



MEDIA RELEASE

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5 Unusual International Christmas Dishes

From Brazilian *Bacalhau*, dried & salted cod; and *Borscht*, beetroot soup in Poland, to Aussie prawns on the BBQ – every culture celebrates Christmas with its own tastes and traditions.

Food expert and owner of eattheglobe.com, Dinh Tran, said the Festive Season table really shows a unique glimpse into a family's culture.

"You can tell a lot about the people of an area by what they eat," said Ms Tran.

"Christmas is a really easy way to take a snapshot in time and get an insight into the family traditions," she said.

"Bonding in the kitchen and making dishes together as a family is something that is quite universal."

"Yet, the type of food that is cooked, and what is actually served around the world is fascinatingly different."

"Most people see the traditional Christmas to be a roast turkey or ham, but there's so much more to it."

"In Sydney because it's so hot a lot of families go for prawns on a BBQ or cold meats."

"In Eastern European cultures the dishes are traditional and go with their tastes."

"They also celebrate the big festive meal on Christmas Eve."

Ms Tran shared five cultural dishes that have a unique association with Christmas:

1) Bacalhau: Brazilians enjoy "Bacalhau" (a salted and dried Norwegian fish) - this tradition originally started for religious reasons, as fish was viewed as an alternative to red meat (which was forbidden by the Catholic Church).

2) Cougnou: People in Belgium feast on "Cougnou" - which is a sweet bread formed in the shape of baby Jesus. It is often given to children on Christmas and enjoyed with a cup of hot chocolate.

3) Thirteen Desserts: The French region of Provence end their Christmas supper with indulgence in the form of 13 desserts, which represent Jesus, and the 12 apostles.

4) Borscht: Borscht (beetroot soup) with small dumplings is a traditional Polish Christmas starter.

5) Česnica: Serbians share "Česnica" - a Christmas soda bread baked with a coin. The person who finds the coin in their piece of bread is graced with luck in the coming year.

Ms Tran said Australia is a melting pot of so many cultures.

“Christmas is a great time for families to get together to celebrate our wonderful cultural traditions no matter what you eat.”

For more Christmas food ideas and interesting international culinary tastes visit: <http://www.eattheglobe.com>

About Dinh Tran

Dinh Tran is a Sydney based food and travel expert, and the founder of [eattheglobe.com](http://www.eattheglobe.com) - an online community where users can discover and share interesting food stories from around the world.

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Photo opportunities and interviews available on request.

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