

Multiculturalism in Australia: The world on a plate

Migration policy may be a current political issue, but most Australians agree that cultural diversity has enriched our culinary offering, and enhanced city culture.

Overall, 1 in 4 Australians were born overseas, and 46% of Australian households are home to families where at least one parent was born overseas. This means all of our major cities are culturally diverse, allowing keen foodies and culture vultures to travel the world in a day

While each state has a smorgasbord of choice, below is our itinerary to eating your way around Australia's largest city (Sydney), travelling through 6 countries and 4 continents, in just one day.

Breakfast in Cabramatta

Our food tour begins in with breakfast at Cabramatta, where the markets and food choices of John Street and Hill Street are as rich as anywhere in South East Asia. Pho is a famous Vietnamese dish, traditionally had for breakfast, so if you are a noodle lover, this is the ideal place to start your day!

Coffee in Leichardt

Leichardt has been the undisputed Italian hub of Sydney since the 1950s, making it the perfect pit-stop for a morning coffee and pastry in Italian Forum. With Bar Italia one of Sydney's best traditional Italian haunts, you could enjoy a cappuccino in its famous courtyard.

Lunch in Harris Park

Harris Park is NSW's largest Indian precinct, making it the perfect spot to have a thali lunch in the little India of Wigram Street. There are more than 20 Indian restaurants in this bustling precinct, so go along, follow the crowds, and try to increase your tolerance to chilli.

FroYo in Eastwood

With South Korea one of the biggest global exporters of pop-culture, frozen yogurt, Korea-style, has certainly found its place in Rowe Street. Fondly known as the Korean side of the train-tracks, there are several options to choose from, each playing K-Pop music at a higher decibel than the last! Try not to get overboard on the toppings though- FroYo is priced by weight.

Dinner in Blacktown

Blacktown is one of Sydney's most diverse cultural areas, with nearly 55% of households home to families with both parents born overseas. In particular, Blacktown is the best location to have an experience of Sudanese food and culture. One popular dish, Elmaraara, is made of sheep offal (such as the lungs, liver and stomach) combined with onions and peanut butter! It's certainly one for the adventurous.

Dessert in Lakemba

Lakemba is also one of Sydney's most diverse suburbs, with 88.5% of residents indicating both their parents were born overseas. Lebanese culture is one of the most celebrated in this area, with 1 in 10 (10%) of residents indicating a Lebanese ancestry. With baklava a dessert popular around this part of town, it's the ideal place to sate a sweet tooth and finish off the day.

