

WRAP THE WORLD

A zine about Wrapped Foods
Coco Lai and Leah Liu



Table of Contents

General Pages
Leaf Wrapped
Dough Wrapped
Other Wrapped

Introduction	5
Celebration Foods	6
Bahn Chung	8
Enduri Pitha	10
Ketupat	12
Khao Tom	14
Luwombo	16
Tamales	18
Zongzi	20
Beef Wellington	22
Dumpling	24
Pie	26
Tangyuan	28
Day to Day Foods	30
Cabbage Rolls	32
Gimmari	33
Nagasaki	34
Nasi Lemak	35
Stuffed Grape Leaves	36
Sushi	37
Baozi	38
Changfen	39
Crepe	40
Samosa	41
Space Food	42
Burger	43
Graphs and Maps	45
Surfaces Covered	46
Wrapping Categories	47
Wrap the World Map	48
Your Wrapped Foods	49

Introduction

In this zine, we explore the delicious and diverse ways that people from different cultures have been wrapping their food for centuries. We take a closer look at the history, ingredients, and preparation methods of these mouth-watering dishes.

But, why wrap food? The wrapping of food gives food added flavor, adds visual interest, holds in flavors, allows for a variety of ingredients, keeps contaminants out, and keeps food moist.

As the logical receptacles to transfer and store foods in the hunting gathering era, leaves were probably the earliest culinary tool and wrapping medium. Wrapping food with leaves continues to be a widespread practice around the world. As such, we were originally going to make this a leaf-only zine. However, after receiving some feedback, we branched out to explore other methods of wrapping.

For this zine, it is important to note that we are distinguishing between wrapped and stuffed foods.

Our requirements for classifying wrapped foods are as follows:

- The food enclosed must be in direct contact with the wrapping
- The wrapping is either prepared with filling and/or help hold the shape of the food

Whether you're a food lover or just looking for some inspiration for your next meal, we hope you enjoy reading about these delicious wrapped foods from around the world. Although this publication does not cover all or even most wrapped foods from the different cultures and regions around the world, we hope this zine will encourage you to explore the broad expanse of wrapped foods!



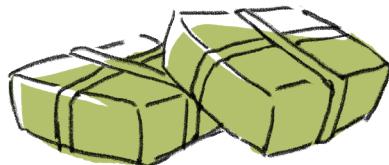
Celebration Foods



Bánh Chu'ng

History

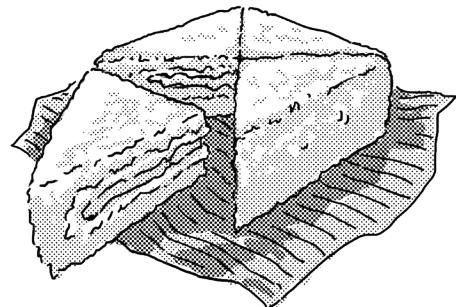
According to legend, the creation of bánh chưng and bánh giây by Lang Liêu, a prince of the last king of the Sixth Hùng Dynasty, earned him the right to succeed to the throne. These delicacies represented the earth and the sky. Today, bánh chưng is still an important part of Vietnamese tradition and is placed on family altars to pay homage to ancestors and seek their blessings for the coming year.



Preparation and Traditions

Bánh chưng, a traditional Vietnamese dish, is made with glutinous rice, mung beans, fatty pork, black pepper, salt, and sometimes green onion and nước mắm for added flavor. During the wrapping stage, lá dong, a type of bamboo string, is used along with a square wooden mold to shape the bánh chưng. While lá dong is popular in Southern Asia, banana leaves or lá bàng can also be used.

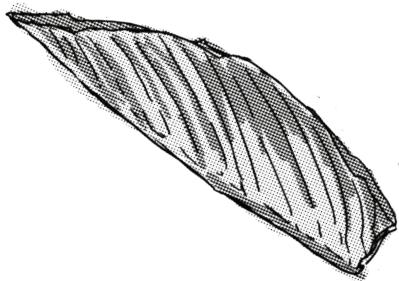
The making and eating of bánh chưng during Tết is a significant tradition in Vietnam and is considered an essential part of the family altar. Bánh chưng is also enjoyed year-round as a staple of Vietnamese cuisine.



Enduri Pitha

History

Enduri pitha, also called Haldi patra pitha, is a type of pitha that originates from the Indian state of Odisha, particularly in the northern, eastern, and central regions. It is closely associated with Prathamastami, a significant ritualistic festival celebrated in traditional Hindu Oriya households to wish for the long life of the firstborn in a family. The practice of celebrating Prathamastami as a community festival dates back to the 14th century.



India (Odisha)



Preparation and Traditions

Enduri pitha is made with a mixture of turmeric leaves, black gram, rice flour, coconut, jaggery, and black pepper. It is traditionally steamed in large earthen pots and is a light snack known for its laxative effect due to the turmeric leaves used in the wrapping process.

Enduri pitha is primarily prepared during Prathamastami and Manabasa Gurubara. It is also among the many pithas offered to Jagannath at the Jagannath Temple in Puri for breakfast.

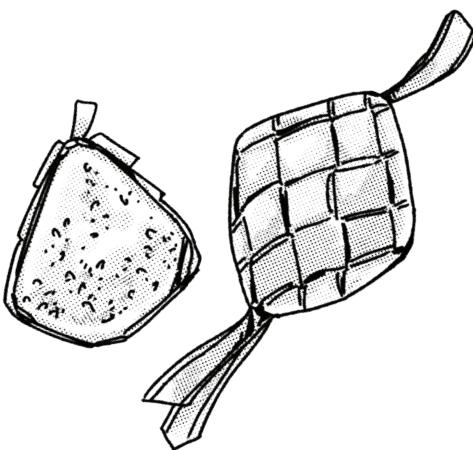
During the preparation of enduri pitha, Lord Ganesha, Goddess Shashti Devi, and the presiding deity of the family are worshiped. The cake is first offered to the Goddess of Sasthi before being shared by all.

ଏନ୍ଦୁରି
ପିଥା

Ketupat

History

Ketupat is a leaf-wrapped celebration food in Southeast Asia. Ketupat is javanese rice cake wrapped by woven palm leaf originating in Indonesia, it is also found in Brunei, Malaysia, Singapore and southern Thailand. Ketupat was first introduced by an Indonesian theologian named Sunan Kalijaga. The use of woven young palm leaves wrapped as a pouch to cook food is widespread in Maritime from Java. Ketupat connected with Islamic lebaran tradition earliest in the 15th-century Sultanate of Demak.



Preparation and Traditions

Ketupat is made from rice that has been wrapped in a woven palm leaf pouch and boiled. During cooking, the grains expand to fill the pouch and the rice is compressed. This cooking method gives the ketupat its characteristic form and texture of a rice cake.

According to the general wrapping method of ketupat, the leaves are first spread out, cross tied into a triangular-shaped container, and then stuffed with rice. In order to avoid the wrap falling apart while boiling, a small knot is tied at the end of the leaf. Ketupats are slightly flat equilateral triangles, diamond shade ketupats are common today as well. Before boiling in the pot, ketupats are divided into groups of three or five and tied into a bundle for the convenience of pick up and calculation.

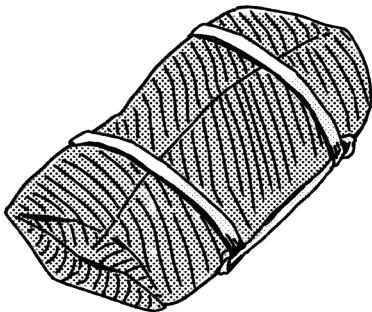
Ketupat is a symbolic food commonly eaten during the Islamic Eid al-Fitr festival in Southeast Asia. It represents forgiveness of human mistakes and sins through prayer and rituals, with the crossed weaving of palm leaves representing mistakes and the inner rice cake symbolizing purity.

