

South East Asia: Global influence and a distinct cuisine

SOUTH EAST ASIA: GLOBAL INFLUENCE AND A DISTINCT CUISINE

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South East Asia: Global influence and a distinct cuisine

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.

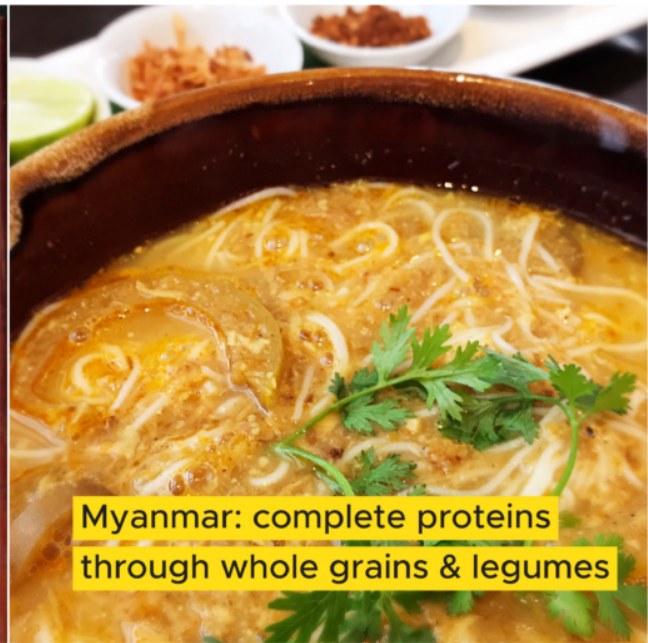
Join us today on a partial tour of SE Asia as we visit rice and lentil rich Myanmar, galangal, kaffir lime & lemongrass flavors of Thailand, the peanut top note of Indonesia and the aromatic herbs of the Vietnamese Pho.

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

*(Brunei, Cambodia, Laos, Indonesia, Malaysia, Myanmar, Philippines, Singapore, Thailand, Timor-Leste, Vietnam)



Vietnam: a delicate cuisine
with sound health benefits



Myanmar: complete proteins
through whole grains & legumes

Vietnam: a delicate cuisine with sound health benefits

A common theme in Vietnamese dishes like Phở, Bún chả & Bánh mì is the contrast provided by herbs; the light aroma against a heavy setting, the slight crunch to offset chewy noodles. Cilantro is used not just for fragrance, but also its health benefits. It's healing properties are attributed to exceptional phytonutrients like Lutein, Zeaxanthin & Quercetin, that prevent cell damage and reduce oxidative stress.

Myanmar: an ancient culture of whole grain & legumes

Myanmar is a major exporter of legumes. The farmers grow beans, chickpeas and lentils between rice sowing seasons, because legumes replace nitrogen in soil after a rice harvest. Their traditional national dish is Mohinga, a rice-based soup thickened with chickpea meal. Today, nutritionists advise combining beans with grains to provide all essential amino acids. The ancient diet of Myanmar was on to that already!

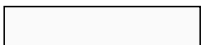


Thailand: a healthy cuisine alongside the art & beauty

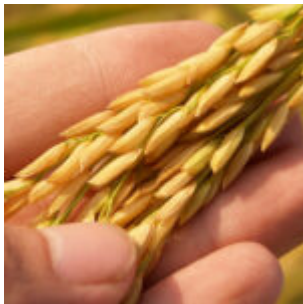
Thai cuisine stands out for bursting flavors & richness of ingredients. Most popular is Thai Tom Yum soup, a beautifully complex dish with a topnote of lemongrass, galangal, turmeric. This trifecta is also a powerful 'pharmacy'. Turmeric is an immune booster, with cancer-destroying curcumin. Galangal eliminates harmful H.Pylori bacteria in the gut. Lemongrass aids digestion & clears respiratory passages for greater immunity.

Indonesia: a rich cuisine combining global influences & healthy ingredients

Indonesian cuisine reflects its history, with influences from India, China, Middle East & Europe. Rice & hearty curry dishes are popular, with peanuts as a topnote for crunch, health and flavor. This nut, used in the signature gado-gado sauce or nasi goreng, is a rich source of plant protein, healthy fats & Vit E. No wonder it's the star of most Indonesian recipes.



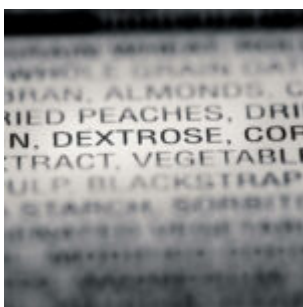
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