

Chilies, Potatoes, and Tomatoes: The Globalization of Food

Look at your evening meal. You might find rice, a bean paste stew with potatoes, a few dishes of vegetables, and of course Gimchi, which contains a lot of spicy chili.

1) 특히 고추는 한국의 많은 매운 음식들에 필수적인 재료이기 때문에 당신은 고추가 다른 나라에서 유래했다고 거의 의심하지 않을 것입니다.

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You would not be the first person to make that mistake. Ask a Chinese or an Indian or a Mexican, and most will argue that chilies are native to their homeland. Sorry for them, but they are all wrong. Chili peppers originated in South America.

2) 고추뿐만 아니라 감자와 토마토를 포함한 오늘날 우리가 소비하는 많은 음식들은 같은 지역에서 유래했으며 한 사람의 노력 때문에 전 세계로 퍼져나갔습니다.

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This story is an interesting part in the history of the globalization of food.

3) 1492년, 이탈리아의 탐험가인 Christopher Columbus가 인도로 가는 새로운 항로를 찾아 스페인에서 떠났을 때, 그의 여정의 목적은 아시아에서 후추를 안전하게 가져와 유럽의 주방들을 확보할 길을 찾는 것이었습니다.

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Europeans had used black pepper as a medicine and a spice since ancient times.

4) 남인도와 그 주변의 섬들로부터 수입되었기 때문에, 후추는 값비싼 향신료였습니다.

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When the Ottoman Empire took over Asia Minor and the eastern Mediterranean, it effectively blocked routes to India, and the price of black pepper shot up. As a result, European traders had to look for new ways to trade with India for pepper and other spices.

5) Columbus는 서쪽으로 향했고, 카리브 해 제도에 도착하고는 그가 여태껏 찾아왔던 인도로 가는 새로운 길을 찾았다고 생각했습니다.

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He was mistaken, of course.

6) 그는 후추 대신에 후추의 다른 종류라고 생각한 다른 식물들을 발견했습니다.

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Those plants were later called chilies or chili peppers.

Europeans at first hesitated to try chilies, just the way many people today do not like to try new foods. When Portuguese traders carried chilies to other parts of the world, however, including Africa and Southeast Asia, it revolutionized local kitchens.

7) 사람들은 고추를 너무 좋아해서 가능한 모든 요리에 고추를 넣었습니다.

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The speed of the chili pepper's spread was exceptional. Within a half century after arriving in Spain, it was being used across much of Asia, along the coast of Africa, in the Middle East, and in Eastern Europe.

Chilies spread quickly, in part because they were easy to grow in a wide range of climates and conditions, which made them an abundant crop. From a nutritional point of view, chilies are much less valuable than rice, corn, or potatoes.

8) 하지만 심지어 평범한 음식도 풍미가 있게 만듦으로써, 고추는 가난한 사람들이 매일 먹을 수 있는 단 하나의 사치 품목이었습니다.

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Many local dishes, popular among common people, were transformed into hot, spicy, and unique foods, thanks to chilies. Curry in India, hot pot in South China, tom yum in Thailand, and goulash in Hungary are just a few of the foods that were reborn with chilies.

9) Columbus는 스페인으로 돌아오면서 유럽인들의 관심을 끌 것이라고 기대한 다른 새로운 작물을 가지고 왔습니다.

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They included potatoes and tomatoes. While chilies improved ordinary food by adding spice to them, potatoes greatly improved the nutrition of the populations of Europe, Africa, and Asia. Potatoes were at first less favored than sweet potatoes by Europeans.

10) 감자가 영양가가 높을 뿐만 아니라 척박한 토양과 혹독한 기후에서도 잘 자란다는 사실이 드러난 후, 감자 재배는 북유럽과 동유럽에 빠르게 퍼졌습니다.

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In Ireland, for example, the potato became the staple food, with adults consuming an average of ten potatoes a day.

11) 한 추산에 따르면, 감자의 도입이 1700년에서 1900년 사이 유럽과 아프리카, 아시아 인구 성장의 1/4를 책임졌다고 합니다.

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Among the crops that Columbus introduced to Europe, tomatoes had to wait longer than the others, nearly two hundred years, before becoming part of everyday meals. There were two reasons for this.

12) 첫 번째는 토마토가 유럽인들이 잘 알고 있는 독이 들어있는 어떤 식물의 열매와 아주 비슷했기 때문입니다.

