

Cultural Foods / Food and Culture

Ethnic Restaurant Assignment

Assignment Description

The purpose of this assignment is to introduce you to a new cultural food experience. As part of the assignment you will visit an ethnic restaurant serving food of a culture that you have never experienced before.

Traditionally for this assignment you would visit an ethnic food restaurant of a culture that you have never experienced before.

Given the limitations of this during the COVID-19 pandemic we are going to do a modified “online” experience exploring an ethnic food restaurant of your choice.

For this assignment you will need to:

- Pick a food culture whose restaurant you have never eaten at or cuisine you have never tried
 - You can search the list at the end of this assignment or use your book for food culture inspiration
- Identify which food culture you are exploring and then search online for videos, articles, images of that food culture and what their restaurant or dining experience appears to be like
 - Example, search YouTube for “Ethiopian restaurant”
 - You can explore an ethnic restaurant based in the US or the store in its country or area of origin
 - You can also choose to reflect on a home-based meal experience of a new food culture instead of commercial restaurant if you prefer
- Find at least 3 resources you include in your review and include them in your reflection paper writeup

If you have eaten Mexican food before...you can't review a Mexican restaurant. If you have had sushi before...you can't review a sushi restaurant. Please use this assignment as an opportunity to expand your cultural foods horizons and to patronize some of the vast variety of ethnic food offerings our region has to showcase.

Alternatively, if you can find an ethnic restaurant of a new food culture that is open and in line with your current comfort level of dining, you are welcome to complete this assignment by eating at the new food culture's restaurant. In pre-COVID times this was the requirement of this assignment and in lieu of references please include a screenshot or photo of your receipt to prove your attendance.

Deliverables

For this experience you will need to write a two-to-three page paper reflecting on how this experience enhanced your awareness of the interconnectedness and diversity of the food culture.

All papers must be word-processed, double-spaced, Times New Roman and 10-12 point size font with one-inch margins. You will upload your paper to Blackboard. The assignment is worth 10 points.

You need to include your 3 references cited in your paper using either MLA or APA citation style.

Grading Rubric

This assignment is worth 10 points:

- 8 points for style and content
- 2 points for appropriate punctuation and grammar

All papers must be submitted in either .doc, .docx or .pdf formats to be graded.

Due Date

Please see the course syllabus for the due date and time. Note that no late work will be accepted and there is no partial credit given.

...see next page for reflection questions and ethnic restaurant directory.

Questions and Inclusions to Consider for Your Reflection Paper

- Name and address of the restaurant, what neighborhood is it in?
- What ethnic group or country(ies) is/are represented?
- Describe the setting: booth, tables, pictures, shrines, carpet, type of floor, bar, smell, lighting?
- What was at your table: condiments, paper or cloth linens, describe items, colors?
- Look at the menu and decipher it: are items a la carte, vegetarian, alcoholic, family-style?
- Talk to the staff: what do they recommend, what is house or nationality specialty? Did you get what was recommended? Why or why not? Could you see the people prepare the food?
- Your opinion of the food: did you like what you ordered? What were the flavors you could identify? Did you share with others? Was it what you would consider to be a good value?
- Impressions on food safety: any hygiene or sanitation concerns? Similar to or different from other places where you usually dine?
- Include anything else about your experience that you want to report.
- Why did you choose this restaurant? Who did you go with? Would you go back, why or why not?
- What did you learn from this experience?

Ethnic Restaurant Directory

The following page contains a sampling of some ethnic restaurants located around San Diego County that you might consider visiting.

You do not have to go to a restaurant on this list - you can also visit a different restaurant not listed here if you so choose. Please note that many of these restaurants are small and family owned. They may not still be in business or may have moved. They also very likely do not have websites – so consider calling first to confirm if they are still in operation, hours, location, etc.

If you have a good restaurant suggestion to add to this list please email the instructor with the info.

See next page for restaurant directory in San Diego and happy dining!

