

Published based on [6 of the strangest food rituals from around the world](#)

# **6 of the strangest food rituals from around the world**

*Discover these weird and wonderful food conventions from different world cultures.*

Travelling gives you a chance to explore new cultures, gather new experiences and see the world. Each people have their own eating habits, beliefs and rituals, some of which are pretty weird you have been warned!

### **Blood Drinking in Kenya**

In the West cows are used primarily for producing either beef or milk. Travellers would drink the blood of cows in order to help them cross miles of desert when food and water was scarce.. Drinking the blood of cows historically helped travellers cross vast tracts of desert when water and food was in short supply. In places like Kenya, the Masai (also named Maasai) warriors still follow of the ritual of blood drinking, as a delicacy mixed with milk or directly from the veins of the beasts.

### **Phuket Vegetarian Festival in Thailand**

The Vegetarian Festival on the island of [Phuket](#) occurs each year with locals abstaining from meat and observing holy rituals to bring luck for the rest of the year. Displays such as inserting bladed objects into the cheeks and walking over hot coals are done as part of the spiritual cleansing.. Not for the faint of heart.

### **Eating Deadly Fish in Japan**

The Japanese pufferfish, or fugu, is one of the most poisonous foods in the world. Japanese chefs train for years to prepare the fish properly in order to remove the deadly tetrodotoxin, for which there is no known antidote. However, chefs aspire to leave just enough toxin in the fish to leave a tingling sensation in the mouth, whilst not enough to kill a person. An acquired taste for sure.

### **Burping in Egypt**

Whilst belching in most of the Western world is considered rude and ill-mannered, burping in Egypt is the highest compliment a guest can pay to remark on the quality of the food prepared before them. When taking a [holiday to Egypt](#), be sure to gulp down plenty of cola or other fizzy drinks to show your full appreciation for the meal.

## **Meditate with Magic Mushrooms in Siberia**

The Koryak people of [Siberia](#) have an unusual custom of combining hallucinogenic mushrooms with urine as part of a religious ritual which allows them to meditate and communicate with the spirits. The mushrooms are ingested as a ceremonial entheogen, and tribesmen will drink their own urine to sustain the intoxicating effects of the poisonous fungi.

## **Clearing Your Plate in China**

Always leave a little bit of rice at the end of a meal, just to show that you are full but that you have enjoyed it.. Doing so is an indication that the host has not provided you with enough food to eat. To avoid such embarrassments, always leave some rice at the end of the meal to indicate that you have enjoyed your meal, but that you are indeed full.

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