

AUSTRALIAN CUISINE

CULTURE? >

HOW HAS AUSTRALIAN CUISINE EVOLVED OVER TIME?

Australia relied heavily on imported food until the 1880's when local produce became more common. Farmers started producing flour, sugar, milk and fruit. Soon enough, when baking ingredients were common in households such as eggs, flour, coconut etc, cookbooks were created and luscious foods such as lamingtons and Anzac biscuits became popular, as they still are today!

In the 1950's there were plentiful technological innovations and inventions that influenced Australia's cuisine greatly. Refrigerators became quite typical in households so food could stay fresh. This allowed for more fresh foods such as vegetables and meat. Cars allowed people to go to supermarkets at ease. Technological innovations are still influencing Australia, we keep up to date!

Of course, we can't forget the multiculturalism of Australia. Before immigrants arrived, the Australian diet was quite plain and consisted mostly of meat. Italian immigrants brought plenty of vegetables such as zucchinis and capsicum. The Greeks made milk bars popular and brought foods such as baklava and souvlaki. Australian cuisine now is rife with multicultural dishes and fusion dishes, just waiting for you to try them out!



SUMMARY >

WHY AUSTRALIA?

Australia is a great place filled to the brim with amazing, delicious dishes that are unique to Australia. Australia has plenty of dishes combining cultures from around the world as well as our very own food such as bush tucker which is special to Australia. You'll never forget what Australia has to offer so come down under to us!



CULTURE

FOODS AND FLAVOURS OF AUSTRALIA

Unfortunately, bush tucker has been overlooked from Australia. Many see Australia as massive desert but it's much more than that! Wattle seed has an excellent earthy flavour with a tinge of coffee. Wattle seed is great in many dishes such as bread, pizza, ice cream and more. Another Australian ingredient is quandong, a native peach with a sweet, tart flavour. Perfect for pies, sauces and scones.

When you hear dim sims you might think it's Chinese although that might be confused with Dim Sums. Dim sims are a dumpling similar to the Chinese Shimej dumpling. It consists of pork and cabbage. This tasty treat quickly became popular and is served in many restaurants and shops across Australia.

Another ingredient we have here that some might not be so hasty to eat is vegemite. This salty yeast spread is loved by all Australians and can be eaten with bread, pastries or by the spoon if you're feeling adventurous!

AUSTRALIAN CUISINE!

CULTURE? >

HOW HAVE IMMIGRANTS AFFECTED AUSTRALIAN CUISINE

Us Australians may have taken granted for what immigrants have brought to Australia. Before mass immigration, Australians were eating meat three times a day and had a limited amount of vegetables. Immigration changed this.

The Italians brought plenty of food and knowledge. They introduced ingredients such as zucchinis and eggplant. These vegetables are well known and used in Australia now. Italians grew their own vegetables at first until retail stores specialised in Italian ingredients such as garlic and olive oil. Unfortunately xenophobia and prejudice kept Italian food quite unknown until the 1970's. Nowadays, there are lots of Italian restaurants across Australia.

When the Greeks immigrated to Australia, they opened up a lot of fish & chips shops. In the 1930's these shops changed to milk bars. Soon enough they started selling Greek dishes such as baklava, spanakopita, souvlaki and loukoumades. Greek food picked up in the 1950's and restaurants started serving Greek pastries. Soon other Greek foods such as feta and halloumi followed suit. By the 1990's Greek taverna were very popular. Greek people brought many dishes which are quite common in Australia such as souvlaki or baklava.

CULTURE >

AUSTRALIAN COOKING TECHNIQUE

Australia is well known for having a barbeque (or barbie as us Aussie's say). A barbeque is a fire with a rack on top of it. Barbeques are outside and Australians use them for all occasions. Most of the time meat is cooked on the barbeque, specifically red meat is quite popular or seafood. BBQ's can be used to cook sausages for a mouth watering sausage roll with tomato sauce drizzled on top. Barbeques are a similar technique to using hot coal, a technique used commonly by Australian Aborigines



CULTURE >

CULTURAL CELEBRATIONS

Australia is strongly influenced by the British. Mince pies and fruit cakes are quite popular to eat on Christmas day but eating seafood has risen in popularity due to the warm climate and the proximity to the ocean. On birthdays, they are celebrated with a decorated cake with lit candles on the top.

Of course who could forget Australia Day! It's on January the 26th, the day that the first fleet arrived to Australia. Australia day is for reflecting on the history of Australia, the good and the bad. We have many events across Australia such as parades, festivals and much more. It's typical to enjoy iconic Australian foods. Australians like to enjoy foods such as a good sausage sizzle washed down with a beer, a good old meat pie or even a vegemite sandwich. Dessert can be foods such a pavlova, lamingtons, Anzac biscuits or tim tams.