

Australian Cuisine knowledge

Q.1 The world-famous Australian culinary icon Lamington consists of a sponge cake that is dipped in chocolate and sprinkled with finely desiccated coconut. The cake is believed to have been created by accident when Lord Lamington's maid accidentally dropped his favorite cake in melted chocolate.

Lamington, the eighth Governor of Queensland, suggested that the cake should be sprinkled with coconut in order to avoid the mess while consuming it - and the erroneous cake was proclaimed a massive success by all. Today, the cake is extremely popular due to its climate suitability, as it lasts longer in the heat when it's cut in bite-sized squares and covered in coconut.

The cake can also be found throughout Australia and New Zealand, in numerous supermarkets, cafés, and bakeries.

Q.2 Although sausages are not unique to Australia, the locals have made it an essential part of their barbecue tradition over the years. They refer to these sausages as snags, which are made of either pork or beef with various herbs and spices to make it tastier. Aside from barbecued snags, another Australian way of eating it is to have it on a slice of bread topped with fried onions and sauce. Sold everywhere in Australia, snags are recommended as a hangover food, often served with a bottle of soda.

Q.3 What makes the Australian burger different from all the other burgers in the world? One word: beetroot. It is a taproot from the beet plant, which is known in other parts of the world as red beet, golden beet, and garden beet. Simply sliced and put on top of an Australian beef patty, this piece of nutritious vegetable makes all the difference. At a random period of time every year, McDonald's in Australia sell their own version of beetroot burger which they call "McOz." Still, the best place to grab an authentic Aussie burger is at a local pub or take-away joint.

Q.4 Both Australia and New Zealand lay claim to inventing this famous dessert, created in honour of the Russian ballerina Anna Pavlova's visit to Australasia in the 1920s. As a truly Australian after-dinner sweet, the pavlova's crispy meringue crust, light fruit filling and whipped cream topping ensure it's a family hit.

Q.5 Vegemite is a notoriously yeasty spread that can be found in nine out of ten pantries in Australia. To make your own Australian delicacy, toast two slices of bread, be liberal with the butter but frugal with the Vegemite. It's not something you want to slap on like peanut butter or chocolate spread. Vegemite, which was created by a Melbournian, is jammed full of vitamin B, which has loads of health benefits, including the belief that it helps keep mozzies at bay.

References :

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