
**Tourism and related services —
Traditional restaurants — Visual
aspects, decoration and services**

*Tourisme et services connexes — Restaurants traditionnels — Aspects
visuels, décoration et services*

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Foreword

ISO (the International Organization for Standardization) is a worldwide federation of national standards bodies (ISO member bodies). The work of preparing International Standards is normally carried out through ISO technical committees. Each member body interested in a subject for which a technical committee has been established has the right to be represented on that committee. International organizations, governmental and non-governmental, in liaison with ISO, also take part in the work. ISO collaborates closely with the International Electrotechnical Commission (IEC) on all matters of electrotechnical standardization.

The procedures used to develop this document and those intended for its further maintenance are described in the ISO/IEC Directives, Part 1. In particular, the different approval criteria needed for the different types of ISO documents should be noted. This document was drafted in accordance with the editorial rules of the ISO/IEC Directives, Part 2 (see www.iso.org/directives).

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This document was prepared by Technical Committee ISO/TC 228, *Tourism and related services*.

Any feedback or questions on this document should be directed to the user's national standards body. A complete listing of these bodies can be found at www.iso.org/members.html.

Introduction

Nowadays, national and ethnic restaurants providing both traditional and regional cuisines are located everywhere, especially in tourist destinations.

Guests of these restaurants include tourists and local citizens taking advantage of the opportunity to taste and experience other nationalities' cuisines, even in their own country.

Feedback from guests of traditional restaurants indicates that the most important elements in satisfying guests' expectations are physical appearance, the harmonic combination of cultural factors and the provision of services.

Hence, in order to ensure guest satisfaction, these restaurants can provide an ambience or desired atmosphere, suitable space, equipment, table settings, menu design and other service characteristics.

Regardless of variations based on differences of nationality and culture, this document emphasizes the cultural elements while rendering services and prioritizes a favourable environment and authentic experience of customs and lifestyle related to the eating habits of other populations. Thus, it will determine criteria regarding cuisines (e.g. food, beverages and supplements), living cultural elements (e.g. dialects, costume) and catering arrangements (e.g. equipment, fixtures and accessories all in synchronization with a given historical period), which can help promote the quality of services. Therefore, visitors, both domestic and international, can choose their favourite place to eat and pay for the service that they expect.

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Tourism and related services — Traditional restaurants — Visual aspects, decoration and services

1 Scope

This document establishes requirements and recommendations related to the environment and the service provision of traditional restaurants, which belong to a specific cuisine and custom of a specific country or area.

This document specifies physical features of traditional restaurants (visual specifications for buildings, furniture and decoration), elements related to the specific cuisine and customs of serving food as well as staff requirements (clothing, behaviour, language) that affect the traditional style and quality of the service.

Requirements related to the technical characteristics of the buildings and general requirements of preparation and cooking in the kitchen and other back office spaces are not included in this document.

2 Normative references

There are no normative references in this document.

3 Terms and definitions

For the purposes of this document, the following terms and definitions apply.

ISO and IEC maintain terminology databases for use in standardization at the following addresses:

- ISO Online browsing platform: available at <https://www.iso.org/obp>
- IEC Electropedia: available at <https://www.electropedia.org/>

3.1

traditional restaurant

public restaurant providing *traditional food* (3.2) and *traditional beverages* (3.3) in a specific style specially aimed at ethnic cuisine

3.2

traditional food

foods and dishes passed through generations (or which have been consumed locally, regionally or both for an extended time period) that play a major role in the traditions, identity and heritage of different cultures

Note 1 to entry: Traditional food is generally prepared using traditional ingredients (raw material of primary products), traditional composition or traditional types of production and/or processing methods.

3.3

traditional beverage

common beverage belonging to the local population of a city, area or country, or prepared by the population's ancestors

3.4

corrective action

action to eliminate the cause of a *non-conformity* (3.5) and to prevent recurrence

[SOURCE: ISO 9000:2015, 3.12.2, modified — Notes to entry removed.]

