Fusion Cuisine: Innovations in Combining Elements of Different Culinary Traditions

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ABSTRACT

We know the Cuisine is the characteristic style of cooking which reflects the culture, so we can introduce the Fusion Cuisine as an act of Chemistry. Different culture has its own style of cooking. One element of one cooking Art from one culinary tradition when mixes with another element of another traditional culinary art can result into new inventions. This research tries to focus on the innovations in combining different traditional cooking art and also various kinds of ingredients and spices which can create a new Cuisine of new taste. In order to determine this, the research tries to find out the reason why the Fusion Cuisine is compared with the chemistry, what is the reason behind it and how many ways and techniques can be invented behind the traditional culinary art to introduce it as an innovation. The research also explains and has come out with the findings to tell why Fusion Cuisine can be stated as New Inventions and in the menu how one category food item can be replaced by another type of item based on its preparation and production method. The total study tries to show also that we can not limit the scope of cooking art in only one area or in one culture or in one region, Culinary art actually can be a Global Adventurous Journey.

Key Words: Culture, Ingredients, Spices, Cooking, Cuisine, Tradition


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INTRODUCTION

Cuisine means the Culinary art and Fusion means “union” (Newman, 2014). If the elements are ingredients / spices or herbs then it can be said Fusion is one kind of Chemistry where all the elements combines with each other to produce a new product. As Cuisine is the
characteristic style of cooking which reflects the culture. That means traditionally when
different cultures mix with each other and form a bond and invent a new product with a
new aroma, texture, color and taste, it forms the chemistry. That is why if the cooking or
culinary Art is the Invention then we can introduce the Fusion Cuisine as an act of
Chemistry. Every culture has its own style of cooking. When one cooking Art from one
Culinary Tradition is mixed with another art of cooking which comes from another tradition
and these two are blended together on fire or by steam or by poaching or cooked in dry
heat, then it could help in bringing out a new culinary tradition with a different taste. This
new invention is known as Fusion Cuisine.

LITERATURE REVIEW

Before Fusion cuisine also has defined as “synthesizing different food understandings of
world cuisine and creating new cuisines, new foods and new tastes” (Zairi, 2011; Tomita
and Secter, 2002). Fusion cuisine also has defined as combining at least two different
national cuisine cultures on the same plate, in order to create new, different and authentic
tastes, without allowing one cuisine culture to dominate another.

According to the statement of (Can et all., 2012) Fusion cuisine is practiced more based
upon the principle of combining two national cuisines deliberately in line with
delivering new, different and authentic results. Synthesizing the processes such as
cuisine material, processing and cooking techniques of different nations, combining
them and delivering a food which is completely different from the foods in each cuisine,
are the basis in fusion cuisine (Gioffre, et all,2010).

The Link wiseGeek has found that the roots of fusion cooking are probably ancient, since
humans have been exchanging culinary heritage for centuries, but the concept became
popularized in the 1970s. Then French chefs began to offer foods which combined traditional
French food with Asian cuisine, especially foods from Vietnam and China. The concept
quickly spread to other major European cities, along with the American coasts.

Wolfgang Puck is considered as one of the pioneers of Fusion cuisine. Chef Fernand Point is
called as the "Father of Nouvelle Cuisine" and “Master of Le Grand Cuisine”, Chef James
Beard who is famous for his “The James Beard Fusion Cuisine”, Chef Georges Auguste
Escoffier “The Emperor of chefs”, Chef Ferran Adria who is famous for combining of
different techniques of Fusion Cuisine, Chef Patricia Yeo has also done the research on
blending exotic Asian, Mediterranean and South western ingredients into unique
delicacies to invent Fusion Cuisine. Chef Samuel Arnold is very much known for his mixing culture,
taste and history in the recipes.

According to the Title of the paper this study mostly has come with an innovation of mixing
the ingredients from different cultures and to bring out a result of Fusion Food.

