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SPICE IS THE VARIETY OF LIFE

If you think that spice is the variety of life and love American cuisine in its many forms, *ABC Food America* is the product for you.

ABC Food America contains recipes in all course categories (appetizers, soups, salads, breads, main courses, side dishes, desserts, snacks, and beverages) for six US regions, all 50 states, and 33 ethnic cuisines.

ABC Food America also covers food culture for the above regions, states, and ethnic cuisines with articles such as Classic Dishes, State Foods, Top Agricultural Products, Special Occasion Foods, Ethnic and Geographic Influences, Special Ingredients, and Food Trivia.

FEATURES

- 6 US Regions
- 9,000+ Food Photos
- 650+ Ingredient Articles
- 800+ Food Glossary Terms
- 50 US States
- 1,700+ Food Quotes
- How to Make Food Videos
- Personal Recipe Book
- 33 Ethnic Cuisines
- 2,500+ Recipes
- 600+ Food Culture Articles
- Share and Print Options

BENEFITS

- Libraries benefit from *ABC Food America's* relevance and appeal to diverse library populations.
- Students use *ABC Food America* to find information on food culture and recipes for report writing.
- Members of cooking clubs have access to classic recipes for every region, state, and ethnic cuisine.
- Culinary schools use *ABC Food America* as a research tool for both recipes and food culture.

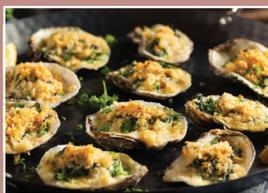
ABC Food America is mobile friendly, automatically adapting to the screen size of any desktop, laptop, tablet, or smartphone.



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STATE & REGIONAL
CUISINE



ETHNIC CUISINE



RECIPES



INGREDIENTS



HISTORICAL



Recipes by State, Region, & Ethnic Group

2,500+ Recipes

- Recipe in cultural context
- Recipe and ingredient photos
- Prep and cooking time
- Ingredients, including article links
- Directions
- Share and print options
- Personal recipe book



- > Cuisine Overview
- > Classic Dishes
- > State Foods
- > Top Agricultural Products
- > Farmers Markets
- > Did You Know?
- > Beverages

Chicken Pot Pie

Pot pies originate in Greece, where various fillings were cooked in open pastry shells. The Romans added a top crust, making the dish into today's recognizable version. A pie featuring robins was popular in the United States in the 1800s, but it's chicken pot pie that is now a classic American dish.

Recipe Servings: 4



Chicken Pot Pie

| | | | | |
|---|---|---|---|---|
| Prep Time | + | Cook Time | = | Total Time |
|  | |  | |  |
| 25 minutes | | 40 minutes | | 1 hour 5 minutes |



Pie Crust

- Vegetarian 
 Vegan 
 Gluten Free 
 Dairy Free 
 Kosher 
 Halal 

 SHARE  PRINT

Ingredients

Crust:

- 3 cups all-purpose flour, plus a bit to dust pan
- 2 tsp salt, fine
- 14 Tbsp (1 1/4 sticks) butter, chilled
- 1/2 cup water, ice cold

Filling:

- 1/2 cup butter
- 1/2 cup chopped onion
- 1/2 cup all-purpose flour
- 1/2 tsp salt
- 1/4 tsp ground black pepper
- 1 1/4 cups chicken broth
- 1/2 cup milk
- 2 1/2 cups shredded, cooked chicken
- 2 cups frozen mixed vegetables, thawed

Directions



- > Cuisine Overview
- > Classic Dishes
- > State Foods
- > Top Agricultural Products
- > Farmers Markets
- > Did You Know?
- > Beverages
- > Craft Beers
- > Recipes
- > Appetizers
- > Soups
- > Salads
- > Breads
- > Main Courses
- > Side Dishes
- > Desserts
- > Snacks

