



Culinary Institute  
of America

# Day 4: Global Street Foods



# Learning Objectives

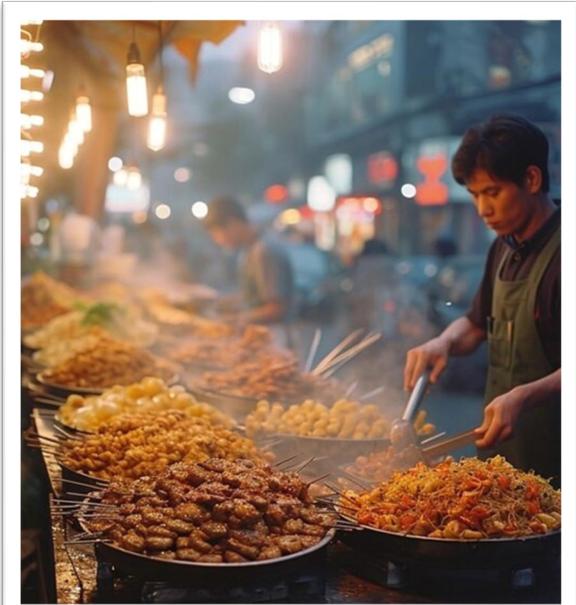
- Define what is meant by the term “street foods”.
- List general characteristics of street foods.
- Identify the six main categories of street foods.
- Describe a variety of street foods from The Americas, Europe, The Mediterranean, and Asia.
- Prepare a variety of street foods using standardized recipes.

# Street Food

- Ready-to-eat foods and beverages prepared/ sold by vendors, hawkers
- Served from mobile vending stations such as carts, small counters, stalls
- Located on street corners, sidewalks, food markets, train stations, other public gathering places
- Eaten on the go from small plates, bowls, skewers, banana leaves



# Street Food



- Small portions: snack or small meal
- Way to satisfy hunger and maintain energy throughout day
- Convenience - easily accessible and available
- Features popular, traditional, local cuisine
- Often a way to introduce new foods and ideas from abroad
- Made of fresh, less processed ingredients

# Street Food

## **Less developed countries**

- Necessary for people with minimally-equipped home kitchens
- Cheap main meal for low-income populations
- Aligns well with a mobile, nomadic, and social lifestyle

## **Industrialized Countries**

- Aligns well with a fast-paced, urban lifestyle
- Lower commitment than eating at a restaurant
- Food Trucks have a devoted following, use social networking to inform patrons about upcoming locations
- More personal- direct connection to vendor

# Street Food?



## Divided into 6 categories:

- Bowl foods
- Foods on a stick
- Breads
- Stuffed foods/ Sandwiches
- Finger foods
- Sweets

# Street Foods: Latin America

## Bowl Foods

- Caribbean Rice and Beans
- Salsa
- Chutneys

## Foods on a Stick

- Jerk Kebabs
- Anticuchos Meat Kebabs
- Corn-on-the-Cob

## Breads

- Corn/ Flour Tortillas



# Street Foods: Latin America



## Sandwiches/ Stuffed Foods

- Arepas
- Chile Rellenos
- Empanadas
- Jamaican Patties
- Enchiladas
- Pastels
- Roti
- Tortas
- Tamales

# Street Foods: Latin America

## Finger Foods

- Fried Plantains
- Chicken Wings
- Sugar and Cocoa Popcorn

## Sweets

- Sopapillas
- Dulce De Leche
- Churros
- Ice Cream Sandwiches



# Mexico



## **Baja-Style Fish Tacos**

- Grilled or fried fish served in a tortilla with coleslaw, sauce

## **Chile Rellenos**

- Roasted chile stuffed with meats, cheeses, or vegetables
- Dipped in an egg batter, fried

## **Mexican Tortas**

- Sandwich made from half a bolillo roll stuffed with tomatoes, meats, cheese, sauce

