

SAVORED JOURNEYS

PRESENTS

101 DISHES

TO TRAVEL THE WORLD FOR

EXPLORE THE CULTURE THROUGH THE FOOD



savoredjourneys.com



THE ULTIMATE LIST OF

FOOD TO TRAVEL FOR

By Laura Lynch
of Savored Journeys



Thank you for downloading 101 Dishes to Travel the World For and signing up to receive updates from Savored Journeys.

I strongly believe there's no better way to discover a new culture than through food. That's why I put together this guide - so you can see for yourself all the amazing foods in the world that are absolutely worth traveling for!

If you love food as much as we do, then you've come to the right place, because that's what Savored Journeys is all about. In the near future, we will be releasing an Around the World cookbook with all our favorite International recipes you can cook at home, along with wine pairings.

In the meantime, we hope to pique your curiosity, perhaps encourage a bit of drooling and, above all, inspire you to travel for food.

Visit us at <http://www.savoredjourneys.com> for more food and travel inspiration.



WE'RE GLAD YOU JOINED US!

ABOUT SAVORED JOURNEYS

From the tapas of Spain to the curries of Thailand, there's no food we're not willing to try, even if it involves intestines or insects. No matter where our adventures take us, food is a central part of our trip.

Since eating involves all 5 senses, you're in a heightened state when you interact with food, so intentionally experiencing food while you're traveling will increase the intensity of the memories you build.

We started Savored Journeys as a way to share our culinary exploits around the world and to encourage others to travel for food. We hope you'll visit us regularly and use our site as a resource for your own trips.

We are always happy to help answer your questions. Please feel free to contact us at laura@savoredjourneys.com.



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AFGHANISTAN

MANTU

MANTU IS ONE OF THE MOST POPULAR DISHES IN AFGHANISTAN. IT IS A BEEF- OR LAMB-STUFFED DUMPLING, STEAMED IN A MULTILAYER STEAMER.





ALGERIA

PAELLA

INTRODUCED IN ALGERIA BY SPANISH SETTLERS, PAELLA IS A CELEBRATED DISH THAT INCLUDES VARIOUS SEAFOOD LIKE SHRIMP, OR CHICKEN OR LAMB.



ARGENTINA

EMPANADAS

**A CRISPY PASTRY FILLED WITH
TASTY INGREDIENTS LIKE GROUND
BEEF, ONIONS, GREEN OLIVES AND
BOILED EGG SLICES.**

A close-up photograph of a plate of Armenian lamb chops. The chops are large, grilled, and have a dark, charred exterior with a lighter, juicy interior. They are served with a side of sliced potatoes and a salad of shredded white onions and green herbs. The background shows a blue water bottle and a red patterned tablecloth.

ARMENIA

LAMB CHOPS

LAMB CHOPS ARE A TRADITIONAL FOOD IN ARMENIA, WHERE THEY ARE RUBBED WITH SPICE AND CHARRED ON THE GRILL.

AUSTRALIA

AUSTRALIAN MEAT PIE

**A HANDHELD PIE STUFFED WITH
BEEF AND VARIOUS OTHER
INGREDIENTS LIKE MUSHROOMS
AND TOMATO SAUCE, TOPPED
WITH PUFF PASTRY.**

BARBADOS

SALT FISH CAKES

FISH CAKES ARE A TRADITIONAL BARBADOS BREAKFAST DISH OR APPETIZER MADE WITH DRIED SALTFISH, POTATO, HERBS AND SPICES, THEN DEEP FRIED.





BELGIUM

BELGIAN WAFFLES

THESE TASTY WAFFLES ARE SUPER CRISPY ON THE OUTSIDE, FLUFFY ON THE INSIDE AND TOPPED WITH THINGS LIKE STRAWBERRIES AND CHOCOLATE.

BERMUDA

FISH CHOWDER

THE CHOWDER IS MADE WITH FISH STOCK, FISH, VEGETABLES, BACON FAT AND SPICES. A BERMUDAN SPECIALTY IS TO SERVE IT WITH BLACK RUM AND SHERRY PEPPERS.

BHUTAN

CHILI SAUSAGE

TO MAKE THIS DISH, A MIXTURE OF RICE, FLOUR AND CHILI SPICES ARE STUFFED INTO COW'S INTESTINE, THEN STEWED IN A RED CHILI SAUCE.

BOSNIA-HERZEGOVINA

MEAT PLATE

A TYPICAL BOSNIAN MEAT PLATE INCLUDES LAMB, BEEF, SAUSAGE AND ĆEVAPI (BOSNIAN KEBABS), SERVED ALONGSIDE TOMATOES, ONIONS AND BREAD.

BRAZIL

MORTADELLA SANDWICH

THE SANDWICH IS MADE FROM
NEARLY 1/2 LB OF MORTADELLA
SAUSAGE, PROVOLONE CHEESE,
SOURDOUGH BREAD, MAYONNAISE
AND DIJON MUSTARD.



BRUNEI

AMBUYAT

AMBUYAT IS THE NATIONAL DISH OF BRUNEI. MADE FROM SAGO PALM, IT HAS A GEL-LIKE TEXTURE AND IS DIPPED IN DIFFERENT SAUCES FOR FLAVOR.

CAMBODIA

FISH AMOK

"AMOK" REFERS TO THE PROCESS OF STEAM-COOKING CURRY IN BANANA LEAVES, AS THIS CAMBODIAN YELLOW CURRY FISH DISH IS PREPARED.



CAMEROON

NDOLÉ

GREEN LEAVES MIXED WITH RAW PEANUTS AND CRUSHED SPICES AND SLICES OF COOKED MEAT OR FISH. IT IS SERVED WITH RICE AND FRIED PLANTAINS.

CANADA

POUTINE

ONE OF THE MOST ICONIC DISHES OF CANADA, POUTINE CONSISTS OF FRENCH FRIES AND MELTED CHEESE CURDS, COVERED IN A RICH BEEF GRAVY.

CHILE

PASTEL DE CHOCLO

A BEEF CASSEROLE SIMILAR TO SHEPHERD'S PIE, BUT THE MEAT AND ONIONS ARE TOPPED WITH A DELICIOUS LAYER OF CREAMED CHOCLO CORN.