Recipes: Main Courses

| | | | |
|---|--|--|--|
|  Chicken's popularity in America began in... |  The word barbacoa originally referred to the... |  Tangy barbecue sauce and tender chicken... |  Also called barbacoa de cabeza, this... |
|  Barbecuing meat over a "low and slow" hot... |  There are lots of legends about how the... |  When the English colonized what is now the... |  Commonly referred to as buffalo, the species... |
|  Burritos originate in |  The breakfast burrito is said |  A staple dish in the Mexican |  |



Food Culture by State, Region, & Ethnic Group

300+ Food Culture Articles



Special Occasion Foods

Halloween

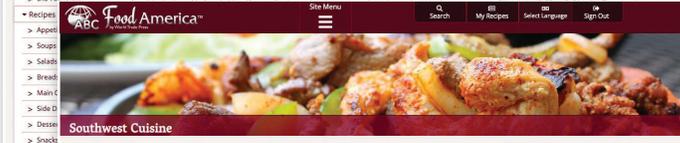
Also referred to as All Hallows' Eve, the Celts celebrated this holiday in historically pagan Ireland, drawing customs from the ancient holiday of Samhain. Meaning 'summer's end' in Old Irish, Samhain acknowledges the end of summer and beginning of winter. It's known as one of the oldest Irish traditions still observed. Foods eaten during this time include autumnal items such as turnips, potatoes, and pumpkins. Traditional colcannon is often served on Halloween. Having your fortune told with a slice of barmbrack, a quick bread with raisins, also is a popular and fun Halloween activity. An item is often

Food Culture: Historical Timeline

1608

A group of Polish craftsmen arrives at Jamestown Colony. Led by Captain John Smith, the craftsmen have been brought to the colonies to serve important roles in the growing communities. Included in their ranks are a glassblower, timberman, soap maker, and pitch and tar maker.

After being denied voting rights during a colony election, the Polish craftsmen launch the first



Special Ingredients

Chile Peppers

Chile peppers are a defining and ever-present ingredient in Southwestern cooking. They give regional foods distinctive flavor and have come to symbolize the cuisine and culture of the Southwest.

Chile peppers are native to central Mexico and Central and South America where they were first cultivated thousands of years ago. The Aztec and Maya used them to spice foods, fumigate houses, and heal the sick. At that time, chile peppers were not widely used by Native Americans of the Southwest, but there is evidence that they did use a wild relative of today's cultivated Chile peppers, the chiltepin, to season their food.

Chile pepper cultivation exploded following the Spanish colonization of Mexico and Central America in the 1700s. The chile pepper traveled throughout the world via Portuguese and Spanish explorers, who brought it to present-day Europe. Europeans were reluctant to embrace other New World foods like the potato and tomato, but they adopted the chile pepper readily, and its use spread rapidly. Chile peppers also spread throughout the southern United States via slaves, who had originally cooked with the

Ethnic and Geographic Influences

The Northwest Coast stretches from the northeastern Gulf of Alaska to Cape Mendocino in California. The sea and mountain ranges draw clear boundaries around the region's east, north, and west. A warm Pacific Ocean current, known as the kuroshio, runs through the region, keeping the climate mostly temperate or hot. Only areas with high elevation regularly see temperatures below freezing. The Coast Range of mountains in the north rises to about 3,300 feet above sea level. Mountain peaks are steeper by the northwestern coastline. In southwestern Washington and Oregon, lower hills predominate. Rainfall is uneven across the region but can be heavy. Periods of drought also occur.

Native American Foodstuffs

The native peoples of the Pacific Coast can be divided into two groupings, the Californian Indians to the south and the Northwest Coast Indians to the north. The transition between the two cultural groups is gradual.

Among the Northwest Coast peoples, stewardship of aquatic resources was key. Important species of fish caught along the coast include herring, salmon, smelt, cod, and halibut. Mollusks are also plentiful.



Classic Dishes

Listed below are a few of the many dishes associated with the state of Alaska. Recipes for these classic dishes and many others can be found in the Recipes section.

