

20 selected TermGoord food terms!

FROM THE I-ATE TERMS OF THE WEEK



Notice

This brochure is produced by the Terminology Coordination Unit of the Directorate-General for Translation of the European Parliament and consists of the selection of the food terminology articles, published since 2016 every Saturday on the website termcoord.eu.

These articles present the similarities and differences of gastronomic culture between and in different countries.

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The e-book was compiled and designed by Olena Khomiakova.

Macarons

I-ATE FOOD TERM OF THE WEEK



We have all craved them at a certain point in our lives: those bright sweets called macarons. Delicate, colourful and light, they are one of the most desired desserts of pâtisseries all over France. However, in the past they were not as glamorous as they are today.

The origins of macarons

The iconic French dessert – macaron – is surrounded by hot debates concerning its origin. Typically associated with France, macarons are believed to have appeared in... Italy! They were already produced in Venetian monasteries in the 8th century A.D.

Back then, they were humbly called “priests’ bellybuttons” because of their round shape.

In 1533, macarons finally made their way to France, with Catherine de’ Medici, who moved there to marry King Henry II.

The first version of the dessert has nothing to do with the modern French sweets. Macarons used to resemble simple cookies made of sugar, almond flour, and egg whites. In Nancy, the lullaby of the Lorraine region, macarons have been a local dessert since the 18th century, when two nuns, the “Sœurs Macarons”, refined the recipe of this delicacy.

If you go to Nancy, you will still find Maison des Sœurs Macarons, where the recipe of the “véritables macarons de Nancy” is stored.

Macaron or Macaroon?

While some people think these names are interchangeable, it is better not to confuse macarons with macaroons, as an extra “o” makes a huge difference in the meaning.

Both names refer to confections, however, a macaroon is a dense shredded coconut biscuit while a macaron is an elegant small biscuit made of almond flour, soft and rounded, usually of 3 to 5 cm in diameter. The name macaron is derived from the Italian word “maccarone” or “maccherone”.

Macarons across cultures

Switzerland has its special version of macarons called Luxembourgerli. It is a macaron formed by two almond meringue disks and a buttercream filling.

In Japan, these sweets are extremely popular and known as マカロン (makaron). Fascinated by their bright colour, Japanese people have started to create stickers, pillows, and nail decorations in the form of this sweet dessert.

Macarons are also beloved in the U.S., where one can get lost in the incredible amount of flavours: mint, salted caramel popcorn, pistachio, peanut butter, snickers, peach champagne, strawberry cheesecake, jelly and many others.

Last but not least: 20 March has been promoted as “Macaron Day” by a French confectioner, Pierre Hermé. On this day, participating macarons shops offer this dessert for free to their customers. Make sure to save the date!

by Olena Khomiakova



I-ATE FOOD TERM OF THE WEEK



In some cafés around the world, you can ask for a “suspended coffee”. It works in this way: when you go to a café and get a coffee for yourself, you can also buy one for another person... That you do not know at all! The staff at the café will save the bill of your suspended coffee or add it to their list, and the next person who comes to that café and asks for a suspended coffee, will get a free cup of coffee, offered by you.

The origins of the suspended coffee

The suspended coffee is a custom that originated in a Southern Italian city: the charming Naples. There, offering a suspended coffee or asking for one at a café (a “bar” in Naples) has been a tradition since the second half of the 19th century. This tradition is one of the ways in which Neapolitan life philosophy manifests itself.

The suspended coffee is an act of generosity towards someone who is less lucky than we are, made nobler by the fact that the recipient is a total stranger. Almost anyone can afford to offer a suspended coffee, at least in Naples, where an espresso coffee can cost as little as 0.90 euros. However, not everyone has enough money to get a coffee for themselves. The suspended coffee was invented so that also those people could enjoy one of the most basic daily pleasures for a Neapolitan: a cup

of hot espresso coffee, sipped in the span of a couple of minutes while standing at the counter of a café.

The suspended coffees initiatives around the world

On 10th December, Italians celebrate the Giornata del caffè sospeso (Day of the Suspended Coffee). Indeed, the custom of the suspended coffee has spread to the rest of Italy, over the last few years. Now, also in Rome and Milan there are cafés that proudly display on their windows posters to inform prospective customers about this initiative.

Luckily for everyone, the initiative is not confined to the Italian border. The Suspended Coffees movement was born a few years ago, and many cafés around the world have adhered to it: in Spain, the United Kingdom, Ireland, Germany, Puerto Rico, Argentina, Mexico, the United States and others.

The Italian “caffè sospeso” is translated in English mostly as “suspended coffee”, but one can also find the variant “pending coffee”. Many countries have come up with a translation of the term in their national languages:

- in Germany it is called aufgeschobener Kaffee

- in Spanish-speaking countries they refer to it as café pendiente
- in Portuguese it is café pendente
- the Swedish call it bjudkaffe
- in Turkey it is askıda kahve
- in Russian, they refer to it as подвешенный кофе.

by Maria Bruno



What connects the Gutenberg press, John F Kennedy and German Karneval? The German pastry called Berliner! You can buy them all year, but the high season is New Year and Carnival. Interestingly, the filled doughnuts spread throughout Europe. The pastries do vary, but essentially, they are all made of sweet, deep-fried dough.

In Berlin itself, the sweet is known as Berliner Pfannkuchen (pancake) whereas in the South of German people call it Krapfen. However, in most regions in Germany the jelly-filled doughnut is called Berliner. John F. Kennedy's famous declaration at the Berlin Wall, "Ich bin ein Berliner," can be also translated as "I am a jelly doughnut."

During the fifth season, you will find various types of them filled with jam, vanilla cream, Champagne cream, chocolate or eggnog. It is a common joke in Germany to fill one Berliner with mustard to trick unsuspecting guests.

The history of the sugary doughnut without a hole

Until the 16th century, sugar was very expensive. It became more affordable and fruit preserves gained in popularity when Caribbean sugar was imported. Before that, the doughnuts were filled with meat, fish, cheese, mushrooms and other savoury

ingredients.

In 1485, a German cookbook was published in the town of Nürnberg, Germany. This book is special for two reasons. Firstly, it was one of the first printed cookery books using the famous Gutenberg press. Secondly, the book contained the recipe for the jelly-filled doughnut called gefüllte Krapfen. We don't know if the author of the cook book actually invented it or if it is merely a record of an existing recipe. According to the legend, a baker from Berlin "baked" the doughnuts the old-fashioned way: deep-fried in lard without an oven and then filled with jam such as raspberry, cherry or strawberry. Immigrants from Central Europe settled in the US during the 19th-century and introduced their doughnuts.