CHINA

JIAOZI (CHINESE DUMPLINGS)

JIAOZI ARE A KIND OF CHINESE DUMPLING EATEN ALL OVER ASIA. THE ONES PICTURED ARE VEGETARIAN STEAMED DUMPLINGS, CALLED ZHĒNGJIǎO.



COLOMBIA

AREPAS RELLENAS DE QUESO

AREPAS ARE GRIDDLED OR GRILLED CORN CAKES MADE FROM MASAREPA (CORN MEAL). THIS VERSION IS SPLIT IN HALF AND STUFFED WITH CHEESE.

COSTA RICA

CASADO

CASADO MEANS "MARRIED". THIS DISH IS A COMBINATION OF FISH (OR MEAT), RICE, BEANS, SALAD, TOMATOES, AND FRIED BANANA.



CUBA

ROPAS VIEJAS

**SHREDDED FLANK STEAK IN A
TOMATO BASED SAUCE WITH BLACK
BEANS, WHITE RICE, PLANTAINS
AND FRIED YUCCA.**



CZECH REPUBLIC

HOUSKOVÉ KNEDLÍKY

BREAD DUMPLINGS MADE FROM LEFT-OVER OR STALE BREAD. THE DUMPLINGS ARE BOILED AND SERVED AS A SIDEDISH, USUALLY ACCOMPANIED BY A SAUCE.



DENMARK

OPEN-FACED SANDWICH

AN OPEN-FACED SANDWICH
(PYNTET SMØRREBRØD) WITH A
FRIED PLAICE FILLET AND SHRIMP
SALAD ATOP A PIECE OF RYE
BREAD.

ECUADOR

FANESCA

FANESCA IS A VERY TRADITIONAL SOUP OR STEW SERVED ONLY DURING EASTER, MADE WITH GRAIN, BEANS, AND DRIED SALT COD.



EL SALVADOR

SOPA DE PATA

A HEARTY SOUP MADE FROM COW'S FEET, TRIPE, YUCA, GUISAYOTES, SWEET CORN, PLANTAINS, AND STRING BEANS.

ENGLAND

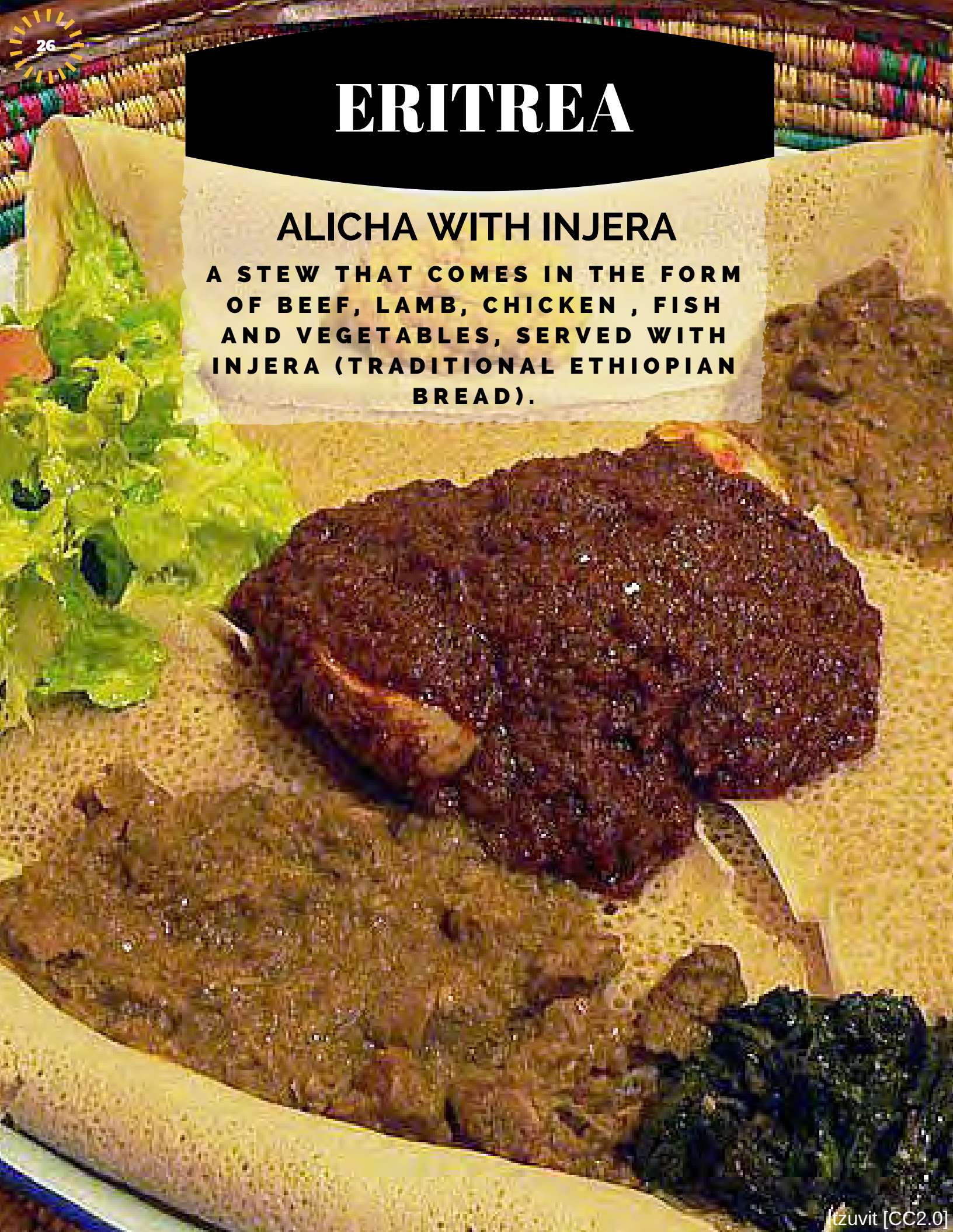
FISH & CHIPS

**WHO CAN RESIST A PLATE OF
TRADITIONAL FISH & CHIPS WHEN
IN ENGLAND? THE FISH IS
USUALLY ATLANTIC COD OR
HADDOCK, SERVED ALONGSIDE
CHIPS (FRIES).**

ERITREA

ALICHA WITH INJERA

A STEW THAT COMES IN THE FORM OF BEEF, LAMB, CHICKEN , FISH AND VEGETABLES, SERVED WITH INJERA (TRADITIONAL ETHIOPIAN BREAD).