Recipes for some ethnic dishes can be found in each state's Recipes section. For more comprehensive food culture and recipe information about a major ethnic group, go to the Browse by Ethnic Group main module and select a specific ethnic cuisine.

APPETIZERS

Smoked Salmon Spread — Alaska's Pacific salmon shines through in this creamy, spicy spread that is typically enjoyed with vegetables, chips, or crackers.

Hot Crab Dip — Crab meat is suspended in a creamy seasoned mixture of melted cheese that can be eaten with crackers, chips, or crusty bread.

SOUPS

Smoked Salmon Chowder — This rich, creamy chowder showcases savory smoked salmon along with vegetables such as onion, corn, and potatoes for a hearty, flavorful soup.

SALADS

Grilled Salmon Salad — Smoky grilled salmon, hard-boiled egg, sugar snap peas, and potatoes make this salad delicious and filling.

MAIN DISHES

King Crab Legs — A very large pot will be needed to boil king crab legs, along with a tool for cracking the shells when serving. Add some fresh lemon slices and melted butter on the side for dipping the delicious meat after it's extracted.

Baked Cod — Fillets of firm, white Pacific cod are coated in breadcrumbs and baked until golden before being served with lemon on the side for a squirt of extra flavor.

SIDE DISHES

Crab Cakes — Crab meat is mixed with dry bread crumbs, egg, herbs, and seasonings before being formed into patties and fried in butter.

DESSERTS

Alutak — This berry dish, also known as Eskimo ice cream, is made by whisking together animal fat, seal oil, snow, and wild berries to create a sweet, foamy mixture.

State Foods

With the exception of the coconut muffin, Hawaii has no official state foods. However, there are plenty of dishes that serve as unofficial representations.

State Muffin: Coconut Muffin (Official)

The coconut muffin is Hawaii's only official state food, which is especially interesting since coconuts are not native to the islands. Early Polynesian settlers brought the coconut with them to Hawaii, where the balmy climate and rich volcanic soil allowed the trees to flourish. Coconut milk and meat appear in many Hawaiian soups, main dishes, and desserts. One of the most popular Hawaiian desserts is hulaia'i or coconut custard, and the nut—which is also considered a fruit and a seed—is a frequent addition to pastries and other baked goods, including, of course, the official state muffin.

State Plant: Kalo (Official, 2007)

Kalo is the Hawaiian word for taro, a starchy root vegetable with edible roots and leaves. It is the basis for one of Hawaii's most important traditional dishes, poi, which is a thick, light purple paste made from cooked and mashed taro root. A staple food for early Hawaiians, taro root was imported to the islands by Polynesian immigrants and is still a popular and culturally significant food.

State Fruit: Pineapple (Unofficial)

The pineapple is not native to the islands though the tropical fruit and Hawaii are linked. Pineapple was once a major industry in Hawaii though expensive labor soured the death knell for its production on the islands. The last Hawaiian pineapple cannery closed in 2007; however, pineapple is still processed fresh for local consumption.

State Dish: Saimin (Unofficial)

Saimin is considered the unofficial national dish of Hawaii. A fusion recipe, it is inspired by Japanese ramen, Chinese mein, and Filipino pancit. Saimin was developed during Hawaii's plantation era. It is a soup dish that consists of soft wheat egg noodles served in hot dashi (broth) garnished with green onions, sausage, spam, seaweed, and processed fish product may all be included in saimin.

State Processed Meat Product: Spam (Unofficial)

No other state consumes more Spam than Hawaii. This began during WWII, when service members in the armed forces relied on it as a shelf-stable, canned protein source. Spam is short for "spiced meat" and comes in 13 different varieties in Hawaii, including jalapeño, hickory smoke, and cheese. Spam is so widely loved and consumed in Hawaii that it was found to morph beyond the can. With a Japanese influence present in Hawaiian cuisine that arrived with Japanese immigrants, Spam musubi is a type of sushi—Spam atop rice wrapped in seaweed.