3.5

non-conformity

non-fulfilment of a *requirement* (3.6)

[SOURCE: ISO 9000:2015, 3.6.9, modified — Notes to entry removed.]

3.6

requirement

need or expectation that is stated, generally implied or obligatory

[SOURCE: ISO 9000:2015, 3.6.4, modified — Notes to entry removed.]

3.7

sustainability policy

intentions and direction of an organization, related to sustainability, as formally expressed by its top management

[SOURCE: ISO 21401:2018, 3.41]

3.8

guest satisfaction

guest's perception of the degree to which the guest's requirements have been fulfilled

Note 1 to entry: Guest complaints are a common indicator of low guest satisfaction but their absence does not necessarily imply high guest satisfaction.

Note 2 to entry: Even when the guest's requirements have been agreed with the guest and fulfilled, this does not necessarily ensure high guest satisfaction.

[SOURCE: ISO 9000:2015, 3.9.2, modified — Note 3 to entry removed]

3.9

converted building

building with considerable artistic heritage value, used as a *traditional restaurant* (3.1) after having implemented the necessary changes

Note 1 to entry: There are some procedures and instructions for these changes in each country in order to maximize the conservation of the heritage value of such buildings.

3.10

carrying capacity

measure that addresses the question of how many visitors can be permitted into an area at any specific time, taking into account at least the risk of degrading the site, its physical capacity and the visitors' experience, safety and security

Note 1 to entry: These desirable limits measure the types and levels of sustainable use.

[SOURCE: ISO 18065:2015, 3.1, modified — "safety and security" added to definition.]

4 Features of the traditional restaurant

4.1 General

Regarding physical features and operation, traditional restaurants work under the disciplines of catering establishments. The following subclauses detail the features of static appearance (e.g. gardening, building, entrances, furniture, decoration, table setting) which contain the theatrical aspects and cultural factors.

4.2 General features

4.2.1 Buildings used for traditional restaurants shall have architectural and decoration characteristics based on a defined style.

NOTE The defined style can be related to a historical area or era (e.g. the Safavid¹⁾ era).

4.2.2 During the conversion process, the historical and spiritual value and integrity of the converted buildings, as well as their style and character, should be protected.

4.2.3 The carrying capacity of a building shall be taken into consideration while converting it.

4.2.4 The name of the traditional restaurant should not be confusing.

NOTE The name of the traditional restaurant is usually the first item attracting guests and can ultimately affect their decision to eat there. For example, a traditional restaurant named Seoul is supposed to provide Korean cuisine in Korean style.

4.2.5 A maintenance plan for all areas shall be developed. The maintenance plan shall include a record of any faults, measures regarding conservation issues or both. A responsible person shall be appointed to observe the maintenance plan.

4.2.6 Buildings and furniture should be built, reconstructed or redesigned with natural or local materials such as wood or stone, if applicable.

4.2.7 Accessibility aspects should be considered during the conversion process and operation of the restaurant, when applicable.

NOTE ISO 21542, ISO 21902 and ISO 23599 can be useful in this respect.

4.2.8 Ventilation shall be considered in all spaces.

4.3 Entrance

4.3.1 The design of the façade of the traditional restaurant should be harmonized with the calligraphy and the motifs of the target culture.

4.3.2 Inscription indicating the name of the traditional restaurant should be located on the façade.

4.3.3 The entrance should facilitate accessibility for people with disabilities, such as people using wheelchairs or walking aids, and people with pushchairs (e.g. a level entrance, a properly designed ramp).

4.3.4 Separate doors for entry and exit of staff, supplies and food waste should be used.

4.4 Main hall

4.4.1 Integrated design for hall space should be done professionally, particularly in view of old collections such as containers, fat-burning lamps, candlesticks, pots and statues, to decorate in the appropriate design.

1) One of the ruling dynasties of Iran from 1501 to 1736, with a specific style of architecture and customs.

