What is ethnic food?

Today, many people in developed countries tend to eat for pleasure rather than for survival. Therefore, whatever they eat, they want to consume foods that have a story behind them, especially when they are also good for the body. As a result, there is an increased interest in slow food. However, without understanding ethnic food and its origins, including the people, culture, and region from which it comes, it is difficult to talk about slow food in greater depth.

In a narrow sense, ethnic foods are defined as foods originating from a heritage and culture of an ethnic group who use their knowledge of local ingredients of plants and/or animal sources. To illustrate, Hindu food from India, Maori food from New Zealand, and Masai food from Kenya are all considered ethnic foods. However, the term ethnic food is ambiguous. Thus, in a broader sense, ethnic food can be defined as an ethnic group's or a country's cuisine that is culturally and socially accepted by consumers outside of the respective ethnic group. For example, Greek food, Indian food, Italian food, Thai food, and Korean food are all considered ethnic food outside of their own countries. Furthermore, foods eaten by people of different religions are also considered ethnic food. For example, traditional Buddhist cuisine, Christian cuisine, and Muslim cuisine are also included in the category of ethnic food. At JEF, our goal is to discover and share each country's ethnic food. Therefore, we propose to define ethnic food not only in a narrow sense, but also in a broader sense. We wish for our journal to function as a place where different ethnic foods can be introduced, and to offer a forum where scientific research, history, and culture can be discussed.

People from various countries are eager to introduce their own ethnic food to people from around the world. This usually begins with preparing the food and ends with eating it. Although each country's food has its own story, including its history and its nutritional benefits, there is a lack of information about ethnic food because of scant research being conducted in this area. Therefore, JEF endeavors to provide a place where fundamental questions about ethnic foods can be answered. People should consider JEF as a space where they can discover the basic constituents needed to contribute to the development of the food industry in their respective countries. It can also function as a place to conduct scientific research and to report how ethnic food can play an important role in modern society. In today's world, there cannot be mutual understanding if there is no scientific explanation to support the communication of ideas. At the same time, we want to filter out the unscientific components of ethnic food and contribute in such a way that truth and knowledge can proliferate.

Again, based on the fact that the world is focusing more on ethnic food, today we have the capacity to achieve better understanding of cultural differences, history, and food, and ultimately each other. We at JEF aim to contribute to healthy lifestyles, economic development, and world peace and harmony. Furthermore, we hope that countries will put more time and effort into expanding research and development of their ethnic foods so that more people around the world can not only become aware of their special cuisines, but also experience them.

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