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13) 이 때문에 토마토는 처음에 음식 보다는 장식용 식물로만 재배되었습니다.

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Several decades passed before they began to be consumed as a food, and then, during the 1500s, they spread slowly to Spain, Italy, and France.

Up until the late 1700s, however, a large percentage of Europeans still feared the tomato.

14) 이 과일의 또 다른 이름은 '독사과'였는데, 이것을 먹은 귀족들이 아프거나 때때로 죽는다고 생각했기 때문입니다.

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That was the second reason that tomatoes were slow to spread as a food. The truth was that wealthy Europeans at that time ate off plates made of heavy metals including considerable amounts of lead.

15) 왜냐하면 토마토는 산성이 높아서 그런 접시위에 올라갈 경우 이 과일이 납을 방출하여, 먹는 사람이 납 중독에 걸리게 되기 때문이죠.

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16) 그 당시 어떤 누구도 접시와 독 사이의 관련성을 알아내지 못해서, 토마토만 비난 받았습니다.

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The tomato was later cleared of its false charge, and the invention of pizza in Naples in the 1880s kicked off the tomato's popularity in Europe.

For thousands of years chilies, potatoes, and tomatoes had been consumed only in certain regions in South America before they crossed the Atlantic Ocean five hundred years ago.

17) 그것들이 다른 대륙들로 퍼지고 그 지역의 음식들과 섞이면서 특별한 음식을 만들어 냈습니다.

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The globalization of chili peppers, potatoes, and tomatoes completely changed the kitchens of the world.



◇「콘텐츠산업 진흥법 시행령」제33조에 의한 표시

1) 제작연월일 : 2018년 11월 08일

2) 제작자 : 교육지대㈜

3) 이 콘텐츠는 「콘텐츠산업 진흥법」에 따라 최초 제작일부터 5년간 보호됩니다.

◇「콘텐츠산업 진흥법」외에도「저작권법」에 의하여 보호되는 콘텐츠의 경우, 그 콘텐츠의 전부 또는 일부를 무단으로 복제하거나 전송하는 것은 콘텐츠산업 진흥법 외에도 저작권법에 의한 법적 책임을 질 수 있습니다.

정답

- 1) [정답] Since chilies, in particular, are an essential ingredient for many spicy Korean dishes, you would hardly suspect that they originated in another country.
- 2) [정답] Not just chili peppers, but many of the foods we consume today, including potatoes and tomatoes, originated in the same region and spread to the rest of the world because of the work of a single person.
- 3) [정답] In 1492, when Christopher Columbus, the Italian explorer, set sail from Spain to find a new route to India, the purpose of his journey was to find a way to safely bring black peppers from Asia and secure the kitchens of Europe.
- 4) [정답] Imported from South India and nearby islands, black pepper was an expensive spice.
- 5) [정답] Columbus headed west and, upon reaching upon reaching the islands of the Caribbean, believed he had found the route to India that he was seeking.
- 6) [정답] Instead of black pepper, he found other plants that he thought to be another type of pepper.
- 7) [정답] People loved chilies so much that they put them into every dish possible.
- 8) [정답] By making even plain food rich in flavor, however, chilies were the one luxury item the poor could afford to eat every day.
- 9) [정답] Upon returning to Spain, Columbus took other new crop that he expected would capture the attention of Europeans.

- 10) [정답] After it was revealed that potatoes were not only nutritious but also grew well on poor soils and in hostile climates, the cultivation quickly spread to Northern and Eastern Europe.
- 11) [정답] According to one estimate, the introduction of the potato was responsible for a quarter of the population growth in Europe, Africa and Asia between 1700 and 1900.
- 12) [정답] The first was that the tomato looked a lot like the fruit of certain poisonous plants that were well known to Europeans.
- 13) [정답] Because of this, they were at first grown only as a decorative plant rather than as a food.
- 14) [정답] Another name for the fruit was "poison apple" because it was thought that the nobles got sick and sometimes died after eating them.
- 15) [정답] Because tomatoes are high in acidity, when placed on such plate, the fruit would release the lead, resulting in the poisoning of the diner.
- 16) [정답] No one at the time made the connection between the plate and the poison, so the tomato was blamed.
- 17) [정답] They spread to other continents and, when blended with local foods, created unique dishes.