring syrup made with ginger, lime, and spices

Farakh Hala (Sudanese): Chicken chunks gently cooked in a spiced tomato sauce

Farsi (Nepali): Pumpkin

Fasouliya (Sudanese): This is a Sudanese dish of whole cooked white beans in a spicy tomato sauce.

Fassikh (Sudanese): Dish made from a kind of leavened fish and cooked with spices, onions and tomato sauce.

Fattoush (Lebanon): Toasted bread salad

Feijoada (Brazilian): Black beans cooked with pork or sausage

Fejni (Hungarian): To milk

Felafel (Egyptian): A cuisine of fried chickpea patties

Fenikia or Melomakarouna (Greece): Oblong, honey-dipped cookies covered with chopped nuts.

Fenny (Indian): Alcoholic beverage made with cashew fruit.

Finnish Beer: Lager type

Flambe (French): Dessert sauce made with cooked peaches, brandy, butter, and sugar, which is served over ice cream.

Flan (Spanish): Pudding or custard

Fois Gras D'oise: Goose liver served in a sweetened truffle.

Foul (Eritrean): This is a dish of mixed fresh fava beans and chopped vegetables. This is relished breakfast dish.

Fresa (Spanish): Strawberry

Fried Bhindi (Pakistani): Fried, slimy, green okra

Frijoles Refritos (Spanish): Refried beans

Frikadeller (Danish): Meatballs fried in lard

Frites And Mayo (Holland): French fries and mayonnaise

Fritter (Argentina): Fried pastries with sugar

Fromage (French): Cheese

Fruta (Spanish): Fruit

Fufu (Bocas Del Toro): Fish fried in coconut milk, served with vegetables, and plantains as well as yuca. Also served with hot sauce.

Fufu (West African): A pounded yam/cassava/plantain meal eaten with light soup or soup made with peanut butter or palm nuts.

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Gado Gado (Indonesian): Mixed vegetable and tofu salad with a richly spiced, sweet peanut dressing.

Gai See Mee (Singapore): Noodles with chicken and mushrooms.

Ga Ji Bok Gum (Korean) Long slices of aubergine seasoned and cooked in the wok.

Ga Ji Gao Gi Jun (Korean) :Fried and battered eggplant with minced beef.

Galatoboureko (Greece): A custard-filled dessert made with phyla and topped with light honey/sugar syrup.

Galleta (Spanish): Cookie

Galletas Saladas (Spanish): Salty cookies

Gallo Pinto (Costa Rican); White, very dry, fried rice and beans, butter, onions and seasoned with salt and pepper.

Gambas Al Ajillo: Shrimp sautéed in garlic, oil, and chili peppers

Gambas Pil Pil (Spanish, Spain): Prawns in a hot, garlic oil

Gan Bian Bian Duo (Chinese): Minced pork fried with French beans

Gan Bian Niu Rou Si (Chinese): Deep fried shredded beef with pepper

Gan pung gi (Korean): Korean style spicy chicken wing

Garam Masala (Indian): Mixture of spices

Garbanzo Beans (Mediterranean): Also known as chickpeas, popular in many dishes, also found on salad bars

Gari (Brazil and West Africa): Grated cassava root. Somewhat like poi.

Gari Soakens: Dried grated cassava meal mixed with water, milk, and sugar

Ga Xao Xa Ot (Vietnamese): Chicken in lemon grass and chili

Gazpacho (Spanish): Cold tomato soup

Gehu (Hindu): Wheat

Gelatina (Spanish): Gelatin

Ggori Gom Tang (Korean): Special flavored oxtail soup in stoneware.

Ghee (Indian): Clarified butter

Ghimichurri Sauce (Argentina): Sweet pepper, tomato, parsley, vinegar, black peppercorns, mixed and refrigerated for 12 hrs and usually stored for weeks before use.

Giardiniera (Italy): Relish of cauliflower, peppers, celery, and carrots preserved in a zesty brine

Gingko Seeds (Japan and China): The seeds of the gingko tree, native to China, are a delicacy

Gjeldeti Me Gështenja (Albanian): Baked turkey with chestnut dressing

Gnocchi (Italy): Potato based dumplings.

Goat Cheese: Cheese made from goats' milk

Gob Chang Zhen Gol (Korean): Marinated pork intestine Korean soup

Godin Tibs (Ethiopian): Fresh lamb ribs sautéed in seasoned butter and garnished with green pepper, onions, and tomato.

Goloso (Spanish): Sweet toothed

Gomen (Ethiopian): Dish containing collard greens, sautéed with onions and peppers.

Gong Bao Ji Ding (Chinese): Stir fried diced chicken with peanuts and served with red chili sauce.

Goon Man Doo (Korean) : Sautéed Korean dumplings

Gored Gored (Ethiopian): Chunks of raw fresh beef seasoned with special butter and pepper.

Gosht-e-akbari (Indian): Rice and spiced mutton curry.

Grabower Duesse (Germany): Mounds of sweetened foam on a soft waffle base and coated with a thin layer of chocolate.

Gratin De Fruits Rouges (France): Berries gratin with Morella cherries and raspberries with a touch of vanilla.

Green Tea (Japan, China, Taiwan): Rich in epigallocatechingallate and believed to prevent occurrence of proglandin gland cancer.

Griot (Haitian, Creol): Fried pork; glazed and braised pork; boiled then fried pork or cabri – goat.

Grisin (Spanish): Bread stick

Grits (Southern USA): Cereal made of hominy, which is blanched white corn meal.

Guacho (Panama): A thick soup made with pork or seafood, beans, and rice. A very starchy mouth feel. Filling and hearty.

Guandules Verdes Guisados (Spanish, Dominican Republic): Stew of green pigeon with spices.

Guarpo De Cana (Spanish): Sugar cane juice.

Guava Paste Litos (Cuban): Danish like pastry filled with a guava cream

Gulai Buncis (Indonesian): Curry of string beans with coconut milk flavor which usually served with rice.

Gulerod (Denmark): Carrot

Guo Ta Shi Zi (Korean): Tomato with albumen and fried in the wok.

Gup Chup: Hollow flour rounds served filled with spicy liquid and a watery masala.

Gurmanska Pljeskavica (Serbian): Ground beef and pork patties.

Gushtaba (India): Spicy meat balls in yogurt

Gyoza (Japan): Ground pork and vegetable wrapped in wonton skin and pan fried.

Gyro (Greek): Sandwich made usually of sliced roasted lamb, onion, and tomato in pita bread.

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Habichelas Negras Gruisadas (Spanish, Dominican Republic): Stew of red beans and spices.

Habichuelas Con Dulce (Spanish, Dominican Republic): Dessert for Easter that is made of red beans, milk, sugar, cinnamon and other spices.

Habichuelas Rojas Guisadas (Spanish): Stew of red beans with spices

Haemul Bi Bim Bab (Korean): Mixed vegetable and sautéed seated seafood over rice served in stoneware.

Haemul Tang Myum (Korean): Seafood hot and sour soup and noodle

Hae Par-Yi Muchim (Korean): Dry jellyfish with cucumber and vegetable with sour sauce.

Haloumi (Greek): A semisoft cheese, not very salty; usually made from sheep's milk.

Hamachi (Japan): Yellow tail fish served raw as a form of sushi.

Hamada Salad (Japan): A combination of fresh green vegetables.

Hao You Nui Rou (Chinese): Sautéed beef slices with bamboo shoots in oyster sauce.

Hao You Sheng Cai (Chinese): Stir fried romaine lettuce in oyster sauce

Hara Kabab (Indian): This is a vegetarian kebab

Haricot Vert (French): Green bean

Hari Macchi (Indian): Coriander chutney and minted fish

Hari Mirch Keema (Pakistani): Green pepper with ground meat (beef)

Harina Con Leche (Spanish): Corn flour with milk and sugar

Harira (Moroccan): Soup eaten at sundown during Ramadan; made with lamb, lentils, tomatoes, chickpeas, and spices.

Harost Balls (Moroccan): Pastries with dates, raisins and spices.

Hawaiian Beef: Sliced beef sautéed with pineapple, onion in a special satiny sauce.

Helado (Spanish): Ice cream

Helva (Turkish): A sweet meat dessert of flour, semolina, butter, sugar, milk, and nuts

Higado (Spanish): Liver

Higado Guisado (Spanish): Stew of pork's fiber

Higo (Spanish): Fig

Hilumur (Sudanese): This is a beverage usually drank during Ramadan. The beverage is made from corn flour and spices.

Him (Hungarian): Male

Hiya Yako(Japan): Chilled Tafu with chopped scallion.

Hoddha (Sri Lankan): This is a coconut milk curry dish

Hojaldre: Fried tortilla served for breakfast

Hokkigai (Japan): A surf clam served uncooked or can be steamed.

Hollandaise Sauce (French): Sauce made with butter, lemon juice, heavy cream, salt, and white pepper.

Honey Moon Sushi Roll (Japan): Fried salmon, onion, and mayo uncooked and wrapped in rice with a covering of seaweed.

Hong Cha (Chinese): Black tea

Hong Sae Yu (Korean): Stir fried seasoned fish with special sauce

Hong Shao Ba Yu (Korean) Stir fried seasoned Ba fish

Hon Siu To-Fu (Chinese): Deep fried tofu with pork, black mushroom, ginger and scallions.

Hotate (Japan): Sea scallop eaten raw most commonly as sushi.

