

Cuisines of South-East Asia | Part 1

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We Are What We Eat: Pay The Farmer Not The Pharmacy

- September 22, 2020
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- SEASON 1
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S.E Asia's 11 countries with 650 million people and \$10 trillion in GDP is a rich confluence of cultures. Despite colonization by the British, French, Dutch and the Spanish; it is the Chinese and Indian heritage that runs deep in its art, culture, ethnicity cuisine and traditions. Yet each country has retained a distinct cuisine that brings to the surface the richness of local flavors with the influence of Buddhist, Muslim and Hindu culinary traditions.

Join us today on a partial tour of SE Asia as we explore rice and lentil rich Myanmar, galangal, kaffir lime & lemongrass flavors of Thailand, the peanut top note of Indonesia and the aromatic herbs of the Vietnamese Pho.

Incidentally, galangal, kaffir lime & lemongrass taken together has proven to correct Cholesterol, LDL, HDL, triglycerides at levels of effectiveness similar to statins and is known to significantly boost immunity. Here's to great taste contributing to good health