

Food Cultures in Southeast Asia, vol. 2

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Summary

Although the staple foods of Southeast Asia include the sweet potato, banana, Sagoyashi, and steamed glutinous rice depending on an area, the mainstream is white boiled rice. It is eaten with dishes with sauces. Vegetables are the main ingredients, although fish is used in many cases as well as meat. Various vegetables, wild grass, and the leaves and flowers of vegetables grown in the fields are eaten. Although there are exceptions, fresh vegetables typically appear on the dining table as is, accompanied by dips using nampla (fish sauce) or red peppers. Many of these fresh vegetables, wild grass, seaweed, leaf buds, etc. have a particular flavor and taste. For example, with the zingiberaceous plant, we can see the root, the sprout, the bud, and the flower on the market. Many of them are edible raw. Also at a feast, these fresh vegetables are indispensable. The fresh flavor of lemon is especially preferred and lemon grass is often used. Many dishes make good use of the acid taste of citrus.

In this paper, I introduce plants with such various tastes and flavor.