Hovedsalat (Denmark): Head of lettuce

Hua Cha (Chinese): Jasmine tea

Hueso (Spanish): Bone

Huevo Duro (Spanish): Hard boiled egg

Huevos Con Tomate (Spanish): Scrambled eggs with tomatoes

Huevos En Mayonesa (Spanish): Eggs in mayonnaise

Huevos Revueltos (Spanish, Dominican Republic): Scrambled eggs.

Huidlacoche (Mexican): Cooked corn fungus

Hui Guo Rou (Chinese): Twice cooked pork

Hummos (Middle Eastern): This is a dish of pureed chickpeas with sesame oil and lemon juice.

Hummous (Kuwait): Ground chickpea mix

Hummus (Lebanese): A smooth thick mixture of mashed chickpeas, tahini, oil, lemon juice, and garlic, used especially as a dip for pita.

Hummus (Israeli): Blended chickpeas, cumin, tahini paste, cloves, oil, chilled and eaten with pita bread.

Hunkar Begendi (Turkish): Literally, this translates as 'the Sultan's Delight'. It is a dish of Turkish eggplant cream. It is served with beef cooked in tomato sauce.

Hu Pi Jian Jiao (Chinese): Deep- fried chili peppers

Hwei Deop Bop (Korean): Assorted fresh slices of raw fish with vegetables on a bed of rice (served with red pepper paste).

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Idli (South Indian): Steamed rice flour batter

Idiappam (Indian): Steamed rice noodles served with coconut milk

Ikan Bumbu Bali (Indonesian): Grilled mackerel served with a hot and spicy Balinese sauce.

Ikan Pangang (Indonesian): Fish cooked whole with sauce and tangy marinade

Ikura Oroshi(Japan): Grated radish topped with salmon roe

Imam Baldi (Turkish): Stuffed eggplant believed to come from Asia Minor.

Indonesian Peanut Rock Shrimp: Rock shrimp, dry marinated with crushed and roasted peanuts, lemon zest, turmeric, coriander, and garlic before being stir fried with fresh Japanese leeks, and bean sprouts.

Injera (Ethiopian): Thin spongy flat bread used to scoop up and wrap food. Made of flour, water, salt, and yeast.

Italian Chicken Pasta: Marinated chicken, rainbow rotini pasta, diced tomato, cucumber, onion, black olive, and mozzarella cheese tossed in zesty Italian dressing.

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Jabali (Spanish): Wild boar

Jackfruit (Vietnam): A fruit that has yellowish lobes sticking out and a soft textured fruit on the inside. It is recommended that you dip your fingers in oil because the skin of the Jackfruit is very sticky.

Jaeyuk Bokeum (Korean): Spicy stir fried pork with onion and green onion.

Jalebi (Indian): Crispy coils of fried batter in syrup

Jalousie: A cake-like pastry filled with almond paste and topped with different jams.

Jamaican Jerk (Caribbean): Seasoning used on grilled meats, recipes vary but generally include chile peppers, garlic, onions, and various spices.

Jamon (Spanish): Ham

Jamon York (Spanish): Cooked ham

Jangiri (Indian): Sweet dipped in jaggery

Japanese Egg Roll (Japan): Shrimp, shiitake and enoki wrapped in dough and lightly fried.

Japanese Food: Life span is the longest in the world and is often contributed to light food in a good environment and practice good hygiene. They consume more fish, beer and miso (fermented soy beans).

Famous foods:

1. Raw fish (Sashimi),
2. Shushi (Rolled cooked rice wrapped in seaweed),
3. Miso soup

Jardalu (Hindu): Apricots

Jardinibre (French): Dish served with vegetables arranged around a main dish.

Jau (Nepali): Oats

Jian Jiao Tu Dou Si (Chinese): Stir-fried potato shreds with green chilies

Jing Jinang Rou Si (Korean): Beef/pork and Korean leeks wrapped in a pancake with Korean sauce.

Jjajanbbong (Korean) Spicy noodle soup with seafood (mussel, squid, oyster) and vegetables.

Jjajang Myum (Korean): Noodle with black bean paste

Joliff Rice (African): A tomato sauce, beef, and rice dish

Jolof (West African): A meal of rice cooked in a soup of tomatoes, fish (usually tuna) or meat with some accompanying spices.

Judias Verdes Con Salsa De Tomate (Spanish): Green beans in tomato sauce.

Jugo De Albaricoque (Spanish): Apricot juice

Jugo De Nar Anja (Spanish, Dominican Republic): Fresh orange juice

Jugo de Tamarindo (Spanish): Tamarind juice

Julakake (Danish): Dessert bread made with raisins

Jumiles (Mexican): Live insects dipped in red sauce

Junnu (Indian): Sweets made from cow's milk

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Kabichi (Swahili): Cabbage

Kabuli Chana Dal (Pakistani): Spiced garbanzo beans served with white rice or nan.

Kabsah (Saudi Arabia): Rice with spiced chicken or lamb.

Kadaife (Greece): Shredded dough filled with chopped nuts and cinnamon and topped with a honey/sugar syrup.

Kadayif (Turkish): Finely shredded pastry used to make a dessert. It looks like shredded wheat cereal.

Kaek (Middle Eastern): Cuisine of bread which resembles pizza. The cuisine has meat spread over it like a pizza.

Kaeng Khiao Wan Nuea (Thai): Green curry, made from beef, coconut milk, fish sauce, and sugar.

Kajaik (Sudanese): Stew of dried fish and accompanying spices and seasoning.

Ka Ji Bokum (Korean) Fried aubergine with garlic sauce

Ka Ji Mu Chim(Korean) : Korean style pickled dry aubergine

Kajoo Katli (Indian): Sweet made with almonds or cashews

Kakdi (Hindu): Cucumber

Kakduki (Korean): Traditional Korean spicy pickled radish

Kakisu (Japan): Oyster with vinegar sauce

Kalaj (Middel Eastern): This is an oven-baked halloumi cheese on a pastry.

Kala Jamoon (Indian sweet): Plain flour rounded and fried and then dipped in a thick sugar solution.

Kalakukko (fish pie): Fish and fat pork inside a rye dough shell

Kalbi (Korean): Short ribs of beef or pork, fish, vegetables and bean curd which is simmered in beef broth over a charcoal brazier at the table.

Kalbi-Jim (Korean): Beef ribs cooked in peanut oil and served with glazed sesame seeds.

Kale Soup (Portugese): Onine, pepperoni, salt mixed and cooked.

Kalio Ayam (Indonesian): Chicken curry with coconut milk

Kallamarë Të Mbushur (Albanian): Stuffed squids

Kamaboko (Japan): Fish protein (surimi) often served as imitation seafood or meat

Kamja Jun (Korean): Korean style sauteed potatoe pancakes

Kan (Hungarian): Male

Kanikama (Japan): Japanese crab served raw.

Kanji (Indian): Boiled rice bran.

Kankro (Nepali): Cucumbers

Kappa (Japan): Japanese cucumber used in sushi dishes.

Karafu (Swahili): Cloves

Karela Chips: Bitter gourd diced and fried and then covered in brown sugar.

Karhi (Pakistani): Yogurt dumpling served with white rice.

Kari Ayam (Malaysian): Chicken curry, served best with rice or roti canai.

Karidopeta (Greece): Single-layer, dark, moist nut cake (made with coarsely chopped walnuts or almonds) and topped with a light honey/sugar syrup.

Karivadu (South Indian): Heat dried fish marinated with spices and fried in oil.

Karoti (Swahili): Carrots

Karotte (Austria): Carrot

Karumbu (Indian): Sugarcane

Kashmiri Namkeen Chai (Indian): Tea made in Kashmir with spices and salt.

Katsu Jyu (Japan): Pork cutlet, egg and vegetables over rice.

Kaya (Singaporean): Coconut egg jam, it can be spread onto any bread, usually for breakfast.

Kebabs (Israel): Meat and vegetables on a skewer, grilled until juicy.

Kecske (Hungarian): Goat

Keema Mattar (Pakistani): Peas and ground beef.

Kela (Hindu): Banana

Ke le (Chinese): Coca-Cola

Kenkey (West African): A high energy food made from corn dough. It is cooked as a ball wrapped in corn husks or some other convenient material.

Kerala Banana Chips: Diced, banana, fried chips in oil with salt.

Kerasalaatti (Finland): Head of lettuce

Kesar Pista (Indian): Milk shake with pista.

Ketoprak (Indonesian): Boiled tofu and bihun served with peanut sauce.

Khao Neo (Laos): Sticky rice is eaten together with all sorts of foods like Europeans eat bread.

Kheer (Indian): Sweets which contain rice, raisins, and almonds cooked in sweetened milk.

Khouzi (Kuwait): Baked lamb stuffed with rice.

Kibben (Lebanon): An emulsified paste of fresh lamb and bulgur wheat.

Ki Herełni (Hungarian): To castrate

Kikujaga: A Japanese dish made with meat, potatoes, sugar, and soy sauce.

Kim Chee Boke-Um (Korean) :Tofu with Korean Kim-Chee and pork.

Kim Chee Bokeum Bab (Korean): Fried Kim Chee and egg fried rice with beef and vegetable.

Kim Chee Gook (Korean): Korean Kim Chee and tofu soup with soybean paste.

Kim Chee Ji Ge (Korean): Kim chee and tofu soup in stone ware.

Kim-Chee Jim (Korean): Korean style Kim-Chee pancakes.

Kimchi (Korean): Fermented vegetables highly seasoned with red pepper and garlic.