4.4.2 Wall coverings with consideration of table decor and other decorations should be considered in the conceptual design. Rooms next to the interior open spaces should have windows for light and ventilation. Curtains for covering the windows shall be harmonized with the hall decorations.

4.4.3 Coverings of the hall floor and corridors should be harmonized with the traditional ambiance; also, the floor covering should be made of materials which are easy to clean and harmonized with the hall decorations as much as possible.

NOTE Complementary design can be used.

4.4.4 Kitchens can be designed for cooking shows. In order to have proper ventilation, there should be some kind of separation between the work area and the dining area.

4.4.5 Part of the hall should be allocated for welcoming guests with traditional hot or cold drinks and light snacks at times other than breakfast, lunch and dinner.

4.4.6 The hall shall be equipped with proper ventilation according to the concept of the traditional restaurant.

4.4.7 There shall be a collection system for smoke in the kitchen and a filter area.

4.4.8 Bioclimatic design and elements of vernacular and landscape architecture should be considered in the facilities.

4.5 Annex spaces

4.5.1 There should be separate bathrooms for women and men with clear signage that includes tactile characters and braille.

4.5.2 At least one toilet with a toilet seat in each bathroom (for men and women) shall be available for guests.

4.5.3 Bathrooms for both women and men shall be equipped with baby-changing facilities.

4.5.4 There shall be at least one accessible bathroom facility that includes an accessible toilet with clear turning space, an accessible toilet and accessories (e.g. soap, paper towels) allocated to people with disabilities, that is clearly signed, including tactile and braille characters.

4.5.5 The walls of the sanitary facilities shall be covered to the ceiling with materials that are easy to clean and disinfect.

4.5.6 Sufficient water, paper tissues and handwashing liquid shall be supplied in sanitary facilities.

4.5.7 For saving energy, the use of smart technologies should be taken into consideration.

4.5.8 Places allocated to the staff, such as dining rooms, shall be separate and out of sight of the guests.

4.5.9 There should be a waiting area, including seats, for peak hours.

4.5.10 Dustbins should be available in all annex spaces.

4.6 Station and parking lots

The traditional restaurant should have facilities for parking, including accessible parking spaces.

NOTE Public parking close to the traditional restaurant can be used.

4.7 Indoor and outdoor areas

4.7.1 The indoor area shall display clear signage to the emergency exits and bathrooms.

4.7.2 Design of the indoor area should be harmonized with the main hall.

4.7.3 The traditional restaurant premises should be clean and scenic.

4.7.4 Handicrafts, musical instruments and/or other traditional elements harmonized with the style of the traditional restaurant should be used in the decoration of both indoor and outdoor areas.

NOTE Some countries or regions have a specific example of traditional decoration; for example, in Iran small pools with fountains are used as a decorative traditional element in buildings.

4.7.5 Decorative lampshades and lighting should be used in outdoor areas.

4.7.6 Outdoor areas should not be occupied with raw material, rubbish or any other objects that can affect the aesthetics of the area.

4.7.7 If temporary collection points for waste exist, necessary measures should be taken to remove smells and visual filtering of waste in the area. Safety and hygiene aspects should be respected.

5 Mise en place — table setting

5.1 As traditional seats can be uncomfortable for some people, there can be different types of seats.

5.2 Reception style and seating of guests should conform to the style of the traditional restaurant. Other types of chairs and tables harmonized with traditional seats should be available to guests who cannot use traditional seats.

5.3 Table linens, napkins and other decorative elements, if applicable, should be harmonized with the style of the traditional restaurant.

5.4 There should be side tables to assist service.

5.5 If the culinary offer is displayed on a buffet table, it shall be kept at the right temperature.

5.6 There should be quiet trolleys for easy transportation of food containers. If there are specific traditional ways of carrying food, such as big trays in some traditional restaurants, these are preferable.

