

# Barbecue Around the World



“Barbecuing has a rich and varied history that spans cultures and continents, reflecting the intricate interplay of culture, tradition, and culinary innovation. It’s a culinary method that knows no cultural boundaries, thriving on diversity, adaptation, and the exchange of traditional techniques.” - NATALLIA NICE, RESEARCH CHEF

## Kalua Pig

HAWAII

The process starts with **seasoning a whole pig with Hawaiian sea salt, native herbs, and sometimes garlic and ginger**. It's then cooked in an underground pit called an "imu," lined with hot volcanic rocks. Wrapped in ti or banana leaves, the pig slow-roasts for hours, absorbing smoky flavors and tenderizing to perfection.



HAWAIIAN FLAVOR INSPIRATION

HULI HULI • KALUA PORK INSPIRED • HAWAIIAN TERIYAKI



CHEFSPENCIL

BBQ

## Mishkaki & Nyama Choma

ZANZIBAR

REGIONAL AFRICAN FLAVOR INSPIRATION

PERI PERI • CHERMOULA • CHICKEN YASSA

One of the most beloved barbecue dishes in Zanzibar is **Nyama Choma**, which refers to grilled or roasted meat, typically made from goat or beef. **The meat is typically marinated in a blend of garlic, ginger, cayenne, black pepper, salt, and lemon juice**. Mishkaki, another popular dish, consists of grilled skewered meat, often served with **pili pili sauce**.

SOUTHEAST ASIAN FLAVOR INSPIRATION

THAI BASIL LEMONGRASS • GOLDEN CHICKEN • FILIPINO INASAL

FOOD52

## Sate Lilit

A Balinese delicacy that consists of **minced fish or seafood paste mixed with grated coconut, lime leaves, lemongrass, and spices**, wrapped around a bamboo stick or lemongrass stalk before grilling.



## Ikan Bakar & Sate Lilit

INDONESIA & BALI



What To Cook Today

## Ikan Bakar

Coastal regions of Indonesia are known for their exquisite grilled seafood dishes, such as **Ikan Bakar**, which involves **marinating fish fillets or whole fish in a spicy blend of chili, ginger, lemongrass, and tamarind** before grilling them over charcoal.

LifeSpice