Kiri Bat(h) (India): Sweetened milk rice

Kiribath (Sri Lankan): Rice cooked in a thick coconut milk.

Kismisaag (Hindu): Lettuce

Kisra (Sudanese): Bread that is essentially a pancake that resembles an omelet.

Kiszka (Poland): A polish sausage dish served with crispy noodles or rice.

Kitcha Fitfit (Eritrean): Stuffing used as a breakfast dish of crumbled chapatti bread cooked in well-seasoned Tesmi (butter).

Kitfo (Ethiopian): Minced beef seasoned with herbed butter and hot pepper, served with special seasoned cheese.

Kitinguu Sau Mu (Swahili): Garlic

Kitul Peni (India): Coconut honey

Ki-Ye Hwe (Korean): Fresh crab with spicy sauce

Ki Ye Yi Muchem (Korean): Crab stick with sliced cucumber.

Kiyogo (Swahili): Mushroom

Klpon(Indonesian): Ball shape pastry made from rice flour filled with melted palm sugar covered in grated coconut.

Koay Teow T'ng (Malaysia): Rice noodle soup served with sliced chilies.

Koba (Madagascan): Mixture of rice, banana, and peanut.

Koca (Hungarian): Sow.

Koftay (Pakistani): Meatballs in gravy.

Kofte (Turkish): Minced meat with spices, onions and other ingredients which is cooked by grilling, frying, boiling or baking.

Kohlsprossen (Austria): Brussels sprouts

Kokonte (West African): A starchy meal made of cassava flour and eaten with okra soup or peanut butter soup.

Kolache (Polish): Milk, dough, lemon, eggs, shortening mixed and baked.

Konbu (Japan): Kelp or seaweed

Konjac Flour (Japan): Japanese food, polysaccharide, derived from the Konjac plant, that is hard to digest.

Kooko: A light meal made with corn dough or some other cereals. It is usually eaten as breakfast, and by people medically advised to eat light food.

Koose (West African): A cake made of bean flour mixed with water and beaten to rice. The cakes are cooked through deep or shallow frying.

Kopfsalat (Austria): Head of lettuce

Korma (Indian): Braised meats in a thick, mild creamy sauce.

Koulourakia (Greece): Crisp, golden-colored, subtly sweet cookies shaped by hand; sometimes covered with sesame seeds.

Kourabiedes (Greece): Butter cookies topped with powdered sugar.

Kozi Briyani (Indian): Chicken mixed with rice and cooked with spices.

Kropsla (Belgium): Head of lettuce

Kue Cubit (Indonesian): Small pancakes topped with chocolate jimmies and sweetened condensed milk.

Kueh Putu (Indonesian): Dessert, made from milled rice steamed with Javanese sugar and coconut bamboo tube.

Kue Pisang (Indonesian): A cake of coconut milk and banana

Kuih Bingka (Malaysian): Baked tapioca cake. Cool completely before serving.

Kukurec (Albanian): Spit roasted lamb entrails

Kulcha (Indian): Tender, pita-like bread cooked in the tandoor.

Kulesh (Ukrainian) Dense soup made from pork, fat, and sauerkraut.

Kulfi (Indian): Homemade-style ice cream with pistachio, saffron, and nuts.

Kulikuli (West African): A snack food made from peanut butter. Oil is extracted from the peanut butter and the left over is fried into kulikuli in the peanut oil.

Kulwassa (Eritrean): Spicy fish made with chunks of salmon.

Kung Pao Deluxe (Chinese): Shrimp, beef and chicken sautéed with peanuts and dried chili peppers.

Kurilo (Nepali): Asparagus

Kvass (Russian): Beer-like beverage made by fermenting old bread in water.

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Laban: Sour milk drink sometimes used in recipes as a substitute for milk.

La Bandera (Spanish, Dominican Republic): The most popular meal in the Dominican Republic: cooked white rice, beans cooked separately, and meat. It happen to have the colors of the Dominican flag.

La Biere (French): Beer

Lacreme Brulee (French): Custard

La Cuisine (French): Cooking

Laddu: Gram

La Dinde(French): Turkey

Lait (French): Milk

Laitue Pommee (France): Head of lettuce

Lakror Me Spinaq (Albanian): Spinach corn meal pie

Lane Cake: White or yellow cake layered with dried fruits, coconut, nuts, and white frosting.

La Sale A Manger (French): Dining room

La Soupe (French): Soup

Lassi (Indian): A refreshing, creamy yogurt drink that can be sweet or salty.

Latva-artisokka (Finland): Artichoke

La Vanille (French): Vanilla

Leban (Kuwait): Diluted yogurt.

Leblebi (Turkish): Roasted and dried chickpeas used as an appetizer much like salted nuts; yellow salted, unsalted, white or mastic leblebi is common.

Leche (Spanish): Milk

Le Chocolat Chaud (French): Hot chocolate

Lechon (Spanish): Suckling pig

Le Citron Presse (French): Lemonade

Le Dejeuner (French): Lunch

Le Dessert (French): Dessert

Le Digestif (French): After dinner drink

Le Diner (French): Dinner

Lega Tibs (Ethiopian): Chunk of beef sautéed in seasoned butter and garnished with onions and peppers.

Le Gouter (French): Snack

Lehtiselleri (Finland): Celery

Le Lapin (French): Rabbit

Lemper (Java): Sweet rice snack with shredded chicken filling and wrapped with banana leaves and secured by a bamboo skewer, it is then steamed.

Le Petit-dejeuner (French): Breakfast

Le Poisson (French): Fish

Lepur Comlek (Albanian): Rabbit baked with pearl onions

Le Repas (French): Meal

Le Restaurant (French): Restaurant

Les Anchois (French): Anchovies

Les Hors d'Oeuvre (French): Appetizers

Le The (French): Tea

Lidako (Japan): Small octopus, can be served raw, grilled, or steamed

Lima (Spanish): Lime

Limau (Swahili): Lemon

Limon (Spanish): Lemon

Limonada (Spanish): Lemonade

Liptauer (Austria): Paprika cheese spread.

Lista De La Compra (Spanish): Shopping list.

Little Italy (Italian): Ham, Genoa salami, provolone cheese, Italian salsa, black olives, onions, lettuce and tomato on choice of fresh bread.

Lo (Hungarian): Horse.

Locrio (Spanish, Dominican Republic): Rice cooked with either pork or chicken plus seasoning.

Locrio De Arenque (Spanish, Dominican Republic): Rice cooked with dried fish and seasoning

Locro (Ecuador): Soup with corn, squash, onion, garlic and spice.

Locro (Paraguay): A maize stew; a hot maize pudding with meat chunks.

Lokum (Turkish): Turkish delight made of sugar, cornstarch, gelatin, grape juice, and flavoring agents.

Lo Que Se Pone Encima De Una Hase (Spanish): Topping

Loukoumades (Greek): Made-to-order deep-fried honey balls topped with honey; served warm.

Lu cha (Chinese): Green tea.

Lumpia (Chinese): Dessert of ground pork and chicken with prawn and vegetables wrapped together in rice paper.

Lumpia Goreng (Indonesia): Chinese-styled fried spring rolls.

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Maasa (West African): A local cake made from millet or corn flour. The flour is usually fermented and deep fried. Eaten alone or mashed in milk.

Mabi (Spanish, Dominican Republic): Very soft fruit juice

Macaroon: Small cookie with an almond flavor, also a coconut macaroon that substitutes coconut for almonds.

Magdalena (Spanish): Cupcake

Magro (Spanish, Spain): Pork pieces in tomato sauce.

Maguno (Japan): Japanese tuna eaten raw as sushi.

Maharagwe (Swahili): Kidney beans

Mahi Mahi: Also known as a dolphin fish, fat fish ranges from 3-45 lbs, served as steaks or fillets, usually grilled or broiled.

Mahonesa (Spanish): Mayonnaise

Mahshy (Egyptian): A meal of stuffed eggplant served with white rice.

Mais Mouline: (Haitian, Creol): Corn meal

Mais Sucre (France): Sweet corn

Makai Ka Aata (Hindu): Corn flour

Makham (Hindu): Butter

Malac (Hungarian): Piglet

Malai Kofta: Lentils cooked with butter and sour cream.

Mamajuana (Spanish, Dominican Republic): Alcohol mixed with cinnamon and other spices inside a bottle and which is aged.

Mammi: Cooked and baked, rye flour and malt, sweet dish.

Manchego (Spanish): Sheep's cheese

Mandarin Orange Beef (Asian): Stir-fried beef, scallions, dry chilies, and orange peel in a garlic sauce.

Mandarin Spareribs (Chinese): Pieces of pork chop cooked with shredded celery and carrots in a spicy sauce.

Manger (French): To eat

Mangu (Spanish, Dominican Republic): Mashed cooked plantains with seasoning.

Manouri (Greek): A soft, unsalted cheese made from sheep's or goat's milk whey; served with fruit.

Mantecados (Moroccan): Cinnamon cookies

Mantequilla (Spanish): Butter

Mantequilla De Mani (Spanish): Peanut butter

Mantou (China): a steamed bun made with milled wheat flour, water, and leavening agents.

Manti (Turkish): Small pastries filled with minced meat, similar to ravioli, but very small.

Manzana (Spanish): Apple

Ma Pa Du Bu (Korean): Tofu and mince beef in hot chili sauce

Marha (Hungarian): Beef

Marich (Nepali): Black pepper

Mariscos (Spanish): Seafood

Marraquetas (Spanish, Chile): French bread

Martabak (Indonesian): A dessert made from ground chicken with vegetables wrapped in fried egg.