KUPAT

Khao Tom

History

Khao tom is a Southeast Asian dessert eaten by Laotian and Thai people, consisting of seasoned steamed sticky rice wrapped in banana leaves. According to buddhist legend, khao tom was created by people to throw into the buddha's alms bowl for offering food to Lord Buddha.



Thailand



Preparation and Traditions

Khao tom is a popular Thai dessert that few people are unfamiliar with. It uses glutinous flavor rice mixed with coconut milk black beans and bananas. Khao tom is tightly wrapped with banana leaves - which are usually hammered and softened in water - into a flat quadrilateral shape and tied with rope or peg. Sometimes two khao toms are tied together. Like other similar rice foods, khao tom needs to be steamed and cooked until ready to eat.

In Thailand, khao tom mat is the symbol of couples because the couple are matched and bound together with the thin bamboo string. Thai people believe that if a pair of couples are offered khao tom mat to monks on Khao Phansa Day, their married life will be smooth and have stable love. Khao tom is an important food in the merit-making buddhist tradition of the Thai Phuan people. People wrap khao tom as the celebration food one day prior to the Sai Krachat Day.

ຂ້າວຕົມມັດ

Luwombo

History

Luwombo is a traditional Ugandan dish that is commonly prepared during holidays and is considered a royal delicacy. Its origins can be traced back to 1887 when it was first created by the personal chef of Kabaka Mwanga, a notable king who ruled the Buganda kingdom in Uganda. Kabaka Mwanga had 16 wives and 10 children.



Uganda



Preparation and Traditions

Luwombo is a stew steamed in banana leaves; it has been considered to be a very special dish that was/is served only to very important guests in the Baganda culture. This dish can be prepared with beef, chicken, pork or goat, a very popular meat in Africa, but unfortunately not very easy to find in the United States. The addition of smoked fish is optional but adds a special flavor. There are recipes that use smoked meat instead.

This stew traditionally serves the king, chiefs, visitors, and in-laws.

The dish was originally reserved for special occasions like traditional marriages, parties, festivities, and last funeral rites.

Luwombo is a dish that was and still is used to show respect to visitors and to honor the occasion. In Buganda, a ceremony or festivity without Luwombo is considered a very minor ceremony.

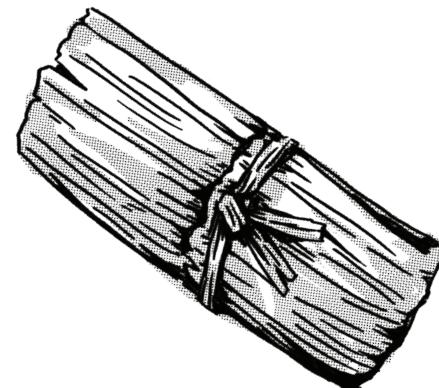
Luwombo

Tamale

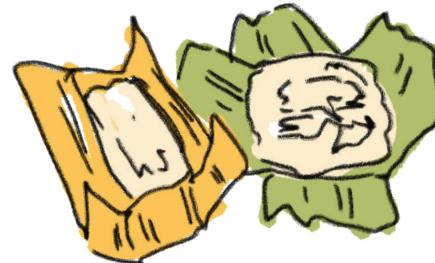
History

Tamale, or tamal in Spanish, is a classic Mesoamerican meal consisting of masa, a dough made from nixtamalized corn, which is then steamed in a corn husk or banana leaf. Archaeologists Karl Taube, William Saturno, and David Stuart suggest that tamales date back to around 100 AD and may have originated in indigenous cultures in Guatemala and Mexico.

Nowadays, different versions of tamales can be found throughout Latin America, each with their own unique fillings and flavors.



Mexico and
Latin America



Preparation and Traditions

Tamale wrapping can be used as a plate or discarded. Masa can be filled with meats, cheeses, fruits, vegetables, herbs, chilies, or any other desired ingredients. The filling and cooking liquid may also be seasoned to enhance the taste. In Mexico, tamales are renowned for their intricate and time-consuming preparation, which is a prime example of Mexican communal cooking, typically overseen by women. They are a beloved staple food, often consumed for both breakfast and dinner, and accompanied by traditional maize-based beverages such as hot atole or champurrado, and arroz con leche. Street vendors often serve them from large, steaming, covered pots or ollas.

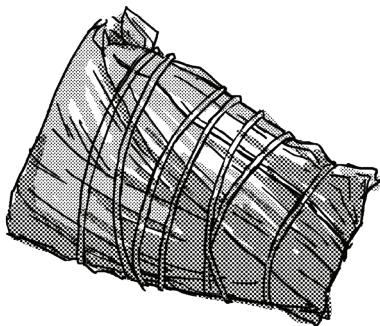
Tamales are deeply rooted in cultural and religious traditions, having been considered the food of the gods by the Aztec, Maya, Olmec, and Toltec civilizations, all of whom identified as people of corn. Tamales were a significant part of their ceremonies, rituals, and festivities, and they continue to play an essential role in celebrations today.

Tamal

Zongzi

History

Zongzi is a Chinese dish that consists of glutinous rice mixed with various fillings and wrapped in bamboo or other large flat leaves. According to popular belief among the Chinese, zongzi is a food offering made to commemorate the death of Qu Yuan, a poet from the kingdom of Chu during the Warring States period. Qu Yuan committed suicide in the Miluo River in 278 BC after his king did not heed his advice. Every year on the day Qu Yuan drowned, zongzi is thrown into the Miluo River, hoping that the fish will eat the rice dumplings instead of his body.



