

TASTE



THE AUSTRALIAN ISSUE



INTRODUCTION TO AUSTRALIAN CUISINE



Modern Australia is a very multicultural society with a complex journey filled with various flavours and fusions that led us to having the common foods we eat today. Common cooking and preparation techniques, flavours and fusions have changed as society has moved and developed. Come on a food adventure by reading this article and learning more about Australian cuisine.

As times change, migration, technology and diverse cultures impacts the availability of ingredients and what is in the everyday diet. The start of Australia's food history begins when indigenous Australians migrated to this land estimated to be over 50, 000 years ago. These communities had one of the first bread making techniques! They used stone tools to grind seeds and grasses into flour which in turn would make one of the first forms of bread. Megafauna such as giant kangaroos and diprotodons were a major source of food for the aboriginal population of Australia until the extinction of megafauna approximately 46,000 years ago. The land was changed by Aboriginal people to better their effects of hunting and gathering ingredients. In 1606 the first European contact occurred with the indigenous people of Australia, as they brought new forms of cooking and technologies, food habits and trends would change forever. Decades later as Australia became a British colony migration started to occur forming Australia into the multicultural country it is today with new flavours, ingredients, cooking styles and fusions from all around the world.

MULTICULTURAL MEALS

Australian cuisine is made up of many different cultural cooking methods, ingredients and flavours. These different countries are what have shaped Australian cuisine into the diverse range of foods that this country can provide. Countries such as China and India are among the biggest contributors to our cuisine, as Australia has a large immigrant population from both of these countries, their cultures and traditions and are ingrained into Australian society.



Chinese

Chinese food contains a number of different cooking methods and styles such as stir frying, shallow frying, deep frying, steaming, roasting and many more. These cooking methods have been brought into Australian culture and have influenced foods all over Australia. Many different foods and restaurants use these cooking methods to enhance and experiment with food fusions, and to create a diverse range of meals. They have also introduced many different ingredients and flavours which are widely used such as a range of seafood, duck, spices and flavours. The influences aren't just in takeaway at restaurants, as many people even use these methods of cooking and flavours at home. Although it might not be a traditional Chinese meal, the influence on our eating is greatly influenced by Chinese culture.

Indian

Indian food also has a major influence on the way we eat as well as what we eat. Indian culture is traditionally made up of many powerful flavours and spices. Some well recognised foods include curries (Most curries often have lamb or chicken, however some are vegetarian and use ingredients such as chickpeas), basmati rice, a range of spices (e.g. cumin, cardamon, saffron, turmeric) chutneys and chilli. These are a few of the most well known components of Indian cooking, and have evidently influenced Australian cuisine.



FOOD PREPARATION

A very well known Australian cooking method is barbecuing. This is very prevalent all throughout Australia and is a staple cooking method which is commonly found in the typical Aussie backyard. The barbecue is versatile but is predominantly used to cook different meat cuts. This highly praised cooking technique is simple enough for the average family to use in their backyard but is also used in restaurants.



Indigenous cooking methods are often used in households with Indigenous Aboriginal culture, or in restaurants. Many of these restaurants praise native ingredients on the menu, which were/are a main staple in Aboriginal people's cuisine. These cooking methods were used traditionally for people of Aboriginal culture, and have been brought into many restaurants and households over the years. Cooking food over hot coals is a very common technique mainly used to cook fish and meat but does the job for almost anything.

FLAVOURS & FUSIONS

As modern Australia is a very multicultural society many countries' ingredients and flavours have been integrated into the global cuisine of Australia. With all of these different cuisines coming together in one place fusion foods are created either becoming a modernised version of a traditional dish or two cuisines combined creating entirely new dishes, flavours and dining experiences.