Mas (Nepali): Black lentils

Masa (Spanish): Dough

Masago (Japan): Smelt roe served and eaten raw.

Masa Horneada A Base De Lache (Spanish): Yorkshire pudding

Masala (Indian): Spice blend

Masala Chai: Tea served with ginger and spices.

Masala Gosht (Indian): A cuisine of spiced fried meat.

Masamorra (Spanish): Pumpkin mashed

Maschi (Sudanese): Tomato stuffed with chopped beef and appropriately seasoned.

Masoor Dal (Pakistani): Split oranges and lentils

Matambre (Argentine): Cuisine of rolled-meat

Mattar Pulao (Indian): A dish of green pea pulao

Matunda (Swahili): Passion fruit

Mawa (Hindu): Whole dried milk

Meatpie: (West African): Meal of meat, spices and sometimes eggs sandwiched in kneaded bread flour and fried or baked.

Meen (Indian): Fish

Meen Moilee (Indian): A dish of fish curry cooked in coconut milk.

Mee Siam: Stir fried rice and vermicelli with tofu, shrimp, and bean sprout in a spicy Thai chili sauce and sprinkled with ground peanuts.

Mëlci Te Furrës (Albanian): Baked liver

Mercimek Corbasi (Yurkish): Soup made of red lentils

Me Un Duk Ko Gi (Korean): Special hot chicken

Mexican Coco Tort (Mexican): Dessert made with a chocolate and coffee mixture and containing a crunchy chocolate crust.

Mexican Haas Avocado (Mexico): Avocado pitted and peeled, mashed and used in a Guacamole.

Mexican Sushi Roll (Japan): Tempura shrimp and avocados wrapped in seaweed and rolled in rice

Miel (Spanish): Money

Mien Ga (Vietnamese): Noodle soup combining chicken, coriander, scallions and fish sauce.

Migas (Spanish): Fried breadcrumbs with a little chorizo and bacon.

Migas De Pan (Spanish): Breadcrumbs

Mish Comlek Me Qepë (Albanian): Meat and pearl onions baked or pressure cooked.

Miso Soup (Japanese): Vegetable soup with added tofu, mushrooms, and onions.

Mi Yok Gook (Korean): Seaweed and tofu soup with soybean sauce.

Mizithra (Greek): Soft and hard varieties made from sheep's or goat's milk whey.

Mofongo (Spanish, Dominican Republic): Mix of fried plantain with fried pork meat.

Molagootal (South Indian): Gravy made with baked lentils, baked vegetables mixed with spice and eaten with rice.

Mollejas (Spanish): Sweetbreads

Molondron (Spanish): Okra

Momil Jaengban Guksoo (Korean): Wheat noodle with red pepper paste.

Mondongo (Spanish, Panama, Dominican Republic): Tripe prepared with vegetables, peas, and often garnished with tomatoes. Served over rice, topped with hot sauce.

Mongolian Beef: Tender beef sautéed with scallion and a Mongolian sauce and served with white rice.

Mongolian Garlic Steak: Quickly seared beef with onions and scallions.

Mongolian Pork: Sliced pork stir fried with scallions and shallots.

Morcilla (Spanish): Black blood sausage

Mor Kozhambu (Indian): Gravy made of spices, coconut, buttermilk, and mixed with rice.

Moro (Spanish, Dominican Republic): Rice with beans and seasoning.

Moro De Habichuelas Negras (Spanish, Dominican Republic): Rice cooled with black beans and spices.

Morri Sonando (Spanish): Juice made with milk, orange juice and sugar.

Mortadella (Italian): Smoked sausage made of ground pork and beef and cubes of pork fat, flavored with wine and spices.

Mostaza (Spanish): Mustard

Moukhbaza (Sudanese): This is eastern Sudanese dish. It is made of banana paste.

Mountain Potatoe (Japan): A root that is eaten raw and grated, often with raw tuna and a raw quail egg.

Moussaka (Greece): A layered casserole usually made with eggplant and chopped meat, and topped with a custard sauce.

Moutabal (Middle Eastern): This is a dish of grilled aubergines with sprinkles of sesame oil and lemon juice.

Moutarde (French): Mustard.

Murukku (Indian): Salted dish eaten as a snack.

Muruku (Indian): Snack made of flour, salt, and fried in oil.

Musaka Patëllxhani (Albanian): Eggplant musaka.

Muslo De Pollo (Spanish): Drumstick

Muttar Paneer (Main Dish): Peas and cheese served in spicy sauce.

Mutton Stew (Indian): This is a stew of mutton cooked in coconut milk.

Mu Xi Rou (Chinese): Stir fried pork with egg and tree ear.

Mysore Pak (Indian): Sweets made of butter and flour.

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Nak Ji Bokeum (Korean): Fried Squid with dry peppers and fried rice.

Nasi Kuning (Indonesian): This is a yellow savory cooked dish with onions, turmeric, cinnamon, coriander, and cumin which is well spiced.

Nasi Lemak (Malaysia): Coconut rice flavored with cloves and screw-pine leaves. Served with cucumber slices, chili, anchovy, curry chicken, hard boiled eggs and roasted peanuts.

Nasi Liwet (Java): Solnese style dish, of coconut rice with green papaya and stringy chicken and served on coconut leaves eaten with a spoon.

Nasi Uduk (Jakarta): Coconut, boiled rice (boiled with coconut milk), Indian bay leaf, salt, and lemon grass leaves, then wrapped in coconut leaves. It is served with cassava chip and deep fried chicken.

Natto (Japan): Fermented (*Bacillus subtilis*) soybeans that are covered with a sticky surface that has an ammonium odor, rich in vegetable protein, usually eaten over rice, usually served for breakfast.

Ndizi (African): Steamed bananas or plantains

Negihama Sushi Roll (Japan): Yellow tail fish and scallions, uncooked and rolled in rice and wrapped in seaweed.

Neung Myean (North Korean): Cold Korean noodles in broth and cold soup.

Niku (Japan): Choice strip loin, uncooked and can be heavily spiced.

Nikujaga (Japanese): Meat and potato stew.

Nimbu Ka Achar (Indian): Pickled lemon

Niños Envueltos (Spanish): Rice balls with meat in the middle.

Niter Kibben (Ethiopian): Spiced butter oil. Clarified butter to which nutmeg, cinnamon, and cardamom seeds are added with turmeric for color, and then browned, strained and used as seasonings and cooking oil.

Nkatenkwan (Ghanaian): A soup made from peanut butter and eaten with fufu or TZ. It is usually cooked with meat or fish. The meat of fish may be fresh or smoked.

Nok Do Na Mul Muchim (Korean): Pickled bean sprouts in sauce.

Nokji Bokeum (Korean): Spicy stir fried octopus with green pepper.

Nokji Somyun (Korean) Spicy seasoned octopus with boiled noodles.

Nokkal (Indian): Cashew nut dipped in sugar syrup and fried.

Nosteny (Hungarian): Female

Nuoc Mam: Clear salty golden sauce made from fish or shrimp.

Nyama Ne Nyemba (Zimbabwean): This is a dish of steak and bean stew.

Nyar (Hungarian): Summer

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Obe Eja Tutu (Nigerian): A fish soup cooked with pepper, tomatoes and other spices.

O Cha (Japan, China, Taiwan): Green tea which contains epigallocatechingallate and believed to prevent occurrence of proglandin gland cancer.

Oeuf (French): Egg

Ohinko (Japan): Combination of pickled vegetables.

Oh-Jing-Uh-Bokeum (Korean): Stir fried squid with green pepper.

Oh Jing-Uh Hwe (Korean): Fresh squid with spicy sauce.

Oignon (French): Onion

Ojingeo Bokeum (Korean): Spicy stir fried squid with green pepper.

Okkarai (Indian): A rice sweet

Okonomiyaki: Mixture between Japanese style pancake and pizza, including seafood and seaweed.

Okor (Hungarian): Bull

Okra (Africa, Southern USA): A slime covered vegetable that is in the shape of pods, it can be eaten raw, baked, or deep fried.

Old Clothes (Cuban): Dish with overcooked meat and vegetables.

Omutuo (Ghanaian): Rice cooked and rolled into balls. It is eaten with peanut butter soup or a soup made of palm nuts.

Onion Bhaji (Apetizer): Fried onion covered in flour served with chutney.

Ongol Ongol (Indonesian): Dessert made from sago, sugar and topped with grated coconut.

Opor Bebek (Indonesian): Half of a semi boneless roasted maple leaf duck served with a macadamia candle nut and coconut milk sauce.

Oriental Chicken Salad: Grilled chicken, spring mix lettuce, water chestnut, sweet mandarin oranges, and crunchy, chow mein noodles which are tossed in sesame and peanut dressing.

Orze Madses (Egyptian): Salty rice

Orze Moumer (Egyptian): A sweet rice cuisine

Oshinko (Japan): Pickled radish used for flavoring sushi.

Ostrich Oleg: Pan roasted, farm raised ostrich, medallions finished with a sauce of black walnuts, wild mushrooms, and coconut milk.

Otak Otak (Indonesia, Singapore): Appetizer of spicy fish cakes with parsley wrap or banana leaf mixed with spices such as salt and sugar and then roasted under a flame.

Otka (Somali): This is a dish of dried camel meat fried in butter with accompanying spices.

Oturma (Turkish): Similar to stuffed vegetables, only fried, and filled with browned spices and then simmered.