ESTONIA

KILUVÕILEIVAD

**AN OPEN-FACED SANDWICH
SERVED ON RYE BREAD, WITH
SPRAT FILLETS, HARD-BOILED EGG,
RED ONION AND CHIVES.**



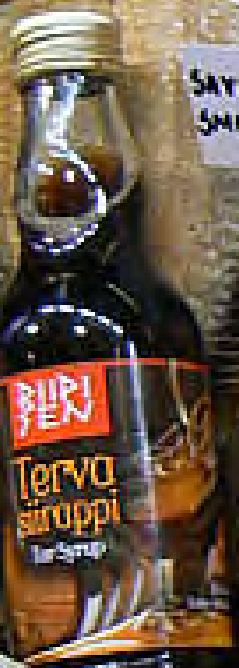
FINLAND

SMOKED SALMON

YOU CAN FIND SMOKED SALMON
EVERYWHERE IN FINLAND,
ESPECIALLY THE GROCERY, WHERE
IT SOLD IN MANY
DIFFERENT VARIETIES.

SAYU KAMPALA
SMOKED FLOUNDER 200/kg

€32/kg



€32/kg
MATTI CHOP



FRANCE

ESCARGOT

A DELICACY IN FRANCE, ESCARGOT IS OFTEN BAKED OUTSIDE THE SHELL WITH GARLIC BUTTER, STOCK OR WINE, THEN RETURNED TO THE SHELL TO EAT.

GEORGIA

KHACHAPURI

A TRADITIONAL CHEESE-FILLED BREAD, SERVED MANY DIFFERENT WAYS - WITH CHEESE ON TOP AND INSIDE, WITH AN EGG ON TOP, OR FILLED WITH MEAT.

GERMANY

BRATWURST

**BRATWURST ON A ROLL WITH
MUSTARD IS A PERFECT SNACK
YOU'LL FIND AT STREET STALLS
ALL OVER GERMANY.**



GHANA

RED-RED

**"RED RED" IS A POPULAR
GHANAIAN BEAN AND MEAT STEW
SERVED WITH FRIED RIPE
PLANTAIN AND OFTEN
ACCOMPANIED WITH GARI AND
AVOCADO.**

GREECE

MOUSSAKA

MOUSSAKA IS MADE WITH A TOMATO-BASED SAUCE, LAYERED WITH SWEET EGGPLANTS AND CREAMY BÉCHAMEL SAUCE, BAKED TOGETHER UNTIL GOLDEN.

GUATAMALA

ENCHILADAS GUATEMALTECAS

MADE BY TOPPING A TOSTADA WITH
LETTUCE, PICKLED BEET,
VEGETABLES, GROUND BEEF AND
TOMATO SAUCE... SPRINKLED WITH
GUATEMALAN CHEESE.

GUYANA

TROUT & FRIED BAKE

THIS COMBINATION OF SALTED TROUT WITH SPICES AND FRIED BAKE (A FRIED, FLOUR-BASED BREAD/PASTRY) MAKES AN EXCELLENT BREAKFAST SANDWICH.

HUNGARY

TOLTOTT PAPRIKA

**STUFFED PEPPERS FILLED
WITH GROUND PORK, ONION,
GARLIC, RICE, TOMATO SAUCE AND
PAPRIKA ARE A VERY POPULAR
FAMILY DISH IN HUNGARY.**





ICELAND

LANGOUSTINE

LANGOUSTINES ARE A RELATIVE OF THE LOBSTER AND HAVE SIMILAR TEXTURE AND FLAVOR. MANY ICELANDIC DISHES FEATURE THESE DELECTABLE CREATURES.

INDIA

SHRIMP CURRY

**THIS INCREDIBLY FLAVORFUL &
SPICY SHRIMP CURRY ORIGINATES
ALONG THE SOUTH COAST OF
INDIA, WHERE SEAFOOD IS
PLENTIFUL.**



INDONESIA

MIXED PLATE

A TYPICAL MIXED PLATE INCLUDES THREE OR MORE DISHES; SAYUR (VEGETABLES) AND LAUK (FISH OR MEAT), AND MAYBE SOME FRIED DISHES, SAMBAL AND KRUPUK.





ISRAEL

ST. PETER'S FISH

**PROBABLY THE MOST FAMOUS
NATIVE FISH IN ISRAEL IS THE ST.
PETER'S FISH FROM THE SEA OF
GALILEE. ORDER IT WHOLE &
CRISPY FOR A TRADITIONAL MEAL.**

