

Casu marzu

The name casu marzu means rotten cheese. It is made from sheep's milk and contains live maggots. The maggots help the cheese to decompose, which makes it soft. Casa marzu is made on the island of Sardinia, Italy, and is eaten at celebrations and weddings.



Haggis

Haggis is a popular savoury pudding originating from Scotland. It is made with oats, suet, vegetables and meat wrapped in a sheep's stomach. Haggis is a traditional dish served at celebrations and feasts, such as the Burns Night supper in January. Robert Burns was a famous Scottish poet and his poem *Address to a haggis* is read when the haggis is served.



Deep-fried tarantula

Deep-fried tarantula is a delicacy eaten in Cambodia. During the rainy season, the numbers of tarantulas increase. They are hunted, then coated with batter, sugar and salt before being deep-fried. The crunchy snack is enjoyed by many people and is a useful source of protein.



Lutefisk

Lutefisk, or lyefish, is a dried and salted white fish dish from Scandinavian countries such as Norway. White fish is dried then soaked in a strong chemical called lye for several days. This process helps to preserve the fish so it can be eaten a long time after it has been caught. Although it can have a strong odour, lutefisk has a mild flavour and is enjoyed in many restaurants.



Raw blood soup

Raw blood soup is popular in Vietnam. It is made from the blood of pigs, geese or ducks, with added peanuts, herbs and spices. The soup is traditionally enjoyed at breakfast and is a good source of protein and iron.



Escargot

Escargot are cooked land snails. It is a very popular dish in France and is enjoyed across Europe. The snails are farmed and then boiled in their shells in stock, wine or water. Escargot are traditionally eaten with little snail forks, used to pick out the meat. They are often served with a dip, such as garlic butter.



Durian

Durian is a fruit grown in south-east Asian countries, such as Malaysia. It has a strong smell that some people compare to sweaty socks! However, the fruit is said to be very tasty and is popular across the world. Durians contain lots of vitamins and can be used in sweet or savoury dishes.



Escamoles

Escamoles are the edible larvae and pupae of ants. They are eaten in Mexico and were first enjoyed by the ancient Aztecs as a delicacy. Escamoles are harvested from the roots of certain plants and then lightly cooked until they turn pale. Many people eat this protein-rich food wrapped inside corn tortillas.

