The most disgusting food in the world

Imagine finally having the opportunity to go on a vacation. Somewhere abroad… to an exotic destination – China, Vietnam, Kenia, Thailand. You know that the locals have amazing food such as delicious noodles, or a Chinese soup, and you want to try it. You hear of a local delicacy – it’s called:Ggdadhgag and you really crave for it. When they serve you the food, it turns out to be your worst food nightmare! And then you ask yourself: WHAT THE HELL DO PEOPLE EAT?

Heston Blumenthal’s molecular cuisine

This man is very famous for his innovative and scientific approach, when it comes to preparing food. He thinks that the perception of food should be multi-sensory, meaning that one shouldn’t simply smell and taste the food, but also feel it with his other senses, for example with his skin. He also combines extremely different tastes, calculating their compatibility on a molecular level and he uses chemical reactions and compounds such as extremely cold liquified nitrogen to merge the ingredients. That’s why many of his inventions are extreme, such as eggs and bacon ice cream and quail and crayfish jelly.

Sheep Head

This is a very common dish, typical for the Mediterranean, Northern Europe, The Middle East and Bulgaria. It can be either smoked or broiled and the tongue and the eyes are considered the best parts by many. An interesting fact is that the Bulgarian word Pacha is Iranian in its origins. The locals there use it particularly for cooked Sheep heads.

Durian

Officially known as the smelliest fruit in the world, Durian originates from Southeast Asia. Some people regard its smell as pleasant, while it evokes deep disgust in others. Its odor description ranges from rotten onions to raw sewage.

A soup simmering for 45 years

You read that right. Wattana Panich, is a soup served in a restaurant in Bangkok, Thailand. A common misconception is that the chefs never clean the pots which isn’t true. Every day, broth is boiled from fresh products. At the end of the day, a part of the broth is kept, the pots are washed, and that broth is left simmering overnight. On the next day, they merge the old broth with the fresh one and serve customers the soup. The restaurant attracts numerous crowds, some of the people being attracted by the enormous size of the cooking pot. Most visitors really like the soup and its distinct flavor.

Surströmming

This is officially the smelliest food in the world! But what is it actually? Surströmming is fermented herring. It is a Swedish dish dating back to the 16th century. It is prepared by salting the herring fish just enough to prevent it from rotting, while also not putting too much to allow it to dry. After the fermentation process of 6 months is completed, the fish is canned and fermentation continues in the can, causing it to bulge noticeably. The bacteria in the fish produce several gasses giving the food its unique smell, similar to that of rotten eggs, rancid butter and vinegar. In fact, the smell is so strong, that it is officially recommended to consume the food outside, a few meters away from the dining table, because the pressurized gas can cause brine spraying . Several major airlines (some of them include British Airways, Air France and Ryanair) have banned the fish, citing its potential explosiveness and the lack of oxygen it can cause.

Hakarl

This is Iceland’s national dish and consists of fermented and dried shark. It has a very strong cheese-like scent and taste and even many Icelanders never eat it. Anthony Bourdain described it as one of the foods he’ll never eat again, even though its taste is much better than its smell.

Kiviak

A traditional dish from Greenland which is made of fermented seabirds. It reportedly killed an explorer.

Kopi Luwak

One of the most expensive types of coffee, this variety is first being processed through the intestines of a civet cat, giving it a smoother flavor. People who have tried it say it actually tastes nicely.

Stink Heads

Stink heads are called like that for a reason. Why? Because those are fermented salmon heads from Alaska. They are buried in the ground in fermentation pits, put into plastic or wooden barrels, sometimes food storage bags, and left for a few weeks. They are then consumed as mash.

Jellied Moose Nose

This is another Alaskan delicacy. However, the adjective “jelly” is not used methaphorically, it describes how the moose nose is prepared.

Cuy

Cuy is the official name for roasted Guinea pigs. These animals originate from the Andes in South America and have nothing to do with Guinea or with pigs. It is unclear why they are called like that but what is clear is that they are a preferred source of meat, explaining their wide domestication. It is due to their reproductive abilities and low food consumotion compared to pigs and cattle. Peruvians for example consume more than 65 million guinea pigs each year, prepared roasted, fried, broiled, or in restaurants – fricassee.

Casu Marzu // Gordon Ramsay

Casu Marzu is a Sardinian sheep milk cheese, which literally means “rotten cheese”. It derived from another more famous Italian cheese – pecorino but it goes beyond the traditional fermentation process up to a stage of decomposition, caused by larvae of the cheese fly that are deliberately introduced into the cheese. Regular whole pecorino cheeses are left cut so that female cheese flies lay eggs inside, which turn into 8mm-long larvae. The acid from the larvae eating the cheese breaks down the cheese’s fats, causing a creamy texture. The cheese is considered safe for consumption only when the maggots inside are still alive. The cheese is cut into thin pieces and and spread on moistened Sardinian flatbread. Those who do not wish to eat the cheese with the living maggots put the cheese inside a plastic bag. The lack of oxygen causes the worms inside to get out of the cheese and start moving. When they stop moving, it means they are finally dead. Those who like their cheese with maggots inside, hold their hands around the sandwich to prevent the maggots from escaping. Some scientists have expressed concerns that the larvae can survive the stomach acid and lead to a condition called pseudomyiasis. That’s why this food has been outlawed by the European Union but local Sardinians have bypassed restrictions and made the cheese available on the black market. Similar variations appear in 9 other regions of Italy, in Germany a similar cheese is known as Milbenkaese, and in France as Mimolette.

Soft-boiled Fetal Duck

This food is also called Balut and is common in Vietnam and the Phillipines. It is fertilized duck eggs, incubated for a few weeks. When you remove part of the egg shell you can see the small body of a fetal duck with most of its body parts developed.

Baby Mice Wine

A traditional Chinese “health tonic” prepared from stuffed into a bottle of rice wine living mice. In its concept, it is similar to Three Squeaks.

Bull Penis Soup

Known in Bolivia as Caldo de Cardan, it is a soup made from a bull penis, chopped into small pieces and boiled. Most people who have tried it say it actually tastes delicious due to the long cooking time and the many flavourful ingredients. It is cooked overnight on low heat and is very cheap. It is considered better than Viagra, and an effective cure for hangovers.

Deer Placenta Soup

Dog Meat

It is estimated that each year, 25 million dogs are eaten. Due to the pork crisis in China, interest in dog and cat meat has skyrocketed because these types of meat are not only cheaper than pork and beef but also readily available.

Frog Smoothie

In some South American countries such as Peru people consume a smoothie, prepared using white bean broth, honey, aloe vera and a skinned and gutted frog from an endangered species. It is believed to help cure several diseases.

Raw Monkey Brains

Reportedly, most people don’t even eat this food after the torture of the animal. Moreover, consuming it is extremely dangerous because it can transmit serious diseases.

Warthog Anus

This dish is served in Namibia, al dente (meaning not completely cooked). It was described by Anthony Bourdain as the worst dish he had ever tasted.

Widgety Grubs – Giant Australian Tree Maggots.