



History of Asian Food

<https://www.chefiica.com/blogs/culinary-skills/a-culinary-journey-through-time-the-history-of-asian-cuisine>

<https://oldwayspt.org/for-professionals/heritage-diet-background/asian-heritage-diets-background/>

<https://www.itsu.com/blog/the-nuances-and-contrasts-in-the-diversity-of-asian-cuisine/>

<https://www.asianstudies.org/publications/eaa/archives/globalizing-asian-cuisines-from-eating-for-strength-to-culinary-cosmopolitanism-a-long-history-of-culinary-globalization/>

Like the traditional Mediterranean diet, the traditional Asian diet is built upon a base of healthy whole grain, buttressed by leafy green vegetables and soybeans, small amounts of fish and meat, bounteous spices and herbs – all tied together with healthy soy and peanut oils.

While the geographic scope is wide and the dishes and specific foods of Asian cuisines vary, it is the pattern that is similar.

The Impact of Globalization on Asian Food

Globalization has had a significant impact on Asian cuisine, with the exchange of ingredients, cooking techniques, and cultural practices between different countries and regions. Modern transportation and communication have made it easier for people to access and appreciate different types of cuisine.

According to a report by the Food and Agriculture Organization of the United Nations, "globalization has led to the homogenization of food systems, but it has also created opportunities for the diversification of cuisines."

Modern Asian cuisine often incorporates new ingredients and cooking techniques, while still maintaining traditional flavors and methods.

- Using modern appliances like sous vide machines and instant pots to streamline cooking processes

- Incorporating non-traditional ingredients like truffles and foie gras into traditional dishes
- Creating fusion cuisine by combining different culinary traditions

The Rise of Fusion Cuisine and Modern Twists

HISTORY OF PHO

<https://vietnam.travel/things-to-do/history-pho>

<https://www.bbc.co.uk/travel/article/20210421-pho-the-humble-soup-that-caused-an-outrage>

While most historians agree that pho was invented in the late 19th and early 20th Century in northern Vietnam during French colonial times, its origins are murky. Some believe pho was an adaptation of the French one-pot beef and vegetable stew *pot-au-feu*, which shares a phonetic similarity to "phở". Others say it was from the Chinese communities who settled in the north of Vietnam and sold a dish called 牛肉粉 (beef with noodles). The Chinese character for 粉 (pinyin: *fěn*) is pronounced "fuh", which is similar to the Vietnamese "phở".

VEGETARIANISM & HINDUISM

<https://harimoksh-restaurant.com/indian-vegetarian-cuisine-history/>

Traditional Chinese Medicine:

<https://www.sciencedirect.com/science/article/pii/S2352939317300829>

Miso as medicine:

https://www.researchgate.net/publication/255178703_Beneficial_Biological_Effects_of_Miso_with_Reference_to_Radiation_Injury_Cancer_and_Hypertension

<https://pubmed.ncbi.nlm.nih.gov/3940631/>