Ox-Shu Shu Bokum (Korean): Pine cone nuts with sweet corn.

Oxtail Soup (Hungary): Oxtails and vegetables

Oyi Bu Set Muchim (Korean): Cucumber with mushroom

Oyi Kim Chi (Korean): Korean style pickled cucumbers Kim Chi.

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Paçe Koke (Albanian): Lamb or veal's head broth

Paçe Me Kos (Albanian): Yogurt broth

Pad Thai (Thailand): Stir-fried rice noodles with eggs, fish sauce, bean sprouts, shrimp, peanuts, and seasonings.

Paella Valenciana (Spanish): Meat and beans replace with rice and seasoning.

Paillard: Veal or beef thinly sliced and sautéed or grilled.

Pain Patate (Haitian, Creol): Cake made with sweet potatoes, coconut, and raisins.

Pa Jun (Korean): Korean style seafood flavored pancakes with spring onion.

Pakora (Indian): Fritter dipped in a spicy chickpea batter; can be made with vegetables, cheese, chicken or seafood.

Pakora: Potato covered with flour and fried

Palak Paneer (Pakistani): Homemade cheese and spinach.

Palitos De Queso (Spanish): Cheese straws

Pallak Murggh (Pakistani): Chicken with spinach

Palungo (Nepali): Spinach

Pampushki: Small fluffy rolls from yeast dough. They are served with soups and main dishes.

Pancetta (Italian): Bacon cured in salt and spices and then air-dried.

Panchrangi Pulao (Indian): A northern Indian dish of mixed vegetable pulao.

Pan De Ajo (Spanish): Garlic bread

Pan De Maiz (Spanish): Corn bread

Pan Duro (Spanish): Stale bread

Paneer (Hindu): Cottage cheese

Paneer (Indian): Cheese

Panetonne: Bread with raisins, cherries, and citrus.

Pan Integral (Spanish): Brown bread

Panko (Japanese): Bread crumbs used for coating fried foods.

Papadum (Italian): An appetizer which consists of a crispy bean wafer.

Papai (Swahili): Papaya

Pappadam (Indian): Side dish, same as appalam but contains baking soda.

Pappadum (Indian): Spicy lentil wafers

Parachichi (Swahili): Avacado

Paradieser (Austria): Tomato

Parata (Indian): Bread made from whole wheat flour and fried.

Paratha (Indian): Flaky bread fried on the griddle.

Parupu Poli (Indian): Sweets made with gram flour.

Parupu Usli (Indian): Mixture of ground lentils.

Pasta (Italian): Unleavened dough made from wheat flour, water, and sometimes eggs that is molded into a variety of shapes and boiled.

Pasta Flora (Greece): A lattice-topped tart filled with apricot puree.

Pastel (Spanish): Cake

Pastel De Manazana (Spanish): Apple pie

Pasteles En Hoja (Spanish): The leaves of the plantain plant are used to wrap foods to be boiled or baked.

Pastelillos (Spanish, Puerto Rico): Deep-fried cheese and meat turn-overs.

Pastiço Me Djathë (Albanian): Baked makaroni with white cheese in milk.

Pastiço Me Kimë (Albanian): Baked makaroni with ground veal in milk.

Pastirma (Turkish): Heavily spiced sun dried beef.

Pastis (France): Anise based liquor.

Pastitsio: (Greek): A layered casserole of macaroni and chopped meat topped with a custard sauce.

Patacones (Panamanian): Green plantains that are mashed and fried. This is often served as an appetizer or a side dish.

Patata Frita (Spanish): Chip

Patatas Fritas (Spanish): French fries

Patatje Oorlog (Holland): Fried potato chips with mayonaise, tomato ketchup, raw onions, and Indonesian peanut-sauce.

Pate: Meat paste used mainly as a snack before a meal.

Patëllxhane Te Mbushura Me Gjize (Albanian): Eggplant stuffed with cottage cheese.

Patë Me Portokaj (Albanian): Goose and oranges

Payaj Hariyo (Nepali): Scallion

Pelmeni (Slovens): "An Ear of Dough". The dish that helped to tame Siberia

Penang Laksa (Malaysian): Sour spicy noodles with fish

Penang Lobak: Crispy fried spiced pork roll, fried tofu, and fried shrimp pancake served with two sauces, hoisin plum and chili.

Pepitas De Pollo (Spanish): Chicken nuggets

Perro Caliente (Spanish): Hot dog

Pescado Con Coco (Spanish): Fish cooked with coconut

Pescado Frito (Spanish): Fried fish

PETA: (People for the Ethical Treatment of Animals) – goal is to convert all to a vegetarian diet.

Petai Beans (Malaysia): Cooked petai beans that grow on trees.

Petits Pois (French): Peas

Phad Thai (Thai): Shrimp noodle salad made from chickens and shrimp.

Pharsi Dhan Sak (Indian): Lamb or chicken cooked with curried lentils.

Pibimpap: (Korean): Cooked rice mixed with bits of meat, seasoned vegetables, and eggs.

Pierogi (Polish): Flour, butter, sour cream, water, egg yolks, and eggs mixed and baked.

Pi Jiu (Chinese): Beer

Pili Pili Hoho (Swahili): Bell pepper

Pili Pili Manga (Swahili): Black pepper

Pimientos De Piquillo Rellenos (Spanish): Red peppers stuffed with many things such as mushrooms, salt cod, crab, spinach or eggs.

Pineapple Tang Shu Yuk (Korean): Pork and pineapple with sweet and sour sauce.

Piri-Peri (Portugese): Chili peppers, salt, olive oil, and cider vinegar mixed and shaken.

Pisto Manchego (Spanish): Roast vegetables resembling ratatouille, often served with eggs.

Pita Bread (Pita Pockets): Wheat bread baked in thin flat cakes which puff in the middle to form a pocket which can be stuffed with other food.

Pitho (Nepali): All purpose flour

Pito (Ghanaian): A home made beer made from fermented (3 days) cereals, usually sorghum.

Plantains (Central American): They are served like a yam or sweet potato with a main course. They can also be dried, baked, deep-fried like potato chips and often used as a salad or snack food or as a staple side dish.

Platanos Maduros Fritos (Spanish): Slices of fried yellow plantains

Plato Principal (Spanish): Main course

Plat Principal (French): Main course

Podhina (Indian): Coriander

Poha (Indian): Flattened rice

Poi (Hawaiian): Taro root, fermented for 3 days to give acidic taste, mixed with water and made into a paste which is eaten with fingers.

Poire Belle-Helene (France): French dessert with pears on ice-cream balls and covered with black chocolate.

Poisson (French): Fish

Poke Salad (USA): Salad made from poke weed leaves.

Polenta (Italy): Italian course consisting of cornmeal, bacon, potatoes, and cheese, cooked on stovetop for two hours.

Pollo Frito (Spanish): Fried chicken

Polynesian Kababs (Polynesia): Skewer sirloin steak with peppers, onions and tomatoes, and flavor with curry, garlic and chili sauce and grill.

Pomme De Terre (French): Potato

Pommes Au Four (France): Oven baked apple dessert covered with cinnamon and sugar.

Pongal (Indian): Steamed rice mixed with steamed green gram

Poori (Indian): Airy, deep-fried bread. Bread made from whole wheat, deep-fried, and puffy

Poori Set (Indian): Oil fried wheat with potato

Pori (Indian): Puffed rice

Pork Fu (China): Shredded meat flavored with five different spices, often served as an appetizer.

Porkkana (Finland): Carrot

Pork Sung (China): Finely shredded meat flavored with many spices and served as a side dish.

Porotos Granados (Chile): Cooked cranberry beans, onion and butternut squash, which is served with salad.

Potage (French): Rice

Poutine (Canada): French fries covered with gravy and melted cheese.

Pozansky Torte (European): Cake filled with layers of mocha, Russell cream, chocolate, plum jam, caramelized and drizzled with chocolate and complete with a chocolate leaf on top.

Prawn Capsicum Balls (Indian): This is a dish of capsicum with prawn stuffing.

Prawn Karahi (Indian): Fried shrimp with spices

Prik Naam Plaa (Thai): Sweet and sour fish sauce made from garlic, clove, fish sauce, cayenne pepper, and lime juice.

Profiteroles Au Chocolat (France): Chocolate profiteroles served with vanilla ice cream and drizzled with a dark chocolate.

Prosciutto (Italian): Ham, which is salt-cured, aged, and usually sliced paper-thin.

Pruno (USA): Pruno is alcohol that's made illegally in prisons.

Pudina (Hindu): Mint

Pulao (Indian): An aromatic

Pulav (North Indian): Mixture of vegetables and rice

Pule Me Arra (Albanian): Chicken with walnuts

Puli Kozumbu (Indian): Tamarind dish mixed with rice

Pure (Spanish, Dominican Republic): Mashed potatoes with butter

Pure Spinaqi Me Tranguj Turshi (Albanian): Spinach pure with pickled cucumbers.

Puttu (Indian): Baked sweetened flour

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Qefull Tave Me Portokaj (Albanian): Baked mullet with oranges (fish).

Qin Chai Muchim (Korean): Celery with mixed peanuts with sauce.

Qofte Me Arra (Albanian): Meatballs with walnuts

Qofte Patatesh (Albanian): Potato croquettes

Quail Eggs (Asian): Quail eggs hard-boiled and preserved in water served over Asian salads or soups.

Quiche (French): Pie filled with vegetables, cheese, seafood, or ham.

