**Typical food Mexican**

**Pozole**

According to anthropologists, this pre-Hispanic soup was once once used as part of ritual sacrifices. These days chicken, pork and vegetarian pozole versions are readily available in more everyday surroundings. Made from hominy corn with plenty of herbs and spices, the dish is traditionally stewed for hours, often overnight. Once ready to serve, lettuce, radish, onion, lime and chilli are sprinkled on top.

**Tacos al pastor**

This historic dish is one of the most popular varieties of tacos, with origins dating back to the 1920s and 30s and the arrival of Lebanese and Syrian immigrants to Mexico. To create tacos al pastor (meaning ‘in the style of the shepherd’), thin strips of pork are sliced off a spit, placed on a corn tortilla and served with onions, coriander leaves and pineapple.

**Tostadas**

What should you do with stale tortillas? Why, fry them of course! Literally meaning toasted, tostadas are a simple but delicious dish involving corn tortillas fried in boiling oil until they become crunchy and golden. These are then served alone or piled high with any number of garnishes. Popular toppings include frijoles (refried beans), cheese, cooked meat, seafood and ceviche.

**Chiles en nogada**

Boasting the three colours of the Mexican flag, chiles en nogada is one of Mexico’s most patriotic dishes. Poblano chillies filled with picadillo (a mixture of chopped meat, fruits and spices) represent the green on the flag, the walnut-based cream sauce is the white and pomegranate seeds the red. Originating from Puebla, history tells that the dish was first served to Don Agustin de Iturbide, liberator and subsequent Emperor of Mexico.

**Mole**

Three states claim to be the original home of mole (pronounced ‘mol-eh’), a rich sauce popular in Mexican cooking. There are myriad types of mole but all contain around 20 or so ingredients, including one or more varieties of chilli peppers, and all require constant stirring over a long period of time. Perhaps the best-known mole is mole poblano, a rusty red sauce typically served over turkey or chicken.

**Guacamole**

Guacamole is undoubtedly one of Mexico’s most popular dishes but few know that this traditional sauce dates back to the time of the Aztecs. Made from mashed up avocadoes, onions, tomatoes, lemon juice and chilli peppers (and sometimes a clove or two of garlic), guacamole is often eaten with tortilla chips or used as a side dish.

**Tamales**

Tamales were first developed for the Aztec, Mayan and Inca tribes who needed nourishing food on the go to take into battle. Pockets of corn dough are stuffed with either a sweet or savoury filling, wrapped in banana leaves or cornhusks and steamed. Fillings vary from meats and cheeses to fruits, vegetables, chillies and mole. Remember to discard the wrapping before eating!

**Typical food Italian.**

Italian food and wine are probably as famous as Italy's artistic and historical assets: think of Italian wines such as Chianti, Amarone and Barolo, of our specialty foods, like Buffalo Mozzarella, or of fresh produce such as truffles and olives, that are so much part of our cuisine to have become almost a symbol of it. Feeling hungry? Well, If you want to get straight to work, check out our delicious Italian food recipes database. If you want to learn more about Italian food and wine and some of their secrets, than keep on reading this section of our website: you'll be surprised by the history behind the food, and how strictly related to the culture and heritage of an area a wine or a dish can be.

**Typical food Japanese.**

**Sushi**

Put simply, sushi is raw fish served on rice seasoned lightly with vinegar. It’s in the variety of flavours and textures – like tangy, creamy uni (sea urchin roe) and plump, juicy, ama-ebi (sweet shrimp) – that things get interesting. Despite sushi’s lofty image, it has a humble origin: street food.

**Ramen**

Ramen, egg noodles in a salty broth, is Japan’s favourite late night meal. It’s also the perfect example of an imported dish – in this case from China – that the Japanese have made completely and deliciously their own. There are four major soup styles: tonkotsu (pork bone), miso, soy sauce and salt. Fukuoka is particularly famous for its rich tonkotsu ramen; pungent miso ramen is a specialty of Hokkaido.

**Unagi**

Unagi is river eel grilled over charcoal and lacquered with a sweet barbecue sauce. According to folklore, unagi is the ideal antidote to the heat and humidity of Japan’s stultifying summers. It’s a delicacy evocative of old Japan and most restaurants that specialize in eel have a wonderfully traditional feel. Fresh, wild-caught unagi is available May through October.

**Tempura**

Light and fluffy tempura is Japan’s contribution to the world of deep-fried foods (though it likely originated with Portuguese traders). The batter-coated seafood and vegetables are traditionally fried in sesame oil and served with either a tiny pool of salt or a dish of soy sauce-flavoured broth spiked with grated radish for dipping. Do not miss out on ebi-ten (tempura prawns).

**Kaiseki**

Part dinner, part work of art, kaiseki is Japan’s haute cuisine. It originated centuries ago alongside the tea ceremony in Kyoto (and Kyoto remains the capital of kaiseki). There’s no menu, just a procession of small courses meticulously arranged on exquisite crockery. Only fresh ingredients are used and each dish is designed to evoke the current season.