

Flavour Fest

FOOD FOR THOUGHT: FUN FOOD FACTS



Here are some fun food facts to tickle your taste buds and quench that thirst for knowledge!

1. Did you know that Russia only declared beer as an alcoholic drink in 2011? Any beer or alcoholic beverage under 10% ABV was classed as a 'soft drink'.
2. Bananas are berries but strawberries are not! This is a fact often only known by botanists; bananas, kiwis and even cucumber are classed as berries but strawberries, raspberries and blackberries aren't!
3. Chilli Peppers are hot because of a chemical compound in them called 'capaicin', which tricks your sensory nerves causing you to feel like your mouth is being burned.
4. Cucumber is made up of 96% water and is therefore one of the most hydrating foods you can eat. It also contains electrolytes which are minerals that help the body to restore what it may have lost through dehydration.
5. Chocolate was once used as currency! The Aztecs in Mexico (in the 14th, 15th & 16th century) used the cocoa bean as a system of money.
6. Lobsters and Oysters (amongst some of the most expensive foods today) were once working class foods. Lobsters were considered insects of the sea and were simply thrown back in or given to the servants. There used to be a law against giving a prisoner too many oysters as it was considered cruel.
7. If you put lemons and limes in water, lemons will float but limes will sink! This is because although lemons are bigger they actually have the same density as water (0.99) as well as having tiny air pockets on their surface which help them float. Limes being denser than water, naturally sink.
8. It's very difficult if not impossible to overcook mushrooms! There is a special polymer in the walls of the mushroom that ensure a tender taste, so if you do manage to overcook them, apparently you must be a very bad cook!