Qing Chao Dou Miao (Chinese): Stir-fried pea sprouts.

Qing Jiao Tu Dou Pian (Chinese): Fried sliced potato with green chilies in soy sauce.

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Rabari (Indian): Sweet

Raclette (Swiss): Cheese made from cow's milk similar to Gruyere in flavor and texture.

Radis (French): Radish

Raita (Indian): Side dish containing plain yogurt mixed with spices and vegetables.

Rajma (Pakistani): Kidney (red) beans

Rama Chicken (Thai): Entrees of peanut sauce and green vegetables over chicken and is considered an exclusive dish in the old Thai menu.

Ramps (Southern USA): A wild onion that can be eaten raw or cooked.

Rasam (Indian): A thin, spicy broth

Rasam (South Indian): Gravy mixed with rice

Ravani (Greece): Golden yellow cake made with farina or semolina and topped with a light sugar/honey or orange-flavored syrup.

Rawon (Indonesian): Diced beef brisket in a black sauce soup with spices and kaffir's lime leaves.

Recaito (Spanish): Coriander

Recetario (Spanish): Recipe book

Refresco (Spanish): Soft drink

Repollo (Spanish): Cabbage

Reuben (Eastern European): Corned beef and sauerkraut under a blanket of melted Swiss cheese on grilled rye bread.

Rice Water (West African): Rice cooked until it is very soft and also with some water left in it. Milk and sugar are added.

Rinon (Spanish): Kidney

Risotto (Italy): A traditional Italian dish made with rice and represents one of the noblest and at the same time, most common, ways of cooking rice.

Ristou (French): Dish made with cooked vegetables and basil.

Riz (Hungarian): Rice

Riz Djon-djon (Haitian Creol): Rice cooked in with black mushrooms.

Riz Et Pois (Haitian, Creol): Rice and beans.

Rizogalo (Greek): Creamy rice pudding with a sprinkling of cinnamon.

Rogan Josh (Indian): Lamb cooked in a thick curry sauce served with rice and pickles.

Rojak (Singaporean): Salad made from tamarind paste, dried shrimp paste, and soy sauce.

Ropa Vieja - Literally Cuban for "old clothes" because it is made of shredded pork, and it looks like old clothes. It contains shredded pork, tomato sauce, peppers and onions, as well as, garlic wine, and bay leaves. It is slow cooked and simmered.

Roppa Vieja (Cuban): A cuisine of shredded meat with wine and hot onions.

Rosbi (Spanish): Roast beef.

Rosenkal (Denmark): Brussels sprouts

Rosquilla (Spanish): Doughnuts

Roti and Seeni Sambol (Sri Lankan): An aliment of home and hand-made unleavened bread.

Roti Canai (Malaysia): Served curry with dhal

Roti Prata (Singaporean): Flat bread seared on cast iron and served with a bowl of curry vegetables.

Rou Mo Fen Si (Chinese): Stir-fried minced pork with noodle made with green peas.

Rujak Kangkung: Madura snack, ground peanuts, prawn paste, salty fish paste, birdseye chilies, tamarind, and water ground in a mortar and pestle. Add cucumber, water convolvulus, and tofu to the sauce and mix well. Serve on the mortar to give a traditional look.

Rumen (Japan): Noodle

Ruoka Parsa (Finland): Asparagus

Ruusukaali (Finland): Brussels sprouts

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Saag (Indian): Spinach, but can also refer to other greens.

Saba (Japan): Japanese dish served raw as a sushi, a mackerel animal.

Sabu Dana Kichidi (Indian): Tapioca dish

Saccharide (Japan): Cannot be digested by humans

Sachertarte (Austria): A chocolate glazed cake containing jam

Saewoo Bokeum (Korean): Stir fried shrimp with seasonal vegetables.

Saewoo Ti Gim (Korean): Fried king prawn and shrimp tempura.

Saffron (Portugal): Spice that comes from the pistil of a flower with intense flavoring and often used to add color to foods.

Sago Pudding (Singapore): Side dish made from sago, coconut milk, and tropical fruits.

Saijan Ki Phalli (Hindu): Drumsticks

Sake (Japan): Can be either a fresh salmon or a smoked salmon, and most commonly eaten raw.

Sakei (Japan): Extremely potent Japanese rice wine liquor.

Sakhar (Nepali): Brown sugar

Sakura Sushi Roll (Japan): Spicy salmon, uncooked. denbu, and cucumber wrapped in rice.

Salade Russe (Haitian, Creol): Russian salad

Salchicha (Spanish): Sausage

Salcocho (Spanish, Dominican Republic): Soup made from multiple vegetables, roots, and meats.

Sallatë Pure Patëllxhani (Albanian): Baked eggplant salad

Sallatë Radhiqe (Albanian): Chickory salad

Salmon (Spanish): Salmon

Salmon Cutlet (India): Salmon, potatoes, and peas, deep-fried

Salmonete (Spanish): Red mullet

Salmon Skin Sushi Roll (Japan): Yamagobo and salmon skin rolled in seaweed.

Salsa: A spicy sauce of chopped, usually uncooked vegetables; especially tomatoes, onions, and chili peppers. Salsa is used as a condiment.

Salsa Para Acompañar Los Diferentes Bocaditos Que Se Sirvan Con El Aperitivo (Spanish): Dip

Salsa Tartara (Spanish): Tartar sauce

Saltah (Yemeni): This is a special stew eaten as a main dish.

Salt Fish: Raw fish cured with salt and pepper.

Salzburg Souffle: Sweetened beaten eggs

Sambal Balado (Indonesian): Crispy crunchy beef round steak or boneless chuck fried with onions and garlic, then serve with chili paste.

Sambal Terasi (Java): Condiment, salt, shrimp paste, bird's eye chilies and Holland red pepper ground together with a mortar and a pestle.

Sambar (Indian): An extremely spicy broth popular in southern India. Gravy made with lentils and spices mixed with rice.

Sambhar (South Indian): Lentils and mixed vegetables. The dish has a tangy taste.

Sambusas (Eritrean): Appetizer that is essentially a deep-fried egg roll with vegetable, beef or chicken stuffing. Stuffing may be a mixture of meat and vegetables.

Samosa (Middle East, South East Asia): Triangular pastries appetizer made of white flour stuffed with mild vegetables and fried. (Indian): Flaky, pyramid-shaped pastry stuffed with potatoes or ground meat; a traditional Indian snack.

Sandwichera (Spanish): Sandwich toaster

Sangkhaya Fakthong (Thai): Side dish of custard pumpkin with eggs and sugar.

Sanma Kabayaki (Japan): Long-beaked fish grilled and packed in soy sauce.

San Xian Guo Ba (Chinese): Rice crisps with seafood

Saos (Panamanian, Jamaican): Marinated pigs and cows feet in lime. Accented with onions and pepper.

Sate (Indonesian): Appetizer made with chicken marinated in authentic spices, skewered, char grilled, and served with peanut sauce.

Sauce Pois (Haitian, Creole): Bean sauce

Sauerbraten (German): Beef marinated with buttermilk and cooked in red wine, vinegar, and spices.

Scones: Pastries made with flour, baking powder, and raisins or chocolate.

Scotch Bonnet Peppers (Jamaican): Spicy pepper often used in sauces served over Jamaican dishes.

Seeni Sambol (Sri Lankan): This is a sweet and spicy onion chutney dish.

Sel (French): Salt

Semiya Payasam (Indian): Dessert made with sweetened milk.

Seto Kedu (Indonesian): A healthy and tasty soup made of chicken, vegetables and tempe.

Sevai (Indian): Steamed rice flour made into noodles

Sev Puri (Indian): Salted fried gram flour mixed with spice

Shabu Shabu (Japanese): Meat fondue, which allows each diner to cook their own meat by swirling meat in hot boiling water.

Shahi Tukuda (Indian): Bread fried in butter and dipped in sweetened milk.

Shakarkand (Hindu): Sweet potato

Sha Si Mi (Korean): Fresh salmon with wasabi sauce

Shayaa (Sudanese): This a cuisine of fatty lamb chunks, fried in oil, garlic, onions and other seasonings.

Shera (Indian): Ground rice mixed with sugar syrup and butter.

Shibatsuke (Japan): Pickled cucumber wrapped in sushi rolls.

Shirasu Oroshi (Japan): Grated Japanese radish with garnish.

Shiro (Eritrean): Spiced and milled chick peas cooked with onions.

Shi Kum Chi Muchim (Korean): Korean style pickled spinach leaves.

Shish Kebab (Turkey): Skewered cubes of spiced meat, alternated with vegetables or fruit which are cooked on a skewer.

Shoko (Ghanaian): Beef and spinach stew cooked with other ingredients (tomatoes, fresh chilies, onions, green pepper, vegetable oil, etc).

Shoyu (Japan): Soy sauce

Shrimp Masala (Indian): Shrimp cooked with potatoes, ginger, garlic, onions, tomatoes, spices, and green peppers.

Shrove Tuesday Buns: A white bun filled with marzipan, jam, or cream.

Shui Zhu Yang Rou (Chinese): Quick-boiled beef slices flavored with pepper oil.

Si Chuab Du Bu (Korean): Tofu and minced beef with special Si Chuan sauce.

Sidra (Spanish): Cider

Siga Wat (Ethiopian): This is a cuisine of beef. It may be prepared as a mild meal or a spicy meal.

Silpancho (Spanish, Bolivia): Meat and fried eggs served with rice and potatoes.