*Jian Shui Zong: Sweety Zongzi
eat with white sugar*

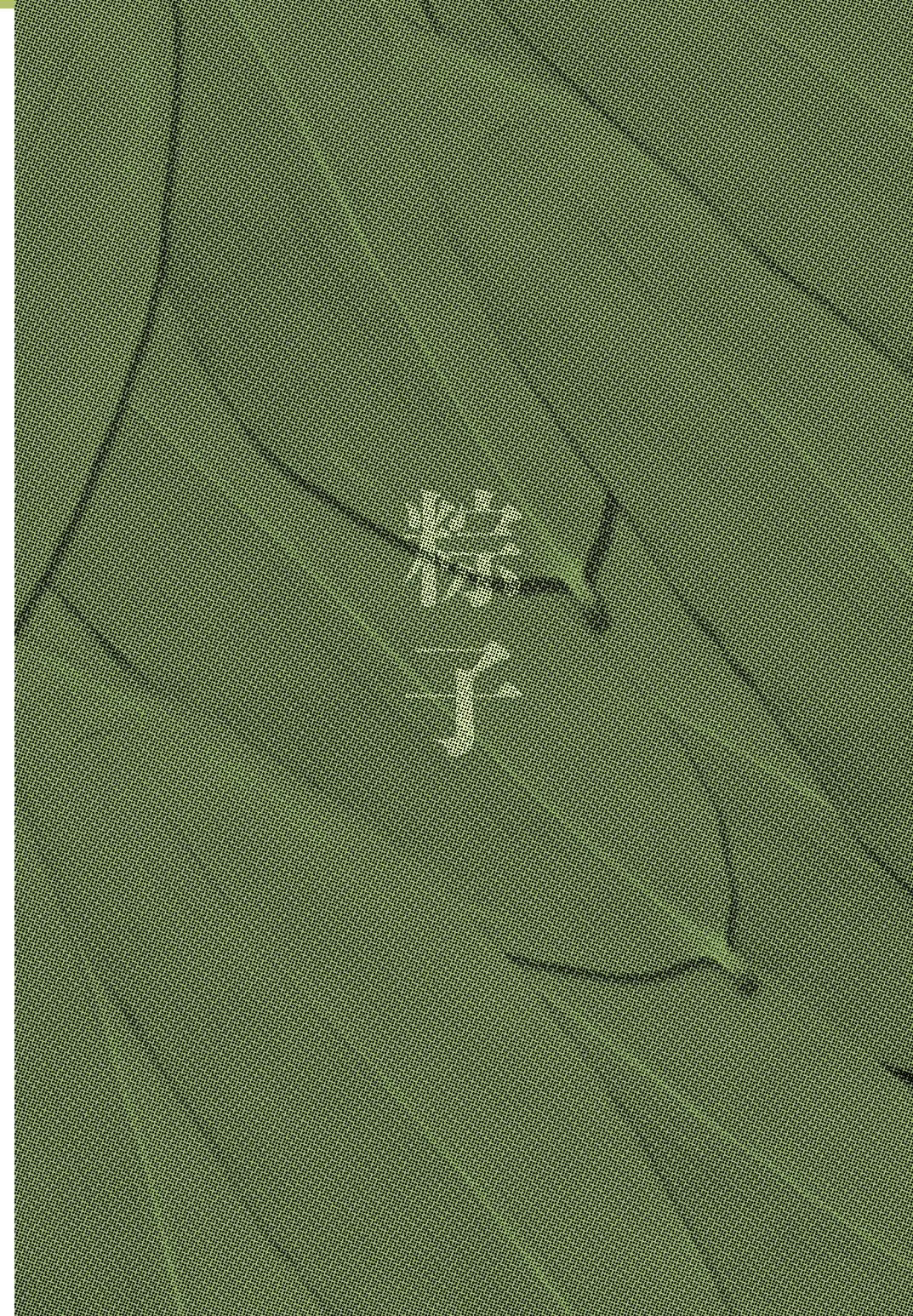


Preparation and Traditions

Traditional zongzi are wrapped in bamboo leaves, however, other large leaves are sometimes used as substitutes in other countries. Each kind of leaf imparts its own unique aroma and flavor to the rice.

The fillings used for zongzi vary from region to region, but the rice used is almost always glutinous rice. In the north, fillings are mostly sweet, using red bean paste and tapioca or taro. In the northern region of China, zongzi filled with jujubes are popular. Fillings of Southern-style zongzi include ham, salted duck egg, pork belly, taro, shredded pork or chicken, Chinese sausage, pork fat, and shiitake mushrooms. However, as the variations of zongzi styles have traveled and become mixed, today one can find zongzi of all kinds at traditional markets.

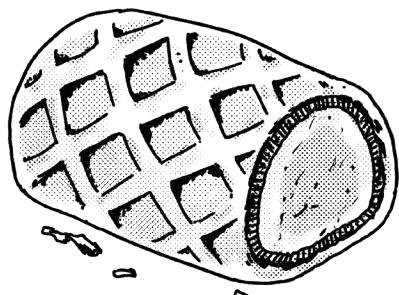
Zongzi are traditionally eaten during the Duanwu Festival which falls on the fifth day of the fifth month of the Chinese lunar calendar, and commonly known as the “Dragon Boat Festival” in English. The festival is celebrated each year on a day in late-May to mid-June in the International calendar.



Beef Wellington

History

Beef wellington is a celebration food of English origin with steaks wrapped by other ingredients. According to legend, it first appeared at the celebration dinner when the Duke of Wellington defeated Napoleon in 1815. His chef prepared this dish to welcome him back in triumph. The royal chef wrapped Duke's favorite beef filet, foie gras, truffles and other ingredients together so that he could enjoy them at one time. The Duke of Wellington loved this dish so much, he asked his cook to prepare it at every family banquet. People called this dish beef wellington over time.



Preparation and Traditions

Beef wellington is famous for its amazingly exquisite presentation of wrap layers outside the meat. To make beef wellington, fry the beef tenderloin (filet mignon) over high heat until color it, then wrap it with a first layer of mushroom puree (Duxelles) with foie gras or duck liver pate, follow by a second wrap with a layer of ham, lastly wrap it in puff pastry as the outside layer and brush with egg yolk or honey dressing. After all these preparations, the dish is ready to bake in the oven. Some outer layer pastry have patterns like criss-cross or blade. Beef wellington is usually served with season greens, walnuts, pomegranate seeds, shavings of Parmesan, and shallot. When eating, beef wellington is sliced into at least 1-inch thick pieces for maintaining the juice and flavors.

Beef wellington is extremely popular as a famous celebration dish in Europe, but also developed with inspirations in different cultures and regions today.



Dumpling

History

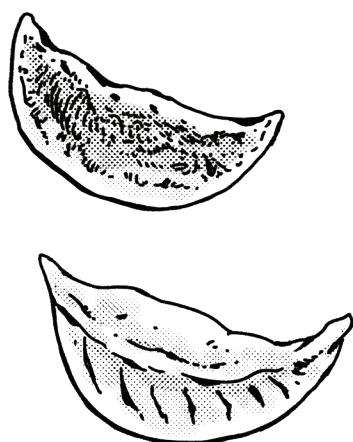
Dumpling (chinese name: Jiaozi) is commonly eaten in China and other parts of East Asia. It is a traditional dough food of the Han people from the ancient dynasty of China, with an over 1,800-year history. There are different folding ways as well as a large variety flavors of dumplings after developed for a long time.



Preparation and Traditions

Dumpling normally consists of white thin dough wrapped with a mixed filling of meat, vegetables or seafood. Boiled dumpling is the most common cooking method, fried dumpling is another one (chinese name: Jianjiao). Dumplings are often eaten with vinegar and soy sauce. They are folded into the crescent moon or ingot shape to resemble cultural significance attached to Chinese festivals. Jiaozi is an important celebration food in Chinese New Year and winter solstice, and it evolved as a common day to day food on the tables of people living in Northern China.

Nowadays, dumplings have spread to other places of the world, and people make many innovations on the fillings and crust wraps to make different versions of dumplings, some even have sweet flavors and fruit fillings like dessert.



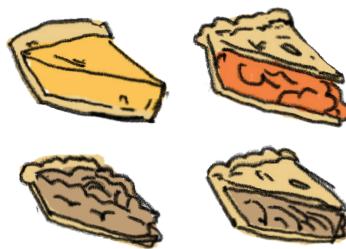
China

饺子

Pie

History

Pies are baked dishes consisting of a pastry dough casing that wraps either sweet or savory ingredients. Early pie variations were called galettes and were flat, round, or freeform cakes filled with honey and had a crust made from ground oats, wheat, rye, or barley. The galettes eventually evolved into sweet pastries or desserts, as seen on the tomb walls of Pharaoh Ramesses II, who ruled from 1304 to 1237 BC, located in the Valley of the Kings. Moreover, a recipe for chicken pie was documented on a tablet in Sumer before 2000 BC.



U.S.A. (and Europe)

Preparation and Traditions

Pies can have a variety of fillings and different kinds of crusts. Fruit fillings are common around the American holiday, Thanksgiving. There are also regional differences across the States and the world.

Traditionally, pie making and cooking throughout history was women's work and was relatively time consuming. Making pie changed from a weekly ritual to an "occasional undertaking" on special occasions in the United States during industrialization. Pies are usually made to serve a large group, usually eight to nine per pie.

