

## **Food!** - a few possible topics

We will be studying **Food!** – cuisines, ingredients, sustainability and safety. Join us as look into all the interesting cuisines and ingredients in Asia. Suggested topics include Pickles across Cultures, Food as Medicine – Ayurvedic and TCM, The Soybean, and the History of the Noodle. Our potluck lunches may be especially entertaining and tasty!

- ❖ Rice – different types & production methods
- ❖ Using food art to trace heritage
- ❖ Spices along the Silk Road
- ❖ History of the Noodle
- ❖ Where does the heat come from?
- ❖ Major Vegetarian Cuisines
- ❖ Fermentation – from Kombucha to Idli to Natto
- ❖ Kueh in Singapore (history & sampling)
- ❖ Preservation & Food Safety
- ❖ The Soybean
- ❖ Peranakan Cuisine
- ❖ Food Safety in Singapore – import rules to Hawker ratings
- ❖ Sustainable Food
- ❖ Indigenous Fruit
- ❖ Cuisines of China
- ❖ Cuisines of India
- ❖ Cuisines of Korea or Vietnam or Indonesia, etc.
- ❖ Pickles across Cultures
- ❖ Food Waste
- ❖ Sushi – humble origins to world dominance
- ❖ Curries across Asia
- ❖ Strange ingredients
- ❖ A Kaiseki for each season
- ❖ Food as Medicine – Ayurvedic & TCM
- ❖ Celebrity Chefs of Asia
- ❖ Eating implements – history and how to be polite at dinner
- ❖ The Spice Trade – colonialism transforms Asia