Nature has different kinds of herbs, ingredients and spices. Each of them have different
kinds of taste, quality and flavour so picking up some ingredients from western cooking
culture and if mix with the spices and ingredients of Asian cooking culture can results a
new invention. Fusion cooking actually a magical act of chef. It is measurement of a chef to
define his capacity of discovering. The King of culinary Art, Mr Sanjeev Kapoor has brought
various kinds of new ideas of Fusion cooking and he proved that it is actually an art than
nothing else. Mixing of the cooking elements of different culinary tradition and discovering
a new invention can make the future of the Tourism Industry resourceful. That is why this
study has focused on the spices and the ingredients which are the main factors of this Fusion Journey because they all react like elements to take part in the innovation of the Fusion Food.

**Methodology**

This study adopts the descriptive design research and is conducted by self observation. The observation defines that every spices and ingredients have the different quality of flavor and taste. Experimentally if we mix them with each other in an unknown shape they will perform in a very effective way to create a new Food with an unknown taste and texture. Fusion cuisine is actually nothing but an exploration of mixing ingredients and spices from different cultures.

Table 1: Exploration on spices/ herbs and ingredients

| Herbs and Spices Used in Asian Cooking | Chilies, Cinnamon, Fresh Coriander, Curry Leaves, Methi, Ginger, Cardamons, Cloves, Coriander, Cumin, Five-spike, Turmeric, Poppy seed, Sesame seed, Candle nuts, Cashew nut, Almonds, Macadamia nuts, Peanuts, Saffron, Coconut, Agar agar, Tofu |
| Western Spices and Herbs | Almonds, Basil, Black Cardamom, Black pepper, Raisin, Cashew nuts, Chives, Cilantro, Cinnamon, cloves, Dill, Dill seed, Fennel seed, Mint Leaf, Mustard seed, Nutmeg, Oregano, Rosemary, Star Anise, Cheese |
| African cooking and the spices used | Bamboo, Chili pepper, Clove, Cinnamon, Coconut Milk, Mushroom, Peanut, paprika, Bambara, peanut butter, kosher salt, bay leaves, crushed red pepper, paprika, onion powder, garlic powder, dried thyme leaves, cayenne pepper, pineapple juice, soy sauce, and garlic cloves, like cloves, saffron, cinnamon, and pomegranate juice |
| Tribal Spices and Herbs | Garlic powder, Onion Powder, White pepper, Black pepper, or red pepper of cayenne, All spice or Pimento, Bay Leaf, Tamarind |

Table 2: Exploration on Cooking Method

| Method | Baking, Boiling, Frying, Grilling, Roasting, Sautéing, Smoking, Steaming, Stewing, Stir frying |
| Classification of area | Regional, National, Ethnic, Religious |

Table 3: Exploration Fusion Cuisine on World Map:

- **Sub-regional Fusion**: Combination of Cuisines from different sub-regions (e.g. provinces, town, or places) in a country or state in one eating experience.
- **Regional Fusion**: Combination of Cuisines from different countries in a region or continent (e.g. Asia).
- **Continental Fusion Asian – Western Fusion**: Mixing of the recipe of Asian-Western culture.

In the Innovation process different types of spices and ingredients from different cultures shape with each other and make a new recipe and that new recipe is named as Fusion Cuisine. In Bangladesh, from the observation of different hotels and restaurant, it has been found that there are lots varieties of Fusion Food from the recipes of India, Malaysia, Srilanka, Indonesia, Vietnam, Mexico, Japanese, European, American etc. It depends of the chef who are the scientist of the Fusion Kitchen to explore in the journey of the recipes and to come out with a new item. Because they are the creator to think of the various kinds of
spices and ingredients and to use it according to the cultural values and under the traditional umbrella Chefs are shaping them into a new product. As Cooking is the Art so that Chefs are the Artist of the kitchen.

