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## Objectives

- List top culinary trends for main dishes according to National Restaurant Association.
- Identify common ingredients and foods from different countries.
- Describe how to offer student inspired scratch menu items in school nutrition programs featuring local foods.

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**Poll Question!**

- Which cuisine is the most popular around the world?



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**Why serve global flavors?**

- Nutrition
- Nutrition Education
- Local ingredients and scratch cooking
- Meet customer demand



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**Nutrition**

- Spices
- Herbs
- Less common fruits, vegetables, whole grains



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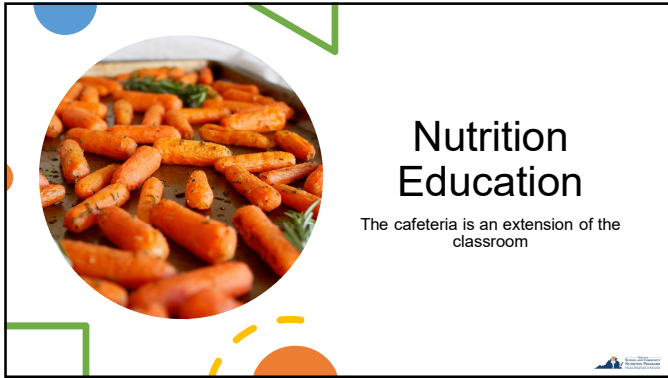
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### What's Hot 2024 Culinary Forecast

- What's Hot 2024 Culinary Forecast
- Global chicken wings
- International BBQ
- Grilled/cooked cheeses
- Stuffed vegetables



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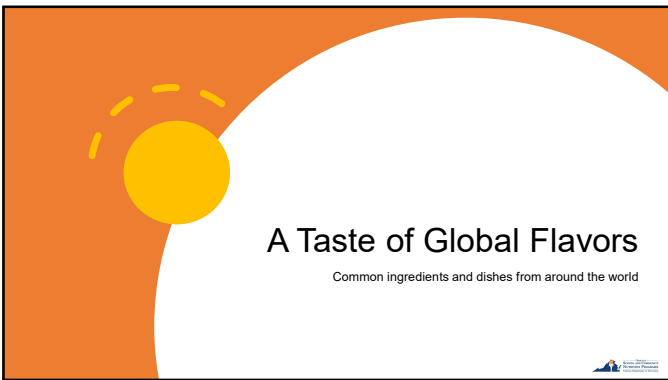
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### A Taste of Global Flavors

Common ingredients and dishes from around the world



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### Mediterranean

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**Common Italian Ingredients**

- Olive oil
- Tomatoes
- Cheese
- Basil
- Oregano
- Garlic
- Balsamic vinegar
- Pasta – dried and fresh



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**Popular Italian Dishes**

- Pizza
- Lasagna
- Bolognese
- Risotto
- Spaghetti carbonara



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**Common Greek Ingredients**

- Olives
- Olive oil
- Feta cheese
- Lemon
- Cucumber
- Dill
- Mint
- Oregano
- Honey
- Yogurt
- Tomatoes



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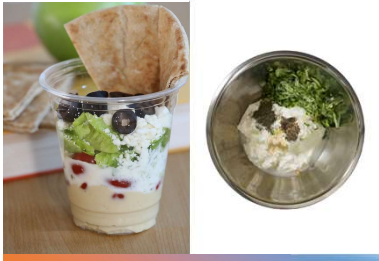
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**Popular Greek Dishes**

- Gyros
- Moussaka
- Dolmades
- Souvlaki
- Spanakopita
- Hummus
- Tzatziki



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**Chef Demo!**

Ramen



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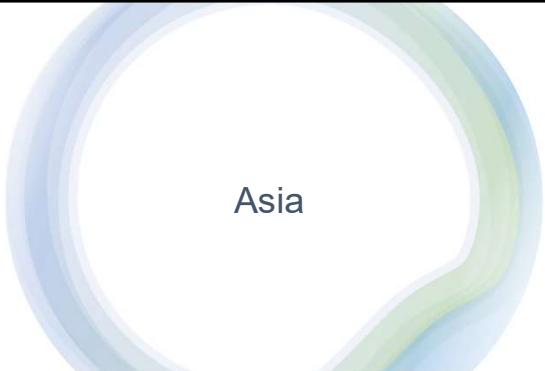
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Asia



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**Common Japanese Ingredients**

- Soy sauce
- Rice vinegar
- Mirin
- Miso
- Nori
- Wasabi
- Rice
- Seafood



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**Popular Japanese Dishes**

- Sushi
- Sashimi
- Ramen
- Tempura
- Katsu



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**Common Chinese Ingredients**

- Soy sauce
- Sesame oil
- Ginger
- Garlic
- Scallions
- Rice



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**Common Filipino Ingredients**

- Soy sauce
- Cane and coconut vinegar
- Fish sauce
- Ube (purple sweet potato)
- Banana ketchup
- Chili peppers



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**Popular Filipino Dishes**

- Adobo
- Lumpia spring rolls
- Pancit noodles
- Roast pig



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**Common Indian Ingredients**

- Garam masala
- Turmeric
- Garlic
- Ginger
- Chilies
- Tomato
- Coconut
- Lentils
- Garbanzo beans
- Basmati rice



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### Popular Indian Dishes

- Chicken tikka masala
- Chana masala
- Dahl (lentils)
- Rice pulao and biryani
- Samosas



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### Latin America

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### Common Mexican Ingredients

- Beans
- Rice
- Avocado
- Cilantro
- Corn
- Lime
- Tomatoes
- Salsa
- Chili powder
- Cumin
- Garlic



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**Popular Mexican Dishes**

- Enchiladas
- Tacos
- Chilaquiles
- Menudo
- Pozole
- Tamales
- Elote

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**Cross Cultural Cuisine**

Mixing two or more cultures' flavors, techniques, and ingredients



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**Menu Evaluation**

What global flavors could you add?

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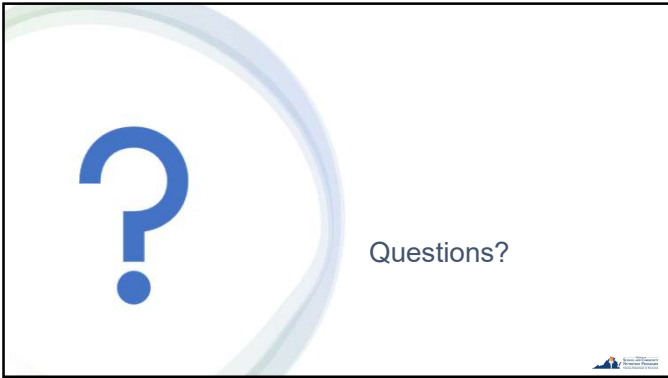
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