5.7 There should be signs for reserved tables. Also, each table should have a defined number.

5.8 There should be a table with the necessary equipment for serving hot and cold beverages between meals with respect to the target cuisine and the number of seats.

5.9 Miniature versions of monuments, handicrafts and homemade products should be offered as souvenirs.

5.10 A wheelchair and a few special seats for children should be available.

5.11 Tableware, cutlery and cruets used in traditional restaurants, along with the style of service, should be harmonized to the kind of cuisine, if applicable.

5.12 According to both hygienic considerations and the style of the reception, using disposable products made from, for example, melamine or plastic shall be avoided.

6 Staff

6.1 General requirements of the staff

6.1.1 All staff of the traditional restaurant, especially those in direct contact with the guests, shall wear uniforms with a design harmonized with the style of the traditional restaurant.

6.1.2 All staff shall be clean and tidy.

6.1.3 All staff, especially those in direct contact with food and beverages, shall have health certificates for contagious diseases.

6.1.4 Periodic health tests should be carried out on staff.

6.1.5 There shall be clear instructions related to the duties and responsibilities of staff. These instructions shall be communicated to the staff.

6.1.6 Clear safety instructions and related training for staff shall be foreseen, especially for situations such as epidemics and pandemics.

EXAMPLE With regards to the COVID-19 pandemic there are specific WHO recommendations and certain documents published by ISO, such as ISO/PAS 5643, that can be followed.

6.2 Staff qualifications

6.2.1 According to their responsibilities, the staff shall have the following qualifications (see also [Clause 10](#)):

- Waiters and waitresses shall have adequate information about the ingredients and preparation of food and drinks included on the menu, as well as their general associated benefits and risks. They shall be able to explain this information to the guests upon request.
- Managers, cashiers, door staff, waiters, waitresses and all staff who are in direct contact with foreign guests should have knowledge of the foreign language spoken by the majority of their guests.
- For door staff and some waiters and waitresses, knowledge of this foreign language may be limited to simple sentences such as greetings and basic conversations.

6.2.2 All staff in direct contact with guests, especially foreign guests, should be informed about a variety of cultures and how to communicate with people from cultural differences in a polite and respectful way.

7 Features of service

7.1 Service requirements and recommendations

7.1.1 Guests should be welcomed in the traditional style.

EXAMPLE Burning incense is a custom of welcome in some countries.

7.1.2 The traditional restaurant should have a system for reservations.

7.1.3 For foreign guests, a clear bill should be issued in English or, if possible, in the spoken language of that guest.

7.1.4 Different ways of payment, such as cash, card and electronic payment, should be accepted.

7.1.5 Any question regarding the bill shall be clearly answered, so there is no ambiguity.

7.1.6 The traditional restaurant's policy on gratuities shall be communicated to the guests.

7.1.7 Working hours, menu items and the schedule of live music performances shall be displayed in the local language and English at the entrance of the traditional restaurant.

7.1.8 Traditional music should be played during the opening hours. As this can be boring for guests over a longer time period, there is no need to limit the music to traditional music.

7.1.9 Live cooking should be planned and carried out in the hall continuously or according to a timetable.

7.1.10 A live music performance programme shall be displayed, if applicable. The exact time of performances as well as any changes in the programme shall be clearly communicated to guests.

7.1.11 Live music shall not be too loud but shall be able to be heard from all parts of the main hall.

7.1.12 While live music is being performed, any background music shall be stopped.

7.1.13 As some guests, such as elderly people, can suffer due to loud sounds, it is recommended that guests are asked if they would like to be seated near the live music or not before they choose their place.

7.1.14 Free Wi-Fi should be provided in the restaurant.

7.2 Menu requirements

7.2.1 There shall be a printed menu with an accurate description of the ingredients. Photos may be used in the printed menu.

7.2.2 There shall be a list of food and beverages and their prices in the local language and at least one foreign language, preferably English.