**FINDINGS**

Fusion cuisine blends the culinary traditions of two or more nations to create innovative and sometimes quite interesting dishes. It tends to be more common in culturally diverse and metropolitan areas, where there is a wider audience for such food. Some common examples include Pacific Rim cuisine and Tex-Mex food. Critics of the practice sometimes call it “confusion cuisine,” arguing that chefs rely on novelty to carry the food, rather than flavor, texture, and presentation.

Some of the most well known examples combine European and Asian foods. These cultures have wildly divergent culinary traditions, and combining the centuries of cooking tradition of both continents can sometimes result in astonishing dishes. Vietnamese spring rolls might be found on the menu of a French restaurant, while a wasabi reduction sauce might be used on a pot roast.

Other cooks focus on simply combining the culinary traditions of two or more Asian nations. This type of cuisine was probably also inspired by natural occurrences, as people from different countries exchanged recipes and ideas. Pan-Asian fusion cuisine tends to be less difficult to pull off well, since many Asian countries share common threads in terms of ingredients and seasonings.

Good fusion cuisine combines ingredients and cooking techniques from several cultures in a way which pulls together well, creating a seamless and fresh dish. Confusion cuisine, on the other hand, throws ingredients together like confetti, and sometimes causes an inevitable clash. Cooks who want to experiment should research their ingredients carefully and think about how flavor and textures will combine for the diners.

**Sub Regional Fusion**

Mostly the practiced is combination of Cuisines from different sub-regions (e.g. provinces, town, or places) in a country or state. But the study came with a idea of mixing of ingredients, spices and herbs from different part of a country and then cooked it under a particular cooking method. Then the result came as a new Fusion.

Fusion of Sharisha Ilish with mustard paste and mixing of coconut paste which reflects the northern and southern culture of Bangladesh.
Regional Cuisine

Combination of Cuisines from different countries in a region or continent. This type of Fusion is now on practice more. The Fusion of Asian countries, in between America (Food culture mixed with north and South America), European Union, all these created a Magic of Fusion Journey.

Asian countries mostly had the practice of Regional cuisine. Asian fusion cooking is a good example of combining regional tastes and methods. This blended cooking style frequently combines recipes and ingredients from Southeast Asia, East Asia and India. The resulting dishes are often tasty savory-sweet combinations of spices and ingredients. Asian Herbs and Spices such as Chilies, Chinese chives, cinnamon, Fresh Coriander, Curry Leaves, Fenugreek, Galangal, Ginger, Golden Needles, Kaffir Lime Leaves, Thai Basil, Cardamoms, Cloves, Cumin, Five-Spices, have its own flavor and taste which can help to perform in Cooking Art by its magical quality and that is why Asian Fusion is always a kind of extra ordinary invention.

An example of Korean tacos is used for fusion-sushi, such as rolling maki with different types of rice and ingredients, e.g. curry and basmati rice, cheese and salsa sauce with Basmati rice, or spiced ground lamb and capers rolled with sticky style rice and grape leaves (resembling inside-out dolmades).

It is a Fusion Taco which combined with Jamanese sushi style stiky rice, Korean bulgogi and kimchi (Japanese) on top.

The Result of the process of mixing Regional spices, ingredients/herbs

This is a combination of Japanese and Vietnamese cuisine: smoked salmon wrapped in rice paper with avocado, cucumber, and crab stick. Spices from Japan which were Lemongrass, Ginger, soya sauce, oyster sauce with coconut milk (the flavor from Vietnam), cooked in Steam-boat.
Asian countries very popular for its kinds of Herbs and Spices such as Seaweed