ITALY

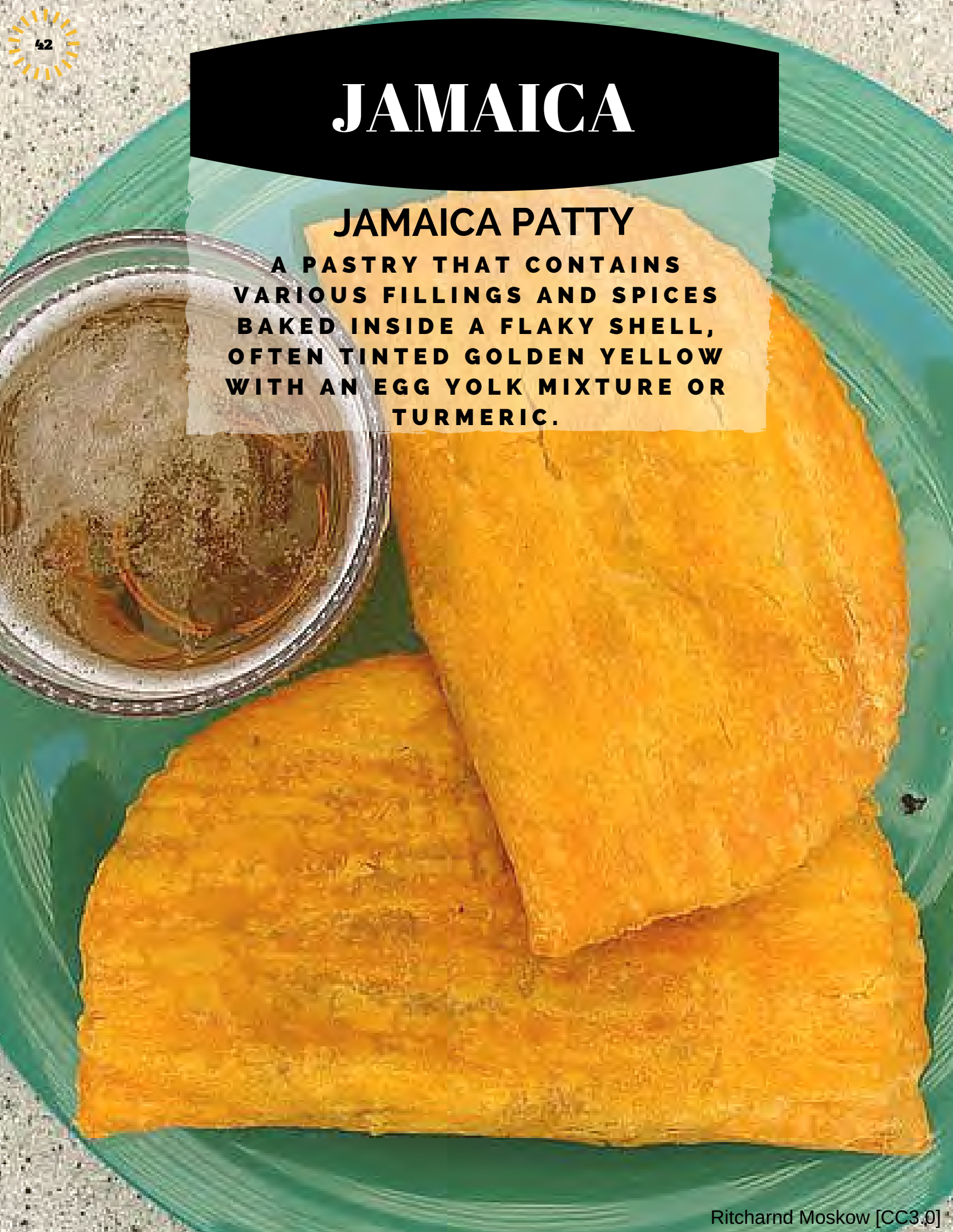
MARGHERITA PIZZA

**INVENTED IN NAPLES IN HONOR OF
THE QUEEN OF ITALY, THE
MARGHERITA PIZZA IS A SYMBOL
OF ITALIAN CUISINE THROUGHOUT
THE WORLD.**

JAMAICA

JAMAICA PATTY

**A PASTRY THAT CONTAINS
VARIOUS FILLINGS AND SPICES
BAKED INSIDE A FLAKY SHELL,
OFTEN TINTED GOLDEN YELLOW
WITH AN EGG YOLK MIXTURE OR
TURMERIC.**





JAPAN

SUSHI

**NO WHERE ELSE IN THE WORLD
CAN YOU FIND FRESHER, MORE
ARTFULLY PREPARED SUSHI &
SASHIMI THAN JAPAN, WHERE FISH
IS KING.**





JORDAN

MAKLUBA

MAKLUBA IS A TRADITIONAL DISH OF JORDAN THAT INCLUDES MEAT, RICE, AND FRIED VEGETABLES PLACED IN A POT, WHICH IS FLIPPED UPSIDE DOWN WHEN SERVED.

KAZAKHSTAN

MANTI

**SERVED IN MANY COUNTRIES,
MANTI ARE STEAMED DUMPLINGS
CONSISTING OF GROUND MEAT AND
SPICES IN AN UNLEAVENED
PASTRY SHELL.**

KENYA

UGALI WITH SUKUMA WIKI

UGALI IS A DISH OF MAIZE, MILLET, OR SORGHUM FLOUR WITH WATER MIXED INTO A DOUGH-LIKE CONSISTENCY, SERVED ON TOP OF SUKUMA WIKI (COLLARD GREENS).





KOSOVO

FLIJA

**A LARGE BREAD/CAKE SLOWLY
COOKED OUTSIDE THAT CONSISTS
OF MULTIPLE CREPE-LIKE LAYERS
BRUSHED WITH CREAM AND
SERVED WITH KAYMAK.**



LAOS

SOM TAM LAO

**FERMENTED FISH, CHILIES,
PICKLED RICE, CRAB, LIME, LONG
BEANS, TOMATO, SUGAR, THAI
AUBERGINE, AND SHREDDED GREEN
PAPAYA.**

LEBANON

MIXED PLATE

A MIXED PLATE IN LEBANON MIGHT INCLUDE HUMMUS, BABAGANOUEJ, FALAFEL, TABBOULEH, LAMB KEBAB, CHICKEN KEBAB, KOFTE, AND/OR KIBBEH.



