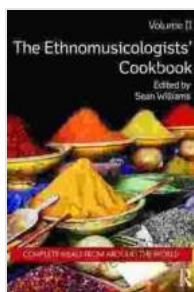


# A Culinary Journey: Complete Meals From Around the World

Food is an integral part of every culture, and a complete meal is more than just a sustenance - it is a reflection of the region's history, traditions, and flavors. Embark on a culinary adventure as we explore complete meals from around the world, each a testament to the diversity and richness of human cuisine.



## The Ethnomusicologists' Cookbook, Volume II: Complete Meals from Around the World by Sean Williams

★★★★★ 5 out of 5

Language : English  
File size : 5342 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
Print length : 214 pages  
Screen Reader : Supported



## 1. The Full English Breakfast (England)



The Full English Breakfast is a hearty and filling meal that typically consists of eggs, bacon, sausage, tomatoes, mushrooms, and toast. It is a popular choice for breakfast in pubs and cafes, and is often served with a cup of tea or coffee.

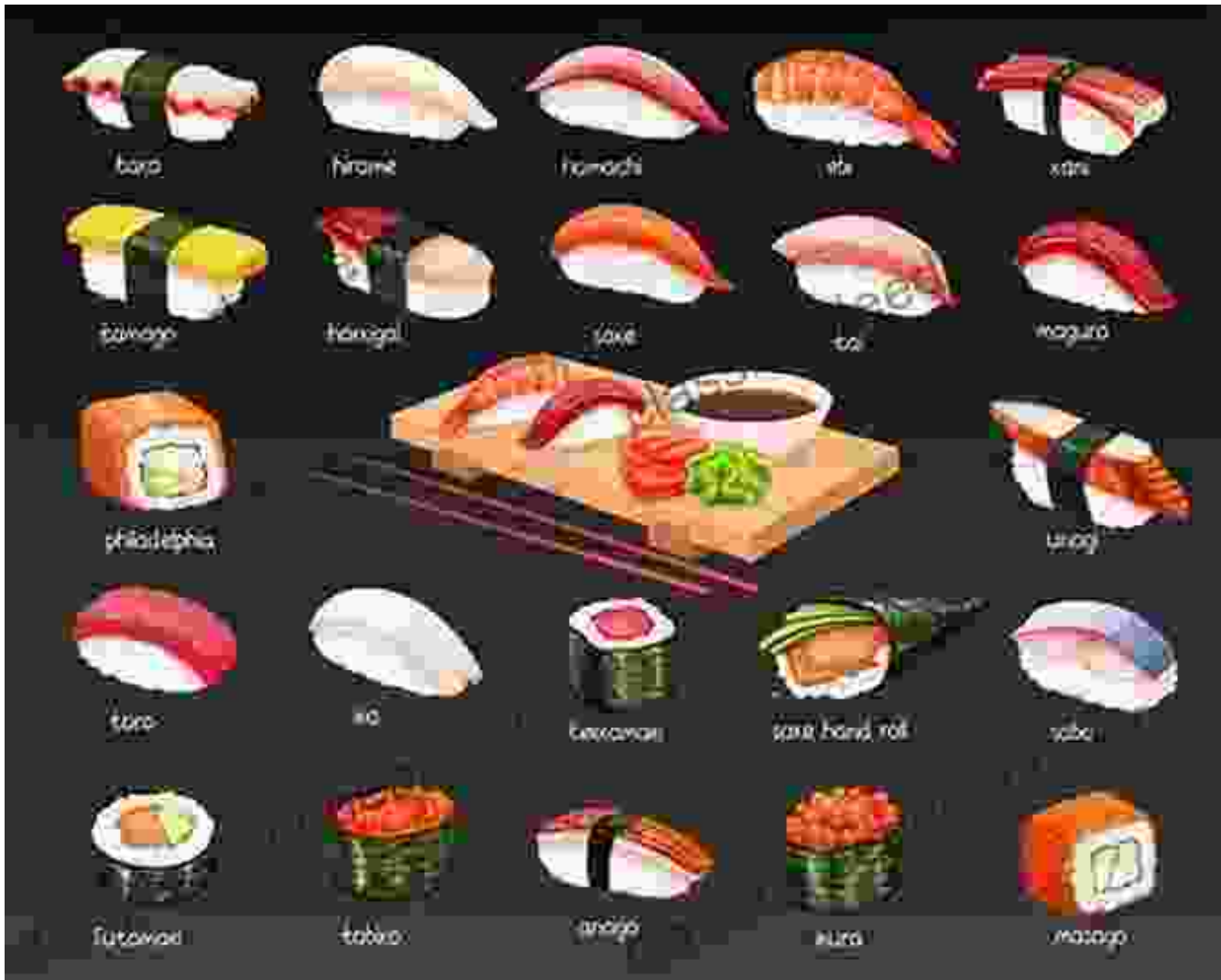
- Eggs: Eggs are a staple of breakfast in many cultures, and the Full English Breakfast is no exception. They can be fried, scrambled, poached, or boiled, and are usually served with salt and pepper.
- Bacon: Bacon is another essential ingredient in the Full English Breakfast. It is usually fried until crisp and served with eggs and toast.
- Sausage: Sausage is another popular breakfast meat in England. It is usually made from pork or beef, and is often seasoned with herbs and

spices.

- Tomatoes: Tomatoes are a common addition to the Full English Breakfast. They are usually grilled or fried, and add a bit of color and flavor to the meal.
- Mushrooms: Mushrooms are another popular breakfast ingredient in England. They are usually fried or sautéed, and add a bit of umami to the meal.
- Toast: Toast is an essential accompaniment to the Full English Breakfast. It is usually served with butter or jam, and is used to mop up the eggs and other ingredients.

The Full English Breakfast is a hearty and filling meal that is sure to give you a boost of energy for the day ahead.

## **2. The Sushi Set (Japan)**



Sushi is a popular Japanese dish that is made with vinegared rice and seafood.

Sushi is a Japanese dish that is made with vinegared rice and seafood. It is usually served with soy sauce, wasabi, and pickled ginger.

- Nigiri: Nigiri is a type of sushi that is made with a small ball of rice topped with a slice of fish or seafood. It is usually served with soy sauce.
- Sashimi: Sashimi is a type of sushi that is made with thin slices of raw fish or seafood. It is usually served with soy sauce and wasabi.

- **Rolls:** Rolls are a type of sushi that is made with rice, seaweed, and fillings. Fillings can include fish, seafood, vegetables, or fruit. Rolls are usually served with soy sauce, wasabi, and pickled ginger.

Sushi is a delicious and healthy meal that is perfect for a light lunch or dinner. It is a good source of protein, omega-3 fatty acids, and carbohydrates.

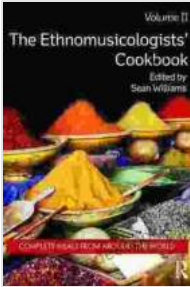
### **3. The Peking Duck (China)**



Peking Duck is a famous Chinese dish that is made with roasted duck. It is usually served with pancakes, hoisin sauce, and scallions.

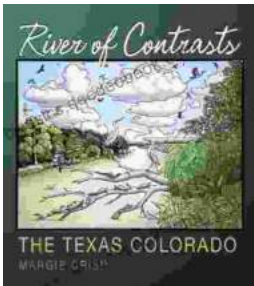
- Duck: Peking Duck is made with a whole duck that is roasted in a wood-fired oven. The duck is roasted until the skin is crispy and the meat is tender and juicy.

- Pancakes: Pancakes are used to wrap the Peking Duck. They are thin and



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