Verwuerelter: the traditional Luxembourgish doughnut

Verwuerelter are traditional Luxembourgish doughnuts made of a combination of flour, butter, yeast, warm milk, sugar, eggs, and salt. The dough mixture is shaped into knots and then deep-fried until golden brown. Light and fluffy, these doughnuts are typically dusted with powdered or granulated sugar, and they can be enjoyed warm or chilled. These pastries are traditionally eaten and prepared for Fuesecht, the Luxembourgish equivalent of

the German Karneval.

What is in a name?

The terminology varies in Germany. In the South of Germany (Bavaria, the home of the Oktoberfest), they are named Krapfen. This term is also used in Austria, derives from Old High German kraffo, and is related to krappa in the Gothic language. In parts of North Italy, South Tyrol and Trivento the food is named kraffen or krapfen. Here are a few more variants that can be found in other countries:

- Slovenia – krof
- Portugal – Bola de Berlim (Berlin ball)
- Croatia – krafni
- Bosnia and Serbia – krofne
- Poland – paczki
- Ukraine – pampushky
- Czech Republic – kobliha
- Hungary – becsi fánk
- Netherlands – Berlinerbol
- Belgium – boule de Berlin, Berlijnse bol
- Norway – berlinerbolle
- Finland – berliinimunkki

by Victoria Milhan



Raclette

I-ATE FOOD TERM OF THE WEEK



With colder days, we start craving hearty dishes that nourish our body but also our soul. Raclette is certainly one of the most popular and most enjoyed such dishes throughout autumn and winter. The smell of crispy bacon and melted cheese (well, this maybe a little less) leaves hardly anyone indifferent.

Raclette – a Cheese or a Dish?

A Swiss cheese dish, the name of a cheese, a social dining experience, an appliance – all of these go under the name of Raclette. Its origin is connected to the Swiss Alps area and shepherds who needed to bring food up to the mountain. It needed to be relatively cheap and not easily spoiled during hot summer months. This is why they started taking cheese and potatoes. They would then roast potatoes in the fire, while a big piece of cheese was left to soften nearby. Once ready, the melted cheese top would be poured onto the baked potatoes, which made a filling and incredibly tasty meal.

Etymology and Culture

The first known use of the term dates to around 1949, originating from the French verb “racler” – to scrape. The name represents a visual notion of the action that happens once we decide to partake in this dining experience. Although the original version of the dish included a cheese wheel simply put down near

an open flame, today's way uses special raclette grills which usually come in three variations: a flat grill to melt slices, a “quattro” to melt the top layer of a quarter-wheel, and a “demi” to melt the top of a half cheese wheel. The meal is rather simple – the melted cheese is scraped onto boiled potatoes, cornichons, meat, veggies or any other accompaniments. When using the raclette grill, meat and veggies are often put on top of it to give them that crispy, caramelized touch.

Besides being a tasty dish, over time raclette has become a reason more for family gatherings around the table, or a perfect excuse for a delicious evening among friends.

Raclette Around the World

Cheese connoisseurs would agree that one should definitely try raclette when in Switzerland, but luckily for us this exquisite cheese experience can be appreciated in France, Canada, Germany and Luxembourg too. Other countries often sell the cheese in specialized shops, so there is always the option of acquiring a raclette grill and trying it out on your own. Just make sure to keep the area well aerated (and thank us later).

by Lara Karlović



TARTA DE SANTIAGO

St James's cake

I-ATE FOOD TERM OF THE WEEK

We embark on a journey to the magical city of Santiago de Compostela, in Galicia (northwest of Spain). In this article, we will present to you one of the most typical and well-known desserts of the region: St James's cake (torta de Santiago in Galician). Keep reading to find out more about the history and the origins of this tasty almond cake.

The history of St James's cake

You have probably already heard of the Camino de Santiago, the Way of St James. Several paths compose the pilgrimage route that leads to the breathtaking Cathedral of Santiago de Compostela, where the remains of the Apostle St James are believed to lay. Hundreds of thousands of pilgrims arrive to the Galician city every year and, after admiring the beautiful cathedral, a traditional sweet treat awaits them: the tarta de Santiago.

As with many other traditional recipes, the origins of the cake are quite unclear. The first written reference dates back to 1577, when Don Pedro de Portocarrero visited the University of Santiago de Compostela and studied the meals given to the professors during a ceremony. Among these meals, there was a spongy almond cake called "royal cake" (torta real), which would later become the current tarta de Santiago.

Nevertheless, the first reliable recipes would appear in the 19th century, in the Cuaderno de confitería, compiled by Luis Bartolomé de Leybar, and in El confitero y el pastero, by Eduardo Merín. The chronology and Galician origin of both books (we would have to wait until the 20th century to find the recipe in a Spanish cookery book) can confirm that this cake is strongly linked to the Galician gastronomic tradition.

Almonds, sugar and eggs: that is it!

The St James's cake is made of simple ingredients and is easy to prepare. Almonds, sugar and eggs are all you need to bake it, although there are alternative versions with lemon or orange zest, sweet wine or cinnamon.

What makes this cake unique is its decoration: a top coat of icing sugar with an outlined imprint of the cross of St James on top. It was 1924 when the founder of the cake shop "Casa Mora", in Santiago de Compostela, decided to use the silhouette of the cross to decorate the cakes. His idea became soon popular, since he managed to combine a traditional Galician product with an unequivocal symbol of the city of Santiago. Ever since, all tortas have the silhouette of St James's cross on top.

The tarta de Santiago and the European Union

In 2006, the European Union gave the tarta de Santiago the PGI (protected geographical indication) status. According to the rules stated by the PGI, the cake must be prepared in Galicia and contain at least 33% of almonds in order to be called tarta de Santiago.

The Galician cake was also chosen to represent Spain in "Café Europe", a cultural initiative put forward by the Austrian presidency of the European Union in 2006.

INTERNATIONAL AUBERGINE DIPS

I-ATE FOOD TERM OF THE WEEK



Dips are the main characters of our starters and can still play the role of main dishes if appropriately complemented by sliced bread, whether it be a rustic loaf, a baguette or a pita. The choice of typical dips around the world is almost endless and rarely disappoints.

This week we have collected for you some dips made with aubergines from different countries. We will trace the origins of the dips and their interesting names.

Baba Ganoush

Baba ganoush is made with roasted aubergines, garlic and tahini. It was invented in the Middle East, probably in Lebanon. Depending on the country and personal preferences, it can also contain herbs and spices, like coriander or cumin.