State: Classic Dishes

State: State Foods

Region: Special Ingredients

Region: Ethnic & Geographic Influences

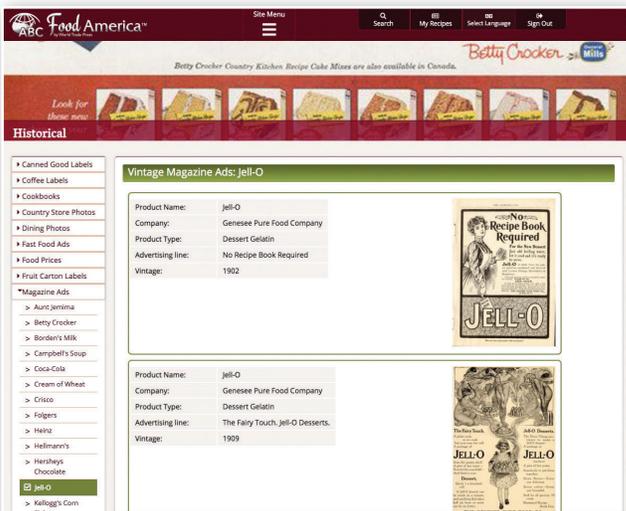
Ethnic Group: Special Occasion Food

Ethnic Group: Historical Timelines





Historical



Vintage Magazine Ads: Jell-O

| | | |
|-------------------|---------------------------|--|
| Product Name: | Jell-O |  |
| Company: | Genesee Pure Food Company | |
| Product Type: | Dessert Gelatin | |
| Advertising line: | No Recipe Book Required | |
| Vintage: | 1922 | |

| | | |
|-------------------|-----------------------------------|---|
| Product Name: | Jell-O |  |
| Company: | Genesee Pure Food Company | |
| Product Type: | Dessert Gelatin | |
| Advertising line: | The Fairy Touch, Jell-O Desserts. | |
| Vintage: | 1909 | |

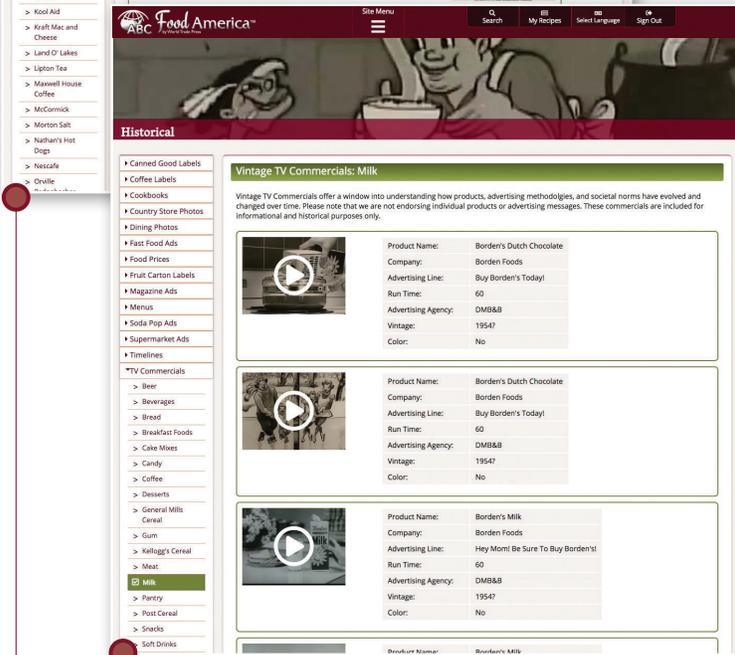


Historic Menus: Ocean Liner

Browse by Decade:

1850 1860 1870 1880 1890 1900 1910 1920 1930 1940 1950 1960 1970 1980 1990 2000

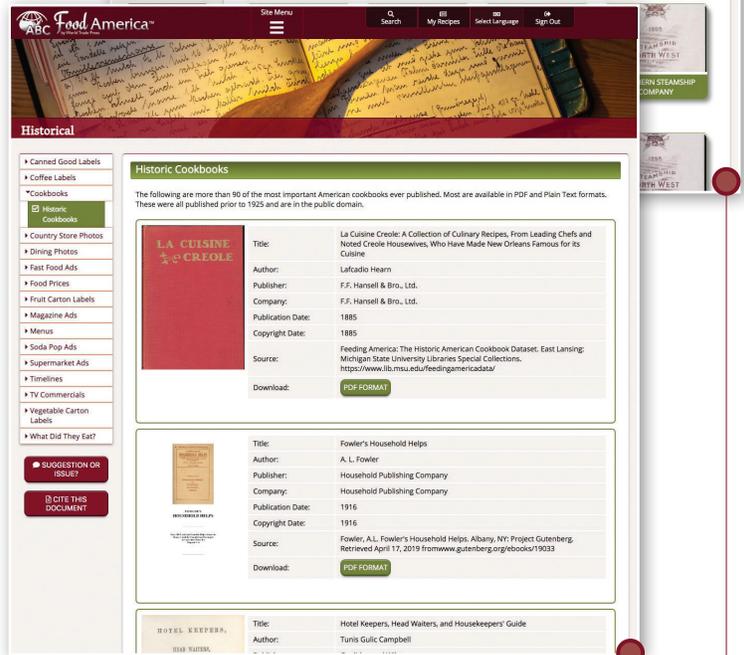
| | | | |
|---|---|---|---|
|  |  |  |  |
|  |  |  |  |



Vintage TV Commercials: Milk

Vintage TV Commercials offer a window into understanding how products, advertising methodologies, and societal norms have evolved and changed over time. Please note that we are not endorsing individual products or advertising messages. These commercials are included for informational and historical purposes only.

| | |
|---|---|
|  | Product Name: Borden's Dutch Chocolate Company: Borden Foods Advertising Line: Buy Borden's Today! Run Time: 60 Advertising Agency: DMB&B Vintage: 19547 Color: No |
|  | Product Name: Borden's Dutch Chocolate Company: Borden Foods Advertising Line: Buy Borden's Today! Run Time: 60 Advertising Agency: DMB&B Vintage: 19547 Color: No |
|  | Product Name: Borden's Milk Company: Borden Foods Advertising Line: Hey Mom! Be Sure To Buy Borden's! Run Time: 60 Advertising Agency: DMB&B Vintage: 19547 Color: No |



Historic Cookbooks

The following are more than 90 of the most important American cookbooks ever published. Most are available in PDF and Plain Text formats. These were all published prior to 1925 and are in the public domain.

| | |
|--|---|
|  | Title: La Cuisine Creole: A Collection of Culinary Recipes, From Leading Chefs and Noted Creole Housewives, Who Have Made New Orleans Famous for its Cuisine Author: Lafcadio Hearn Publisher: F.F. Hansell & Bro., Ltd. Company: F.F. Hansell & Bro., Ltd. Publication Date: 1885 Copyright Date: 1885 Source: Feeding America: The Historic American Cookbook Dataset, East Lansing: Michigan State University Libraries Special Collections. https://www.lib.msu.edu/feedingamerica/ Download: PDF FORMAT |
|  | Title: Fowler's Household Helps Author: A. L. Fowler Publisher: Household Publishing Company Company: Household Publishing Company Publication Date: 1916 Copyright Date: 1916 Source: Fowler, A.L. Fowler's Household Helps. Albany, NY: Project Gutenberg. Retrieved April 17, 2019 from www.gutenberg.org/ebooks/19033 Download: PDF FORMAT |
|  | Title: Hotel Keepers, Head Waiters, and Housekeepers' Guide Author: Tunis Gulic Campbell |