LIBYA

BAZEEN OR BAZIN

**BARLEY FLOUR, MIXED WITH
WHEAT FLOUR. BAZEEN IS
TYPICALLY SERVED WITH A
TOMATO SAUCE, EGGS, POTATOES
AND MUTTON.**

LITHUANIA

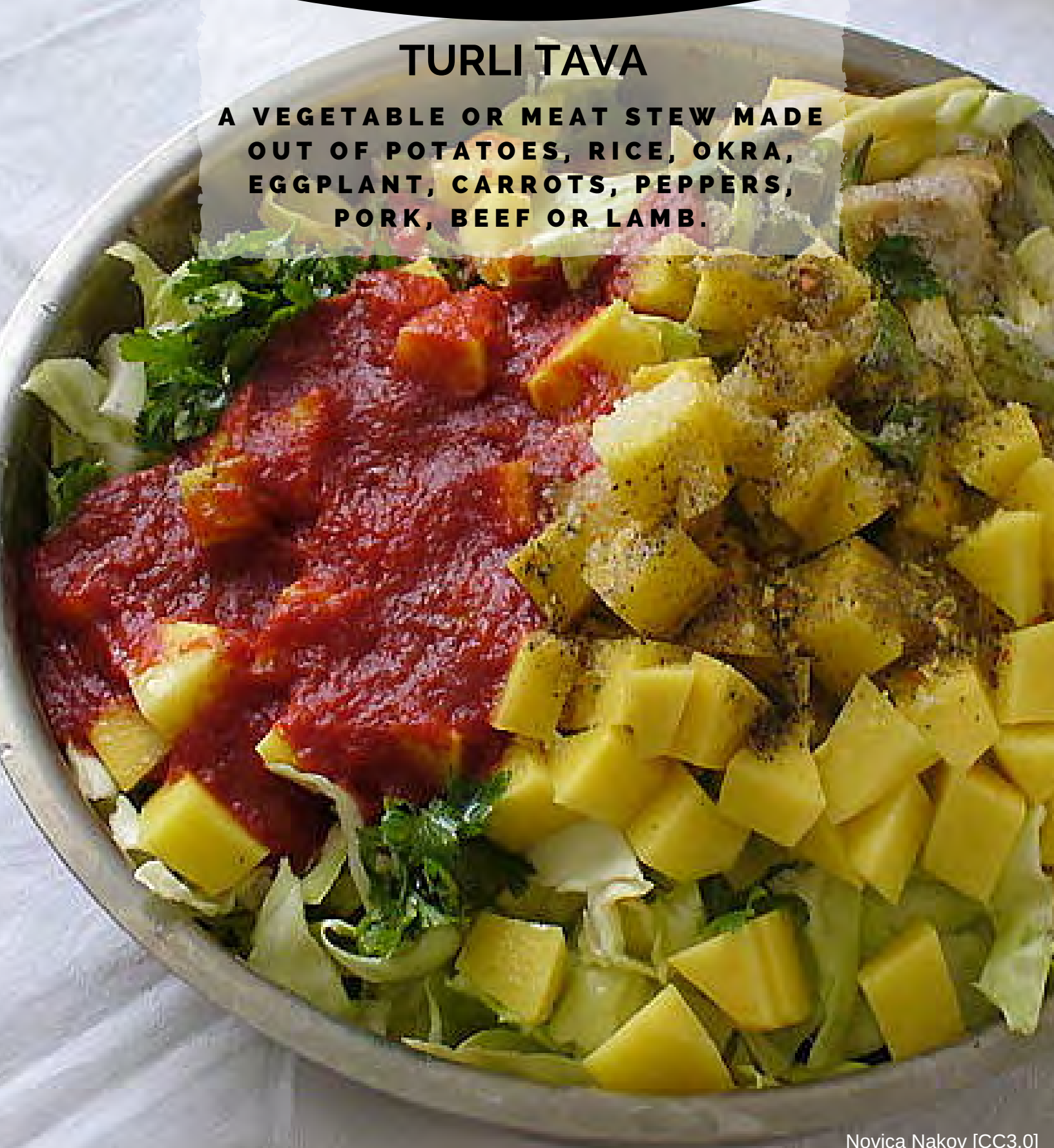
CEPELINAI (ZEPPELINS)

**THE NATIONAL DISH OF
LITHUANIA. CEPELINAI ARE
POTATO DUMPLINGS FILLED WITH
PORK MINCE, SERVED WITH
MUSHROOM SAUCE & BACON.**

MACEDONIA

TURLI TAVA

**A VEGETABLE OR MEAT STEW MADE
OUT OF POTATOES, RICE, OKRA,
EGGPLANT, CARROTS, PEPPERS,
PORK, BEEF OR LAMB.**



MADAGASCAR

TIGER PRAWNS

**BIG, TASTY, AND QUITE POSSIBLY
ONE OF THE BEST EATING SHRIMP
AVAILABLE, MADAGASCAR PRAWNS
ARE FARM-RAISED IN A
SUSTAINABLE MANNER.**



MALAYSIA

MEE GORENG

MIE GORENG, ALSO KNOWN AS BAMI GORENG, IS A FLAVORFUL AND SPICY FRIED NOODLE DISH COMMON IN INDONESIA, MALAYSIA, AND SINGAPORE.



MALI

JOLLOF RICE

**A ONE-POT RICE DISH POPULAR IN
MANY WEST AFRICAN COUNTRIES,
MADE WITH STEWED TOMATOES,
ONIONS AND SOMETIMES CHICKEN.**

MALTA

HONEY RINGS

**TRADITIONAL MALTESE SWEETS
MADE WITH BLACK TREACLE,
MARMALADE, ORANGE PEEL,
SPICES AND HONEY. MALTA'S
FAVORITE CHRISTMAS DESSERT.**

MEXICO

ENCHILADAS

MEXICO IS WELL-KNOWN FOR CULINARY GREATS, SUCH AS ENCHILADAS - CORN TORTILLAS STUFFED WITH MEAT, SMOTHERED IN CHEESE AND SAUCE.



MOROCCO

TAJINE

MOROCCAN TAJINE DISHES ARE SLOW-COOKED SAVORY STEWS, TYPICALLY MADE WITH SLICED MEAT, POULTRY OR FISH WITH VEGETABLES OR FRUIT.



MYANMAR

LAPHET THOKE

**GREEN TEA SALAD WITH PICKLED
TEA LEAVES, ROASTED PEANUTS
AND CRUNCHY BEANS, TOASTED
SESAME SEEDS, GARLIC, DRIED
SHRIMP AND TOMATO.**

NAMIBIA

GRILLED GAME

**TRADITIONAL NAMIBIAN COOKING
INCLUDES FRUITS, BULBS,
VEGETABLES AND GRILLING WILD
GAME SUCH AS ORYX, CROCODILE
AND KUDU.**

NEPAL

DAL BHAT TARKARI

STEAMED RICE AND A COOKED LENTIL SOUP CALLED DAL. DAL BHAT IS OFTEN SERVED WITH VEGETABLE TARKARI – A MIX OF SEASONAL VEGETABLES.