The name of the dish has many variations, such as baba gannouj and babba ghanoush. The word comes from the Arabic baba gannuj: “baba” means “father” and gannuj can mean “coquettish” or “coy”. One of the hypothesis is that it was invented by a member of a royal harem.

Melitzanosalata

Another Mediterranean dip made with aubergines is melitzanosalata. It is typically

Greek and often accompanies pita bread, tzatziki and fava, another dip made with a local bean.

The name literally means “aubergines salad”. For its preparation, garlic, onions, olive oil and herbs are added to the aubergines. Despite the name, the aubergines and the other ingredients are cut very finely, after having been baked or roasted. Therefore, its consistency classifies this dish as a dip rather than as a salad.

Adjvar

A bit further north than Greece is the area of birth of adjvar: the Balkans. This dip is made with roasted peppers and aubergines, oil, chilies and garlic. Both vegetables are minced and slowly cooked to make a delicious paste, to which the rest of the ingredients are added.

This dip is prepared all over the Balkan peninsula, but it has been most likely created in Serbia, North Macedonia or Slovenia. In particular, the area known for the tastiness of its adjvar is the region around the city of Leskovac, in Serbia.

The name of this dish comes from the Turkish “havyar”, which means “caviar”. The reason for this name might be the fact that the peppers are passed through a meat grinder to turn

them into tiny pieces, probably close to the size of caviar!

by Maria Bruno

Pão de Ló



The origins of Pão de Ló

Plenty of sugar, a lot of eggs and some flour... It seems just another Portuguese doce conventual, right? These type of traditional desserts were created in convents and are a staple of Portugal's cuisine (the famous pastel de nata is one of them). However, contrary to popular belief, the Portuguese cannot get full credit for inventing Pão de Ló.

It is generally believed that talented Italian cooks created the original recipe during the Renaissance Era in Spain. One of the stories mentions the pastry cook Giovan Battista Cabona. While he was accompanying the ambassador of Genoa on a trip to Spain, he presented this cake to the King of Spain, and later named it Pan di Spagna (Bread of Spain). After that, a myriad of variations popped up all around the world, from the Génoise in Italy to the Filipino Mamón. Even the famous Kasutera from Japan is part of this family. Indeed, the Japanese word derives from the Portuguese Pão de Castela.

What does "Ló" mean?

The translation and meaning of pão de is straightforward: it is simply "bread of". However, the meaning and the reason behind the usage of Ló is disputed and unclear even to the Portuguese. Some say that the name

derives from Lot, the last name of a German man who supposedly created this version of the cake.

According to another theory, this word evolved from the old French pain de lof, which, in turn, is a lexical borrowing of the Dutch loef. In this case, Ló is a naval term referring to the side from which the wind blows (the windward side).

Pão de Ló across Portugal

The Pães de Ló (plural of Pão de Ló) can be different depending on the region of Portugal that produces them. Some of the most famous variations include Pão de Ló de Ovar and Pão de Ló de Alfeizarão. The latter is moist, almost liquid inside, and it is said to have been accidentally created by a group of nuns who undercooked a cake that they anxiously served to the King.

This dessert has even represented Portugal as a member state of the EU. In 2007, as part of the celebrations of the 50th anniversary of the Treaty of Rome, 54 cakes from each member state were served in a ceremony in Berlin, and two different versions of the Pão de Ló, including the Pão de Ló de Alfeizarão, were chosen.

If you are now longing for some sponge cake,

you have a good excuse: the 23rd of August is Sponge Cake Day in America, and it is never too late to celebrate with whichever variety is the nearest and dearest to you!

by Margarida Castro



Bouchée à la Reine

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The art of exquisite French dishes is admired far beyond the territory of France. Today we are going back in time to deepen our knowledge of French cuisine. The origin of the French dish Bouchée à la Reine (literally translated as “the queen mouthfuls”) traces back to the first half of the eighteenth century. Fasten your seatbelt, it’s going to be a tasty ride into the past!

What is Bouchée à la Reine?

Bouchées à la Reine are hollow cases of puff pastry, traditionally garnished with a mild creamy sauce made of chicken, truffles, white wine and mushrooms. The sauce is covered with a puff pastry “hat”. In classic French cuisine, Bouchées à la Reine are served as delicious one-bite appetizers, however, they might serve as a main dish as well.

The origin of the appetizer

Considered a traditional appetizer, this dish obscures a lot in its name and stands as a symbol of affection and betrayal. The probable origin of the dish leads us to the private affairs of the French royal court where infidelity was not always perceived as a vice. The creation of Bouchée à la Reine is attributed to the French queen Marie Leszczyńska (1703-1768).

After having discovered that her spouse, Louis

XV, committed adultery, Marie decided to take revenge on the mistresses of her husband and regain his passion by preparing a special plate for him. So, in 1735, Marie ordered her talented and inspired chef, Vincent La Chapelle, to create a dish with aphrodisiac properties, combining pastries and poultry, as she was a passionate fan of both. The original recipe consisted of pastries covered with a garnish of sweetbreads, lamb’s brains, cock’s crests and kidneys, marrow, quenelles of poultry, lamb testicles, mushrooms, truffles and olives. Unfortunately, the dish had failed to achieve the desired effect on the monarch. However, the adapted recipe of Bouchée à la Reine is still in favour today.

The difference between Bouchée à la Reine and Vol-au-Vent

Very often, Bouchée à la Reine is confused with a similar dish called Vol-au-Vent (translated as “windblown”). The only difference between these two dishes is the size: initially intended for several people, Vol-au-Vent has a diameter of 15 to 20 cm whereas Bouchée à la Reine has a diameter of only 10 cm. Vol-au-Vent was created by Antonin Carême (1784-1883), who was one of the most famous French chefs of that time.

Bouchée à la Reine in Luxembourg and Germany

The Luxembourgish name of Bouchée à la Reine is Paschtéit, however, the French version of the name is also on everyone’s lips due to the multilingual environment of the country. The dish can be found in almost every restaurant in Luxembourg, and chips and salad serve as a side dish. The unfilled pies made of puff pastry can be found in every Luxembourgish bakery. In Germany, the dish is called Königinnenpastete, which is translated as “the queen’s pâté”.

Nowadays, Bouchée à la Reine is a favorite on the tables of France, Luxembourg and Belgium as a festive inheritance of the courtyard kitchen. With or without pastry “hats”, this dish creates a joyful atmosphere in every house!

