Foodways Journal Entry by Sabrina Huwang

Saturday, October 14, 2017

11:00AM: Since I slept in this morning, my first meal of the day started quite late. I was too lazy to go out of my dorm, so I ended up microwaving about ten mini Korean dumplings from Hmart, a Korean supermarket, with dumpling sauce and eating them with a plastic fork in my dorm. I drank some water from my Nalgene bottle. I really like the Pulmone brand of dumplings because it does not taste processed and it’s pretty filling and delicious. They are bite-sized and good for a quick meal.

2:00PM: For lunch, I ate yesterday’s lunch leftovers which consisted of “Singapore” style rice noodles that have curry flavor; they were a little dry yesterday and even more dry today. I wanted to try to eat some vegetables for a balanced diet, so I heated up some frozen edamame I got from Hmart. Because I am notoriously afraid of getting sick from the weather change and everyone spreading germs around me, I drink a packet of EmergenC which is a vitamin C
supplement. I normally eat noodles with chopsticks; however, I did not want to wash them afterwards, so I ate with a new plastic fork instead. I ate the edamame with my hands because I had to get them out of the peel.

4:30PM: I was hungry, so I ate a small Filipino snack I got from Hmart. I was originally introduced to this snack through a Filipino friend; it reminded me of Chinese sponge cakes and I liked it because it satisfied my sweet cravings. I will discuss glocalization through this dessert. Ube, as an ingredient, is a purple yam and a tuberous root vegetable. They are usually vividly purple in color and they have been found in the Asian tropics since ancient times. They are used in a variety of desserts, as a flavor in ice creams and cakes, and for medicinal purposes as a laxative. Presently, ube is still being produced and processed in the Philippines. Through globalization and the increasing emergence of Asian markets, this product was made available to the Americas in its foodpath.
6:30PM: I met up with my family for my birthday dinner and they let me choose the restaurant I wanted to go to. I chose Sahara Restaurant because I was in the mood for Turkish/Mediterranean food. Even when eating out, we utilized the Chinese practice of communal eating so instead of everyone eating their own entrée, we usually put everything in the middle so we could pick and choose what we wanted to eat. We ultimately got three entrees, and two appetizers. I first started off with some Turkish bread, salad, lentil soup, and cream-based vegetable soup. As we were eating, my parents were talking about house renovations that are currently going on and I told my father about how I’m doing and how my classes are going. My sister did not say a single word the whole dinner and just sulked in her chair. For appetizers, we got some shrimp with bacon artichoke lemon sauce that was very acidic and a little oily. We also got artichoke flatbread. For entrée, I ordered what I usually get -- chicken adana kebabs, but I was only able to eat a bite of chicken before taking it to go because I was so full from sampling other people’s dishes. I wanted to stay for dessert, but I had asked my parents to take me to the newly opened Trader Joe’s in North Brunswick which closes at 9PM so we were in a rush and
skipped the baklava (my favorite Mediterranean dessert). At this point, I had so many leftovers that I could sustain myself for at least five meals from leftovers.

I will discuss a second instance of glocalization through my chicken adana dish. It originated in Turkey and is named after Adana, the fifth largest city of Turkey. This specific version of the kebab was born out of a fusion of Turkish and Arab cultures. The version prepared and consumed today in the province of Adana also has a history rooted in the modern Turkish culture, only to receive a "Controlled Designation of Origin" in February 2005, after some legal trials, so it is still prepared now in its historical location. It was transformed by the people who prepared it for me today because there were probably different family variations when prepping this kind of dish. Often times in my experiences, Turkish immigrants are the chefs behind the dish and they all have a different flair and presentation strategy when cooking for others. Everywhere I go to have this adana, it tastes slightly different whether it be spicier or milder or more flavorful. These variations have made the dish really interesting and one of my favorites to try at places that offer it.
9:48PM: Had a sweet tooth, so I opened up this pumpkin chai spice loaf from the aforementioned Trader Joe’s trip and ate a small piece. It was had very heavy cream cheese and it was a little too sweet and overbearing but I did like the spices in it. Had to drink a lot of water to quench my thirst from the sweetness overload.