NETHERLANDS

BITTERBALLEN

A SAVORY SNACK, TYPICALLY CONTAINING A CREAMY MIXTURE OF BEEF OR VEAL, BEEF BROTH, BUTTER, FLOUR AND PARSLEY THAT IS BREADED AND FRIED.

NEW ZEALAND

PAVLOVA

PAVLOVA IS A MERINGUE-BASED CAKE WITH A CRISP CRUST AND SOFT, LIGHT FILLING, USUALLY TOPPED WITH FRUIT AND, OPTIONALLY, WHIPPED CREAM.



NICARAGUA

VIGORON

A SALAD (CABBAGE, TOMATOES, ONIONS, AND CHILI PEPPER MARINATED IN VINEGAR AND SALT), BOILED YUCA, AND CHICHARRONES (FRIED PORK).

NORTH KOREA

BANCHAN

BANCHAN, OR SIDEDISHES, LIKE KIMCHI AND A SEASONAL VEGETABLE ARE SERVED AT PRACTICALLY EVERY MEAL IN KOREA.



NORWAY

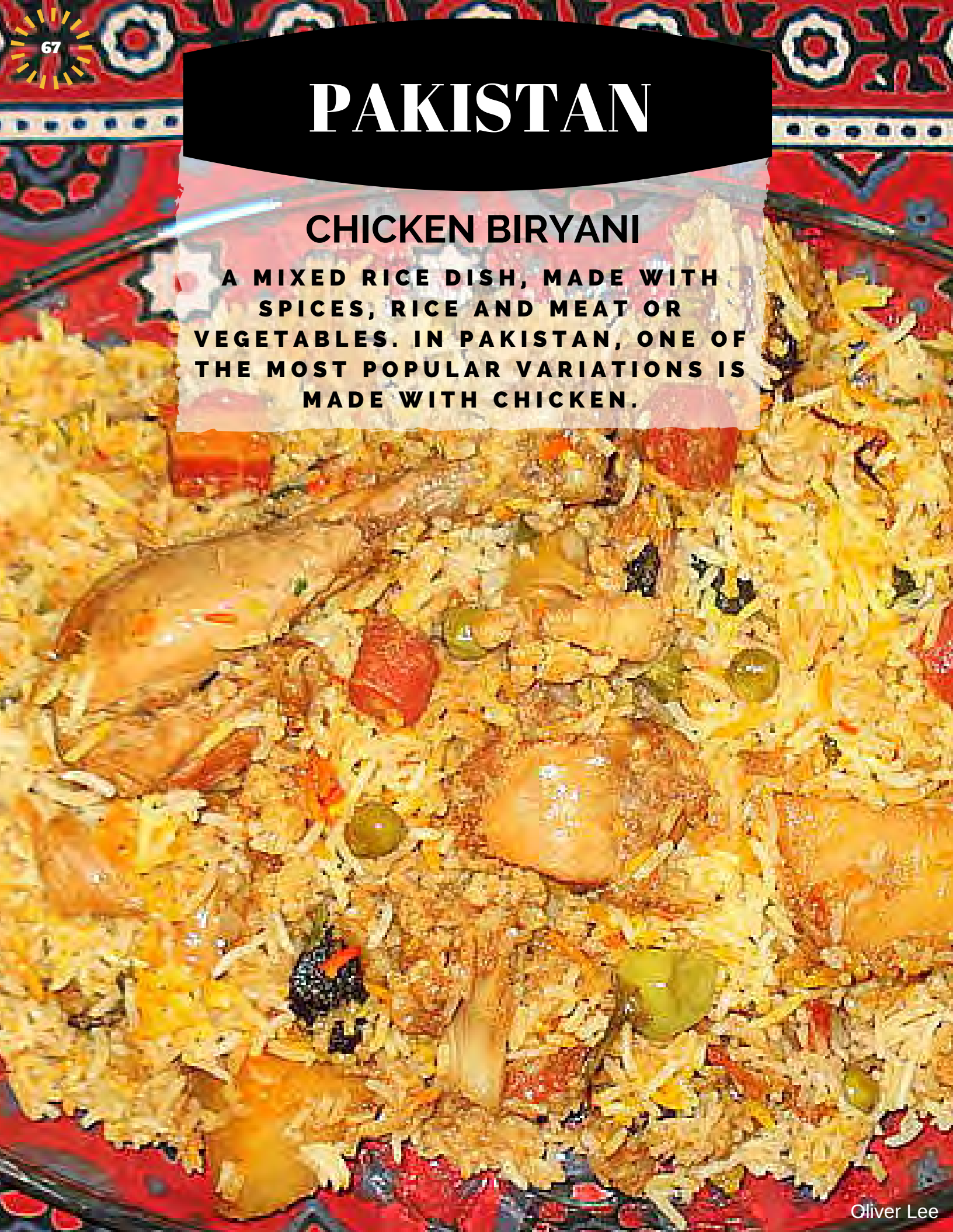
JARLSBERG & KIELBASA

JARLSBERG IS A MILD, SEMI-SOFT COW'S MILK CHEESE OF NORWEGIAN ORIGIN THAT IS KNOWN FOR ITS NUTTY FLAVOR. IT'S OFTEN SERVED WITH KIELBASA.

PAKISTAN

CHICKEN BIRYANI

A MIXED RICE DISH, MADE WITH SPICES, RICE AND MEAT OR VEGETABLES. IN PAKISTAN, ONE OF THE MOST POPULAR VARIATIONS IS MADE WITH CHICKEN.



PALESTINE

DOLMA

**PALESTINIAN GRAPE LEAVES,
COOKED UNTIL TENDER AND
STUFFED WITH A RICE AND MEAT
MIXTURE, SERVED WITH LEMON
JUICE AND A BOWL OF YOGURT.**

PANAMA

CHANGA

MANY PANAMANIAN DISHES ARE MADE OUT OF CORN, LIKE THE CHANGA, A THICK TORTILLA MADE OUT OF FRESH GROUND CORN.

PARAGUAY

PIRA CALDO

PIRA CALDO IS A FISH SOUP THAT ALSO CONTAINS ONION, TOMATOES, GREEN OR RED BELL PEPPERS AND SPICES.