By Olena Khomiakova

Gingerbread for Christmas time



Christmas is almost here! This is why we cannot miss this opportunity to present a couple of I-ATE's sweet proposals today. We want to introduce Pierniki from Poland, Lebkuchen from Germany, and Gingerbread from Great Britain to you. Do you know them all? Which one is your favourite?

If we start our culinary Christmas adventure in Poland, we will find a tasty treat called Pierniki Toruńskie that is a traditional gingerbread that has been produced since the 12th century in Toruń – the city of Mikołaj Kopernik (Nicolaus Copernicus). In the old Polish cuisine, we can find traditional spices such as ginger, cinnamon and nutmeg, frequently mixed with other ingredients like honey, eggs, sugar and so on. The preparation of the old Polish piernik (pierniki in plural) requires a lot of dedication, time and attention. It is a mixture of gingerbread spices, honey, lard, sugar, eggs, and some flour. It needs to be prepared a couple of days before Christmas Eve so it could obtain a particular gingerbread taste. It is a dessert that remains fresh for many days, and it is often eaten with traditional plum preserves called powidlą. Small pierniki in different shapes are also used as decorations for the Christmas tree.

The first mention of Pierniki Toruńskie comes from 1380 and is attributed to a local baker called Niclos Czana. The sweet quickly gained

fame across Poland and abroad. Toruń and the German city of Nuremberg, both famous for their special sweets, were determined to hide the secrets of their recipes from each other. Finally, in 1556, they reached an agreement by which each city could bake the specialties of the other.

The German version of pierniki is called Lebkuchen. They can be spicy or sweet and have many different shapes with the round one being the most common. Lebkuchen are made with some of the ingredients from the Polish recipe, to which aniseed, coriander, cloves, almonds, hazelnuts, walnuts or even candied fruit are added. The sweets vary in types, shapes, kinds and proportion of nuts. Lebkuchen is usually soft, but there is also a harder version used to produce Lebkuchenherzen ("Lebkuchen hearts"), which usually has inscriptions made of sugar icing. Lebkuchenherzen are available at many German regional fairs and Christmas markets. The original Lebkuchen from Nuremberg is also known as Elisenlebkuchen. It must contain no less than 25 percent of nuts and less than 10 percent of wheat flour.

In Great Britain, there is an interesting variety of gingerbread types, ranging from a soft, moist loaf cake to something close to a ginger biscuit. Gingerbread biscuit commonly takes the form of a gingerbread man. The history of

the gingerbread men starts at the court of Queen Elizabeth I, who served the figurines to foreign dignitaries. Today, however, they are generally served during the Christmas period.

In Belgium and the Netherlands, we can find peperkoek, kruidkoek or ontbijtkoek eaten with butter and served for breakfast during the Christmas period. In France, they prepare pain d'épices which is somewhat similar, though generally slightly drier, and contains honey rather than treacle. The original French pain d'épices did not contain any ginger. In the Nordic countries, we can find pepparkaker in Norway and pepparkakor in Sweden. The Danes eat brunkager, in Iceland we can find some piparkökur, and in Finland they call it piparkakut. The Baltic countries also have their own variants such as piparkūkas in Latvia and piparkoogid in Estonia. The Russians prepare pryaniki, in Romania we will eat turtă dulce with some sugar glazing, and in Bulgaria we can find some меденка ("made of honey"). In Czech Republic they eat perníčky.

by Olga Jeczmyk

Kvass



While in Western Europe children line up for drinking lemonade during the summer holidays, kids in Ukraine and Russia queue up for kvass – a legendary beverage whose roots lead us to the times of ancient Rus’.

According to the Merriam-Webster Dictionary, kvass is a slightly alcoholic beverage of Eastern Europe made from fermented mixed cereals and often flavoured. The modern version of kvass is famous for its unique sour taste.

The history of kvass

The first mentioning of kvass dates back to the year 989. However, 8,000 years ago, a drink made from barley grains, something between modern kvass and beer, was invented by the ancient Egyptians.

By the 15th century, kvass had become incredibly widespread in Russia. There were about 500 varieties of this drink. It could be sweet, sour, with mint, raisins, herbs, fruits, spices and much more. At that time, kvass contained more alcohol than beer. However, do not confuse the modern version of kvass with traditional beer: kvass can contain little or no alcohol. Some consider this drink to be good for your health, as it awakens appetite, refreshes, has only a few calories and increases metabolism. A cold soup okroshka,

beloved in Ukraine and Russia, is also made with kvass.

Etymological notes on kvass

The word kvass derives from the Proto-Indo-European base *kwat-, meaning ‘sour’ and is written and pronounced similarly across several Slavic countries. In Ukrainian, it is called квас/хлібний квас/сирівець (kvas/khlibny kvas/syryvets); in Belarussian, Russian and Serbian it is called квас (kvas); in Polish: kwas chlebowy (‘bread kvass’); in Latvian: kvass; in Romanian: cvas; in Hungarian: kvasz; in Chinese: 格瓦斯/克瓦斯, géwǎsī/kèwǎsī. Non-cognates of the word are present in Latvian dzēris (‘beverage’), Lithuanian gira (‘beverage’), Estonian kali, and Finnish kalja.

Kvass across countries

In summertime, when heatwaves hit large areas of Ukraine and Russia, bringing temperatures up to 40 degrees, this popular beverage immediately starts appearing on the streets. Many people buy fresh kvass, poured in typical yellow barrels, and enjoy its taste under the shade of trees by the drink stand. One can also buy a bottle of kvass in any local supermarket; however, authentic barrel kvass tastes much better! The yellow kvass barrel is a sour-sweet childhood memory for several

generations. Soviet kids used to adore kvass that costed only 3 kopeck. At the time of the Soviet Union, in the markets there were no Pepsi, Coca-Cola or Fanta, and kvass quickly gained popularity due to the absence of competitors.

In other Slavic countries, this beverage is still very popular. In Latvia, due to the dissolution of the Soviet Union in 1991, street vendors disappeared from the streets, as the new health law did not allow selling kvass in the streets. However, this bottled soft drink is still available in the supermarkets. In Poland, kvass may have appeared in the 10th century due to trade relationships between Kievan Rus’ and the Kingdom of Poland. Despite it not being as popular in Poland as it was in the neighbouring Ukraine, kwas chlebowy can be easily found in every Polish supermarket. In Lithuania, kvass is widely known as gira, and many restaurants in Vilnius produce their own gira.

by Olena Khomiakova

Pasties, Empanadas, Pitas, Pierogi

I-ATE FOOD TERM OF THE WEEK



The traditional dishes you see in the title of this I-ATE Food Term of the Week article can be found all over the world. Their names and recipes may vary depending on the region, but one thing is for sure: the essence remains the same. Let's have a look into the matter and discover what the similarities and differences are.

