

"GỎI" - AN INDIGENOUS FOOD IN THANH HÓA AND THE INTERACTION WITH SOUTHEAST ASIAN COUNTRIES

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Abstract: Thanh Hóa has coastal areas, plains, midlands and high mountains. It has 102km of coastline and numerous small islands offshore. For many generations, the sea is the living environment, providing abundant and nutritious food sources for people in this place.

Living with the sea, exploiting and enjoying the marine products brought by the sea, Thanh Hóa people love a specialty called "Gỏi" - one kind of indigenous salad.

"Gỏi" is made from raw and fresh seafood (fish, shrimp, squid, oysters, etc.). It can be directly eaten right after catching, or after preliminary processing, marinated with natural spices, mixing with local herbs and can be served with an indigenous alcoholic beverage which is distilled from fermented rice. Some famous seafood salads in Thanh Hóa must be mentioned are Gỏi Nhệch (Nga Sơn), Gỏi Cá Mềm (Tĩnh Gia), Gỏi Cá ngừ (Tuna Salad) (Hậu Lộc), Gỏi Cá trích (Herring salad) (Sầm Sơn), Gỏi Tôm (Shrimp salad) (Quảng Xương), raw oyster, octopus (Hoàng Hóa), etc.

"Gỏi" - a culinary specialty with unique characteristics of coastal residents in Thanh Hóa is also one of the favorite dishes of Chinese and Southeast Asian people. For example, drunken shrimp is one of the most popular way to eat raw shrimp in Chinese cuisine. Shrimp is soaked in liquor to be eaten alive and keep the fresh taste. In other Southeast Asian countries, raw tuna salad (Philippines), Thai shrimp salad or sashimi all use raw ingredients: whole raw shrimp dipped with mustard, fillet cut fish when still alive, heart is still beating and mouth is still gasping, etc.)

Through cuisine, "Gỏi" shows the similarities and differences not only in the way of raw consumption, but also in the usage of spices, sauces and side dishes. By that, it reflects the cross-cultural interaction of cuisine between Thanh Hóa and Chinese coastal inhabitants and Southeast Asian countries.

Key word: Gỏi, indigenous, interaction, food, Thanh Hóa.