7.2.3 Menus should be legible and in good condition.

7.2.4 If preparation time is more than 30 min, this shall be communicated to the guests.

7.2.5 Traditional dishes accompanied by a description of the preparation process shall be included. The menu shall also include at least one or two traditional starters and desserts.

NOTE [Annex A](#) gives examples of cuisines from different countries, including traditional foods (starters, main dishes, side dishes, desserts) and traditional beverages.

7.2.6 Guests shall be asked in advance for any contraindicated foods, allergies or special dietary needs.

7.2.7 There shall also be at least one option for vegetarians.

7.2.8 Traditional beverages should be included on the menu. If the traditional beverage contains alcohol, this should be indicated. The ingredients of the beverages should also be mentioned.

7.2.9 Bottled drinking water shall be included on the menu.

8 Safety and security

8.1 Restaurants shall be equipped with appropriate fire safety facilities.

8.2 Illumination shall not alter the colour of the food.

8.3 Food safety and hygiene principles shall be followed.

NOTE These can include ISO 22000, Hazard Analysis Critical Control Point (HACCP) and CODEX Alimentarius Commission standards, principles and guidelines.

8.4 All staff in direct contact with food should have knowledge of the standards that ensure food safety.

8.5 When two or more people are seated at the same table, public tableware (e.g. knives, forks, spoons, chopsticks) should be provided.

8.6 There shall be preventive actions for the safety and security of guests.

EXAMPLE Considering safe distancing and safe services during the COVID-19 pandemic.

9 Management

9.1 The manager or their representative should always be present at the traditional restaurant during working hours.

9.2 If the manager has an office, this shall be made accessible to the guests under special circumstances.

9.3 The manager or their representative should always monitor the dining hall. Equipment such as closed-circuit television (CCTV) can be used for monitoring.

9.4 Guests should have access to a telephone if needed.

NOTE This can be achieved by assigning a telephone for guests in the main hall.

9.5 A first-aid kit shall be available in the traditional restaurant for emergencies.

9.6 The traditional restaurant shall have a guest satisfaction policy in place and establish a complaints and suggestions procedure to ensure that corrective action is taken.

NOTE ISO 10002 can be useful in this respect.

9.7 A sustainability policy, including social, environmental and economic aspects, should be considered by the management of the traditional restaurant. Objectives and goals for the sustainability policy should be defined.

10 Training

10.1 All staff shall be trained according to their role in the traditional restaurant. Training shall include at least the following:

- duties and responsibilities of the staff according to their role in the traditional restaurant;
- customer satisfaction;
- emergency situations and responses;
- safety of the food and beverages;
- quality of services, requirements and non-conformities;
- treating people with disabilities with the same respect and dignity as all other guests;
- specific training in specific situations.

EXAMPLE Training related to WHO protocols during the Covid-19 pandemic.

10.2 Training courses should support career development and gaining experience in using side tables and trolleys, cleaning tables, and serving food and beverages to guests in the traditional way.

10.3 Training in traditional customs and hospitality shall be provided to all relevant staff.

10.4 A periodic training programme shall also be planned for staff according to their duties and responsibilities.

Annex A (informative)

Examples of cuisines from different countries

A.1 General

Providing tourists with national cuisines in traditional restaurants in tourist destinations can be considered as a factor of quality in rendering services. Some cuisines are given in this annex as examples, including useful information for guests. Each country can prepare its own national cuisine and communicate this to its visitors.

A.2 Example 1: Iranian cuisine

A.2.1 General

Typical Iranian main dishes are combinations of rice with meat (e.g. lamb, chicken or fish), vegetables (e.g. onions, garlic, potato, tomato, carrot and various herbs) and nuts. Fresh green herbs are frequently used, along with fruits such as plums, pomegranates, quinces, prunes, apricots and raisins. Characteristic Iranian flavourings such as saffron, dried lime, cinnamon and parsley are mixed and used in some dishes.