TV Commercials

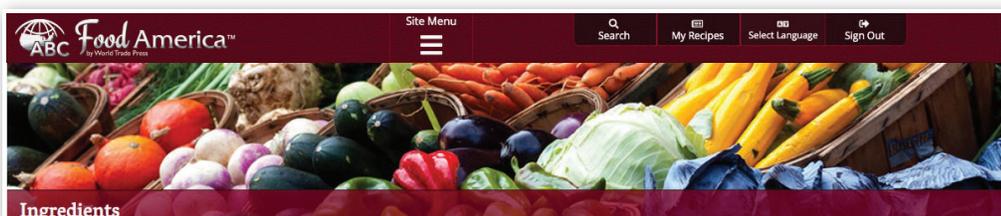
Cookbooks



Ingredients

650+ Ingredient Articles

- Highly structured articles
- Beautiful color photos
- Links from recipe ingredient lists
- Links to featured recipes from ingredient
- Share and print options
- Personal recipe book



Ingredients

- > Condiments
- > Dairy
- > Exotic
- > Fish
- > Flavorings
- > Fowl
- > Fruits
- > Game
- > Grains
- > Herbs
- > Legumes

Vegetables: Sweet Potato

Description
Sweet potato, or *Ipomoea batatas*, is a tuberous root in the morning glory family. Sweet potato skin can be yellowish orange to red, purple, or light brown, and the flesh can be white, orange, or purple.

Origin
Sweet potatoes are native to the tropical regions of Central and South America. Evidence suggests that ancient Peruvians ate sweet potatoes as early as 8000 BCE.

Varieties
Highly varied, sweet potatoes are often misidentified due to a long tradition in the United States of marketing soft sweet potatoes with copper skin and a deep orange flesh as the wholly unrelated tuber yam. Alternately, the firm sweet potato with golden skin and cream-colored flesh is usually sold under the name sweet potato. Okinawan sweet potatoes have strikingly purple flesh.

Profile
Sweet potatoes are starchy and have an earthy and mild to strong sweet flavor.

Nutrient Profile
Sweet potatoes are an excellent source of manganese and vitamins A and C, and a good source of calcium, iron, copper, pyridoxine, potassium, and iron. Orange varieties are particularly rich in beta-carotene, and purple sweet potatoes are rich in the antioxidant anthocyanin that also gives blueberries, red grapes, and red cabbage their purple hues.

Preparations
Sweet potato is usually grilled, fried, boiled, mashed, or baked. Dessert preparations include being candied or incorporated into casseroles and pies that are popular in the winter. Sweet potatoes are ubiquitous in Chinese cuisine, especially in Okinawa where purple sweet potatoes appear in a range of mochi, ice cream, pies, and tarts.

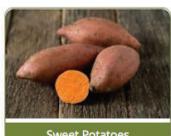
Fun Fact
Sweet potato roots are ideal additions to home aquariums because they thrive on the fish byproducts ammonia and nitrates, both absorbing these toxins from the water and providing a useful habitat for the fish by growing their roots.

Did You Know?
The "Killerich" sweet potato is a variety that is resistant to the sweet potato weevil pest.

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Ingredients

- > Condiments
- > Dairy
- > Exotic
- > Fish
- > Flavorings
- > Fowl
- > Fruits
- > Game
- > Grains
- > Herbs
- > Legumes
- > Meats
- > Mushrooms
- > Nuts
- > Offal
- > Pantry
- > Pasta and Noodles
- > Salad Greens
- > Seeds
- > Shellfish
- > Spices
- > Sweeteners
- Vegetables**

Vegetables



SUGGESTION OR ISSUE?



Reference Categories



Reference

Barbecue Sauce (Memphis, USA)

Memphis-style barbecue sauce is a marinade that typically includes tomato sauce, vinegar, spices, sweeteners, and hot sauce. It is usually red-brown in color, and thin and smooth in consistency. Memphis barbecue sauce has a strongly sweet and spicy flavor, with salty and tangy undertones.