The recipe for the Cornish pasties is surely a very popular one. Its roots are in the history of Cornwall, a region in the United Kingdom. These pasties used to be a culinary delight for miners back in the 19th century. They have become very popular worldwide – they are sold in the United States, South Africa, New Zealand and many parts of Australia. In 2011, the Cornish pasty was trademarked by the Protected Geographical Indication (PGI) status in Europe.

In Spain and Latin American countries, you will enjoy empanadas. An empanada is a dough stuffed with savoury vegetables, eggs, cheese, meat or other ingredients that vary from nation to nation and from region to region. In the Spanish version, the dough is slightly different, as it is made with olive oil and yeast, while the South American is normally prepared with wheat flour.

In other Mediterranean countries, there are different tasty recipes such as Greek pitas

made of leavened flatbread, also known as καλτσούνι, "kaltsouni", especially in Crete. Pitas can be dipped in many traditional sauces and foods. Calzone and panzerotto from Italy have, of course, more to do with pizza. Tourte in France has oven-baked dough that is the biggest in shape and can be stuffed with many different vegetables and herbs.

If we are talking about the Slavic countries, the delicious pierogi are very well-known in many regions of Poland, Ukraine and Russia. Pierogi are made of thinly rolled dough and filled with a countless number of ingredients. You can serve them as an appetizer, a meaty or vegetarian main course or even a sweet dessert. There are also special variations, such as the cabbage and mushrooms pierogi at Christmas and the ones cooked with seasonal fruits during the summer, using, for instance, raspberries, blueberries and even strawberries with cream inside. A bomb of calories!

Coming to an end, let's talk about Asia. In China they have jiaozi, which are also known as Chinese ravioli. Very popular in traditional cuisines, jiaozi are prepared by filling dough with meat or vegetables.

They are normally served with the typical soya sauce at different times of the day, for example for breakfast in the region of

Guangzhou.

Finally, we have samosas that originated in the Middle East and Central Asia. Samosas have many variations, but they are essentially fried or baked snacks filled with spiced vegetables, meat, noodles, lentils, nuts and so on. They are cooked in a triangular shape and are quite easy to find in the UK.

By Ana Jiménez Morente

cold soups.



With this sunny and warm weather, who wouldn't be keen for a cold soup? It's refreshing, colourful and loaded with seasonal fruits and vegetables... Ideal for summer evenings! If gazpacho usually comes to mind, there are other cold soup recipes from all over Europe that we propose you to discover, through our I-ATE Food Term of the Week.

Let's start with Spain! One of the most popular cold soups around the world – the Andalusian Gazpacho, comes from the southern Spanish region of Andalusia. Unlike what most people think (especially abroad), the original version has no bread and is a creamy orange-pink rather than a clear lipstick red. The emulsion of red tomato juice, palest green cucumber juice and golden olive oil produces the right color and a smooth, almost fluffy texture.

Although gazpacho is the most famous chilled soup, ajo blanco is the original version. This thrifty mixture dates back to the Morrish middle ages, before the arrival of tomatoes and pepper from the New World in the 16th century. Despite the name of the soup, garlic is rarely the main ingredient in ajo blanco, which we could consider instead as an almond soup, spiced up with garlic. It's natural creaminess makes it a uniquely refreshing proposition and a lovely starter for a summer lunch or dinner party.

Now, let's fly to Bulgaria and sip their delicious Tarator, a cold soup full of cooling ingredients like cucumber, dill and yogurt, that may remind of Greek Tzaziki. It's certainly quick and easy to make – within only five minutes, you have a refreshing and healthy lunch or a great first course on a warm evening! The tarator is even better when chilled for a few hours before serving – the flavours then have plenty of time to mingle and enhance each other.

And how about French cuisine? Although some may think that having a potato soup served cold is a bit strange, Vichyssoise is undoubtedly one of the richest cold soups. Made with potatoes, leeks and cream, the recipe is most often credited to a French chef working in New York City's Ritz-Carlton in the 1950s. The soup's ingredients are simmered on the stove, pureed and then chilled in the refrigerator before serving... Et voilà !

Let's finish our trip now by trying the most typical Ukrainian soup – Borscht, mainly made of beets. Although it is often associated with harsh Russian winters, this glistening borscht is meant to be served cold, at the height of summer. Light, lemony and infused with garlic, the soup is utterly refreshing, even thirst-quenching.

We hope you enjoyed this short culinary tour

through Europe, sipping delicious cold soups.

By Laura Campan

Coffee

I•ATE TERM OF THE WEEK



Our journey among Food Terms brings us to Italy once again: today we will deal with coffee and all its varieties, in a comparison between the bel paese and the correspondent European versions of espresso-based drinks. Espresso is of course the first choice among Italian coffee lovers: short, dark, and bitter, purists don't even add sugar to it. In Italy, it is usually drunk right after a meal, to end it properly and to set you up for the rest of the day as a way of preventing you from falling asleep. For this reason, never dare offer a cappuccino to an Italian after eating!

Espresso is also drunk in coffee bars, usually al banco, which means drinking it really quickly while standing at the counter. Italian people just call it caffè: it is the most popular drink to offer to guests, similar to tea in the UK.

In Italy, in traditional bars you can then find cappuccino, which is a must for breakfast, while you would rarely see it served during a break in the middle of the day.

As we know, there are many other espresso-based varieties, which vary according to the amount of espresso contained in them; steamed milk and foam are also added to the different beverages. The mixture of ingredients gives birth to a wide variety of drinks, and each of them has its own specific

term.

If you feel like trying it at home, here are the precise proportions you need to prepare a perfect café style beverage:

- Cappuccino – 1/3 espresso, 1/3 steamed milk, 1/3 foamed milk;
- The espresso, put as first ingredient in the cup, is toned down with milk, but you can still flavour the coffee taste;
- Latte – 1/6 espresso, 4/6 steamed milk, 1/6 foamed milk;
- This word means literally “milk” in Italian, and for this reason it is often reason of confusion among Italian people travelling abroad. It consists of a milk based drink with just a little coffee;
- Mocha – 2/5 espresso, 2/5 chocolate, 1/5 steamed milk;
- Literally, the “moca” is the machine used at home to make Italian espresso, also known as “Bialetti”, which is actually just a brand;
- The drink is made with a strong coffee with chocolate flavour added at the end;
- Latte Macchiato – 1/3 espresso, 2/3 steamed milk;
- It consists of a creamy milky coffee, very similar to cappuccino but with more milk;
- Mochaccino – 1/3 espresso, 1/3 steamed milk, 1/3 frothed milk, 1 tbsp chocolate syrup;

- This tasty drink consists of a cappuccino with a hint of chocolate.