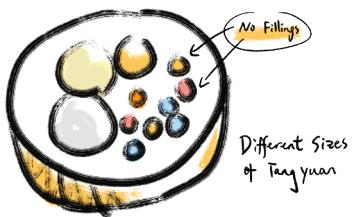
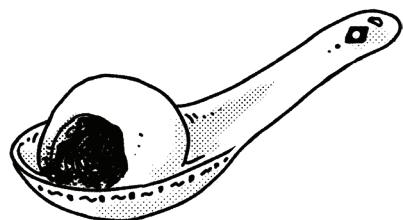
With the emergence of commercial food inventions, pies have become easier to make and acquire as most grocers carry ready-made pie crusts, a variety of ready-to-use mixes, and even a selection of pre-made pies.

PIE

Tangyuan

History

Tangyuan is a traditional Chinese dessert made of glutinous rice shaped into a ball that is served in hot broth or syrup, usually with sweet or salty filling wrapped inside. As one of the representatives of Han traditional snacks, tangyuan originated in the Song Dynasty of ancient China. The round shape is the symbol of a happy family reunion, which makes it a significant celebration food connected with traditional festival in China.



Preparation and Traditions

Tangyuan is made up of sticky rice dough skin and fillings inside. Depending on different sizes and types, some small tangyuan are just mochi balls without filling. Cut sticky rice dough into equal amounts of small pieces and wrap the fillings into ball shape. The most common fillings of tangyuan are sweet crop fillings like sesame and peanut mixed with pork oil or white sugar. Other kinds of fillings include salty fillings like meat, dried tofu, and vegetables. Tangyuan can be stored frozen and easily cooked in boiling water, served in a bowl with hot sugar water or soup.

Tangyuan's round shape connects with the morals of reunion, completeness, and family happiness. Chinese people often eat tangyuan at the time of winter solstice and the Lantern Festival with their families. Since it's usually eaten at the end of the year, tangyuan connects with the hope for a good new year as well.



Day to Day Foods

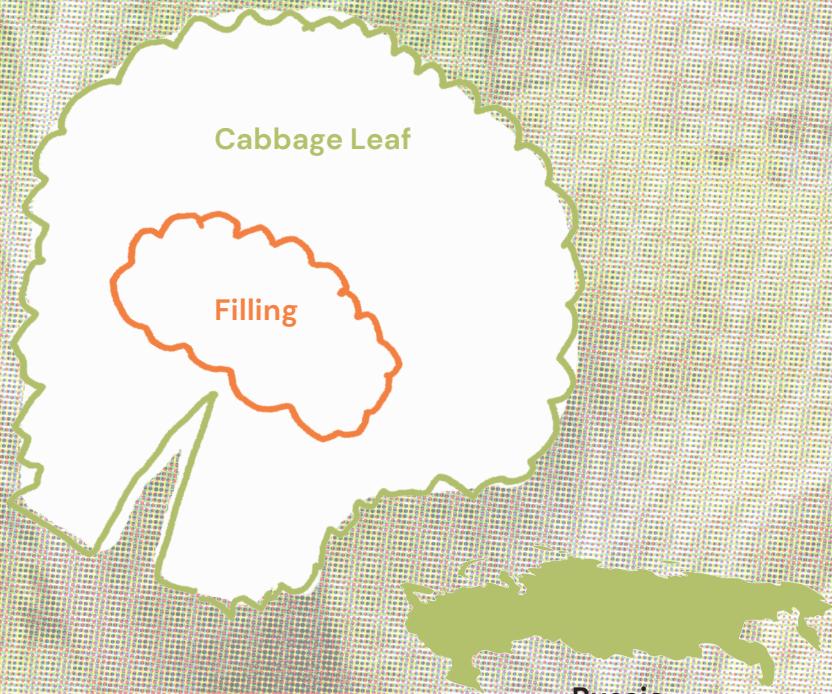


Cabbage Rolls

Description

A cabbage roll is a culinary preparation that encompasses cooked cabbage leaves encompassing diverse fillings. It is a prevalent dish across Central, Northern, Eastern and Southeastern Europe, and a considerable portion of Western Asia, Northern China, and some regions of North Africa. The customary fillings in Europe comprise meat, typically beef, lamb, or pork, flavored with garlic, onion, and spices. Grains like rice and barley, mushrooms, and vegetables are commonly used to augment the stuffing.

Голубцы



Gimmari 김말이

Description

Gimmari is a variety of cuisine that entails dried seaweed, commonly referred to as gim or nori, glass noodles (dangmyeon), and additional vegetable ingredients such as garlic chives or carrots. The preparation of this dish involves rolling up a simple version of Korean japchae noodles within a dried seaweed sheet.

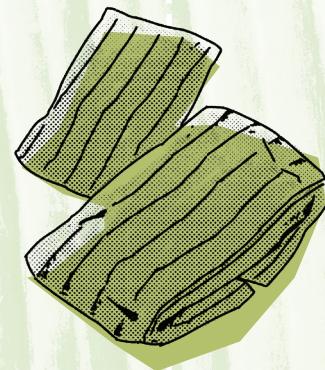
Subsequently, it is coated with frying batter and deep-fried. Gimmari is commonly served alongside tteokbokki and is obtainable at establishments such as tteokbokki specialty shops, mini-vans, or carts that sell Korean street food.



Nagasaki

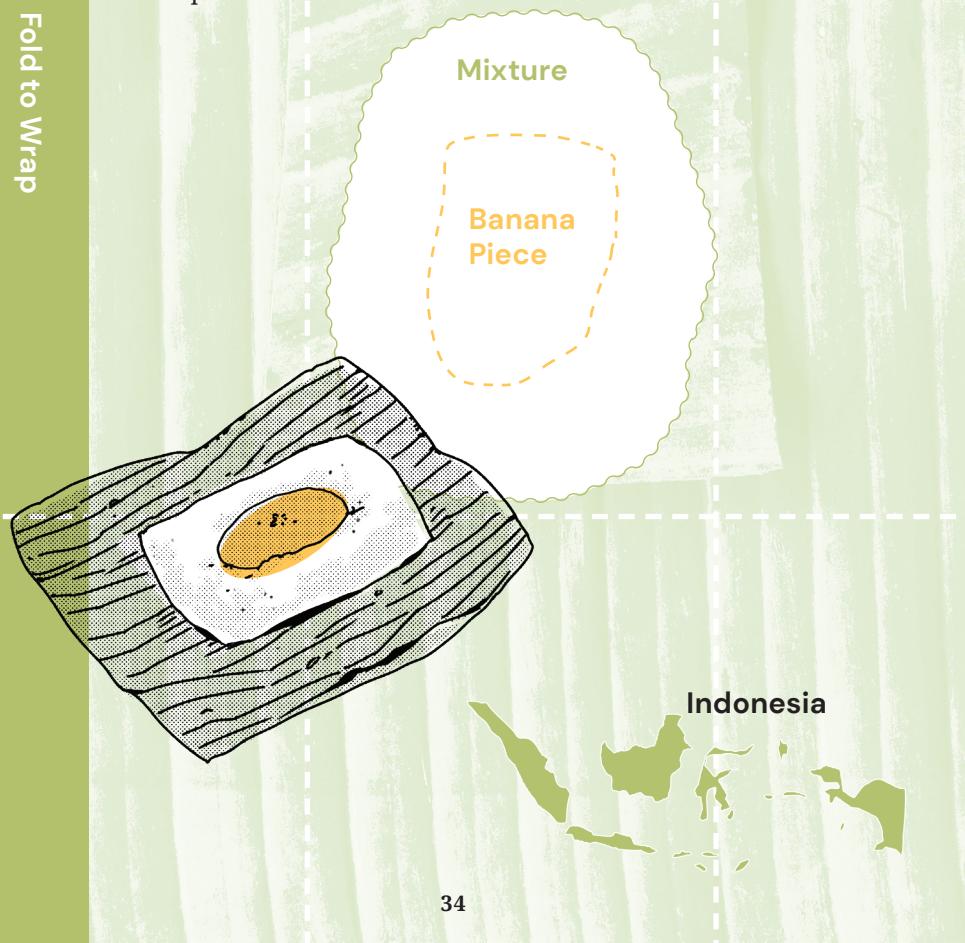
Description

Nagasaki is a traditional Javanese steamed cake wrapped snack originating in Indonesia. The ingredients include rice flour, coconut milk and sugar, filled with a slice of banana and wrapped in banana leaves. Many Nagasaris are green, some of them are white. The green color comes from pandan leaves extract.