Simi (Nepali): Green beans

Simple Borsch (Slovens): a simple recipe for traditional Russian/Belarusian soup.

Singapore Laksa (Singapore): Cooked rice noodles, with bean curd, fish balls, and coconut milk.

Singapore Rice Noodle: Spicy, thin rice noodle with chicken, shrimp, B-B-Q pork, bean sprouts, green peppers and carrots, and stir-fried with curry. Can be requested as a vegetarian dish with or without eggs.

Singapore Satay: Boneless chicken or rump steak with spicy sauce.

Singapore Sling: Alcoholic beverage mixture of cherry brandy, gin, and fruit juices (orange, lime or lemon, pineapple).

Sin Ra Mean (South Korean): Korean style noodle with very spicy soup.

Skukaris (Somali): This is a cuisine of lamb and rice.

Slurpies (USA): They're a convenience-store delicacy of ice, and colored with food colorings, and artificial flavors.

Smorgasbord: A self service banquet in which the individual chooses and measures his own food from a vast selection (no two identical).

Soba (Japanese): Noodle made with buckwheat flour

So Bak Yeb Hwe (Korean): Cooked Ox tripe with special sauce.

Soba Noodle (Japanese): Noodles made of buckwheat flour and wheat flour. Cold soba noodles are eaten with a soya based dipping sauce.

Sofrito (Spanish): Combination of ingredients used as a seasoning to give a distinctive, characteristic taste to many native dishes.

So Go Ki Chorim (Korean) :Marinated cooked beef .

Sokerimaissi (Finland): Sweet corn.

Soko Gi Bokeum (Korean): Rice with fried beef and potatoes

Solomillo (Spanish): Sirloin steak

Sondosh (Indian/ Bengali): Sweets

Song Ren Yu Mi (Chinese): Stir fried corn with pine nuts

Soor (Somali): This is a porridge dish made from sorghum.

Sooyo Sopy (Paraguay): A thick soup made of ground meat and served with rice or noodles

Sopa Castellano (Spanish): Garlic soup

Sopa De Arroz Con Pollo (Spanish): Soup of rice, chicken with lemon juice and potatoes and other vegetables.

Sopa De Fideos (Spanish): Noodle soup

Sopa De Langosta (Spanish): Lobster soup

Sopa De Palmito (Brazil): Cream of palm heart soup

Sopa De Quinoa (Spanish, Bolivia): Quinoa soup

Sopa De Repollo (Spanish): Cabbage soup

Sopa De Vaca (Spanish): Beef soup

Sop Buntut (Indonesian): Rich and copiously spiced oxtail soup.

Sopón De Barbanzos Con Patas de Cerdo (Spanish): Chick peas soup with pig's feet.

Soto Ayam (Indonesian): Chicken meat boiled in salt until tender with Indian bay leaves and galangal in water. Served with, vermicelli, egg, roasted peanut, and cassava chips.

Soto Bandung (Indonesian): Balanced diet (soup) of beef, soybeans, and vegetables.

Soufflé: A light fluffy baked dish made with egg yolks and beaten egg whites, combined with various other ingredients and served as a main dish or sweetened as a dessert.

Southern Mushroom Burger (American): A quarter pound hamburger covered with mushrooms and Swiss cheese and served on a sesame seed bun with lettuce, tomato, and pickle chips.

Spargel (Austria): Asparagus

Speck (Austria): Cold smoked fairly lean cured ham.

Spicy Salmon Sushi Roll: Salmon seasoned with curry, scallions, and cucumbers uncooked and rolled in rice and wrapped in seaweed.

Spicy Tuna Sushi Roll (Japan): Spicy tuna uncooked and mixed with scallions and cucumbers, covered with rice and rolled with seaweed.

Spotted Dog (English): Pudding served with custard, made with flour, suet, raisins and boiled.

Spruce Beer (Canada): This is made from the boiled boughs of black spruce. The beer is made with yeast, molasses and raisins and takes less than three days to brew.

Stromboli (Italy): Wrapped bread stuffed with marinara sauce, cheese, and pepperoni, cooked and sprinkled with garlic and butter.

Stuffed Cabbage (Poland): Cabbage stuffed with ground beef and slowly cooked then covered in hot marinara sauce.

Stuffed Chayotes (Costa Rica): Stuffed chayote shell filled with bread and cheese.

Stuffed Peppers: Green bell peppers stuffed with ground beef and onions and covered in marinara sauce, oven cooked.

Stuffed Tomatoes (Egyptian): Tomatoes stuffed with cracked wheat, parsley, and mint.

Suan Cai Fen Si (Chinese): Pickled Chinese cabbage with noodles made from green pea.

Suan La Tang (Chinese): Hot and sour soup

Subag (Somali): This is a butter made from shaken milk.

Subz Bhaja (Bengali): Four covered fried vegetables style dish.

Suero De La Leche (Spanish): Buttermilk

Suikermais (Belgium): Sweet corn

Sujunggawa (Korean): Persimmon punch made of ginger, cinnamon, and sugar.

Sukhari (Slovens): Dried crusts

Sukiyaki (Japanese): Steak cooked with soy sauce, onion, tofu, mushrooms, spinach, ginger, garlic, white pepper, and potato noodles.

Sukkermajs (Denmark): Sweet corn

Sumergir (Spanish): Dip

Su Mi Geng (Chinese): Corn and egg soup

Su Mono (Japan) :Seafood and cucumber with vinegar dressing.

Sundal (Indian): Soaked lentil glazed with coconut.

Supë Magjericë (Albanian): Entrails soup

Sushi (Japanese): Cold cooked rice dressed with vinegar that is shaped into bite-sized pieces and topped with raw or cooked fish, or formed into a roll with fish, egg, or vegetables and wrapped in seaweed.

Szerb Bableves (Serbian): Serbian bean soup

Szuka (Hungarian): Bitch

Szuret (Hungarian): Grape harvest

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Tabbouleh (Kuwait): Salad of chopped tomatoes, green and white onions, radishes, parsley, mint, and bulgur wheat.

Taboule (Lebanese): Salad mixture with wheat, tomatoes, onion, etc.

Taboulen (Lebanon): Bulgur wheat, parsley, and mint salad.

Taco: Corn shells filled with ground beef, lettuce, tomatoes, and cheese.

Tahin: Ground pulp of seeds of sesame

Tahu Telur (Indonesian): Pan-fried tofu with egg, and served with sweet soy sauce.

Tai (Japan): Japanese snapper eaten raw

Tako (Japan): Raw octopus eaten as an entrée

Takoyaki (Japan): Batter mixed with octopus, onions, fish flakes, and seaweed that is rolled into dough balls and eaten with sauce.

Tamale: A Mexican dish made of chopped meat and pepper, seasoned and wrapped in cornhusks spread with masa.

Tampura (Japan): Fried or baked shrimp

Tandoor (Indian): A deep, clay oven that has very high temperatures.

Tandoori (Indian): Any dish cooked in a tandoor.

Tandoori Keema Naan: Tandoori style Indian bread stuffed with cooked minced lamb.

Tandoori Naan: Made of white flour tandoori style Indian bread.

Tangawizi (Swahili): Ginger

Tang Mean (Korea) Noodle vegetable and egg with soup.

Tang Shu Yuk (Korean): Fried pork or beef with sweet and sour sauce.

Tapa (Spanish, Spain): Small dish of food served as a snack.

Tape (Indonesian): Dessert made from fermented tapioca, sweet, and with a soft texture.

Taran (Russian): This is dry-cured fish with a lot of salt.

Taranchug (Russian): This is a Russian soup containing sliced lamb.

Tarelsnitz (Viennese): Boiled beef.

Taroto (Israeli): Soup made from a mixture of yogurt, crushed nuts, olive oil, cucumbers, and vinegar.

Tarta De Queso (Spanish): Cheesecake

Tarul (Nepali): Yam

Tasajo (Panama): Sun dried meat served with veggies.

Tatale (Ghanaian): A cake made from mashed ripe plantain. The cooking process involves frying in oil.

Tatsutaage (Japan): Lightly fried marinated chicken.

Tavasiz (Hungarian): Spring

Tavë Kosi (Albanian): Broiled lamb and yogurt baked together (traditional).

Tavë Levraku Me Djathë (Albanian): Baked bass with white cheese.

Tavë Me Bamje (Albanian): Baked okra

Tavë Me Barbun (Albanian): Poached red mullet (fish)

Tavë Me Presh (Albanian): Baked leeks

Tawayeh (Middle Eastern): Tender lamb cooked with a variety of spices such as onions, garlic, hot peppers, and tomato.

Te De Manzanilla (Spanish): Chamomile tea

Tehen (Hungarian): Cow

Tej (Hungarian): Milk

Tekka Jyu (Japan): Minced tuna over rice

Tempura (Japanese): Side dish of seafood with vegetables dipped in tempura batter and then deep fried.

Ten Zaru (Japan): Buck Wheat noodle and shrimp and vegetable tempura with cold dripping sauce.

Tequila Jello (USA): Tequila jello shots

Ternera De Animal Muy Joven Y De Carne Palida (Spanish): Veal

Ternera picada (Spanish): Minced beef

Thai Food – Basic ingredients are rice and noodles. Sharp or hot taste of food from lemon grass and chilies. Coconut milk adds sweetness. Fish is often served.

Thai Seafood Feast: Medley of shrimp, scallops and calamari, bell peppers, mushrooms, onions in a sizzling Thai sauce.