We hope you enjoyed this dive into the world of caffeine, a perfect post to kickstart any lazy Monday morning!

By Carolina Quaranta



QUICHE LORRAINE

I-ATE FOOD TERM OF THE WEEK



Quiche Lorraine is considered to be one of the everlasting symbols of the French gastronomic culture, and it is famous worldwide.

A dish standing on the border of two cultures

The name of the dish hides the charm of one of the most breathtaking regions in France. Located between Germany and Alsace, Lorraine absorbed both German and French cultures, and this cultural mix left a distinct mark on the local cuisine.

Typical French speciality Quiche Lorraine owes its existence to Germany. The German influence can be traced in the name of the dish itself, as the German word "Kuchen" (literally meaning "cake") can probably be the etymon of the word "Quiche". The first mentioning of the word "Quiche" dates back to the 17th century and takes us to the account book, written in the hospital Saint Julien in Nancy.

What is Quiche Lorraine?

A quiche is a tart made of pastry crust filled with savoury custard and pieces of cheese, meat, seafood or vegetables. To create the custard, the Lorraine chefs recommend taking one egg per person and whisking it with fresh cream, bacon cubes, salt, pepper and nutmeg.

The original recipe did not contain any cheese, however, this ingredient was added later, as the bakers intended to play with flavours a little bit.

Hot or cold, depending on the preferences of the chef, Quiche Lorraine can be served for breakfast, lunch or dinner. It can also be accompanied by a green salad, dressed up with vinegar or oil. There are different variations of the dish, depending on the region. You can find Alsatian-style quiches with onion and you can enjoy quiche with goat cheese, salmon, leek and broccoli.

Interesting facts about Quiche Lorraine

- Quiche Lorraine became very popular in England after the Second World War and gained popularity in the U.S. in the 1950s.
- The dish has its own holiday. The National Quiche Lorraine Day is celebrated on 20th, May.
- The biggest Quiche Lorraine was cooked in Paris in 1997.

Whether or not you should try Quiche Lorraine is not a debatable issue, as this classic French dish will definitely impress you with its delicious taste!

By Olena Khomiakova



Condensed milk, butter, and cocoa powder are the only ingredients needed to prepare this traditional Brazilian treat, which is as delicious as it is simple.

Brigadeiros are generally shaped in small balls covered in chocolate sprinkles and served in little cupcake liners, perfect to be eaten in one bite. Or if you just can't wait to taste them, you can always pour the preparation in a bowl right after mixing and eat it with a spoon; the Brazilians call this a brigadeiro de colher, literally a "spoon brigadeiro".

In the latest years, variations on the original recipe have also become very popular and new flavours and coatings have been proposed: chocolate can be replaced by grated coconut to create a beijinho ("little kiss"), which is usually covered in granulated sugar, or by peanuts and cashew nuts to get a cajuzinho ("little cashew"). The combinations are countless, and you can experiment by adding your favourite ingredients, like strawberries, pistachios, or even coffee!

The Origins of the Brigadeiro: A Story of Women and Propaganda

Brigadeiros allegedly made their first appearance in 1945, right after the end of World War II. At that time Brazil was gearing

up for the election of a new president after many years of dictatorship under Getúlio Vargas' regime. Among the candidates there was Eduardo Gomes, a military brigadier and member of the Air Force running for the União Democrática Nacional, the National Democratic Union, who was particularly appreciated by women, allowed to vote in national elections for the first time that year.

The most devoted amongst his supporters used to organise parties and events to raise funds for his campaign and to provide him with more visibility. Legend has it that it was Heloísa Nabuco de Oliveira, a member of a traditional family from Rio de Janeiro, who proposed to sell a new confection of her invention during these events to sway voters by tempting their palate. She had mixed condensed milk as a substitute for fresh milk and sugar, which were hard to find in the post-war era, with butter and chocolate to create what she called the doce do brigadeiro, the brigadier's sweet.

Despite the support, Eduardo Gomes eventually lost the elections, but the dessert bearing his name gained immense popularity and is still today one of all Brazilians' favourites.

The Recipe for the Original Brigadeiro

If only reading about the origins of this tasty sweets made your mouth water, here is the recipe to prepare them at home.

Ingredients for 20 units:

- 400 g condensed milk
- 30 g unsalted butter
- 30 g cocoa powder
- chocolate sprinkles

Start by combining butter, condensed milk, and cocoa powder in a large pan over medium heat, then start stirring continuously with a spatula. Keep stirring until the mixture starts to thicken and adjust the temperature as necessary to keep it from burning.

When ready, pour everything in a greased plate and let to cool at room temperature or even in the fridge if you are in a hurry.

After chilling, the preparation should be firm enough for you to be able to roll it into small balls after having greased your hands with some butter. Now you can cover your brigadeiros with some chocolate sprinkles and serve them in small cupcake liners.

E bom apetite!

By Irene Zanardi



Comfort Food

I-ATE Food Term of the Week

It is summer and summer is in some ways a nostalgic season as are its postcards. I am Italian and I realize that many times when I want an ice cream, it is not just for its taste or because it is hot, but because of the memories it gives me.

Certain foods provide a sentimental effect when they are consumed. Comfort foods make us feel good because of the meaning that we give them. They form part of our social construction: we not only eat them, we share them, we take pictures of them. So we associate dishes with a family member, a significant person, a suggestive moment that we lived, and we tend to “use” food to find the scent of this or that experience again.

However, many times there is confusion regarding the term ‘comfort food’. In an article in the New York Times called “The Myth of comfort food”, Hoffmann talks about the “calorically elevated comfort food category” that gives the illusion of changing our mood. Many times the image we have of the concept of comfort food is that of food which is high in fat. The reason could be that this category of food includes traditional dishes, which we tasted at the family table. The idea that traditional food is high calorie food is, in my opinion, wrong, but understandable. If we read the major traditional cookbooks in Mediterranean countries, e.g. 1080 Recetas de

Cocina in Spain, Il cucchiaino d’argento in Italy, Greek cuisine by Vefa Alexiadou, we can confess that sometimes the recipes can be a little “heavy”, due mainly to the quantity of basic ingredients like butter and oil. This does not change the huge value that these recipes and books have for our different cultures.

What Does “Comfort Food” Mean?