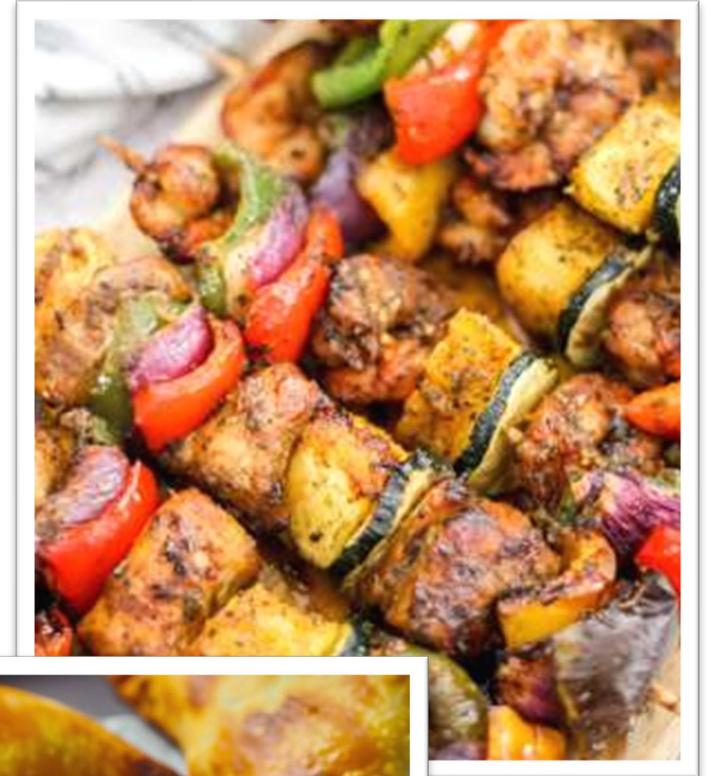
# The Caribbean

## Jamaican Chicken Patties

- Crescent-shaped meat pie
- Made with highly seasoned, minced meat, seafood, or vegetables in flaky pastry shell

## Jerk Skewers

- Highly seasoned barbecued pork, chicken, or fish
- Scotch bonnet peppers, allspice, spices lend distinctiveness



# Central/ South America



## **Arepas Con Queso**

- Flat, unleavened cornmeal patty
- Can be grilled, baked, or fried
- Topped or filled with meat, eggs, tomatoes, salad, cheese, shrimp, or fish

## **Pork and Pepper Pies**

- Latin American and Spanish fried pastry with meat, vegetable, or fruit filling

# Street Foods: US and Canada

## Breads

- New York City Bagel
- Philadelphia Pretzel

## Sandwiches/ Stuffed Foods

- Philadelphia Cheesesteak
- Cheeseburger
- Corn Dog
- Hot Dog/ Chili Dog



# Street Foods: US and Canada



## Finger Foods

- Popcorn and Nuts (spiced mixed nuts, curried, or roasted)
- Nachos and Cheese
- Caramel Apples
- Poutine

## Sweets

- Hush Puppies
- World Fair Doughnuts
- Funnel Cakes and Beignets

# United States

## Philadelphia Cheesesteak

- Philadelphia, Pennsylvania
- Beefsteak, melted cheese, toppings
- Can be filled with chicken, steak, mushrooms

## Funnel Cake

- Deep fried pancake batter
- Topped with powdered sugar, cookies, syrup, fruit



# Canada



## **Poutine**

- French fries topped with cheese curds, brown gravy, meat

## **Montreal-Style Bagel**

- Smaller, thinner, sweeter, denser than New York Bagel
- Baked in a wood-fired oven

# Street Foods: Europe

## Food on a Stick

- Meat Kebabs
- Skewered Vegetables

## Breads

- Bialys and Bagels
- Belgian Waffles
- Buckwheat Blinis

## Finger Foods

- Arrancini
- French-Fried Potatoes



# Street Foods: Europe



## **Sandwiches/ Stuffed Foods**

- Paninis
- Piada/ Piadina
- Gyro
- Sweet/ Savory Crêpes
- Sausages

## **Sweets**

- Gelato
- Crullers
- Churros

# Northern Europe

## French Fries

- Potatoes, cut into sticks, fried until golden brown
- Served with aioli or other sauces

## Sweet and Savory Crepes

- Very thin pancakes filled with ham, cheese, or fruit compotes

## Pork Sausages

- Encased in hog casing, grilled, sometimes cooked in broth



# Street Foods: Italy



## **Arrancini with Tomato Sauce**

- Breaded and fried rice balls
- Sometimes stuffed with cheese/ meat/ seafood ragù

## **Piadina with Ricotta, Prosciutto, and Arugula**

- Flatbread popular in Emilia-Romagna region of Italy
- Filled with meats, cold cuts, vegetables, or sweet items

