

# Wonders of international gastronomy: French, Italian, Hungarian, Indian and Chinese cuisine

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## Abstract

With the growing importance of gastronomic science, gastronomic workshops are also playing an important role worldwide. These workshops do not only specialize in the preparation and presentation of healthy eating, sports nutrition, or special diets. Gastronomy experts and nutritionists are also turning to the cuisines of nations with increasing curiosity. In order to provide a comprehensive overview of this, we present the characteristics of French, Italian, Hungarian, Indian, and Chinese cuisine in our manuscript. In addition, we prepare and present dishes that also serve as the basis of gastronomic workshops in accordance with international cuisines. These dishes include: Croissant with almond plant-based drink; Home-made pizza with basil, tomatoes and mozzarella; Hungarian Bean Soup; Home-made kebab with spicy chicken; Chinese noodles. We hope to contribute to the knowledge of international gastronomy and to the global health development with the prepared food.

**Keywords:** international gastronomy; french cuisine; italian cuisine; hungarian cuisine; indian cuisine; chinese cuisine; gastronomic workshop

## Introduction

In addition to healthy eating, sports nutrition and special diets, the practical application and implementation of the opportunities provided by international gastronomy is becoming increasingly important. Healthy eating is an important part of a healthy lifestyle [1, 2]. Therefore, many recommendations have already been made by several experts and scientists. These include the nutrition pyramid, which contains quantitative and qualitative recommendations for food and beverages [3, 4]. The role of physiologically active ingredients (omega-3, vitamins, minerals, Q10, antioxidants) and functional foods consumed as part of a healthy diet is increasing in sports nutrition [5, 6]. Functional foods help to maximize strength and increase athletic performance [7]. Special diets also help improve global health. The most important and globally used of these are: lactose- and gluten-free diet, low energy and fat diet, energy- and protein-rich diets and so on [8 -10].

The French, Italian, Hungarian, Indian, and Chinese cuisines presented as part of international gastronomy also provide enjoyment value, contribute to global health development and can be part of gastronomic workshops [11]. First, we analyze the beauties of French, Italian, Hungarian, Indian, and Chinese cuisine in our manuscript. Furthermore, we prepare and present dishes suitable for international cuisines. Our manuscript will help us in our future work, which we aim to provide global nutrition advice, health promotion and the construction of gastronomic workshops. Our

work can also fill a gap in study and help scientists and researchers for further studies.

**Global Cuisine:** The role of French, Italian, Hungarian, Indian and Chinese gastro-cultures in international gastronomy

### Dishes of French, Italian, Hungarian, Indian and Chinese cuisine

We will prepare and present some of the typical dishes of French, Italian, Hungarian, Indian, and Chinese cuisine in the next part of our manuscript

**French cuisine:** French cuisine is well-known and famous all over the world, thanks to its colourful form and taste, quality, and varied ingredients. Foods are low in energy making them easy to digest. As part of the breakfast baked goods, the croissant is excellent and can be combined with a light breakfast drink. Soups are rarely consumed in French cuisine, however, appetizers and salads are regular ingredients in meals. Fruity desserts, cheeses, red wine, olive oil and spices (thyme, basil, ginger, nutmeg) can also be incorporated well into French dishes important elements of French cuisine. Among the meats, pork less, chicken, ruminants, fish are often on the menu. Meals consist of several dishes most often dinner provides the most important meal [12-14].



**Figure 1:** Croissant with almond plant-based drink (Own recipe)

**Italian cuisine:** Italian cuisine is one of the best known and most popular gastro wonders. The kitchen technology methods used to prepare the food are complicated the ingredients used are special (cheeses, spices, olive oil, seafood, pasta, vegetables). Italian gastronomy is varied, thanks

to its varied characteristic food and drinks. Thus, well-known pizza and pasta dishes, vegetable dishes, and cream desserts also play a role in international Italian cuisine [15-17].



**Figure 2:** Home-made pizza with basil, tomatoes and mozzarella (Own recipe)

**Hungarian cuisine:** Gastronomy and cuisine play a significant role in Hungarian culture. It contains a variety of dishes and has a characteristic taste. Commonly used foods include meat, vegetables, fruits, bread, and

other baked goods, dairy products, and honey. Typical national dishes include goulash, fish soup, stuffed cabbage with sour cream, bean soup



and so on. In addition to the characteristics of gastronomy, celebrations associated with meals are also part of Hungarian culture [18-20].



**Figure 3:** Hungarian Bean Soup(Own recipe)

**Indian Cuisine:** Strong and spicy foods play an important role in Indian cuisine. This is how it resembles Hungarian cuisine. Spices increase appetite and also have a good effect on the digestion. Chicken

and lamb are popular in Indian gastronomy and kebab is a world-famous dish. Furthermore, the intake of vegetables, breads, and snacks is also important in the complex diet [21-23].



**Figure 4:** Home-made kebab with spicy chicken (Own recipe)

**Chinese Cuisine:** Chinese cuisine is varied and includes dishes of many colors. Typical chopsticks help with the meal so the food is mostly eaten cut into cubes and strips. Significant traditional ingredients are

carbohydrates (rice, pasta), meat, vegetables, fish, seafood, and tofu. A commonly used kitchen technology method is steaming or using a universal wok. Meals are served in smaller dishes in Chinese gastronomy [24-26].



**Figure 5:** Chinese noodles (Own recipe)

## Conclusion

In addition to healthy eating, knowledge of sports nutrition and special diets, international gastronomic knowledge has also become the focus of interest at global levels. In order to achieve this, we also set the goal of global implementation of gastronomic workshops. Therefore, we present the possibilities offered by French, Italian, Hungarian, Indian, and Chinese cuisine in our manuscript. After that, we prepare and present dishes from the national gastronomic characteristics, and we can also contribute to learning about cultural gastronomic values and global health promotion. We hope to publish gap-filling, useful and experiential scientific material for scientists and researchers.

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## Contribution of authors

All the authors contributed equally. They read the final version, and approved it for the publication.

## Conflict of interest

The authors declare that they do not have conflict of interest.

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