

Sushi versus meat pie essay



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The two groups, the Australian and the Japanese, both say that they are proud of their food. They narrowed this wide category of food down to their most well known types of food of their country. The Japanese students focused on their sushi and the Australian students had centred upon their meat pie. Japanese Perspective: The Japanese people chose that Sushi was what made them proud and decided to explain to the Australian students the history of sushi. Sushi used to be a process of storing raw fish.

Back then raw fish was wrapped in fermented rice for preservation.

This was called Nare-sushi and it was stored for a few months. They then discarded the fermented rice and the fish was consumed. Nare-sushi was a good supply of protein. Seisei-sushi was the most popular type of sushi during the Muromachi period, which was the fish eaten with rice. The raw fish was eaten with the rice while it was fresh and the process of preserving fish was no longer used and was now a Japanese cuisine.

Today the sushi dish internationally known as “sushi” (nigirizushi; Kanto variety) is a fast food invented by Hanaya Yohei (????? 1799 – 1858) at the end of Edo period in today’s Tokyo (Edo). After the Japanese explained the history of sushi they told the Australian students about a sushi called haya-sushi. A third type of sushi called haya-sushi was introduced during the Edo period. The sushi was assembled so the rice and fish could be eaten together. This type of sushi was distinct as the rice was not used for fermentation and the rice would be mixed with vinegar. The Japanese students then briefly described the different types of sushi after explaining what haya-sushi was.

| Nigiri

Nigiri-zushi are small rice balls with different types of seafood on top of the rice. Some of the type of seafood that are placed on the rice are: tuna, shrimp, eel, squid, and octopus. | | Gunkan Gunkan-zushi is type of sushi where fish or fish eggs are placed on top of wrapped in dry seaweed and sushi rice. Other types of seafood are also used.

| | Norimaki Norimaki sushi is the more popular type of sushi in Japan. It is simply seafood and/or vegetables rolled up with rice and dry seaweed in different thicknesses. Norimaki wrapped inside out is popular outside of Japan. | | Temaki

Temaki-zushi is seafood and/or vegetable rolled up in dry seaweed and rice. It practically is sushi cones. | The Japanese, to conclude their say in what makes them proud; they gave some basic facts and knowledge upon sushi.

Tuna which is a fish ranked high in the food chain has a greater chance of mercury levels. This means that if a large quantity of tuna is consumed, there is a possibility that you can be mercury poisoned. Also, in the raw fish, there is a risk that you can be affected by parasites. Such things like tapeworm can be produced inside your body, although less than 40 victims in the US each year are harmed.

Other than its harmful side, sushi is basically healthy food. It is low in fat, high in protein and Omega-3. Many of the toppings implemented in the sushi are also healthy for you. Salmon for example has Vitamin-D and shrimp rich

in calcium. Australian Perspective: The Australian people started off by explaining what the meat pie was and then the history of it.

The meat pie is a hand-sized meat pastry which is filled with large diced meat or minced meat with gravy. It sometimes contains onions, mushrooms or cheese. It is usually consumed as a take away food but yet it is iconic to Australia.

Meat pies can be found everywhere in Australia, in fact, there is no place in Australia where you cannot find meat pies. The places vary from the local shops to any sporting event. Apparently the first meat pastry was invented by the Greeks in the 2nd Century.

The pies at this time were made by a flour and water paste which was the wrapped around meat. This technique was used to serve to cook the meat and keep the juices inside the pastry. At that time, the pastry was called “Artocreas” and it was practically a pastry crust with meat spooned inside it. When the Romans took over Greece, they took this recipe back home and spread it all over.

The recipe was spread all over Europe rapidly. Pies eventually arrived when the English had migrated to Australia.

The English brought they're cooking habits and recipes with them. At that that time, the only people who sold pies were ‘Pie men’ or ‘Pie makers’. Pies became very popular as this type of food was simple and the ingredients were gladly available. L.

T McLure commenced baking pies in Bendigo in 1947 which is now the famous 'Four'n'Twenty' pies. As his fame increased he moved to Melbourne for production where he has been creating around 50 pies (past) a day to 50,000 an hour (present).

It is now the leading pie factory in the world. The Australian students did not have much more to say to the Japanese about the meat pie but to finish their part in this exchange of information they told the Japanese people about the Great Aussie Pie Contest.

The Great Aussie Pie contest began in 1990 and has been an annual competition in Australia. It was created to locate the best everyday meat pie which was produced in Australia. It also promoted higher quality pie production and increase media attention on the iconic meat pie. This contest attracts pie makers from all over Australia.

The pies are judged anonymously so it prevents bias judgement against specific bakeries or states. Prizes such as awards for excellence in their entries and also for high standards are awarded. The main prize or award is highly desirable as it increases the amount of sales extremely.