PERU

CHICHARONES DE CALAMARI

**DEEP FRIED SQUID, OFTEN SERVED
IN LARGE QUANTITY WITH A
RELISH MADE OF RED ONION AND
LIME JUICE OVER THE TOP.**

PHILIPPINES

SWEET & SPICY SHRIMP GAMBAS

GAMBAS ARE PRAWNS THAT ARE COOKED IN A SWEET AND SPICY CHILE SAUCE AND SERVED WITH THE SHELLS ON.

PORTUGAL

FRANCESINHA SANDWICH

GRAIN BREAD PILED WITH CHEESE, HAM, STEAK AND SAUSAGE, THEN DOUSED WITH A THICK TOMATO AND BEER GRAVY AND TOPPED WITH A FRIED EGG.



ROMANIA

SARMALE

**ROMANIAN STUFFED CABBAGE
ROLLED AROUND A FILLING
USUALLY MADE WITH MINCED
MEAT, THEN TOPPED WITH FRESH
HERBS.**

RUSSIA

BORSCHT

**A CLASSIC THICK,
HEARTY STEW MADE WITH BEETS,
CABBAGE AND OTHER VEGETABLES,
USUALLY SERVED WITH A DOLLOP
OF SOUR CREAM ON TOP.**

SAUDI ARABIA

AL KHABSA

A TRADITIONAL SAUDI RICE & CHICKEN (OR LAMB) DISH MADE WITH SPICES AND TOPPED WITH MIXED VEGETABLES, SULTANAS AND ALMONDS.



SENEGAL

THIÉBOUDIENNE

THE NATIONAL DISH OF SENEGAL,
THIS COMBINATION OF FISH, RICE,
AND VEGETABLES SIMMERED IN
TOMATO SAUCE IS A HEARTY ONE-
POT MEAL.



SERBIA

KOLJIVO

**A SWEET DISH MADE FROM COOKED,
GROUND WHEAT BERRIES,
FORTIFIED WITH HONEY OR SUGAR,
NUTS AND, SOMETIMES, DRIED
FRUIT.**

SINGAPORE

CHILLI CRAB

MUD CRABS ARE STIR-FRIED IN A SEMI-THICK, SWEET AND SAVORY TOMATO AND CHILLI-BASED SAUCE. DESPITE ITS NAME, IT'S NOT SUPER SPICY.



SLOVAKIA

HALUSKY

HALUŠKY ARE THICK, SOFT DUMPLINGS. THE MOST TYPICAL TOPPING IS BRYNDZA, A SPECIAL SHEEP CHEESE, AND FRIED BACON BITS.

SLOVENIA

KREMNA REZINA

**A VANILLA AND CUSTARD CREAM
CAKE WITH A PUFF-PASTRY BASE,
MADE POPULAR AT THE HOTEL PARK
IN BLED.**

SOMALIA

MARAQ ARI

**CAMEL AND GOAT MEAT STEW
SIMMERED WITH TURMERIC,
FENUGREEK, GINGER, GARLIC,
TOMATOES AND OTHER
VEGETABLES.**





SOUTH AFRICA

OSTRICH SANDWICH

**OSTRICH MEAT IS USED
THROUGHOUT SOUTH AFRICA - TRY
OSTRICH STEAK OR AN OSTRICH
SANDWICH TO SEE WHAT IT'S LIKE.**



SOUTH KOREA

DAK-BOKKEUMTANG

**SPICY BRAISED CHICKEN USUALLY
CONTAINING CHICKEN WINGS, SOY
SAUCE, GARLIC, HOT PEPPER
FLAKES AND PASTE, ONION AND
POTATOES.**