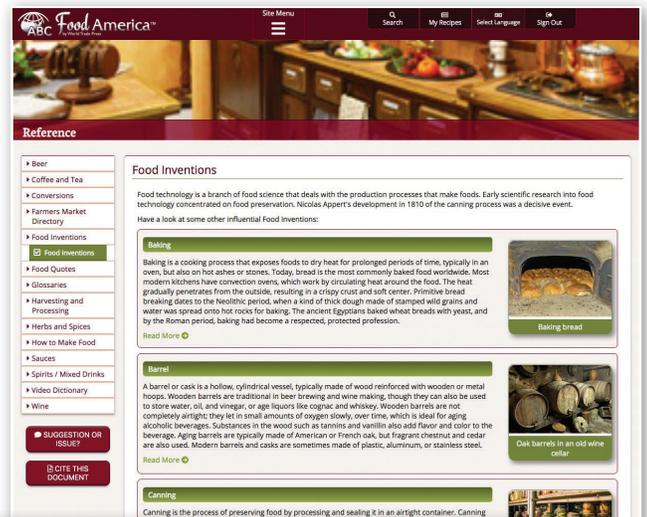
Barbecue sauce dates to southern North America in the 1850s, when cultural exchange between Spanish colonialists and indigenous populations led to a dish of Spanish pork slow-cooked in the indigenous style. Following World War II, barbecue became a staple food for those residing in Memphis' low-income areas, where the sauce took on its own unique style and flavor.

Memphis barbecue primarily consists of ribs, which come "wet" and "dry." Wet ribs are brushed with the sauce before and after cooking, whereas dry ribs are seasoned with a spice mixture. Barbecue sandwiches are also popular in Memphis, and typically consist of chopped pork brushed with a marinade.

Yield: 2½ cups

Prep Time: 10 minutes | Cook Time: 45 minutes | Total Time: 55 minutes

Ingredients: Vegetarian, Vegan, Gluten Free, Dairy Free, Kosher, Halal

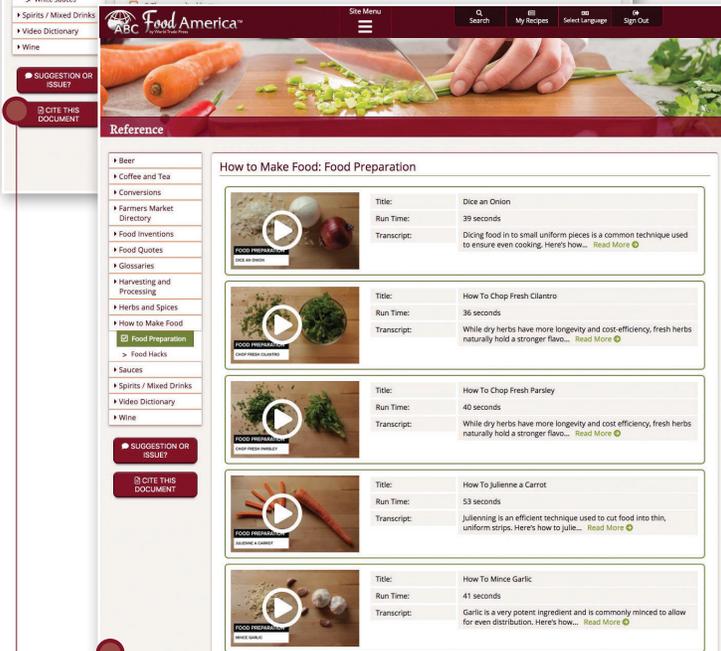


Reference

Food Inventions

Food technology is a branch of food science that deals with the production processes that make foods. Early scientific research into food technology concentrated on food preservation. Nicolas Appert's development in 1810 of the canning process was a decisive event. Have a look at some other influential Food Inventions:

