

CONTINENTAL AND ORIENTAL FOOD

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An Overview



Do you know the difference between continental and oriental food? Every cuisine in the world has its own identity and speaks for the region, tradition, and culture it belongs to. According to Vaibhav Bhargava, corporate chef, Molecule Air Bar, "A cuisine is a style of cooking characterized by distinctive ingredients, techniques and dishes and usually associated with a specific culture or geographic region." He further says, "Though there can be similarities in terms of ingredients and method of preparation, that doesn't mean that they have the same origin, for instance, oriental and continental food." People often consider continental and oriental food as one kind, but, in reality, they are different and the basic difference lies in the regions they are prepared and belong to. Scroll through to know the key differences between continental and oriental cuisine and their USP.



Continental Food

- Continental food refers to dishes made and consumed in the European countries. Dishes of French, Spanish and Italian cuisine fall under the category of 'Continental food'. The key specialty of this food is, they concentrate more on ingredients like olive oil, wine, herbs and minimal spices. Akshay adds, "Continental food involves cooking techniques like frying, roasting and baking. Also, the food is rich and usually high in calories."



Oriental Food

- Oriental food refers to dishes made and consumed in the Southeast Asian countries. Dishes of Chinese, Korean and Japanese cuisine fall under the category of 'Oriental food'. Their dishes have lots of spices and dry ingredients like apricot and plum. According to celebrity chef Akshay Nayyar, "Primary cooking techniques in oriental cooking includes stir frying, boiling and quick frying. Fermented sauces and pickled products are widely used in such foods."

Oriental Food VS Continental Food

- Oriental food is highly influenced by Asian cooking practices, while continental food traces its origin from the European cooking procedure.
- In oriental cooking, spices play a key role and are used in large quantities, whereas, in continental cooking use of spices is very minimal.

A close-up photograph of a person's hands writing in a notebook. The person is wearing a yellow sweater. They are holding a white pen with a black tip and writing on a piece of paper. The background is blurred, showing a dark surface and a laptop. A semi-transparent dark banner is overlaid across the middle of the image, containing the text "DESCRIPTIVE TEXT" in white capital letters.

DESCRIPTIVE TEXT

Generic Structure Descriptive Text

- When we are creating a descriptive text, there is generic structure which makes our writing is true. Identification and description are the generic structure of descriptive text.
- According to Pardiyono 2007: 34, "Descriptive text has generic structure as follows:
 - 1 Identification: a part of paragraph of description text which tells a topic and characters that would be described.
 - 2 Description: a part of paragraph of description text which tells the content of describing the particular persons, places or things.



Descriptive Text (EXAMPLE)

FRIED RICE

Fried rice is a typical Indonesian food. Fried rice is a very popular food. The ingredients for making fried rice are rice, cooking oil, soy sauce, and other seasonings. Everyone loves fried rice. Fried rice is very good. Initially, fried rice came from China. Fried rice has been around since 4000 BC.