A.2.2 Traditional table setting and etiquette

A traditional Iranian table setting involves a tablecloth, called a *sofre*, which is spread out over either a table or a rug. Main dishes are concentrated in the middle, surrounded by smaller dishes, including appetizers, condiments and side dishes, all of which are nearest to the diners. When the food is served, an invitation is made to sit at the *sofre* and start the meal. In addition to typical Iranian dishes, there are also regional dishes from specific areas such as Guilan, Azerbaijan, Mazendaran, Golestan, Kurdistan and Khorasan.

Mahyawa is a tangy sauce made from fermented fish in southern coastal regions of Iran, including Bushehr, Hormozgan and Khuzestan. In southern Khuzestan, there is also a variation of *kufte* known as *kibbeh*, which is made of ground meat, cracked wheat and various spices.

A.2.3 Typical cuisine

A.2.3.1 General

Staple foods: rice, bread, fruit and vegetables.

A.2.3.2 Main courses

- Kebab: baked beef, chicken, lamb or fish (*koobideh kebab*, *bakhtiari kebab*, *shishlik*, *kebab barg*, *kebab tabe*).
- Dizi: runny meal made from meat, grains and other ingredients (it has several types according to the ingredients).
- Ash: thick soup (sometimes served as a starter).
- Polow (*chelaw*), *kateh* and *dami*; different types of boiled rice mostly served with kebab or stew.

- Stew (khoresh): combination of ingredients such as meat or chicken and vegetables cooked together, mostly served with rice (e.g. ghorme sabzi, fesenjan, gheime).
- Koofteh (a ball made of rice with vegetables, split peas and meat).

A.2.3.3 Appetizers

- Eshkeneh: runny meal made from eggs and vegetables.
- Kashke bademjan: mixed kashk and aubergine with garlic and mint.
- Kotlet, shami, dolmeh, kookoo: egg-based Iranian dishes made of whipped eggs folded in various ingredients.
- Mirzaghasemi: mixed egg and baked aubergine with garlic and tomato.
- Dolmeh: mixed rice, vegetables, split peas (with or without meat), rolled in vine leaves or filled with aubergine, tomato or paprika.

A.2.3.4 Accompaniments

- Zeytoon parvardeh: olives mixed with pomegranate paste and mashed walnut.
- Torshi: pickled salad.
- Sirtorshi: garlic pickled with vinegar.
- Mastokhiar: mixture of yoghurt, cucumber and mint.
- Sabzi: fresh row vegetables.

A.2.3.5 Desserts

- Fereni: sweet rice pudding and milk, flavoured with rose water.
- Sholezard: saffron-rice-based dessert flavoured with rose water.
- Halva: wheat flour and butter flavoured with rose water.
- Bastani-e-zaferani: saffron ice cream.
- Falude: vermicelli mixed in a semi-frozen syrup of sugar and rose water.
- Masghati: a saffron starch-based jelly dessert.
- Shirberenj: a sweet rice pudding flavoured with milk, rose water and spices such as cinnamon (sometimes served with rose petal jam or concentrated grape juice, dushab).
- Ranginak: dates with nuts and wheat.
- Ruh Afza (Loz-e-Tabriz): a doughy mixture of almond powder, sugar and water with saffron in rhombic moulds.

A.2.3.6 Snacks

- Koluche: cookies, with major production in Fuman and Lahijan.
- Zoolbia bamie: deep-fried dough and yoghurt soaked in sugar syrup.
- Baqlava: pastry made of filo, nuts and sugar syrup.
- Ghotab/qotyab: pastry of almond- and walnut-filled crescents flavoured with cardamon, cinnamon and rose water.

- Sohan: saffron brittle candy with nuts.
- Nabat chubi: rock candy, commonly flavoured with saffron.

A.2.3.7 Drinks

A.2.3.7.1 Hot drinks

- Black tea.
- Green tea.
- Herbal tea.