Japanese, Chinese, Korean, Shiitake Mushroom - Shiitake mushroom, also known as Chinese Black Mushroom and Black Forest Mushroom, is native to east Asia, particularly China, Japan and Korea, Shrimp Paste - These days it seems that every Southeast Asian nation has produced its own version of dried shrimp paste, each with an individual texture, odor and flavor, Sriracha Chili Sauce - Originally named after the town of Si Racha in Chonburi province of Thailand, Sriracha chili sauce has become somewhat of an iconic condiment, Bamboo - There are a variety of bamboo species harvested for human consumption, each of which boasts different sizes, textures, colors and flavors. It is extremely popular throughout Asian cuisine, Chili Peppers - Southeast Asian, Korean, Indian and Szechuan cooking all share an intense passion for spicy food. Cilantro-Coriander - Fresh Coriander Leaves (Cilantro): Native to southern Asia, fresh coriander leaves, commonly known as cilantro and Chinese parsley, Cloves - Cloves are native to the Maluku islands of Indonesia, though are currently produced and exported by Indonesia, Sri Lanka, India and Madagascar, Coconut Milk - Coconut milk is used in all types of Asian cooking, mainly in curries, soups and desserts. All over Asia and particularly in Indonesia, Thailand, Malaysia and Singapore, Edamame - Historically, the Edamame we know today can be traced back to 13th century Japan, Enoki Mushroom - Native to China, Japan and Korea.

These all spices and Herbs took a major contribution for making a Fusion Food. Because of rich spices and herbs of Asia, the regional Fusion of Asia became very popular. From exploration it has found that Asian fusion restaurants, which combine the various cuisines of different Asian countries, have become popular in many parts of the United States and United Kingdom. East Asian, South-East Asian, and South Asian dishes alongside one another and has offered dishes that are inspired combinations of such cuisines.

Continental (Asian-Western) Fusion

Kaeng phet pet yang (Thai roast duck curry) is an example of early fusion cuisine of the cosmopolitan court of the Ayutthaya Kingdom (1350 CE to 1767 CE) combining Thai red curry, Chinese roast duck and grapes originally from Persia cooked under the method of Italian Ratatouille.

Asian-Western Fusion cuisine also can be from the concept of main recipe based on one culture, but prepared using ingredients and flavors to another culture. For example: pizza made with cheddar and pepper jack cheese, salsa, refried beans. This particular dish is a fusion of Italian and Mexican cuisines. Similar approaches have been used for fusion-sushi, such as rolling maki with different types of rice and ingredients such as curry and basmati rice, cheese and salsa with Spanish rice, or spiced ground lamb and capers rolled with Greek-style rice and grape leaves, which resembles inside-out dolmades.

Another example of Asian-Western Fusion was ghee-grilled Bombay sandwich made by Jack cheese, chaat masala, pickled onions, Chiogga beets and Yukon Gold potatoes. Which was a mix of modern Mumbai, California cuisine and Midwestern comfort food and the inventor was MS Preeti Mistry of Juhu Beach Club in Oakland, Calif., She is Indian by heritage but grew up in Ohio and moved to San Francisco at 19. (Ms. Mistry is the sister of an Off Duty editor.)

In Bangladesh, sub-regional and continental Fusion Cuisine practiced in many ethnic and theme restaurants. As Bangladesh have a plenty of varieties in its spices and herbs and also
have a huge collection of tribal and regional recipes and so that in every fine dining chefs are inventing the new food by mixing regional ingredients and spices and herbs according to the different kinds of recipes and coming out a new invention of Fusion. Also western ingredients and recipes mixed with Bangladeshi recipe and ingredients, resulted new inventions. Lots of innovations came from mixing of Western-Bangladeshi food cultures and thus embellished the cuisine by adding and combining ingredients from each other’s regional cooking styles.

The Perfect blend of East and West is the Mint Cucumber Salad.

CONCLUSION

Fusion Cuisine is a Technique which is unique, creative and innovative. It is a traditional cooking art which reflect the culture. Innovation is a process of mixing all the spices and ingredients together from the different culture to bring it into a new shape with new taste and new name. Fusion Cuisine can be the assets of the Tourism Sector by its new culture. It can make the relationship in between the region, between the countries and between the cultures. The Research also has found that Fusion Cuisine can represent the value of culture and can help to flourish the country economically by attracting the customers by its new taste. We cannot limit the scope of cooking art in only one area or in one culture or in one region and thus it can make global relationship and also can help to strengthen the Tourism Sector of the country.

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