

AROUND THE WORLD

(about food)

The most commonly used ingredients across cuisines



Southern US

Butter, Flour, Eggs, Baking Powder, Milk

Brazil

Olive oil, lime, cachaca, tomatoes, coconut milk

Morocco

Olive oil, ground cumin, ground cinnamon, ground ginger, carrots

Italian

Olive oil, parmesan cheese, black pepper, butter, pepper

China

Soy sauce, sesame oil corn starch, green onions, vegetable oil.

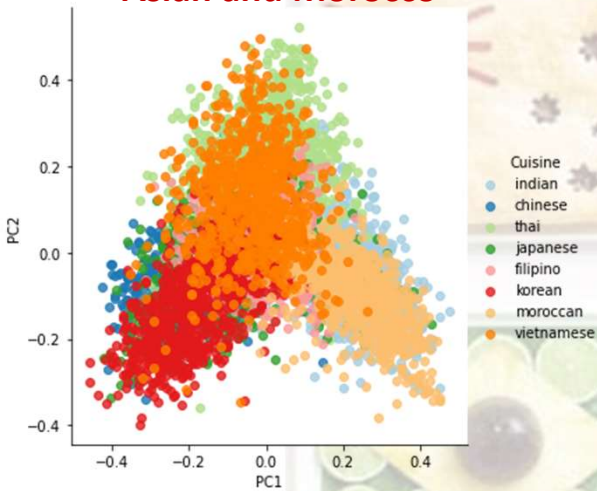
While salt water, sugar, and onions may be the most frequently used ingredients in food, each region has its' own 'signature' regarding food ingredients. Those who share common ingredients usually are closer geographically or have a lot of cultural exchange historically. Nowadays algorithms could be used to predict which food came from where based on its' ingredients.

A bit about salt THE (most famous) INGREDIENTS

Saltiness is one of the basic human tastes. Also, the human body can't store much salt so it is wired to crave salt to ensure we get enough. Salt also affects both taste and flavor. Our taste buds detect the salt presence and salt unlocks many aromatic compounds present in food.

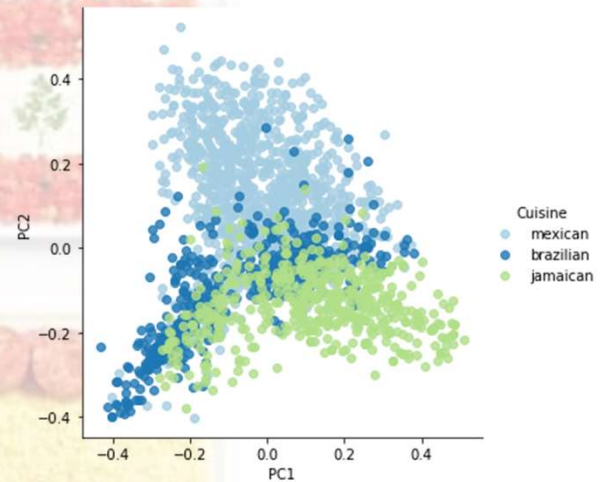
Source: Salt, Fat, Acid, Heat by Samin Nosrat and Wikipedia

Asian and Morocco

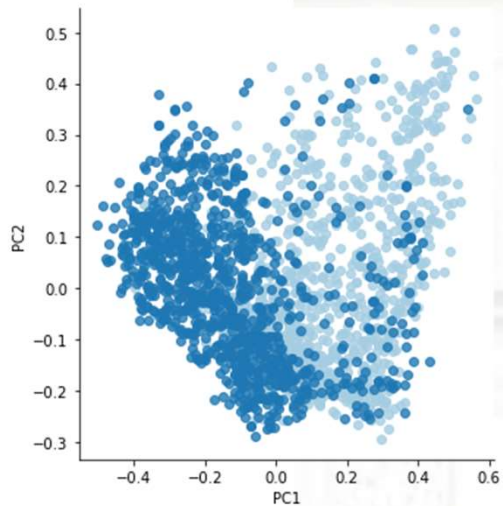


Graphs are results of Principal Component Analysis on the ingredients frequently used in each cuisine. These show how 'close' or 'far' a cuisine is from each other based on the ingredients used. A clearer illustration of how close cuisines are to each other could be seen through these graphs. In Mixed graph, representative from each continent is used to map ingredients overlap.

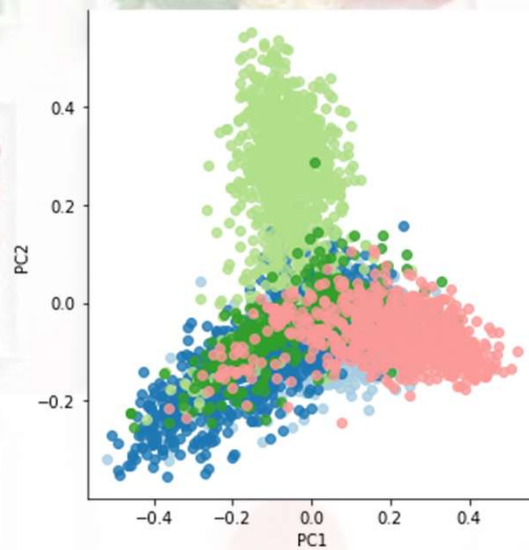
South American



North American



Mixed



European