It doesn’t only mean chocolate. Comfort food is linked to a personal feeling but also a cultural and historical one. It depends on the ingredients and the habits that we grew up with, in a specific country at a particular historical moment; it shapes our identity. In the same way, we like to taste things, or we accept a dish also because we have been taught to do so.

Jennifer Berg, director of graduate food studies at New York University, (quoted by A.S. Choi) notes that food is particularly important when you become part of a diaspora, separated from your mother culture. “It’s the last vestige of culture that people shed,” says Berg. “There’s some aspects of maternal culture that you’ll lose right away. First is how you dress, because if you want to blend in or be part of a larger mainstream culture the things that are the most visible are the ones that you let go. With food, it is something you are engaging in hopefully three

times a day, and so there are more opportunities to connect to memory and family and place. It’s the hardest to give up.” From this cultural point of view, it is curious to see that often we share common favourite comfort food: for Spanish people it could be the cold soup gazpacho, for Italians the lasagne or gnocchi, for Greeks a chicken soup with avgolemono – egg and lemon- sauce.

There is also a category of comfortable food which is not necessary recognized by a culture or society but that has a strict personal value. I remember a French Swiss friend once told me “I love the insipid spinaches of my grandmother”. And you? What is your favourite comfort food?

By Francesca Bisiani



Rice pudding is a traditional dessert in many countries around the world, hence this creamy, sweet and comforting dish is likely to be part of many people's childhood memories. This should not come as a surprise if one thinks that rice is one of the top three food crops on a global scale. Indeed, we have already talked about rice recipes in our blog.

The basic ingredients of rice pudding are extremely simple and its preparation can be easily attempted by amateur cooks: rice, milk, sugar and spices cooked on the stove or baked in the oven for a long time. The country-specific varieties of rice pudding are numerous but, first, let's dive into its history.

The history of rice pudding

At its origins, European rice pudding was an expensive dish fit for a crowned head, as rice was imported from Asia. The oldest British recipe that resembles the current rice pudding can be found in *The Forme of Cury*, a collection of recipes published in 1390. This version is not sweet at all, though. Sweet versions of rice pudding appear only in the 15th century.

Rice pudding becomes more affordable and, not surprisingly, more popular starting from the 1700s. However, it becomes a real staple of European cuisine only in the 1900s, when it

is served in school canteens and hospitals. This mass production is responsible for making rice pudding seem less exciting than it can be.

However, rice pudding is coming back in fashion these days with new spiced-up versions, including vegan and savoury ones. You can customise this dish by adding the nuts, spices and fruit that you like. Healthier versions can easily be prepared by customising the amount of sugar to personal preferences.

The European varieties of rice pudding

Most versions of rice pudding include cinnamon, but the cooking process and other spices can vary in each country. The traditional British version contains nutmeg and is usually baked in the oven. According to some, its best part is the caramelised skin which forms on top of it!

Rice pudding is popular particularly during Christmas time in Scandinavian countries. Their versions are generally less sweet than the British counterpart, contain cinnamon and butter, and are cooked on the stove. The Swedish name is *risgrynsgröt* and literally means "rice grain porridge". The Finnish version is called *riisipuuro*, and the Danish one is *risengrød*. In Norway, this dish goes by the

name of *risengrynsgrøt* or the shortened *risgrøt*, and in many homes it is prepared with vanilla, as well. A festive tradition in Scandinavia involves hiding one almond in the pudding and giving a prize to the person who finds it in their bowl.

Almost all Mediterranean countries have their own version of rice pudding. In Spain, it is called *arroz con leche*, contains cinnamon and is freshened by some grated lemon zest. The Portuguese *arroz doce* features lemon zest too and, unlike other versions, adds egg yolks for a richer and creamier result. Italians' *risolatte* features vanilla as its main spice and is decorated with ground cinnamon or cocoa powder before being served. The Greek version, *rizogalo* (Ριζόγαλο), can be enriched by adding some heavy cream. It opts for vanilla, like the Italian one, has either lemon or orange zest in it, and is topped with ground cinnamon. To finish the Mediterranean rice pudding tour, we must mention the Turkish *sütlaç*. Its baked version is as popular as its stove-cooked version (many seem to be fans of the caramelised skin on top). The Turks use the same ingredients as the Greeks for this delicious dessert but leave aside the citrus zest.

By Maria Bruno



Pretzel Sunday

I-ATE FOOD TERM OF THE WEEK



Every year, on the fourth Sunday of Lent, Luxembourgers celebrate Pretzel Sunday. In sync with the Easter Season, we present to you the I-ATE Food Term of this week: “Pretzel Sunday”. Pretzels are a popular type of soft bread traditionally shaped into a twisted knot. The term itself comes from the Latin word for arm, *brachium*, which then became the word *bretzel* or *brezel* in German and from there evolved into the English word “pretzel”.

Today's Luxembourgish pretzels are typically sweet, made of puff pastry and garnished with fondant icing and almonds, but they were originally salty. Indeed, what comes to most people's mind when thinking about pretzels is a reddish-brown salty pastry wrapped in a blue and white chequered napkin next to a Weisswurst sausage and a wheat beer from Munich's Oktoberfest. This pretzel variation owes its shiny skin and authentic taste to a chemical reaction induced by washing soda or lye treatment.

However, not only Luxembourgers and Germans love this twisted soft bread: the pretzel is a popular snack all over the world. In France, it is known as *bretzel*, Italians call it *brezel*, the Polish name is *precel*, Hungarians and Croatians know it as *perec*. Instead, Serbians call it *pereca*, for the Slovaks it is a *praclík* and in the Czech Republic it is called *preclík*. Romanians' salted and twisted pretzel

variety is called *covrigi* and is commonly topped with poppy and sesame seeds or large grains of salt. Finnish pretzels, *viipurinrinkeli*, are typically filled with cardamom and nutmeg. It seems that tradition of waiting until Pretzel Sunday for having a *viipurinrinkeli* was passed by the Franciscan monks of Vyborg, a Russian city near the Finnish border. In Switzerland, the soft *butterbrezel* is the most popular variety and, as the name suggests, it is filled with an ample amount of butter. In the United States, you will more than likely come across the soft pretzel's crunchy hard-baked brother, a classic party snack. The crunchy US pretzels come in numerous flavours and coatings, from the traditional ones to those coated in yoghurt or chocolate. Last but not least, a famous Dutch pretzel variety is the *krakeling*, a pretzel-shaped cookie which is widely eaten also in Scandinavia (Norwegian and Danes call it *kringle* and the Swedish equivalent is *kringla*).

