

#FUSION CUISINE

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# Fusion cuisine explained

## What does Fusion Cuisine mean?

Fusion food is an art of cooking that involves combining varying and contrasting culinary traditions, or techniques, into one single dish.

There are various forms of fusion food. It could be regional fusion, for example, where food from different regions or sub-regions are combined. The characteristic of 'fusion cuisine' is a mutual blending, or, to put it differently — this type of cuisine combines the traditions of different national cuisines.

In the global sense, fusion cooking resembles a meeting point and calls for imagination and improvisation. It is the blending of diverse cuisines to create something different without compromising on its taste.

Quite often, some tend to confuse the true meaning of the word 'fusion.' The art of fusion is a cuisine by itself where one needs to have proper knowledge of the foods that are being 'fused.'

Cuisines of this type are not categorised according to any one particular cuisine or style. It is an art of creativity and innovations.

As early as the 1960s, American chefs were experimenting with blending European and Asian cuisines. Richard Wing, of Imperial Dynasty in Hanford, California, is widely credited with creating one of the first fusion cuisines when he combined French and Chinese cooking traditions at his family's restaurant in the 1960s.

There are categories and types of fusion food, although, it is a general term for the combination of various forms of cookery and comes in several forms. Fusion food is usually the invention of Culinary Curators and highly experienced chefs.



There is a trend these days for people to like 'fusion cuisine,' and it has become a popular thing to do. Its popularity lies in the fact that it offers culinary adventures based on unique and distinctive tastes, bringing more colour to mainstream culinary culture. This explains why many aspiring chefs are inclined to create their own 'fusion.'

This, however, is neither easy nor simple. While one can enjoy and cook food from a culture that is not one's own but in doing so, one must learn to respect it and know enough about its origin.

Most fusion dishes incorporate some familiar elements. They appeal to the human love of the familiar, the affection for comfort food. Many people associate specific dishes or ingredients with pleasant memories, and the best fusion food takes advantage of that emotional connection.

## How do you make fusion food?

From my own wide experience, I would suggest the following:

Do your research by visiting restaurants or pick up any recipe from a dinner.

What I am trying to say is, first you need to pick up a tasty dish and then go for 'fusion' through appropriate blending.

Cook the original dish first. That will guide you to make a great fusion.

Give yourself some parameters.

Don't over stuff your mind to make fusion. For example, if you want to make a fusion dish with Thai and French foods, you have to have a proper knowledge of both the cuisines. I will reiterate here that fusion is effective 'blending.' You can't do 'fusion' within your own cuisine. That is, you 'create' your own cuisine in your own way but give it a degree of diversity. That's what the 'food curators' are meant for.

Be practical with your changes.

For example, if you want to make a fusion of a 'beef recipe,' stick to the savoury dish. Never try to make your 'beef dish' into a dessert, and vice versa, if you are trying to make a fusion with a 'dessert,' make sure it is a dessert. Don't add any 'savory' dish ingredients or may be an important spice of a 'savory' dish. These are not 'fusion' cuisine.

A combination within the same cuisine may not appeal to one's palate. Someone with knowledge will explain to you properly whether it is right or not. Don't take constructive criticism personally, the critic means well.

Here is one of my 'fusion cuisine' items for all of you. Wait for my upcoming cookbook, where you will find fusion and some creativity.

Culinary regards to all.

## FUSION FRENCH CHICKEN LIVER PATE

### Ingredients:

- 25g butter
- ¼ cup shallots, minced
- 300g chicken liver
- 100ml grape juice
- 200ml cream
- ¼ cup spring onion
- 150g chicken breast, boneless
- 1 egg
- 1 tbsp green peppercorn
- 1 tbsp sweet mint sauce
- 1 tbsp Thai sweet chilli sauce
- 1 tbsp apricot sauce
- 2-3 bay leaves

### Method

Preheat the oven at 180C.

In a pan, melt 15g of butter on medium heat. Sear shallots for 2-3 minutes and then add the livers and sauté for about 5 minutes.

Add grape juice, cream and spring onion and sauté for 1 minute

In a food processor, add the liver mixture, minced chicken, egg and pepper corn, cover and process for 4-5 minutes. Don't make a smooth paste. Add the mint, Thai sweet chilli and apricot sauce, mix well. Taste and adjust.

With the butter left, butter a terrine (or small 2-3 terrines) and add the blended preparation. Top with the bay leaves.

In a roasting pan, add some hot water and place the terrine covered. And cook for 30 minutes. Check, cooking time depends on individual ovens. Insert a toothpick in the middle of the pate, if it comes up clean, it's done.

Remove from the oven and let it cool. Keep in the refrigerator for 4 hours minimum.

De-mould in a nice dish topped with onion marmalades and dry cherry, served with pitted green olives, fried bread, grapes and carrots.

**Food and Photo: Shaheda Yesmin**







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