Italian ingredients such as garlic, olive oil, oregano and capers are now used in households all across Australia and are a large part of Italian fusion dishes. Basil, a very traditional Italian flavour is used as a garnish in cafes and is now a common spice in other nations cooking and fusion curries. One of the most popular fast food dishes around the world and in Australia is pizza. A traditional thin bread base with tomato sauce, mozzarella cheese and basil. However what is served in dominos and pizza hut, still delicious but very far from tradition has a thick doughy base and is topped with pineapple, meats, mushrooms, egg and other non-traditional toppings. Most countries have some toppings that are the most popular in their country, in Australia it is ham and pineapple.



Traditional Italian



Domino's

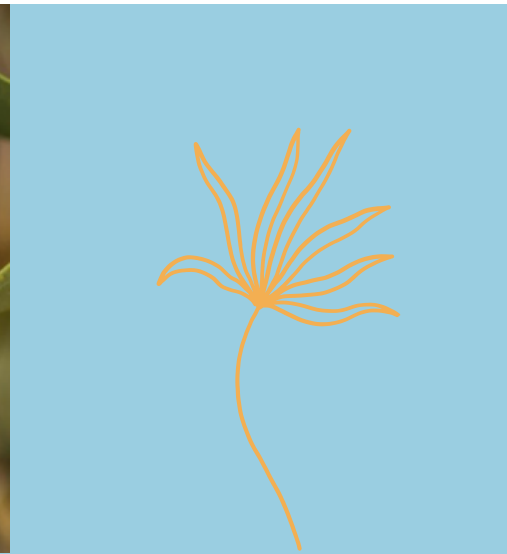
Through Australian history, Aboriginal culture and traditions have been lost including the foods eaten on this land for many years before British settlement. Now that we are moving forward, modern Australia has started to embrace the incredible ingredients on our doorstep such as saltbush, wattle seed, lemon myrtle and finger lime. They are unique flavours to Australia and when used correctly add depth and flavour to dishes!



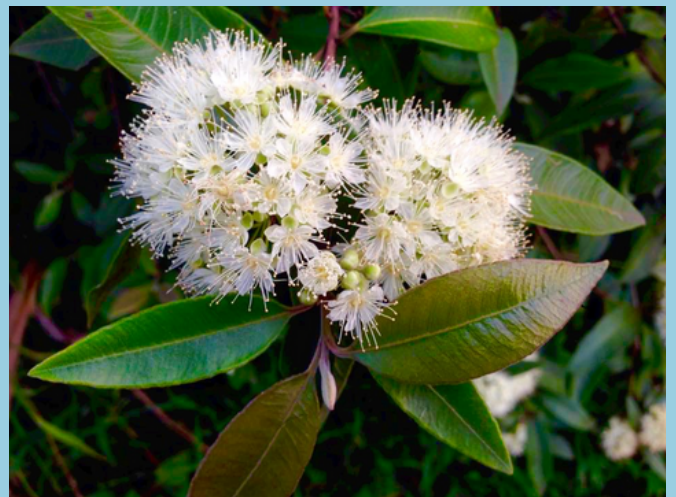
Saltbush



Wattle seed



Finger Lime



Lemon Myrtle

HABITS & CELEBRATIONS

A cultural celebration that is widely known across Australia is ANZAC day. This is a day when people from both Australia and New Zealand honour the members of the Australian and New Zealand Army Corps, and their first landing at Gallipoli. This day falls on the 25th of April each year and is recognised by families of ANZAC members and various communities. Australians usually take part in memorial services, parades, assemblies and dawn services. Most will have a minute of silence in remembrance of the ANZAC members who died. A common food that is eaten and loved throughout Australia is ANZAC biscuits. These biscuits have a cultural quality among Australia, and are eaten and made by many families. These biscuits are one of the main foods that ANZAC members would eat, as they would last long periods of time and didn't need preparation.



As people's lives are starting to speed up with important jobs and places to be, many Australians have less and less spare time to sit with their family and eat a meal. This has allowed for the expansion of on the go food options such as packaged snacks, salads and sandwiches, microwavable dinners and high energy snacks.

BREAK IT DOWN

Prawn, Mango and Avocado Salad



Kangaroo Tacos with Pico de Gallo Salsa



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