As far as we know, the current pretzel's predecessor was invented by European monks and, therefore, is rich of religious symbolism in its ingredients as well as in its shape. The knot shape is said to represent praying hands while the three holes inside the twisted pretzel were regarded as the three entities of the Holy Trinity: the Father, the Son and the Holy Spirit. Being made simply of flour and water, the twisted soft bread could be eaten during Lent, which is why it became associated with Lent,

fasting and pre-Easter prayers.

As the Luxembourgish tradition goes, girls are offered pretzels by their admirers on Pretzel Sunday. If a girl accepts the pretzel, her sweetheart is invited to her house on Easter Sunday, when he will be offered eggs in return. It is for this reason that, as far as the Luxembourgish tradition goes, a pretzel represents two lovers arm in arm. However, if the girl does not accept the boy's offer, he is 'given a basket' (from Luxembourgish 'de Kuerf kréien') which also, interestingly, means 'to be rejected' in many other languages.



Mayonnaise

I-ATE FOOD TERM OF THE WEEK



Ketchup's eternal rival: adored by some and despised by others. As its "darker" twin, mayonnaise goes perfectly with French fries, sandwiches and burgers, but is also a great base for other tasteful condiments, such as tartar and cocktail sauces.

This thick creamy sauce, generally white- or pale-yellow-hued, is an emulsion of oil, egg yolks and an acid component, either vinegar or lemon juice (sometimes even both). It can be made by hand with a whisk or a fork, or with the aid of an electric mixer or blender. Lecithin and protein from the yolk act as emulsifiers, stabilizing a mixture of two liquids – oil and water in the yolk itself – which otherwise could not be combined.

A Historical Overview

Due to its particular taste and texture, mayo is today often cause of debates at dinner tables. However, the interesting thing to know that this popular sauce is not new to disagreements! Culinary experts and historians have been arguing for centuries about its actual birthplace and name.

Theories and legends on the subject seem to be countless, but the most widespread version holds that the condiment was born in 1756, when French forces under the command of Duke de Richelieu, grandnephew of Cardinal

Richelieu, captured the city of Mahon, on the Mediterranean island of Menorca, in the first European battle of the Seven Years' War. A victory banquet was held and the Duke's chef, lacking the cream used in all traditional preparations of the time, decided to try a recipe he had learnt on the island, mixing eggs and oil. It appears in fact that an emulsified sauce similar to today's mayonnaise but containing garlic, was already popular in the 18th in different regions of Spain with the name of aoli bo. The new dressing was so successful it was named "mahonnaise", in honour of its place of birth.

However, some years later, the French gourmet Grimod de La Reynière rejected this version of the story claiming that the city of Mahon was "not known for good food" and maintaining that the original name of the sauce was actually "bayonnaise", after the French city of Bayonne, well known in Europe for its ham production.

Other supporters of the "French cause" were food experts and authors Marie-Antoine Carême and Prosper Montagné, the former suggesting that the name of the sauce was derived from the French verb manier (meaning to stir or to blend) and thus preferring the spelling "magnonnaise"; the latter claiming its origin actually lay in the Old French Old French word moyeu, meaning egg yolk.

Regardless of its origin and etymology, mayonnaise quickly spread in European cuisine and subsequently made its way to the United States.

Its popularity reached its peak when industrial manufacturers began producing commercial mayonnaise to be sold in jars. The first to have this idea was a German immigrant named Richard Hellmann, who opened a delicatessen in New York in the early 1900s. The salads his wife made using her homemade mayonnaise were so appreciated that customers started to ask if they could buy the sauce itself. The Hellmann then began selling their mayo in "wooden boats" used for weighing butter. Ever since, mayonnaise had its triumphant march through world's cuisines.

By Irene Zanardi



I-ATE FOOD TERM OF THE WEEK

Blue, green or pink, this sweet treat creates a festive mood for those who decide to try it at least once. The topic of today's I-ATE Food Term of the Week is cotton candy – a guilty pleasure of people with a sweet tooth. It is a fairy-like sugar confection resembling cotton with a touch of food colouring.

It is easy to get lost in the numerous cotton candy flavours: chocolate, vanilla, bubble gum, watermelon, and many more. Made of air and sugar, it evokes childhood memories about careless golden times, when your parents could make you happy by buying you this sweet treat while walking in the park on a sunny day.

Why is cotton candy so beloved?

The process of making cotton candy is the real magic: it seems that a sweet ball appears out of nothing. However, from the scientific point of view, everything is simple – due to the high temperature, the sugar melts and turns into a syrup. Then, the machine spins the syrup and pushes it through tiny holes that shape and cool the syrup. Afterwards, the liquid sugar gets solid again. At this point, an operator takes a paper cone and collects the crystallized sugar threads. Once the fluffy ball is big enough, you can enjoy its taste!

The origins of cotton candy

The probable invention of cotton candy dates back to the Renaissance period in Italy. Experienced Italian chefs of that time melted sugar in a pan and then created sugar strings. It was a time-consuming and intensive process, so hand-spun desserts were available only for wealthy people at that time.

However, technical progress made cotton candy affordable for everyone in the 19th century. Ironically, a cotton candy machine was invented by a dentist in 1897. Now we can only wonder whether he was planning to get more patients as a consequence of their consumption of cotton candy. Together with the confectioner John C. Wharton, the dentist William Morrison invented the machine that spins heated sugar. However, seven years passed until the inventors made this device available to the public. In 1904, they presented their machine for making sugar treats at the seven-month-long St. Louis World Fair. Morrison and Wharton packaged cotton candy in wooden boxes and named the product "fairy floss". The term "cotton candy" appeared later in the 1920s, when Joseph Lascaux, another dentist, invented a similar machine. The name "fairy floss" faded away, except than in Australia, where it is still prevalent.

Cotton candy across cultures

In many countries, cotton candy is famous under different names. For instance, in the Netherlands, children ask their parents to buy suikerspin, which literally means "sugar spider". A very unusual name for this sweet treat, isn't it? In France, kids love eating barbe à papa, which corresponds to "papa's beard" in English. As mentioned above, in Australia, cotton candy is known as fairy floss. In the UK, this sweet is called candy floss. The name for cotton candy in Greek is μαλλί της γριάς (mallí tis griás), literally translated as "grandma's hair"! In Italy, it is called zucchero filato, meaning "spun sugar". In South Africa, the word spookasem indicates cotton candy and literally means "ghost's breath". In Argentina, it is called copo de azucar, which is translated as "sugar flake".

The next time you decide to go to a carnival, do not forget to buy some fluffy, airy cotton candy to make your day unforgettable!

By Olena Khomiakova