A.2.3.7.2 Cold drinks

- Doogh: made from yoghurt mixed with water.
- Sekanjebin: syrup made from boiled vinegar and water with sugar or honey.
- Sharbat (different types): syrups made from different ingredients, such as citrus aurantium or chia.

A.3 Example 2: Korean cuisine

A.3.1 Main dishes

- Bap (rice), a staple of Korean food, is steamed rice. It can also include other grains. There are many kinds of bap depending on the ingredients, such as hainbap (white rice); japgokbap (rice with barley, millet and beans); byeolmibap (rice with vegetables, seafood and meat); and bibimbap (rice mixed with namul and beef).
- Juk (porridge) is a Korean dish that was developed in early times. It consists of grains simmered for a long time with five to seven times the volume of water. There are many varieties of juk depending on the ingredients. Juk is not only served as a main dish but can also be part of a special meal (e.g. served to patients and eaten for health benefits).
- Guksu (noodles) are made by kneading wheat flour or buckwheat flour and drawing the dough into long coils. Noodles helped develop the use of chopsticks in Korea.
- Mandu is a dumpling made of thin wheat flour wrappers stuffed with fillings then steamed or boiled in jangguk (soy sauce soup). It is a speciality of the northern area of Korea. Tteokguk (dumpling soup and sliced rice cake pasta soup) consists of diagonally sliced white rice cakes that are simmered in jangguk. It is served on the first day of the year.

A.3.2 Side dishes

- Guk (soup) is a soup of vegetables, seafood and/or meat boiled in plenty of water. Some varieties are malgeun-jangguk (clear soy sauce soup), tojanguk (soybean paste soup), gomguk (rich beef soup) and naengguk (chilled soup). The standard Korean table setting always has bap and guk. Guk has helped develop the use of spoons in Korea.
- Jjigae (stew) has less water, more solid ingredients and is saltier than soup. Varieties include malgeun-jjigae (clear jjigae) and tojang-jjigae (soybean paste jjigae).
- Jeongol (hot pot) started as a royal court food. It consists of meat, seafood, mushrooms and vegetables simmered in broth at the table just before serving for dinner or as a dish to accompany alcohol.
- Jjim (steamed dish) is a dish of main ingredients cooked with seasonings in deep water. It can be boiled with soup just above the solid ingredients or steamed.

- Seon (steamed or parboiled stuffed vegetables) means “good ingredients.” It is a dish of vegetables such as pumpkin, cucumber, eggplant and cabbage or tofu stuffed with beef, mushrooms or both that is steamed or parboiled in broth.
- Jorim (braised dish) is a cooking method to braise meat, seafood or vegetables with soy sauce or red pepper paste on a low heat. The ingredients are cooked for a long time to allow the flavours to seep in. It can have strong seasonings and can last a long time.
- Cho (janggwa) (seasoned and braised seafood) is a dish of boiled sea slugs, abalone and mussels with seasoning on a low heat. Starch liquid is added before boiling. The resulting soup is quite thick and glossy.
- Bokkeum (stir-fried dish) is a stir-fry of meat, seafood or vegetables. There are two types of bokkeum dishes: one is stir-fried in an oiled frying pan, the other is stir-fried with soy sauce and sugar.
- Gui (grilled dish) is a dish of meat, seafood or vegetables grilled as is or after seasoning.
- Jeon (pan-fried dish) is a dish of pan-fried meats, seafood or vegetables after they have been minced or sliced and coated with wheat flour and beaten egg. Jeok (brochette) is a dish of pan-fried ingredients after they have been seasoned and skewered.
- Hoe (raw fish or meat) is a dish of raw meat, fish or vegetables seasoned with vinegar soy sauce, vinegar red pepper paste or mustard. It can also be blanched in boiling water. Pyeonyuk (pressed meat) is a dish of pressed and sliced beef or pork. Jokpyeon (pressed trotters) is a dish of long-simmered ox head and ox feet that is solidified and sliced.
- Mareun-chan (dry side dish) is a dry side dish made of salted and seasoned meat, seafood and/or vegetables that can be stored for a long time. It can be enjoyed dried or fried.
- Jangajji (pickled vegetables) is a side dish of pickled vegetables, including Korean radish, cucumbers, bellflower roots and garlic in soy sauce, soybean paste or red pepper paste. It can be stored for a long time.
- Jeotgal (salt-fermented seafood) is a side dish of marinated shrimp, anchovies or clams with salt that is fermented. It is served as a side dish or used as a seasoning.
- Sukchae (parboiled vegetables) is a dish of parboiled vegetables. It can be mixed or fried with seasonings. Sukchae is a popular basic side dish in Korea.
- Saengchae (fresh salad) is a seasonal fresh salad dressed with vinegar soy sauce, red pepper paste or mustard. It is sweet and sour. This method of preparation is best for preserving the taste and most of the nutrition in the ingredients.
- Kimchi (seasoned and fermented vegetables) is a dish made by marinating Korean cabbage and Korean radish with salt, seasoning it with red pepper, garlic, green onion, ginger and salt-fermented seafood, mixing it thoroughly and letting it ferment. Kimchi is the quintessential side dish in Korea. It is a typical fermented and storable food.