SPAIN

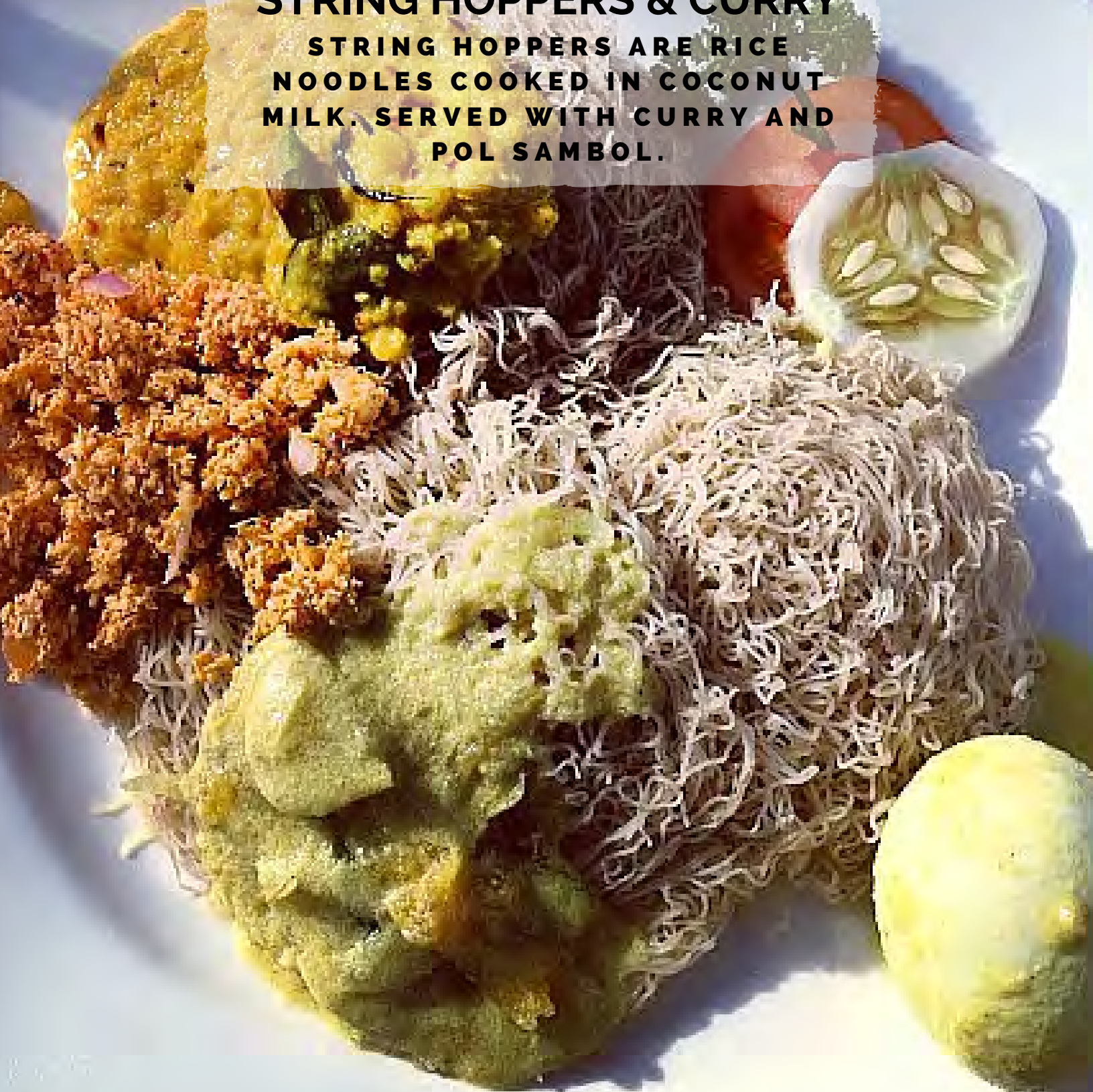
JAMON IBERICO

JAMÓN IBÉRICO IS A CURED HAM FROM SPAIN THAT CAN ONLY BE MADE FROM BLACK IBERIAN PIGS, OR CROSS-BRED PIGS THAT ARE AT LEAST 50% IBÉRICO.

SRI LANKA

STRING HOPPERS & CURRY

**STRING HOPPERS ARE RICE
NOODLES COOKED IN COCONUT
MILK. SERVED WITH CURRY AND
POL SAMBOL.**



SUDAN

TAMIYA

SUDANESE FALAFAL IS MADE FROM GROUND CHICKPEAS, MIXED WITH GARLIC, DILL AND ONION, THEN DEEP FRIED.



SURINAME

NASI GORENG

**STIR-FRIED RICE WITH CHICKEN OR
BEEF, CUCUMBERS AND ONIONS,
COOKED IN BANANA LEAVES.**



SWEDEN

SWEDISH PANCAKES

SMALLER AND THINNER THAN AMERICAN PANCAKES, SWEDISH PANCAKES ARE THIN AND LIGHT, COMPARABLE IN TEXTURE TO FRENCH CREPES.



SWITZERLAND

FONDUE

A TRADITIONAL DISH THAT ORIGINATED IN THE ALPS, FONDUE IS MOST OFTEN MADE WITH SWISS CHEESE AND SERVED WITH POTATOES AND BREAD FOR DIPPING.

TAIWAN

GUA BAO

**STEAMED BUNS FILLED WITH A
SLICE OF RED-COOKED PORK
BELLY OR STEWED BEEF, WITH
PICKLED MUSTARD, CILANTRO,
AND GROUND PEANUTS.**





THAILAND

PHAD THAI

**STIR-FRIED RICE NOODLES WITH
EGG, BEAN SPROUTS, GREEN
ONION, PEANUTS, TAMARIND AND
FISH SAUCE, ACCOMPANIED BY
CHICKEN, BEEF OR SHRIMP.**





TRINIDAD & TOBAGO

LAMB VINDALOO

LAMB SHANKS ARE SLOW COOKED WITH GARAM MASALA, GINGER, PAPRIKA, CAYENNE, ONIONS, AND GARLIC.

TUNISIA

TABLEBI (لبلابي)

A TUNISIAN DISH BASED
ON CHICK PEAS IN A THIN GARLIC
AND CUMIN-FLAVORED SOUP,
SERVED OVER SMALL PIECES OF
STALE CRUSTY BREAD.

TURKEY

DONER KABOB

**DONER CAN BE LAMB, BEEF
CHICKEN. OR A COMBINATION. ONE
VARIATION IS DONOR DURUM,
WHICH IS WRAPPED IN
LAVAS WITH LETTUCE AND ONION.**



UKRAINE

CHICKEN PLOV

A TRADITIONAL UKRAINIAN RICE PILAF WITH ONION, CARROT AND MEAT (LAMB, BEEF OR CHICKEN). THIS DISH IS MADE IN MANY COUNTRIES IN THE REGION.

URUGUAY

CHIVITO

A SANDWICH WITH A SLICE OF BEEF, TOPPED WITH HAM, BACON, LETTUCE AND TOMATO, MELTED CHEESE, AND A FRIED EGG, PLUS VARIOUS TOPPINGS.



UZBEKISTAN

SAMARKAND NON

SAMARKAND BREAD, FROM THE VILLAGE OF GALA-OSIYO NEAR SAMARKAND, IS TRADITIONALLY BAKED IN A CLAY OVEN. THE BREAD IS SERVED AT EVERY MEAL.

VENEZUELA

PABELLÓN CRIOLLO

A VENEZUELAN VERSION OF A DISH MADE THROUGHOUT THE CARIBBEAN, CONSISTING OF A PLATE OF RICE, SHREDDED STEWED BEEF AND BLACK BEANS.



VIETNAM

PHỞ

PHỞ OR PHO IS A VIETNAMESE NOODLE SOUP CONSISTING OF BROTH, RICE NOODLES CALLED BÁNH PHO, HERBS, AND EITHER BEEF OR CHICKEN.



ZIMBABWE

DEEP-FRIED KAPENTA

DRIED KAPENTA FISH ARE PAN FRIED WITH ONIONS AND TOMATOES. THEY ARE EATEN WITH A TRADITIONAL STAPLE MEAL CALLED ISITSHWALA/SADZA.





THANK YOU FOR CHECKING OUT
101 DISHES TO TRAVEL THE WORLD FOR.
WE HOPE YOU ENJOYED IT AND WERE
INSPIRED BY THE PHOTOS OF FOOD FROM
ALL OVER THE WORLD.

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SAVORED JOURNEYS

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