



COMFORT FOOD

ESLCONVERSATION.CA HANDOUT

LISTEN TO: [20 COMFORT FOODS FROM AROUND THE WORLD](#)

FILL IN THE MISSING INFORMATION

#	COUNTRY	DISH	FEATURES	MEMORY
1	South korea	Kimchi stew	Spicy, salty, fatty, sour	
2	Nigeria	Amala and okra soup		Sneaking into the kitchen as a toddler and stealing some
3	Trinidad-Tobago	Bake and saltfish	Dough and fish, salted cod, boiled and sauteed with sweet onions and tomatoes	
4	Haiti	Griot		When he was a child and there was a gathering that included griot it meant it would be a good night
5	Italy	Pastina		
6	United States	Grilled cheese	White or wheat bread and white American cheese	
7	Jamaica	Beef patties	It is diverse	



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8	Dominican Republic	Mangu		It reminds him of being in the Dominican Republic with the nice weather and the good vibe.
9	Guyana	Pepperpot		Reminds her of Christmas time
10	China	Congee	Rice porridge, many different types	
11	Mexico	Tamales		Her grandmother and her grandmother's sisters make tamales for Christmas eve
12	United Kingdom	Marmite on toast		When he was 3 he had an operation and for his first meal after the operation he asked for Marmite on toast
13	Thailand	Thai noodle soup	You can customize it	
14	Colombia	Arepas	Cornmeal patties, made with salt water and masarepa	



#	COUNTRY	DISH	FEATURES	MEMORY
15	Puerto Rico	Pastelas de yuca		Her mom and aunts sit and talk. It reminds her of her culture.
16	Armenia	Lahmajun		
17	Peru	Aji de galina		Reminds him of Peru
18	Pakistan	Aloo ki tarkari	It's a curry that is very "carby" (starchy-carbohydrates)	
19	Brazil	Feijoada		She grew up eating it
20	Egypt	Ful	Served hot, easy to make	