A.3.3 Desserts

- Tteok (rice cake) is a dish made by steaming, frying or boiling rice powder or other grain powder after it has been sprinkled with water. It is served at ceremonies and on holidays.
- Hangwa (Korean cookies) are traditional Korean cookies. There are many varieties depending on the ingredients or recipes, such as yumilgwa, gangjeong, sanja, dasik, jeonggwa, suksilgwa, gwapyeon, yeotgangjeong and yeot.
- Eumcheong (beverage) is a non-alcoholic beverage.

A.4 Example 3: Mozambican cuisine

A.4.1 General

Mozambican cuisine is characterized by flavours such as lemon, garlic, chilli, coconut and cashews. Regional dishes depend heavily on seafood from the country's coast. Tropical fruits, such as mango, avocado and papaya, are easy to find.

The Inhambane and Zambezia regions are the largest producers of coconuts in the country and, consequently, both the milk – extracted from grated pulp, subjected to a marula fruit with warm water – and the pulp are ingredients widely used in gastronomy. Coconut-based recipes include Zambezian chicken and mucapata (a dish based on soroco beans, rice and coconut). In the Inhambane region, coconut pulp is also widely used in the preparation of some traditional sweets, such as katikalango, a homemade cake prepared from corn beans, onion and coconut, matortore, cassava cake and dessert dishes. Badjias [black-eyed peas with chilli pepper (piri-piri), parsley and garlic], cassava, sweet potato and bread are the basis of the typical Mozambican breakfast. Around the country there are also traditional leaves, tubers and vegetables which are the basis for the sauce accompanying rice or xima (white corn polenta), often prepared with coconut milk and crushed peanuts.

Fish and seafood occupy a prominent place in Mozambican cuisine. It is best to enjoy the natural flavour of squid, lobster, crab, shrimp, clams and fish by grilling over charcoal. All of them are served with a simple sauce made by combining lemon juice, chilli pepper (optional) and salt.

Most common traditional drinks are made using cashew fruit, marula, cassava, maphilua, mango and sugar cane.

A.4.2 Starters

- Cassava soup.
- Breaded prawns.
- Badjia (made with black eyed beans, can be eaten with bread).

A.4.3 Main dishes

- Matapa (mash the cassava leaves in a mortar).
- Mukapata (rice, coconut, green split peas).
- Chicoa (dried fish).
- Frango à Zambeziana (grilled chicken with coconut milk).
- Grilled shrimp.
- Coconut-papaya rice.

A.4.4 Dessert

- Malambe yoghurt.
- Sweet cassava.
- Mafura with sweet potato.

A.4.5 Salad

- Bean salad.
- Lettuce salad with chicken.