Northern & Southern & Central Europeans, Scandinavians and People of the Former Soviet Union
Café Chloe (French) 721 9 th Ave. SD 92101 (619) 232-3242 www.cafechloe.com
French Gourmet, Inc. 960 Turquoise St. SD 92109 (858) 488-1725 www.thefrenchgourmet.com
Kaiserhof (German) 2253 Sunset Cliffs Blvd. SD 92127 (619) 224-0606 www.kaiserhofrestaurant.com
Pomegranate Russian-Georgian 2302 El Cajon Blvd SD 92104 (619) 297-4007 www.russiangeorgianfood.homestead.com
Restaurant Petrushka (E. European) 2312 El Cajon Blvd SD 92104 www.petrushka.homestead.com
The Place (Jewish restaurant) 6499 El Cajon Blvd. SD 92115 www.sandiegokosher.com
Tip Top Meats Restaurant 6119 Paseo del Norte Carlsbad 92009 (760) 438-2620 www.tiptopmeats.com
Africa
Awash Restaurant 2884 El Cajon Blvd. SD 92104 (619) 282-8280
Flavors of E. Africa 2322 El Cajon Blvd. SD 92104 (619) 905-0568 www.flavorsofeastafrica.com
Kous Kous (Moroccan) 3940 4 th Ave., #110 SD 92103 (619) 295-5560 www.kouskousrestaurant.com
Muzita Abyssinian Bistro (Ethiopian) 4651 Park Blvd. SD 92116 (619) 546-7900 www.muzita.com
Balkans and the Middle East
Alforon (Mediterranean Lebanese) 5965 El Cajon Blvd. SD 92115 (619) 269-9904 www.alforon.com
Ali Baba Restaurant (Arabic) 421 East Main Street El Cajon CA 92020 (619) 442-3622
Sufi Mediterranean Restaurant (Persian) 5911 Balboa Avenue San Diego CA 92111 (858) 278-7770 www.sufisd.com
Bandar Restaurant (Persian) 845 4 th Avenue San Diego CA 92101 (619) 238-0101 www.bandarrestaurant.com
Vine Ripe Market (Persian) 8191 Fletcher Pkwy La Mesa 91942 (619) 462-9900 www.vineripefarmersmarket.com
Sadaf Restaurant (Persian) 828 5 th Ave. SD 92101 (619) 338-0008 www.sadafrestaurants.com/index.htm
Mexico and Central America
Brazil by the Bay 2676 Kurtz St. SD 92107 (619) 692-1410 www.brazilbythebay.com
Costa Brava (Spanish) 1653 Garnet Ave. SD 92109 (858) 273-1218 www.costabravasd.com
Ponce's Mexican Restaurant 4050 Adams Ave. SD 92116 (619) 282-4413 www.poncesrestaurant.com
Rana's Mexico City Cuisine 9683 Campo Rd., Ste A Spring Valley 91977 (619) 589-1792 www.ranasrestaurant.com
Rei do Gado Brazilian Steak House 939 4 th Ave. SD 92101 (619) 702-8464 www.reidogado.net
Tacos El Gordo De Tijuana - 689 H Street Chula Vista CA 91910 (619) 691-8848
Casa De Pico - 5500 Grossmont Center Drive La Mesa CA 91942 (619) 463-3267 www.casadepico.com
South, East, and Southeast Asian/Pacific Islanders
Amarin Thai 3843 Richmond St. SD 92103 (619) 296-6056 www.amarinthaisandiego.com
Seafood City 8955 Mira Mesa Blvd. Mira Mesa CA 92126 (858) 549-0200 www.seafoodcity.com
Do Re Mi House (Korean) 8199 Clairemont Mesa Blvd., Ste M SD 92111 (858) 565-2085
Dumpling Inn (Chinese) 4619 Convoy St. SD 92111(858) 268-9638
Lucky Seafood (Vietnamese restaurant inside) 9326 Mira Mesa Blvd. SD 92126 (858) 586-7979 www.luckyseafoodsupermarket.com
Himalayan Cuisine (Nepal) 7918 El Cajon Blvd. #P La Mesa 91941 (619) 461-2503 www.himalayancuisine1.com
Santouka Ramen (Japanese, cash only, in Mitsuwa Marketplace) 4240 Kearny Mesa Rd., #119 SD 92111 (858) 569-6699 www.santouka.co.jp/en/index.html
Sushi Ota (Japanese) 4529 Mission Bay Dr. SD 92109 (858) 270-5670
Caribbean
Andres Restaurant (Cuban) 1235 Morena Blvd. SD 92110 (619) 275-4114 www.andresrestaurant.com
Caribbean Taste 6171 Imperial Ave. SD 92114 (619) 795-1772
Island Spice Jamaican Restaurant 2820 Market St. SD 92102 (619) 702-9309 www.islandspicejamaicanrestaurant.com
Laylah's Patties & Jerk (Jamaican) 5712 El Cajon Blvd. SD 92115 (619) 241-2948 www.laylahsjamaicanrestaurant.com
Tropical Star Restaurant (Puerto Rican) 6163 Balboa Ave. SD 92111 (858) 874-7827