Nagasaki is green since its literal meaning connects with the Javanese dragon, which is often depicted as a green snake. In modern times, people start making different colors of Nagasaki. Nagasaki is commonly sold in Indonesian traditional markets.

Fold to Wrap

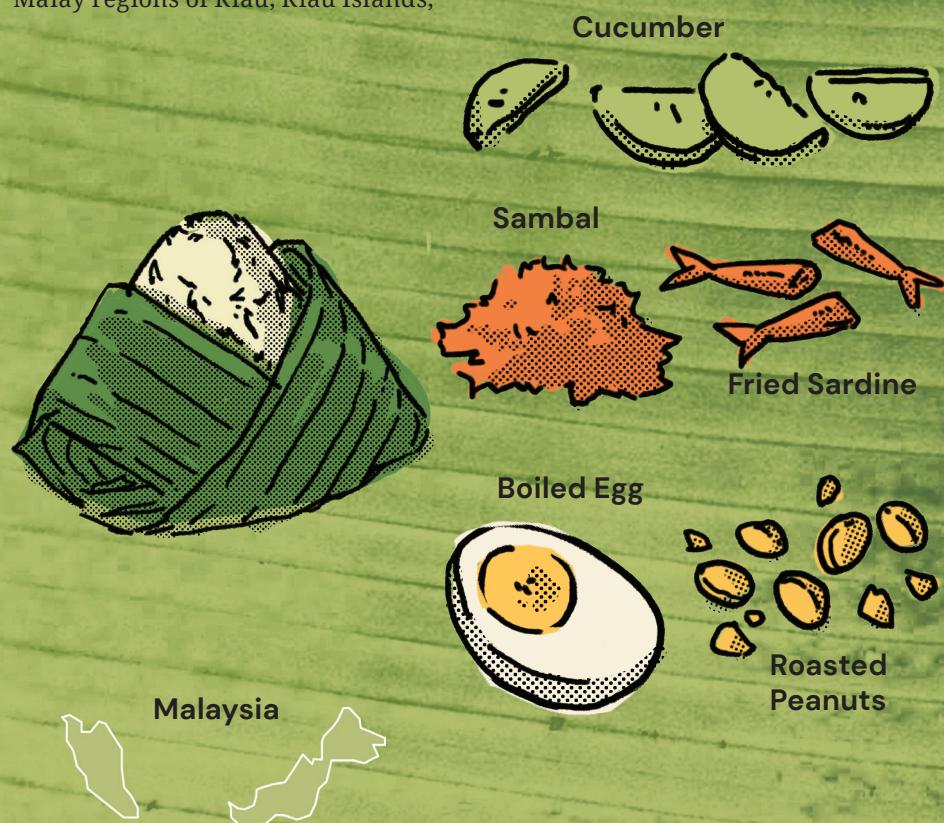


Nasi Lemak

Description

Nasi lemak is an authentic Malay dish that comprises aromatic rice cooked in coconut milk and pandan leaf. It is prominently featured in Malaysia, where it is recognized as the national dish, and is also native to adjacent regions with significant Malay communities, including Singapore, Brunei, and Southern Thailand. In Indonesia, this dish can be savored in various parts of Sumatra, mainly in the Malay regions of Riau, Riau Islands,

and Medan. The preparation of Nasi lemak is also common in the Bangsamoro region of Mindanao, where Filipino Moros prepare it, and in Australia's external territories, including Christmas Island and the Cocos (Keeling) Islands. This dish is deemed an indispensable component of a conventional Malay-style breakfast.



Stuffed Grape Leaves

Dolma

Description

Dolma, which is Turkish for "stuffed," encompasses a family of filled dishes that trace their origin to the Ottoman cuisine and are prevalent in the contemporary national cuisines of regions and countries that were once part of the Ottoman Empire. The filling for various types of dolma includes

whole vegetables, fruits, offal, or seafood, while others feature a filling wrapped in grape, cabbage, or other leaves. These dishes may be served either warm or at room temperature. Dolma delicacies are ubiquitous in the culinary traditions of the Balkans, Southern Caucasus, Middle East, North Africa, Mesopotamia, Persia, Israel, Turkey, Maghreb, and Central Asia.



寿司

Sushi

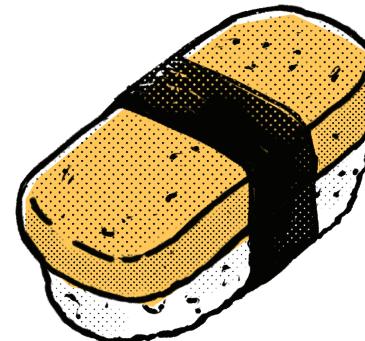


Wasabi

Description

Sushi is a Japanese dish of prepared vinegared rice accompanied by a variety of ingredients, such as seafood, raw, and vegetables. Sushi is wrapped by seaweed as a roll, then cut into small pieces into single sushi ready to eat. Sushi is usually eaten with soy sauce and wasabi. It is a

satisfaction to have a bit wasabi with the seaweed wrap rice and other ingredients all together when eating sushi. As one of the most common day to day foods in Japan, sushi spread all over the world and became a popular significance of Japanese food.



Japan



Sticky Rice



Sushi Seaweed Sheet

Sushi

寿司

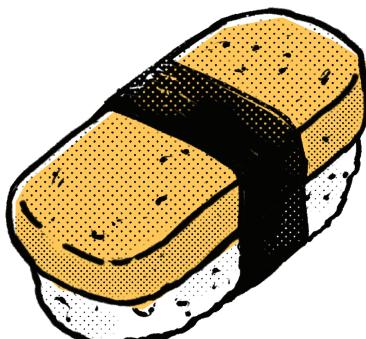


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Wrap this way

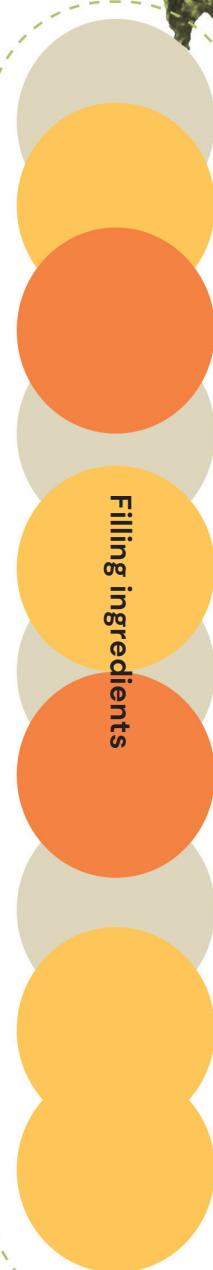


Sticky Rice



Japan

Sushi Seaweed Sheet



Baozi 包子

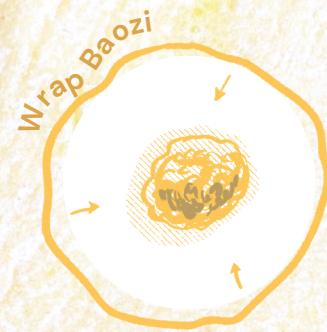
Description

Baozi is a type of yeast-leavened filled bun in Chinese cuisine. There are many variations in fillings and preparations, though they are most often steamed before eating. There are different types of baozi depending on sizes, flavor and ingredients, some common categories include meat, vegetables,

sweet (dessert) baozi. Baozi is made up of thick dough skin wrapping the ingredients inside. Originating from Northern China, baozi has become a great part of traditional Chinese day to day food. Chinese people usually eat baozi for breakfast, similar to bread and sandwiches.



