Another yummy newsletter on food…. this is all about comfort foods from around the world.

Everyone has his own idea of what comfort foods are, depending on what you ate when you needed comfort as a child. For some, it’s chocolate chip cookies, for others it’s Campbell’s chicken and rice soup in a can. But most countries have their own particular “comfort food,” and while most are served year-round, they are most appreciated when it’s a blustery, cold winter’s day!

Let’s dive head first into **soups**! If you live in middle Tennessee (and even around the world), people know Demos’ Restaurants chicken soup. I really have to give a shout-out first to this soup. When I was a child, my father would make it with a lot of lemon, so when I go into Demos’ and get the soup now, I have to add lemon. And I’m immediately flooded with memories of this delicious comfort food!

In France, the soup that the country claims as her very own #1 comfort food is….du du du…you guessed it...French onion soup. Made with a beef broth and caramelized onions, topped with baked cheese and crusty bread, this soup is a must-have when in France.

Goulash is the go-to comfort food stew in Hungary. It’s made with seared beef, carrots, potatoes, and a root vegetable of some kind.

Japan’s comfort food, also served year long, is ramen. When most people think of ramen, they imagine the packets of dried noodles and a seasoning packet you can get for dirt cheap in the grocery store. But authentic ramen has meat in it, usually pork and if not pork meat, it’s usually pork-based broth, eggs, seaweed, cabbage and yes, noodles. You can get vegetarian ramen in Japan, but it’s rare.

In the Philippines, people turn to kare kare for comfort comfort. 😊 This is a hearty stew made with peanut sauce. Worth the trip to the Orient alone.

Ok, now we dove into soups, let’s jump out of the pot, wipe down and think about thick **pasta**.

In Greece, the main comfort food is moussaka, which is a Greek version of lasagna. There is a secret ingredient in it, ok Google makes every recipe non-secret, so I’ll just tell you. It’s cinnamon. It’s not overt, just enough to give you a warm feeling all over.

Pierogi are associated with comfort food in Eastern Europe, especially in Poland. They are boiled dumplings and stuffed with savory fillings, such as potatoes and cheeses, sauerkraut, or ground meat. They can also be stuffed with sweet fillings. They are pan-fried in butter and served with sour cream.

In Italy, pasta in general is a comfort food. Take a look at my last newsletter about food in Italy, and you’ll find yourself feeling comforted when you read the full description.

A nice segue from pasta and into **spicy** foods will be India. While Indian-style gnocchi and Maggi noodles (a street food) are comfort foods in the pasta family, India has plenty of others, such as stuffed peppers and chicken masala. Details about Indian foods will be in an upcoming newsletter.

Other countries with spicier flavored comfort foods are Cuba with picadillo and Mexico with chilaquiles. Picadillo is ground meat, tomatoes, raisins, olives, and spices. If you’ve never tried the mixture of a sweet raisin and a salty olive, you don’t know what you’re missing!

Chilaquiles, meaning “sauce of chiles” are crispy tortillas with salsa, crumbled cheese, and crema.

Now let’s talk about **hearty** foods. Except for soups, the others I just wrote about are hearty, too, but these are not spicy or pasta; instead, just good, old-fashioned foods, perfect for when you need some comfort.

In Austria, there’s the famous wiener schnitzel. This is a piece of pork, hammered out thinly, breaded, and fried. It often is served with potatoes. If you’re not into pork, you can get a chicken schnitzel; however, it’s not as common and honestly, not as good.

In Australia, sausage rolls are warm and comforting. These are similar to American pigs in a blanket.

In all of Great Britain, don’t forget the famous fish and chips. Chips means French fries. Fish & chips are normally served with squished up peas, which personally I don’t find comforting, and they’re not appealing looking, in my opinion. But a good piece of fish and chips makes up for the not-so-comforting peas.

Canadians enjoy the comfort food of poutine, which sounds like some entrails of a poor animal, but actually it’s French fries with gravy, lots of it, and cheese curds.

What about the United States? I consider three foods comfort food: mashed potatoes, macaroni and cheese with extra butter and grilled cheese with Campbell’s canned tomato soup. Is it any wonder I struggle with losing weight?

Finally, I can’t leave without mentioning Sweden and the delicious Swedish meatballs. These are usually served with a gravy and mashed potatoes on the side. Man, they’re ever so delicious!

I hope no one is needing comfort food right now, but when you do, refer to this newsletter and if you want to venture outside of any country where you currently reside, give me a shout and we’ll get you some delicious, authentic comfort food!