

What people eat for dinner around the world

While many people claim that breakfast is the most important meal of the day in terms of nutrition, many others around the world think that dinner is the most important meal of the day in terms of spending time with their beloved ones. It is the time when families and friends get together to celebrate or simply to share their experiences. Here is a selection of the traditional meals that people eat for dinner all over the world.

CHINA



When a group dines together many dishes are served at once and eaten from a small plate. With eight major regional cuisines in China, what is served can vary wildly. Dishes can include Peking duck, Xiao Long Bao dumplings, Chow Fun noodles consisting of seafood or meat, Hong Kong-style bundles of minced shrimp and egg noodles served in a wonton broth, or a fondue-like hot pot. Dishes are served with lashing of soy sauces, vinegar, or hot pepper oil.

CHINA



Meat and potatoes of various styles dominate dinner plates in the US: be it hamburger and chips, fried chicken with mash potatoes, or steak with baked potatoes.

ITALY



Italy is known for its myriad types of pasta and pizza, but dishes of meat, vegetables and fish are also enjoyed as the chief component of main meals.

A traditional Italian meal consists of a small antipasto starter; a first course of pasta, soup, rice or polenta; followed by the second main course alongside a platter of vegetables, known as the contorno.

JAMAICA



The food in Jamaica mixes flavours from Spain, the UK, Africa, India and China. Rice is a staple in Jamaica, and is often served with peas. Ackee and saltfish is also a popular meal – both for dinner and breakfast – and is devoured with rice and peas, bread, dumplings, friend plantain or boiled green bananas. Meats – the most popular being pork and chicken – are often seasoned with sweet-yet-hot jerk spices.

RUSIA



Lunch is the main meal in Russia, and dinner is therefore the second largest meal of the day. Typically, a Russian dinner will consist of a few appetizers and hot main dishes comprised of potatoes, meat or fish. Draniki, a potato dish, meat balls covered with pastry known as pelemy, and Zharkoye, steamed meat with vegetables, are firm favorites.