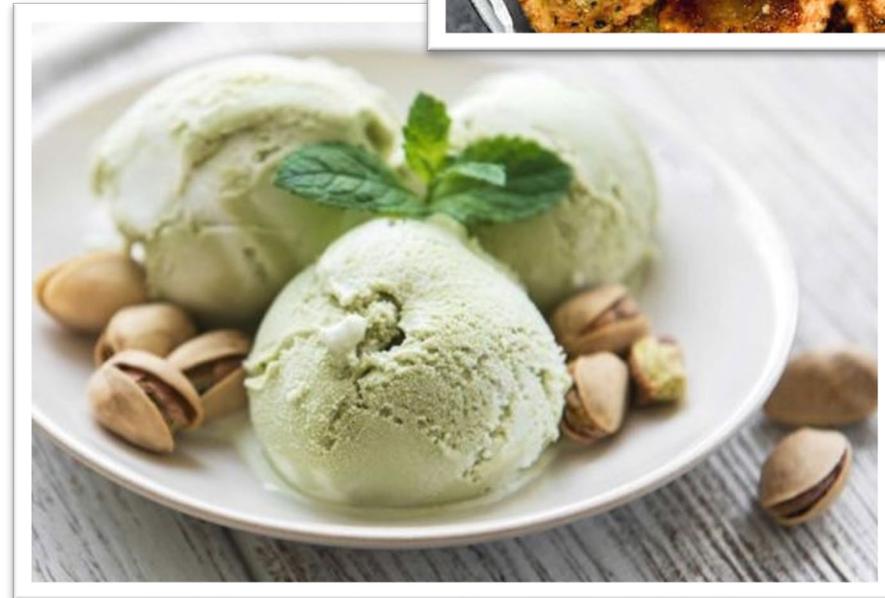
# Street Foods: Italy

## Stuffed Crispy “Ravioli” Snacks

- Dough stuffed with meat or cheese and fried

## Sicilian Pistachio Gelato

- Intensely flavored Italian “ice cream”
- Lower butterfat and sugar content than ice cream
- Very creamy



# Street Foods: North Africa

## Bowl Foods

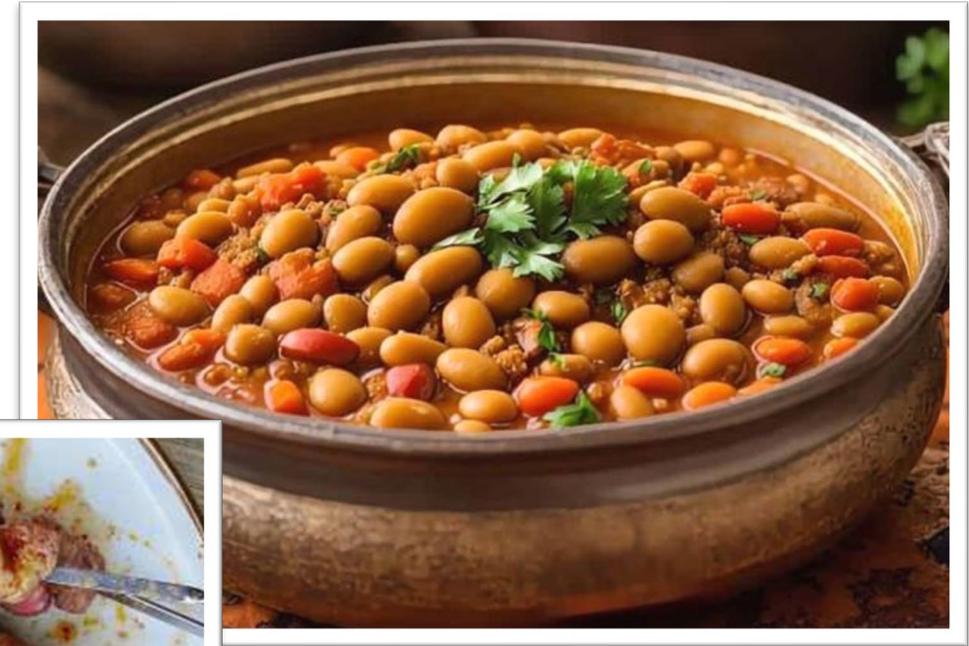
- Egyptian Rice
- Moroccan Beans
- Tabbouleh

