

# Culture: Zhodani Diet and Cuisine

## Dietary Needs

The Zhodani are biologically human, so their dietary needs are similar to the other branches of humanity throughout the galaxy, with the expected varieties of **chekste** (չէշտէ) *protein*, **chtedre** (չէդրէ) *carbohydrates*, **ster** (չէֆ) *fats* and *lipids*, vitamins and amino acids. Their actual diet shows significant differences in the structure and composition of these nutrients, however. The flora and fauna native to their home planet of Zhdant have unique amino acids and proteins that are indigestible to non-native species. The Zhodani have, through evolutionary natural selection (and possible genetic modification) developed the ability to process these local

<b>yonchobo</b>	Յօնչօբօ	a species of native livestock resembling a small, six-legged water buffalo
<b>abrrstia</b>	Աբրստիա	a chicken-like avian native to Zhdant, raised for eggs and meat
<b>kredl</b>	Կրեծլ	goat-like herd grazers raised for milk and meat
<b>noql</b>	Նօկլ	a non-native species of amphibious salamander that lives in rivers and small ponds and is kept for its meat, eggs and roe
<b>yetsasl</b>	Յէտսալ	small horse-like grazers sometimes bred for size and used in racing

proteins and modern Zhodani have no trouble eating local foods.

The bulk of the Zhodani diet comes from the ocean. Nearly half of the land surface of Zhdant is either non-arable desert; the rest is rugged mountains containing tropical and temperate forests. Farming (**tlatezhdievras**,

<b>okotzi</b>	Ոկուցի	fish
<b>dlezhdokotzi</b>	Ջէզհդոկուցի	shellfish
<b>kliazhatlkochini</b>	Կլյաշալկոչինի	seaweed
<b>jdinqri</b>	Ջնիքրի	grain
<b>talqi</b>	Դալքի	fruit
<b>tlonqili</b>	Ճոնգիլի	vegetables

Ճոնգիլի) of grains, fruits and vegetables is done mainly along the coastal regions and flood plains.

Large-scale ranching is virtually nonexistent on Zhdant; there are few species of terrestrial creatures larger than a few hundred kg in mass and no

## tlatemo

large herds of native livestock; however, several species of land animals are raised for their meat, milk, eggs and hide.

## Eating Patterns

As we have seen in the previous lesson, Zhodani eating habits are different from those of other branches of humanity. Instead of consuming a few large meals, they prefer to eat several smaller portions throughout their day, typically eating six to seven times daily, thus maintaining a steady flow of nutrients to keep up energy and good mental and physical health. The composition of these meals varies depending on the time of day.

## The Morning Meal (Pliebraitspali)

**Pliebraitspali** (Плебрайтспали) or *morning meal*, is the first meal of the day and usually is held either at dawn (**pliebraits**, *Pliebr's Arrival*) or the fifth hour of the morning third of the day. A typical **pliebratispali** meal consists of grilled vegetables, grain or grain cakes, fruits, and a soup made from a light broth. It is usually accompanied by **kafi** (Кафи), a beverage made from a local plant with stimulant properties. This is a light but high energy meal meant to provide calories for the first daily ten-hour work period.

## The Noon Meal (Stialchalipali)



zdadlev	ဇာဒ္ဓေါ	flatbread patty made from a rice-like grain
zamoli	ဇာဒ္ဓရှုံး	broth
tlonqili	ဇာဒ္ဓအုံး	vegetables
talqi	ဇာဒ္ဓအုံ	fruit
kans	ဇာဒ္ဓ	a rice analogue grain
kafi	ဇာဒ္ဓ	coffee

(正午の食事) or *noon meal*, which is held at hour 15, the fifth hour of the midday third. This is a slightly more elaborate affair than the **pliebraitspali** and features large quantities of noodles, either sautéed or in soup, meat skewers of **abbrstia** or **kredl**, fish, and fresh or stir-fried vegetables. This meal is also a much more social event, usually lasting up to two hours, during which the participants discuss the day's business, local news, or any other important (or trivial) topic that comes up. **Stialchalipali** is also a good time for making business arrangements, proposals, and contracts. It is always preceded by a visit to the **kalipakipria**.