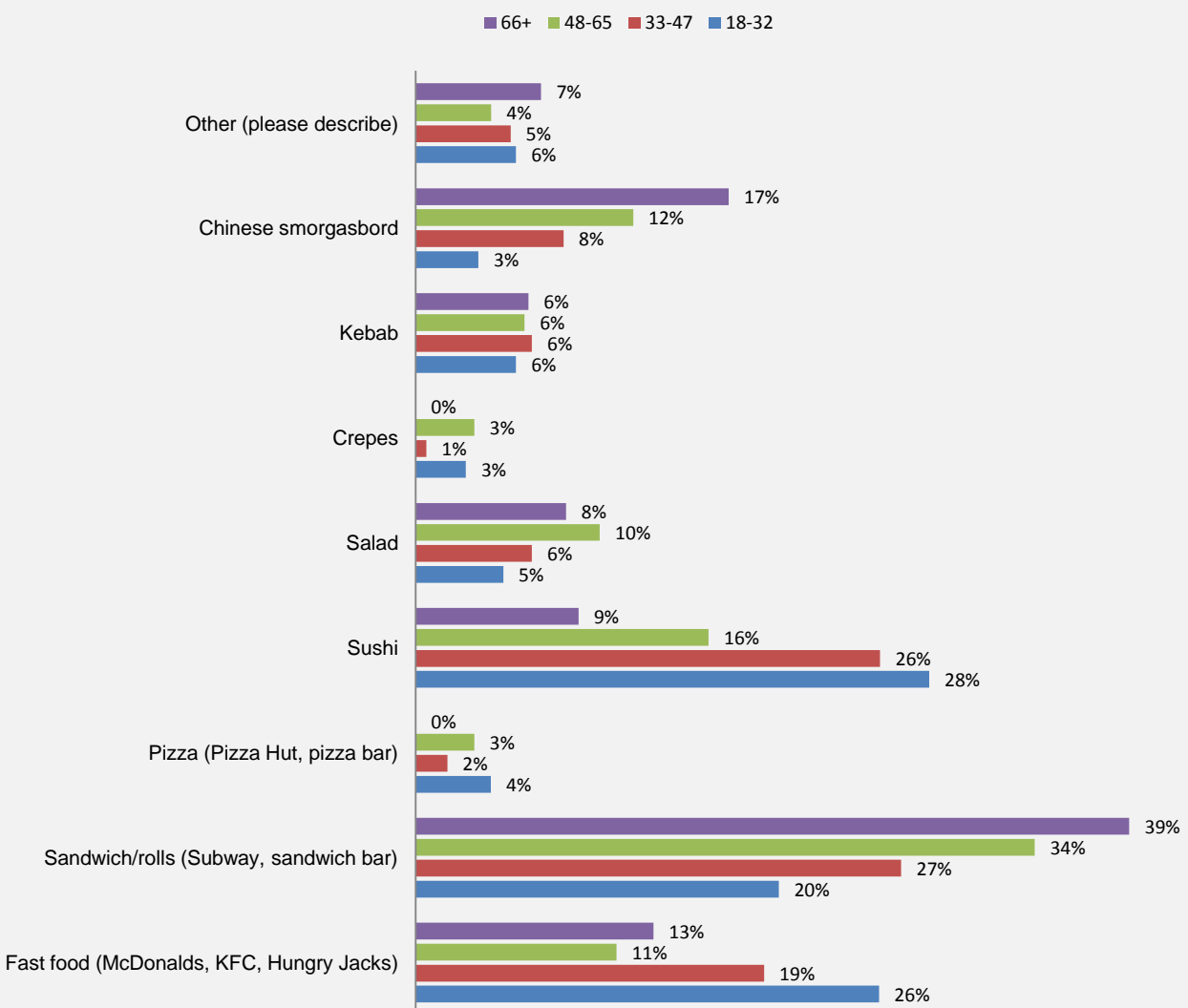
Multiculturalism via Foodcourt

If restaurant-hopping isn't your thing, you could always try the food court of any local shopping outlet. Food courts these days are a smorgasbord of global choice, with every continent, nationality and culture well represented. From sushi and noodles, to crepes and burritos, there is a taste for everyone.

McCrindle Research recently surveyed 715 Australians on what they would purchase for lunch at a food court, with respondents yielding some interesting social insights.

While Gen Y and Xes were the most likely to purchase sushi, or fast food, the older generations were more likely to select a Chinese dish or a salad. However, as a whole, the diversity in what Australians are choosing for lunch highlights a nation with sophisticated dining tastes. Whether young or old, we are experimenting with our eating options.

If you were at a food court and had the choice of buying one of the following for your own lunch, which would you usually purchase?



About this study: This research was conducted by McCrindle Research through a national study of Australians which received 715 responses (see over for full analysis). For comment, please contact Mark McCrindle on 0411 5000 90 or Francesca Dalton (02 8824 3422, francesca@mccrindle.com.au)

Other references: Australian Bureau of Statistics Census data (2011).

t: +61 2 8824 3422 f: +61 2 8824 3566 e: info@mccrindle.com.au w: mccrindle.com.au

a: Suite A39 Level 4, 24-32 Lexington Drive, Bella Vista. NSW 2153 Australia ACN: 105 510 772 ABN: 99 105 510 772