Thattai (Indian): Salty snack made of flour

Thëllëzë Me Ullinj (Albanian): Grouse and olives (rare food)

Thenga Saadam (Indian): Coconut rice

Three Fried Beans (Southern USA): A ball of refried beans, battered, and then fried again.

Thyme (Eurasian): Eurasian shrub that has leaves often used as a spice.

Tierno (Spanish): Tender

Timtmo (Eritrean): Split lentil cooked with hot pepper, onion, tomato, and garlic.

Ting (Jamaican): A drink similar to soda, made with grapefruit juice.

Tiramisu (Italian): Dessert cake made with coffee or rum, layered with cheese filling and topped with chocolate.

Tiropita (Greek): Feta stuffed with Greek cheese.

Tobiko (Japan): Flying fish roe, eaten in sushi restaurants and served raw and chilled.

Tocino (Spanish): Pork fat

Tofu: A protein rich food made from an extract of soybeans used in salads and various cooked foods.

Tojas (Hungarian): Eggs

Tom Yam (Thailand): Salty, spicy, lemon-flavored clear soup.

Tomaat (Belgium): Tomato

Tomaatti (Finland): Tomato

Tomat (Denmark): Tomato

Tomate (France): Tomato

Tomato Chili Rasam (Indian): Hot and spicy soup. Tomato is a key ingredient.

Tomato Fitfit (Eritrean, Ethiopian); Tomato, green pepper, onions, beets, dry wine, mixed with injera.

Tomyam Clams Clay Pot (Thailand): Slow cooked clam in a sweet, sour and spicy lemon grass broth.

Tong Yum Kung (Thai): Hot and sour shrimp soup, with garlic, lime leaves, shallots, and mushrooms.

Tonkatsu (Japanese): Breaded pork on skewers with sauce (made from tomato sauce, soy sauce, and white wine).

Topfen (Austria): A creamy, slightly acidic, white cottage cheese, used as a substitute for ricotta cheese.

Tortas (Mexican): Lunchmeat sandwich.

Tortilla (Spanish): Omelet

Tortilla De Patatas (Spanish): Spanish omelet

Tostada (Spanish, Dominican Republic): Toasted bread with ham and cheese

Tostones (Spanish, Dominican Republic): Diced, plantain, fried chips in oil with salt.

Totaa (Swahili): Apples

Trahana Me Kos (Albanian): Trahana and yogurt

Triple Delight (Chinese): Jumbo shrimp, beef and tangy chicken sautéed in Szechwan sauce served with white rice.

Troftë Tave Me Arra (Albanian): Baked trout with walnuts

Tsatziki (Greek): Cucumber yogurt dips

Tsebhi Shero (Eritrean): Cooked dry Eritrean peas

Tsukemono (Japan): Pickle

Tubani (West African): A meal made of bean flour mixed with water and beaten to rise and then steamed. It is eaten with stew.

Tucha (Spanish): Trout

Tumis Kacang Bumbu Pedas (Indonesian): Chinese-style stir-fried string beans served with a spicy sauce.

Tuo Zaafi (TZ, West Africa): A slightly tick and starchy meal made from cereals, usually corn is eaten with a variety of soups.

Turmeric Root (United State): An herb that comes from a root, a perennial herb, often found in the northeastern part of the U.S., has round oversized leaves.

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Un Abricot (French): Apricot

Una Jyu (Japan): Marinated eel with Teriyaki sauce served over rice.

Unagi (Japan): Fresh water eel, eaten raw

Un Aperitif (French): Cocktail

Un Citron (French): Lemon

Un Citron vert (French): Lime

Une Banane (French): Banana

Une Cerise (French): Cherry

Une Fraise (French): Strawberry

Une Framboise (French): Raspberry

Une Mure (French): Blackberry

Une Myrtille (French): Blueberry

Une Orange (French): Orange

Une Peche (French): Peach

Une Poire (French): Pear

Une Pomme (French): Apple

Une Prune (French): Plum

Un Express (French): Espresso

Unga Wa Mahindi (Swahili): Maize flour

Unga Wa Ungano (Swahili): White flour

Uni (Japan): Fresh water urchin, eaten raw

Un Pamplemousse (French): Grapefruit

Un Raisin (French): Grape

Urad Dal Gosht (Pakistani): Lentils with lamb, served with rice.

Ural Dal (Pakistani): Spiced lentils served with white rice.

Urap (Indonesian): Salad of boiled egg with shrimp paste and flavored with a coconut flavor spice.

Utar con mantequilla (Spanish): Butter

Uzura (Japan): Quail eggs, eaten highly chilled and mostly raw.

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Vaca (Spanish): Cow.

Vacherin: A dessert made from a combination of meringue rings placed in a container with fruit or crème chantilly.

Vadai (Indian): Rice flour mixture with lentils and fried in oil.

Vadapav (Indian): Stuffed potato which is fried and placed between sandwich buns.

Vangi Bath (Indian): Mixed with rice

Varenyky (Ukrainian): Dough pockets filled with potato, cheese, or sauerkraut and then boiled.

Variety Meats: Animal innards and extremities that are sometimes used in recipes. Includes brains, heart, kidneys, feet, tongue, etc.

Vazhai Thandu (Indian): Banana tree stem

Vegetable Uppuma (Indian): This is a south Indian breakfast dish of semolina and vegetables.

Vengaiam Sambar (Indian): Onion in lentil syrup

Veshkë Kau E Mbushur (Albanian): Stuffed veal spleen

Veshkë Kau Me Angjinare (Albanian): Baked veal kidney with artichokes.

Vietnamese Food: Rice or noodles basic ingredients. Can be spicy. Often like American salads with lettuces, herbs, and raw vegetables (beans, sprouts, carrots, and cucumbers). Fish is often utilized.

Vin (French): Wine

Vinagre (Spanish): Vinegar

Vindaloo (Indian): An extremely spicy curry dish that's a regional specialty of Goa. Pork cooked with Indian spices (ginger, cinnamon, turmeric, garlic, chili powder).

Vinnaigrete (Slovens): Fresh vegetable salad

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Waache (West Africa): A meal of rice and beans cooked together. It is usually eaten with a hot or spicy stew.

Wagyu: Japanese cattle fed (sometimes with beer) to a high degree of fatness to produce highly marbled Kobe beef.

Wakanohana Sushi Roll (Japan): Pickled eggplant and denbu rolled with rice and seaweed.

Wonton (Chinese): Noodle-dough dumpling filled typically with spiced minced pork or other ground meat, usually boiled in soup or fried and eaten as a side dish.

Wonton Mee (Singapore): Cuisine of special egg noodles served with wonton (minced pork and shrimp) in homemade sauce or chicken broth.

Wor Sui Gai (Chinese): Two breaded boneless chicken breasts, deep fat fried and topped with crushed almonds and scallions in brown gravy.

Wortel (Belgium): Carrot

Wuyuk Mean (Korean) Korean style cold noodles in hot and spicy soup with cucumber.

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Xi Ning Jian Ruan Ji (Chinese): Soft fried chicken in lemon sauce

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Yakayake: A steamed meal made from fermented and drained grated cassava.

Yakhni Biryani (Indian): Northern Indian dish of mutton biryani with garam masala.

Yakik Alichia (Ethiopian): This is a split pea meal and served with soft (less spicy) sauce.

Yakitori (Japanese): Grilled chicken skewers with teriyaki sauce. All different part of the chicken, thighs, skin, liver, etc, can be used.

Yamakake (Japan): Grated mountain tam topped with diced tuna.

Yang Cong Jian Dan (Chinese): Onion omelet

Yang Cong Niu Rou Si (Chinese): Shredded beef fried with onions in soy sauce

Yaourt (French): Yogurt

Yasa (West Africa): A well relished vinegar chicken cuisine.

Yema De Huevo (Spanish): Egg yolk

Yemas (Spanish): Egg yolk and sugar

Ye-misir Wat (Ethiopian): This is a dish of red lentils in a slightly hot and moderately sweet sauce.

Yogurt: A tart dairy product available in both refrigerated and frozen form. Custard like food with a tart flavor, prepared from milk cultured by bacteria, sweetened or flavored with a fruit.

Yokegari (Ghanaian): A meal of cooked beans mixed with gari (grated and fermented cassava meal). Palm oil is usually added to the mixture.

Yok Ge Jang (Korean): Sliced beef soup with tofu and vegetables

Yuk Ge Zhang (Korean) : Korean style beef stew in a hot stoneware.

Yukhwe (Korean): Seasoned raw beef topped with egg yoke.

Yuk Sha Mean (Korean): Noodle soup with pork and spring onion.

Yu Xiang Qie Zi Bao (Chinese): Eggplant stewed in yuxiang sauce and served in casserole

Yu Xiang Rou Si (Chinese): Hot and sweet slices of pork



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Zabaglione (Italian): Dessert consisting of egg yolks, sugar, and Marsalis wine beaten together over low heat until egg is done but not overcooked.

Zab Pehej (Hungarian): Oat

Zampone (Italian): Spicy pork sausage with a creamy texture.

Zarzuela (Spanish): Soup prepared with fish, shellfish, onions, tomatoes, garlic, herbs, spices, wine, and stock.

Zha Cai Muchim (Korean): Pickled zha cat in sauce

Zilzil Wat (Ethiopian): Eritrea dish containing strips of beef.

Zoom Koom (Ghanaian): A local snack drink made from slightly fermented millet flour. In some cases the flour may not be fermented. It may be iced.

Zuckermals (Austria): Sweet corn

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Thank you!