## Evening Meal (Pliebrimanipali)

**Pliebrimanipali** (夕暮れの食事) or *evening meal* is traditionally



qiloe' ㄑㄩㄉㄢㄤˋ noodles made from the starch of a wheat-like grain

ibro ㄦㄉㄠㄢ egg

abbrstozh ㄔㄢㄉㄊㄐㄢㄢㄤ abrrstia meat

fozhqro ㄉㄢㄉㄢㄢ a spicy blend of pickled vegetables, fish and shellfish

the last full meal of the day. It occurs at sunset (**pliebrimani**, *Pliebr's departure*) or around the 25<sup>th</sup> hour, depending on the latitude and season. This is always a relaxed, drawn out event, usually lasting well into the evening as people come and go from the **kotozhiepria**. For those working the night shift, it may mark the beginning of their work day; for others, it's the end, but in any case **pliebrimanipali** is an important time for all to socialize and prepare for the evening. A typical **pliebrimanipali** features trays of fish, shellfish, meats, fruits, vegetables, cakes made from **kans** or other grains, noodles, soups, and wine or spirits, though the latter are usually reserved for holidays.

## Spices (Ajo)

Most Zhodani cuisine relies on extensive use of a rich palette of flavorful spices, many of which can be quite hot. This feature likely goes back to pre-



efla	エフア	wine
tatlia	タトリア	liquor
kliazh	クレヨ	water
etsashchrk	エツアシクリク	a soup made from vegetables, noql meat, and spicy peppers
okotzichieli	オコチチエリ	fish curry

industrial times, when travellers crossing the Dlegjats high desert needed a way to transport food in a non-perishable form. Pickling and spicing is one of the earliest forms of food preservation that all human cultures develop, and the Zhodani are no exception. To visitors and non-natives, the experience can be overwhelming at first as the aroma of spice permeates virtually any public place, especially the **kotozhiepria**.

olplikiajo	オルブリキアジョ	a medium-hot spice blend originating from the capital region of Dlolpliki, commonly used on fish
epchaklajo	エーブラクアジョ	a very hot spice blend made specifically from peppers and spices grown on Viepchakl
knavrajo	クナーブラジョ	a hot blend made from plants found exclusively on Qiknavra, the smaller continent

That said, Zhodani native cuisine is as varied as any other human society. Food items originating from the temperate zones tend to be less heavily spiced than those from desert regions, and the composition and type of spices used varies by region as well.

The suffixes most commonly used in Zdetl to name spices and spice blends are **-chieli** (王丈立人) and **-ajo** (アジョ). Spice blends are often named for the region they originate in, a practice not dissimilar to many Terran spices and *masala*.

## Special Dietary Requirements

One unusual factor of Zhodani eating habits is the often very specific needs of the **Zhobrdievl**, the psionic Nobility. Psionic activity often requires increased caloric intake, and in varying proportions depending on the type of talent used. Teleportation, or **koetsdievl**, for example, requires a heavy load of carbohydrates and proteins to utilize effectively, while **shadievl** (telepathy) has much less intensive needs, mainly carbohydrates and electrolytes. The **zhant'ad** clans responsible for the culinary needs of the

**zhobrdievltzi** must be mindful of their superiors' needs at all times and adjust the composition and frequency of meals accordingly.

The Zhodani have a local equivalent of "sports drinks" designed specifically to help with recovering Psionic potential after intensive use of talents. One such drink high in sugars and amino acids is popular with **koetsnad** (teleportation specialists) is called **Dizzenzh** or "Jump Juice". It has also in high demand on some worlds near the Zhodani Frontier in the Tloql sector (AKA the Spinward Marches) as a mixer for alcoholic

drinks.

Zhant'ad, of course, have much less specific dietary needs than the nobility does.



