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Around the World in 150 Dishes **The Daily Meal Serves Up the Most Iconic National Foods**

New York, NY (February 6, 2012)—From Algeria to Yemen, TheDailyMeal.com set out on an expedition to find "Food to Travel For: 150 Iconic Dishes from Around the World." Sorted by region, with recommendations on where to best sample these national treasures, the list is revealed on the site today.

"Part of what makes travel great is the variety of culinary offerings waiting to be discovered in countries around the world," said Colman Andrews, editorial director, The Daily Meal. "Curating the best of what and where the world eats, we've found fascinating cultural differences—and overlaps."

Highlights from list include:

North America

- **Canada – Poutine:** Originally consisting of fries, cheese curds, and gravy, this traditional dish now comes topped with anything from Bolognese sauce to foie gras and truffles. In Montreal, two of the best versions come from Au Pied de Cochon and Maamm Bolduc.
- **Dominican Republic – Sancocho:** A traditional soup made with chicken (or meat), lemon, herbs, potatoes, yucca, rice, and sometimes plantains, sancocho is typical (and probably at its best) when it's home-cooked, but one of the best restaurant interpretations comes from Adrian Tropical in Santo Domingo.

South America

- **Argentina – Parrillada:** A parrillada mixta is a mixture of meat and poultry, grilled and served together, and it's one of the country's most popular dishes. Look for it everywhere from fine dining establishments, like Cabaña Las Lilas, to the cheap and much-loved Carritos food stands around town.
- **Grenada – Oil Down:** An inherently sounding guilty pleasure, oil down is a soup made of salted meat, chicken, coconut milk, turmeric, taro leaves, dumplings, curry powder, and breadfruit. It's often cooked and eaten communally at parties with family and friends, but this long-loved island dish can also be sampled at Boots Cuisine in St. Georges.

Western Europe

- **Sweden – Köttbullar:** A blend of beef, pork, and veal, these meatballs contain finely chopped onions and are soaked in milk before cooking, then served with potatoes, gravy, jam, and pickled cucumber. Visit Stockholm's Restaurant Prinsen, whose round bites are world-renowned.
- **Switzerland – Rösti.** Made sweet or savory (depending on mix-ins), rösti is basically a potato cake, consisting of shredded potatoes, butter, and often cheese. Grab a stein and a few of these at Rheinfelder Bierhalle in Zürich.

Eastern Europe

- **Lithuania – Cepelinai:** Lithuanians eat these dumplings made of potatoes and minced meats (or cottage cheese or mushrooms) often, and one of the favorite spots to get them in Vilnius is at Zemaiciai.
- **Ukraine – Borscht:** With origins in Eastern Europe, this deep hued soup contains beetroot and tomatoes. Puzata Hata in Kiev has some of the city's best.

United Kingdom & Ireland

- **Ireland – Irish stew:** Head to Ireland’s oldest public house, The Brazen Head in Dublin, to try authentic Irish stew, made with lamb or mutton, potatoes, carrots, onions, and parsley.
- **U.K. – Chicken tikka masala:** A 20th-century Indian creation, this curry dish of tandoor-roasted chicken in a spicy masala sauce has ironically been crowned “Britain’s national dish” due to its incredible popularity with Indian and non-Indian diners alike. Try it at Barbur Brasserie in London.

Middle East

- **Israel – Hummus:** Travelers may not know that in Israel, a plate of hummus with pita can be considered a full meal (not just a side dish as it often is here). Try Abu Hassan (aka Ali Caravan) in Jaffa or Hummus Ashkara in Tel Aviv.
- **Yemen – Saltah:** Usually a lunch dish, saltah is a pretty hearty one at that. With a base of lamb, chicken or beef, it is more like a stew than a soup, to be eaten with flatbread. Eat where the locals do and head over to Houmald Salta in San’a, which is said to have the best in town.

Africa

- **Angola – Muamba de galinha:** Chicken stew with palm oil, this is really a home-cooked meal, and even the capital of Luanda doesn’t offer many opportunities for dining out. Esplanade Gester is a small, low-key, alfresco restaurant serving typical Angolan fare like this national dish.
- **South Africa – Bobotie:** Minced meat with egg-based topping is an antique, dating back to the 17th Century. Today, it is usually made with beef or lamb, though there are pork renditions. Try the rich dish at Café de la Vie in Johannesburg.

Eastern Asia / Asia Pacific

- **Australia – Meat pies:** Harry’s Café de Wheels is one of the most iconic places in Sydney to find this national dish. It’s an outdoor stand with bright neon lights, a long line, and a menu with classic and new meat pie varieties.
- **Taiwan – Beef noodle soup:** Consisting of stewed beef, broth, vegetables, and noodles, this is usually served with cold side dishes in Taiwan, like braised tofu and seaweed. Yong Kang Beef Noodles in Taipei is worth the trip for a slurp.

Southeast Asia

- **Cambodia – Amok trey:** This steamed curry fish can be found in most of Siem Reap’s traditional Khmer restaurants. However, Khmer Kitchen is highly regarded as one of the best.
- **Laos – Larb with sticky rice:** One of the most loved traditional Lao restaurants in Vientiane is Makphet, where this spicy meat salad is offered.

The full list can be found at <http://www.thedaily meal.com/food-travel-150-iconic-dishes-around-world>.

Editor’s Note: Colman Andrews—The Daily Meal Editorial Director, James Beard Award-winner, and noted culinary authority—is available to comment on the 150 Iconic National Dishes.

About The Daily Meal

[The Daily Meal](#) covers all things food and drink, creating a complete epicurean experience for cooks, food lovers, wine, beer and spirit connoisseurs, discerning diners and everyone in-between. Comprised of original content and video from Award winning editors, industry insiders, tastemakers and the user community, features range across the site’s multiple channels: Cook, Eat/Dine, Drink, Travel, Entertain, Best Recipes, Holidays, Lists and Community. The Daily Meal also produces much-anticipated annual reports including the 50 Most Powerful People in Food, America’s Most Successful Chefs, 101 Best Restaurants in America and 150 Best Bars in America. Additionally, The Daily Meal Shop, an online cookware store, offers over 7,000 kitchenware and specialty foods tailored specifically to The Daily Meal’s hungry following of savvy food enthusiasts. Helmed by editorial director Colman Andrews, The Daily Meal is one of the largest food sites on the Web and the first property of Spanfeller Media Group, founded by Jim Spanfeller. Visit The Daily Meal on [Facebook](#); follow us on [Twitter](#).