## Food on a Stick

- Meat Kebabs
- Skewered Lamb

## Breads

- Pitas
- Flatbread



# Street Foods: North Africa



## Finger Foods

- Tabbouleh Salad with Pita

## Sandwiches/ Stuffed Foods

- Briks and Braewats
- Falafel on Pita
- Potato Knish

## Sweets

- Baklava
- Semolina Cake
- Moroccan Tea

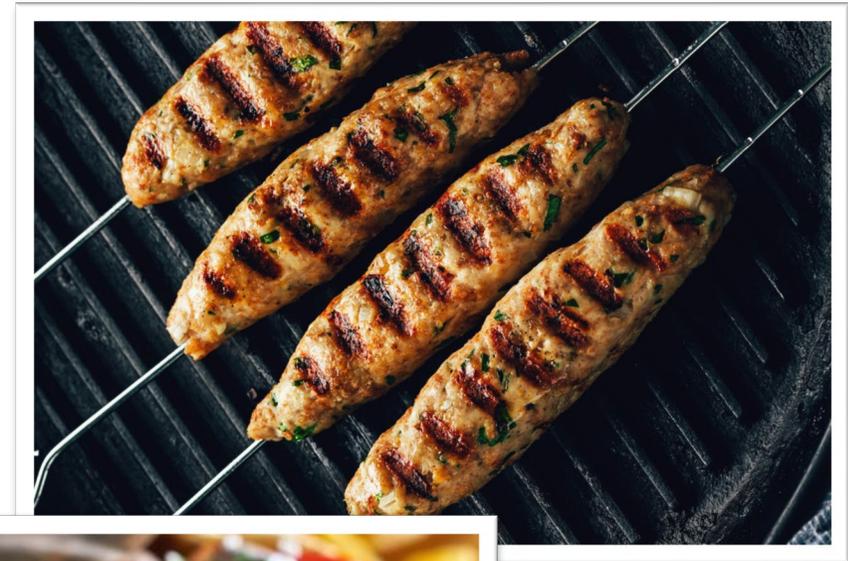
# Street Foods: Greece, Turkey, Middle East

## Chicken Köfte Kebabs

- Minced, spiced meat molded onto a skewer, grilled

## Gyros

- Minced meat molded onto a large spit; roasted, thinly sliced
- Served on a pita with tomato, onion, tzatziki sauce
- Gyro (Greece), Döner (Turkey), Shawarma (Middle East)



# Street Foods: Greece, Turkey, Middle East



## Potato Knish

- Popular in large Jewish populations
- Filling enclosed in dough, then baked, grilled, or fried
- Traditionally filled with meat, potatoes, sauerkraut, onions, or cheese

# Street Food: Asia

## Bowl Foods

- Udon Noodle Salad
- Pho Rice Noodle Soup
- Pad Thai
- Stir-Fried Glass Noodles
- Egg-fried Rice
- Fried Noodles
- Seafood Soup
- Jicama Salad
- Ramen Noodles



# Street Food: Asia



## Food on a Stick

- Grilled Squid
- Grilled Lamb Kebabs
- Takoyaki Fried Octopus
- Yakitori Chicken Skewers
- Spicy Rice Cake Skewers

## Breads

- Chapatis
- Naan
- Roti

# Street Food: Asia

## Sandwiches/ Stuffed Foods

- Spring Rolls
- Vegetable Samosas
- Crispy Scallion Pancakes
- Fried Wontons
- Steamed Dumplings
- Rice and Black Lentil Crepes
- Dosai
- Bahn Mi Sandwich



# Street Food: Asian



## Finger Foods

- Tempura
- Spicy Cashew Peanuts
- Onigiri Rice Balls
- Kimbap Seaweed Rolls
- Lettuce Wraps

# Street Food: Asian

## Sweets

- Banana Fritters
- Malaysian Pudding
- Coconut Sticky Rice
- Red Bean Fish Cakes
- Hotteok Sweet filled Pancake



# Street Foods of Asia



## Takoyaki Fried Octopus

- Deep fried batter with pieces of octopus, scallions, ginger
- Cooked in a special circular mold

## Dosai

- Thin, savory crepe in Indian cuisine
- Fermented batter of ground black gram (*urad dal*), rice



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Any Questions?