Cook Baozi in steamer



肠粉

Changfen

Rice Noodle Roll

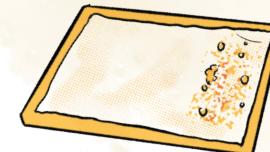
Description

Changfen (rice noodle roll) is a cantonese dish from Guangdong Province in southern China, commonly served as a snack or small meal. It is a thin roll made from a wide strip of shahe fen, which is thin rice noodle skin as the wrap of shrimp, beef, vegetables, or other ingredients inside. The rice noodle skins are commonly white as the color of rice, a variation is red rice noodle skin wrapping fried

Hongmi Changfen



food inside (hongmi changfen). There are many different flavors of changfen depending on the choices of ingredients wrapped inside the roll. Soy sauce and scallions are often sprinkled on the surface of changfen while eating. As a popular day to day food in southern China, cantonese people love to eat changfen at breakfast and lunch.



Crepe

Crêpe

Description

Crepe (crêpe) is a very thin type of wrapped snack that originated from France. Crepes are usually sweet or savory. They are often served with a wide variety of fillings such as cheese, jam dressings, fruits, vegetables and meat. As a street food, crepe consists of the outer wrapped dough skin and different inside ingredients.

The round thin dough wrap is folded into 1/6 of the circle as a flat conical shape, holding the ingredients and dressing together inside. The triangular shape of crepe makes it easy to grab and hold. Sometimes people will add another layer of paper wrap or holder at the bottom of the crepe for convenience.

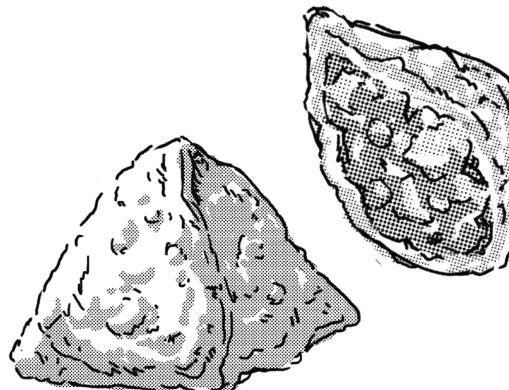


Samosa

समोसा

Description

A samosa or singara is a deep-fried pastry from South Asia, featuring a savory filling with spiced potatoes, onions, and peas. Depending on the region, it may have different shapes, such as triangular, cone, or half-moon. Samosas are typically served with chutney and have origins dating back to medieval times or earlier. They are a highly popular entrée, appetizer, or snack in the cuisines of South Asia, the Middle East, Central Asia, East Africa, and their respective diasporas. The term "samosa" is an English adaptation of the Hindi word 'samosa,' which can be traced back to the Middle Persian word 'sanbosag,' meaning a triangular pastry. Similar pastries are known as sambusak in Arabic, meaning "triangular pastry." Similar pastries are referred to as "sambusak" in Arabic.





Space Food

Космическое питание

Description

Space food is a type of food product created and processed for consumption by astronauts during missions to outer space. The earliest space food was invented during the space race between the Soviet and the United States. The food has specific purpose of providing balanced nutrition for individuals working in space while being easy and safe to store, prepare

and consume in the weightless environments inside spaceships. The wraps of space food for packaging are usually plastic bags. Other forms include puree in a tubular container. In recent years, space food has become a way for countries to share their cultural identity and promote cross-cultural communication during space programs.



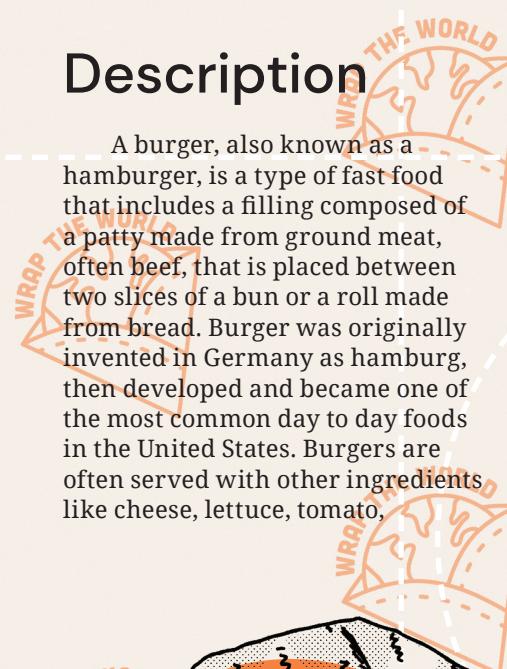
Burger

Frikadellen

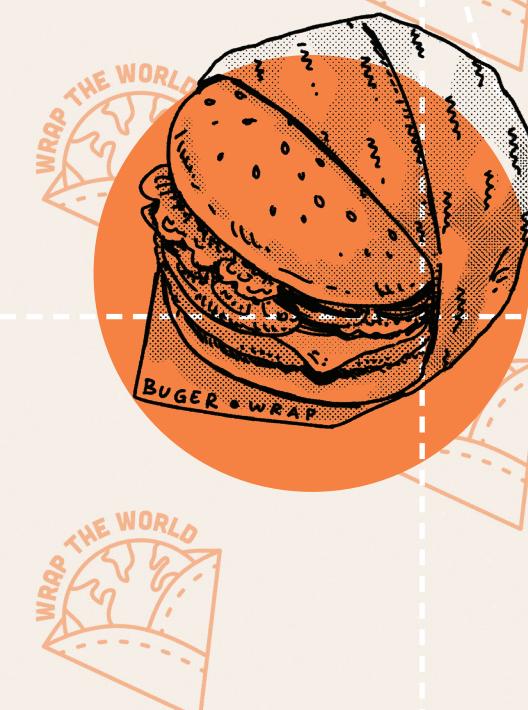
Description

A burger, also known as a hamburger, is a type of fast food that includes a filling composed of a patty made from ground meat, often beef, that is placed between two slices of a bun or a roll made from bread. Burger was originally invented in Germany as hamburg, then developed and became one of the most common day to day foods in the United States. Burgers are often served with other ingredients like cheese, lettuce, tomato,

onion, pickles, bacon, or chilis. Condiments used as the dressing in burgers are ketchup, mustard, mayonnaise, relish, or a "special sauce". Since its fast food nature, burgers are often wrapped in wrap paper, many have special patterns related to branding designed by the fast food restaurants. The material used as the wrapper is parchment paper or sometimes wax paper, which protects the inner layer from grease and helps keep burgers from getting soggy.



