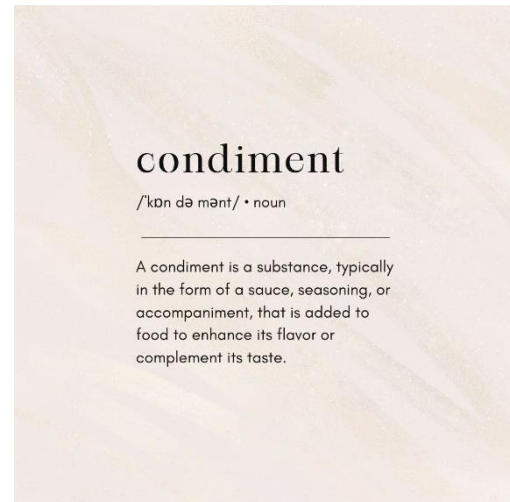


# Condiments



## Warm up

- What comes to mind when you think of condiments? How do they enhance your meals?
- Can you think of any condiments that you use regularly in your cooking or meals? How do you typically use them? Describe how the condiments contribute to the overall flavour.
- Are there any condiments that you really dislike?
- What role do condiments play in your country's cuisine? Are there any condiments that are particularly popular or significant?
- Have you ever tried any unusual or unique condiments from different cultures?



## 1. Discuss the following.



fermentation



umami



preservation

- What are some traditional methods of food preservation in your culture or region?
- Why do you think acidity is important in preserving foods like pickles or sauces?
- Can you describe a traditional condiment from your country that has a unique taste? How would you describe its flavour?
- What is fermentation, and how does it change the taste of food?
- What is umami, and how does it contribute to the flavour of dishes?
- Do you think people's taste preferences change over time? Why or why not?



2. Can you guess where these condiments come from?

1. Middle East (1000 BC) *hummus*
2. Japan (10th century) *wasabi*
3. Korea Ancient (1000 BC) *kimchi*
4. England (19th century) *Worcestershire*
5. Greece (19th century) *tzatziki*
6. Italy, Genoa (16th century) *Pesto*
7. France, Provence (19th century) *tapenade*
8. Argentina (19th century) *chimichurri*
9. China (206 BC) *soy sauce*
10. Italy, Modena (11th century) *balsamic*
11. Spain/France/Egypt (10th century) *aioli*
12. France (18th century) *mayonnaise*



hummus



tapenade



balsamic vinegar



aioli



kimchi



soy sauce



chimichurri



wasabi



pesto



tzatziki



Worcestershire sauce



mayonnaise

- Have you tried all of the condiments above? Do you like or dislike them?

## Reduced Relative Clauses

Reduced relative clauses are a way to add extra information about a noun in a shorter form. Instead of repeating words like 'that was' or 'which is,' a reduced relative clause often uses a verb form like a participle typically ending with '-ed' or '-ing'.

For example:

*Mayonnaise which was created in the 18th century is a staple in many cuisines.*

Reduced relative clause version: *Mayonnaise, created in the 18th century, is a staple in many cuisines.*

The paste that contains ground sesame seeds and is used in dishes like hummus and baba ganoush is tahini.

Reduced relative clause version: *Tahini, containing ground sesame seeds and used in dishes like hummus and Baba Ganoush, is a staple of Middle Eastern cuisine.*



### 3. Rewrite each sentence using a *reduced relative clause*. Keep the meaning of the original sentence intact.

1. The condiment that originated in China over 2,000 years ago is soy sauce.

*The condiment originating in China over 2,000 years ago is soy sauce.*

2. The sauce that is made from fermented vegetables, seasoned with chilli pepper, garlic, and ginger, is kimchi.

*The sauce made from fermented vegetables, seasoned with chilli pepper, garlic, and ginger, is kimchi.*

3. The dip that is made from strained yoghurt, cucumbers, garlic, salt, olive oil, and sometimes lemon juice is tzatziki.

*The dip made from strained yoghurt, cucumbers, garlic, salt, olive oil, and sometimes lemon juice is tzatziki.*

4. The condiment that was popularized by François de La Varenne, the chef of the French Duke de Richelieu, after the victory of Mahon in 1756 is mayonnaise.

*The condiment popularized by François de La Varenne, the chef of the French Duke de Richelieu, after the victory of Mahon in 1756 is mayonnaise.*

5. Wasabi is a traditional Japanese condiment that originates from the root of the Wasabia japonica plant and is known for its pungent flavour.

*Wasabi originating from the root of the Wasabia japonica plant and known for its pungent flavour, is a traditional Japanese condiment.*



4. You're about to watch a short video about ketchup. Before we begin, see if you can guess or answer the following questions correctly. You'll find the answers to these questions in the video.

- a) If you had to guess, where do you think ketchup comes from and how old is it?
- b) Can you name some of the ingredients commonly used in early tomato-based ketchup recipes?
- c) What percentage of American households do you think have ketchup in their kitchens today?



5. Watch the [video](#)<sup>1</sup> and answer the following questions.

1. Discuss the historical significance of fish sauce in the evolution of ketchup.

*Fish sauce, with its strong umami flavour, played a crucial role in the evolution of ketchup. Ancient civilizations like the Chinese and Greeks/Romans used fish sauce extensively in their cuisines, laying the foundation for the development of ketchup's taste profile.*



2. Compare and contrast the methods of ketchup production in ancient China and ancient Greece/Rome.

*In ancient China, ketchup production involved fermenting small fish with salt over several months to create a rich, salty liquid. In contrast, ancient Greece/Rome also utilized fish sauce, known as garum, but their methods involved building fish sauce factories throughout the Mediterranean to produce this condiment on a larger scale.*

3. What were some of the unexpected dishes that ketchup was added to during the 18th century?

*During the 18th century, ketchup was added to unexpected dishes like stews, vegetables, and even desserts, showcasing its versatility as a condiment.*

4. Why was early ketchup different from the modern-day tomato-based ketchup we are familiar with?

*Early ketchup differed from modern tomato-based ketchup as it didn't contain tomatoes. Instead, it was a sweet and savoury brown sauce made from ingredients like fish, oysters, anchovies, mushrooms, and walnuts.*

5. How did the introduction of tomato-based ketchup by James Mease change the course of ketchup's history, and what changes were made to the recipe of tomato ketchup in the 1870s?

<sup>1</sup> [One of the world's oldest condiments - Dan Kwartler - YouTube](#)

*The introduction of tomato-based ketchup by James Mease revolutionized its history by tapping into the popularity of tomatoes in American cuisine. The recipe changes in the 1870s included replacing shallots and brandy with sugar, salt, and sodium benzoate as preservatives.*

6. What role did Henry J. Heinz play in the modernization and popularization of ketchup?

*Henry J. Heinz played a pivotal role in modernizing and popularizing ketchup by replacing questionable preservatives with healthier, natural ingredients like ripe tomatoes and vinegar. His company, Heinz, became synonymous with high-quality ketchup.*

7. Do you think the transformation of fish sauce into ketchup was a positive or negative development? Why?

*The transformation of fish sauce into ketchup can be viewed as both positive and negative. While it introduced a new flavour profile and expanded culinary possibilities, it also marked a departure from traditional methods of food preservation and flavouring.*

1. Why do you think ketchup became such a popular condiment in American cuisine during the 20th century, and do you believe its widespread adoption reflects cultural influence, marketing success, or a combination of both? Explain your reasoning.

*Ketchup's widespread adoption in American cuisine during the 20th century reflects a combination of cultural influence and marketing success. Its versatility, convenience, and ability to complement various dishes made it a staple condiment in American households, further solidified by effective marketing campaigns by companies like Heinz.*