

# SHOPPING FOR A GLOBAL KITCHEN



If you are a young cook and want a little help with some of these activities, you can ask your older brother, sister, neighbor, friend or cousin to help you out. Spending time in the kitchen is always lots of fun, no matter how old you are. If you are a teen-aged chef, consider including a younger chef in these activities as a way to enrich your own experience. You could have a lot more fun teaching or helping youngsters with their first cooking and shopping activities.

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## Shopping at the International Market

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Do you have an international recipe in mind for dinner tonight? If you're looking for recipes that are a little outside your normal eating habits, shop at an ethnic market first for authentic spices and ingredients. Local ethnic grocery stores generally have less expensive prices than supermarkets. And you will most likely discover new foods, meet different people, and benefit your neighborhood economy by shopping locally.

Take your cookbook or your recipes with you. Ask questions about the food and other products at the store. The store clerk will probably have lots of ideas about your recipes and how to help make it very authentic or give it a personal "twist." Plus you could learn a lot of cool things about cultures & cooking!

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## Shopping at the International Market

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"Can you tell me what this ingredient is?"

"What does it taste like?"

"How do you use it?"

"Have you ever made a recipe like this before?"

"How do you pronounce this?"

"Do you have any ideas to help me make this recipe more like something you might make?"

"What is it?"

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## Visit Your Local Farmer's Market

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Visit your local farmers' marketplace. Sure, the farmers in your market are from your own region, but that is exactly what makes it like going to an open-air market or bazaar to pick up your weekly food items. Ours is one of the very few cultures that has large grocery stores where you can purchase everything you need for your home during any given week. The fact is: most other countries have marketplaces where vendors work from stalls every day just like our local farmers do on weekends. We think it's entertainment, but for everyone else around the world, it's a way of life.