Burger Here



Germany



America





Burger

Frikadellen

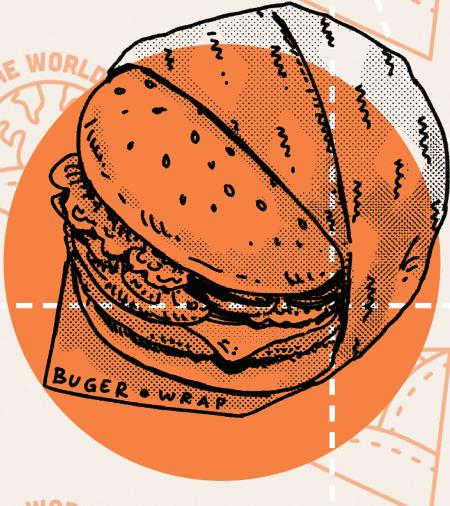


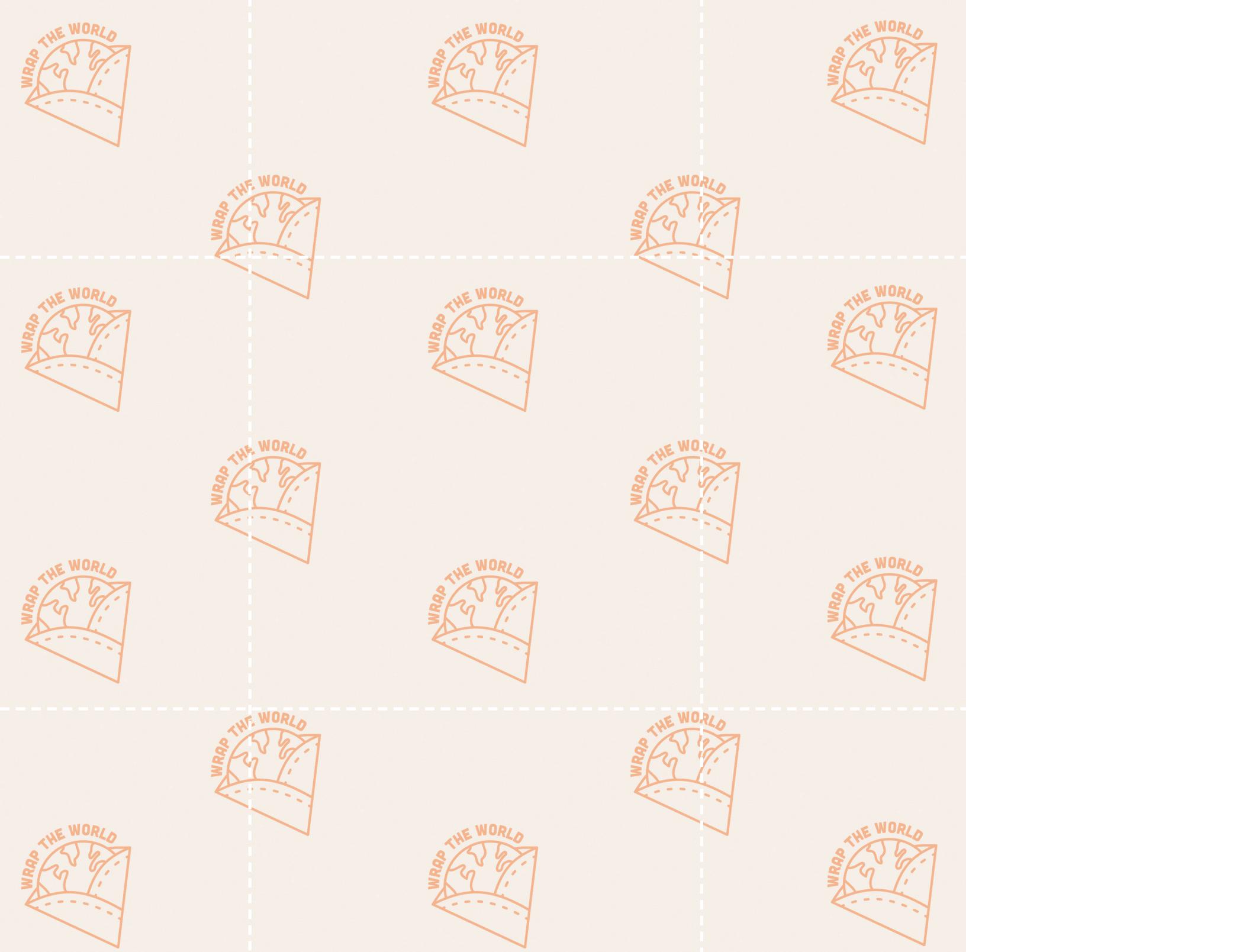
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Burger Here



