

OPINION

TAKE YOUR TASTEBUDS ON A CULINARY ADVENTURE

MILKA MILICEVIC SUGGESTS 'THREE ETHNIC CUISINE IDEAS TO SUIT YOUR TOURIST PALATE'



MILKA MILICEVIC
Column

As the daylight hours wane and the temperature gets chillier, this is the time of year when many of us start dreaming about travelling

to, well, anywhere but here.

Vacations away from home are a wonderful way to take a respite from your usual everyday routine and experience something new.

Yet, going on a trip can be expensive and may not be possible for those of us with limited finances. So, what to do?

Our fondest travel memories are often linked to food and drink. How about we use this delicious element to transport ourselves to different parts of the globe while remaining in the comfort of our homes?

OK, let's go! Here are three ethnic cuisine ideas to suit your tourist palate:

Ethiopian - An exotic and beautiful berbere-spiced array of primarily stewed vegetarian and meat dishes. Try misir wat (spicy, red lentil stew) or doro wat (chicken stew - Ethiopia's national dish).

Be sure to serve it all atop injera, a spongy sourdough-tasting crepe made of fermented teff flour, which is used as an eating utensil to scoop up every morsel. It'll be fun to get to eat with your hands (right hand to stick to the tradi-

tion)!

Peruvian - This cuisine has introduced the world to many superfoods (think quinoa, maca root and lucuma fruit to name a few).

Traditional Peruvian cuisine is predominately based on topography: mountain, rainforest and coast.

It also features a fusion of Indigenous, Spanish, African and Asian gastronomic influences. Have fun discovering dishes like eviche (fresh seafood marinated in lemon or lime juice, onion, and chili peppers) and causa (layered potato casserole, served cold).

Israeli - More than just hummus and falafel, Israeli food is a vibrant combination of Mediterranean and Middle Eastern cuisine, sprinkled with some Eastern European fare for good measure. Delight in shakshuka (aromatic tomato and pepper sauce with poached eggs on top) - a one-pan wonder that

works for breakfast, brunch, lunch or dinner. Or treat yourself to a fragrant ptitim salad (Israeli or pearl couscous salad with herbs).

Wherever you decide to take your tastebuds, remember that approaching food with this open state of mind is a key to eating well.

Our bodies depend on obtaining an assortment of nutrients from a wide range of wholesome foods.

Don't be afraid to change up your diet!

It isn't necessary to spend a lot of time and money traversing abroad to explore the globe. You can stay relaxed at home with your loved ones and enjoy experiencing different cultures via their cuisine. No passport required!

Milka Milicevic is a Registered Holistic Nutritionist, blogger and speaker who teaches the art of eating well for better health and energy. She also conducts Nutritional Tours at Farm Boy's Etobicoke location. For more details on upcoming tours please visit www.farmboy.ca. To learn more about Milka, visit her website at www.holistic-milka.com.

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