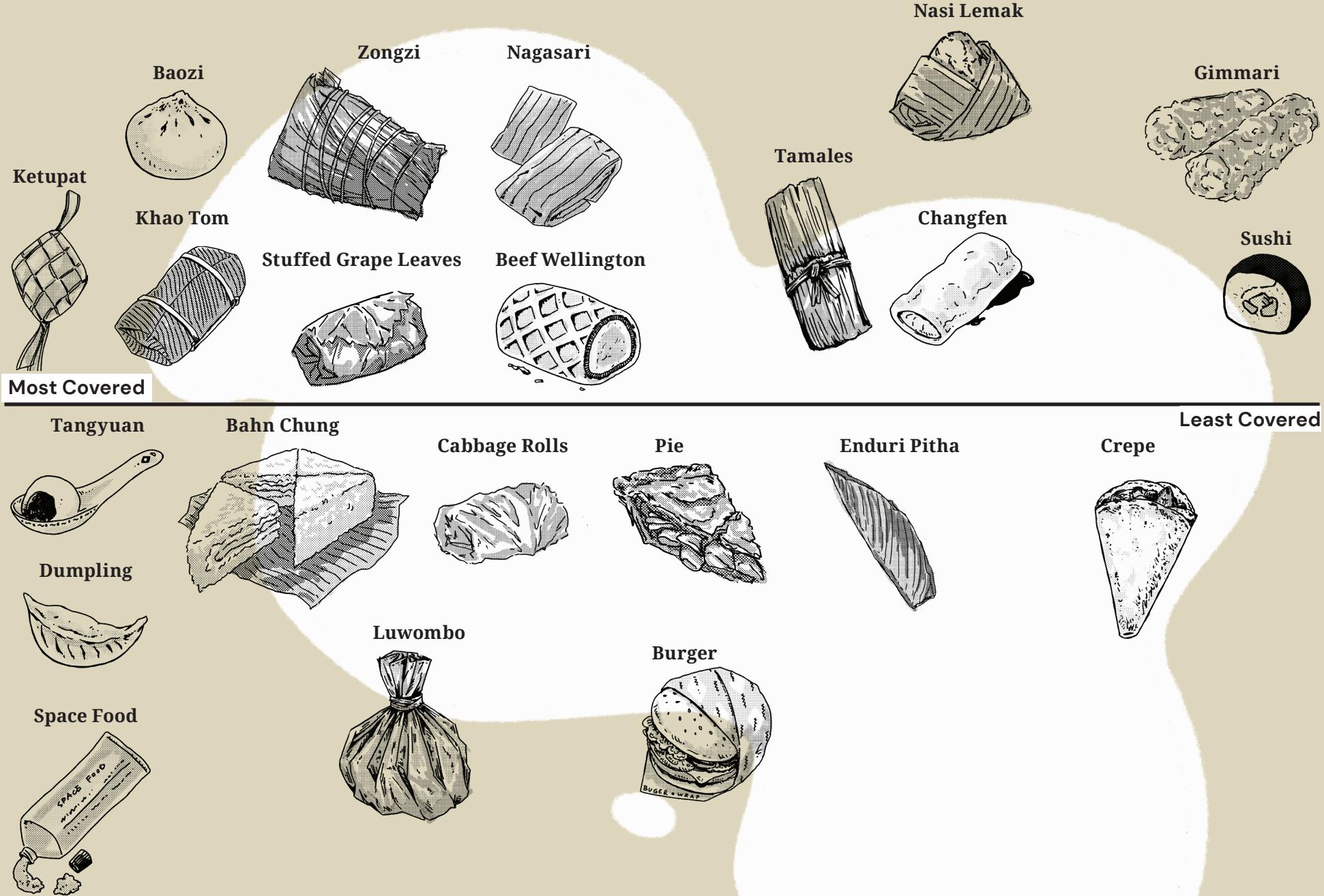


Graphs and Maps

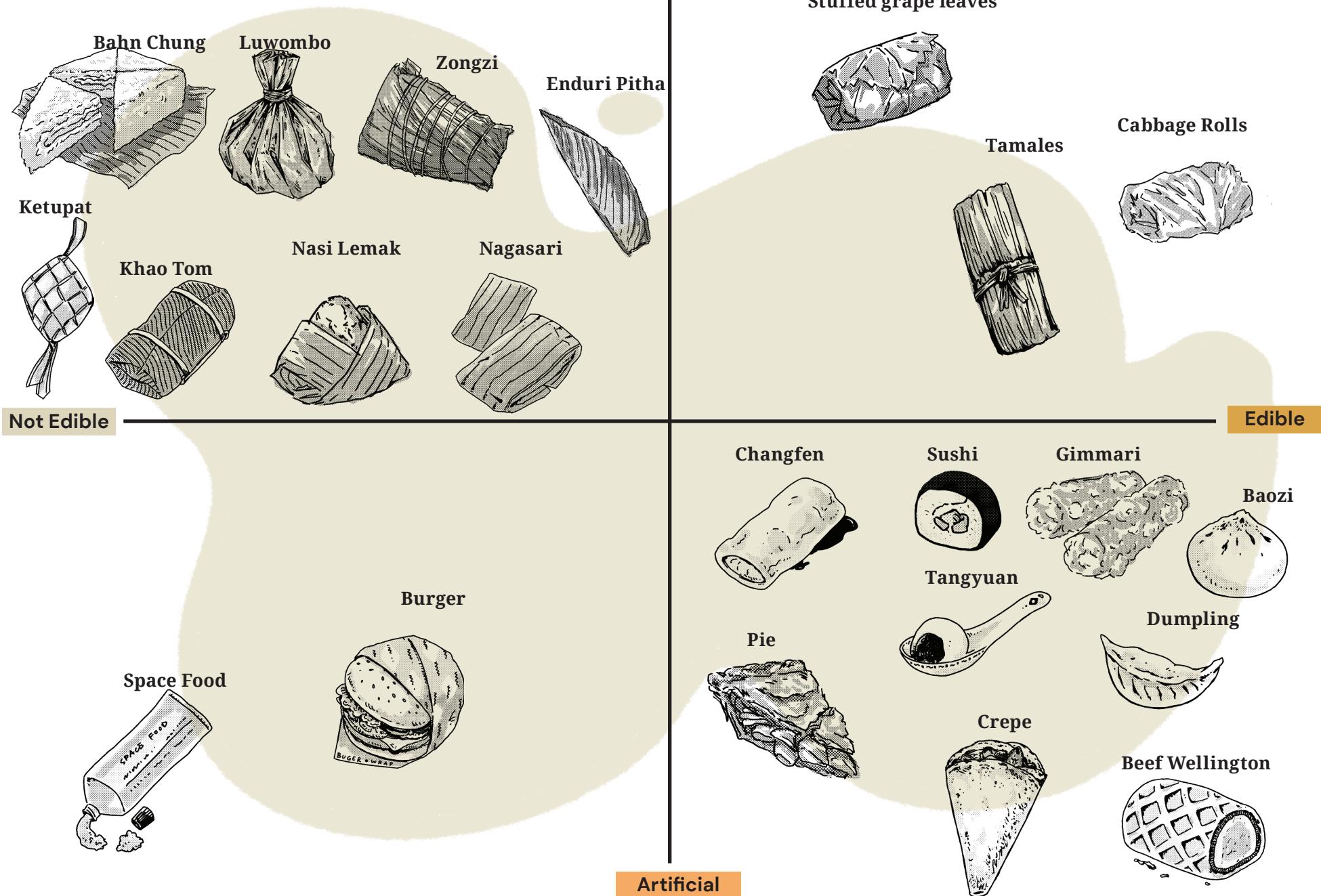


Surfaces Covered
Wrapping Categories
Wrap the World Map
Your Wrap Foods

Surfaces Covered



Wrapping Categories



Wrap the World Map



Leaf Wrapped Food
Dough Wrapped Food
Other Wrapped Food





WRAP THE WORLD

Your
Wrapped
Foods

Food Name:

[]

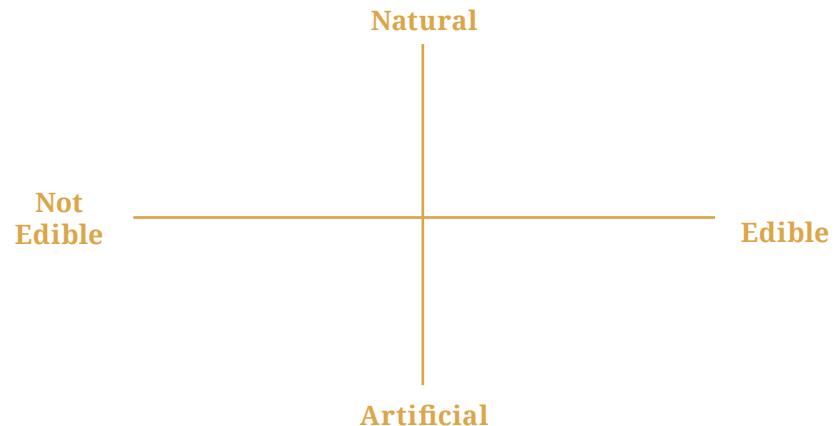
Wrap Type: Dough Leaf Others []

Region/Country: []

Surfaces Covered: (Mark your food here)

Most
Covered ————— Least
Covered

Wrapping Categories: (Mark your food here)



Notes:

Draw Your Wrapped Food Here!

Colophon

Abigail Regular
Academy Engraved LET Plain
Adobe Heiti Std R
American Typewriter Semibold
Athelas Regular
Athelas Bold
Arial Unicode MS Regular
Avenir Next Condensed Italic
Avenir Next Condensed Bold Italic
Baoli SC Regular
Becker Gothics Concave
BM Hanna Pro Regular
Broadsheet Regular
Broadsheet Italic
CarlMarx Bold
Cortado Regular
Cotton Regular
Cubano Regular
Devanagari Sangam MN Regular
Discourse Wide Heavy
Discourse Narrow Heavy
DM Sans Regular
DM Sans Medium
DM Sans Bold
Fredericka the Greatest Regular
Geneva Regular
HWT Tuscan Extended Regular
Kaiti TC Bold
Kaiti TC Black
Libian SC Regular
Mongoose
Noto Serif Regular
Noto Serif Bold
Sunflower Regular
Toppan Bunkyu Midashi Mincho Extra Bold
Weibei TC Bold

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