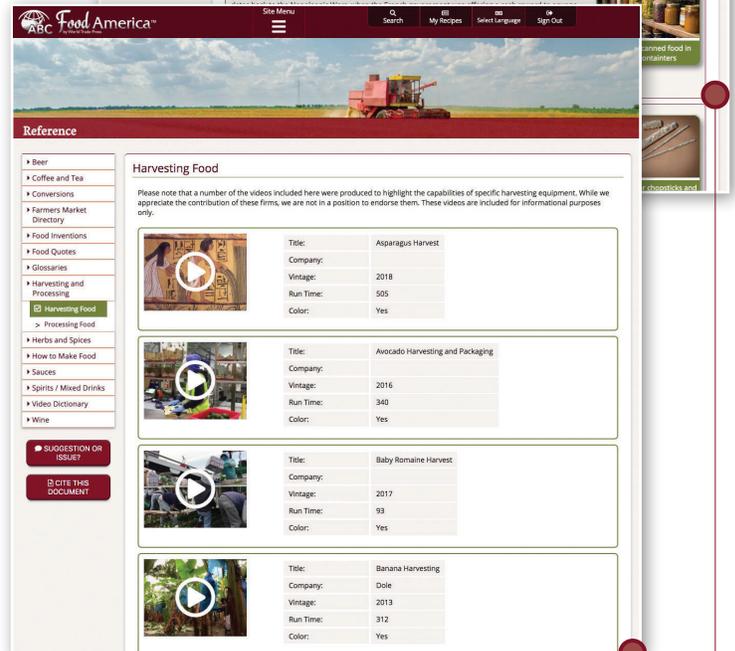
- Baking**: Baking is a cooking process that exposes foods to dry heat for prolonged periods of time, typically in an oven, but also on hot ashes or stones. Today, bread is the most commonly baked food worldwide. Most modern kitchens have convection ovens, which work by circulating heat around the food. The heat gradually penetrates from the outside, resulting in a crispy crust and soft center. Primitive bread breaking dates to the Neolithic period, when a kind of thick dough made of stamped wild grains and water was spread onto hot rocks for baking. The ancient Egyptians baked wheat breads with yeast, and by the Roman period, baking had become a respected, protected profession.
- Barrel**: A barrel or cask is a hollow, cylindrical vessel, typically made of wood reinforced with wooden or metal hoops. Wooden barrels are traditional in beer brewing and wine making, though they can also be used to store water, oil, and vinegar, or age liquors like cognac and whiskey. Wooden barrels are not completely airtight; they let in small amounts of oxygen slowly, over time, which is ideal for aging alcoholic beverages. Substances in the wood such as vanillin also add flavor and color to the beverage. Aging barrels are typically made of American or French oak, but fragrant chestnut and cedar are also used. Modern barrels and casks are sometimes made of plastic, aluminum, or stainless steel.
- Canning**: Canning is the process of preserving food by processing and sealing it in an airtight container.



Reference

How to Make Food: Food Preparation

| | |
|---|--|
|  | Title: Dice an Onion Run Time: 39 seconds Transcript: Dicing food in to small uniform pieces is a common technique used to ensure even cooking. Here's how... Read More |
|  | Title: How to Chop Fresh Cilantro Run Time: 36 seconds Transcript: While dry herbs have more longevity and cost-efficiency, fresh herbs naturally hold a stronger flavor... Read More |
|  | Title: How to Chop Fresh Parsley Run Time: 40 seconds Transcript: While dry herbs have more longevity and cost-efficiency, fresh herbs naturally hold a stronger flavor... Read More |
|  | Title: How to Julienne a Carrot Run Time: 53 seconds Transcript: Julienneing is an efficient technique used to cut food into thin, uniform strips. Here's how to julie... Read More |
|  | Title: How to Mince Garlic Run Time: 41 seconds Transcript: Garlic is a very potent ingredient and is commonly minced to allow for even distribution. Here's how... Read More |



Reference

Harvesting Food

Please note that a number of the videos included here were produced to highlight the capabilities of specific harvesting equipment. While we appreciate the contribution of these firms, we are not in a position to endorse them. These videos are included for informational purposes only.

| | |
|--|--|
|  | Title: Asparagus Harvest Company: [Redacted] Vintage: 2018 Run Time: 5:05 Color: Yes |
|  | Title: Avocado Harvesting and Packaging Company: [Redacted] Vintage: 2016 Run Time: 3:40 Color: Yes |
|  | Title: Baby Romaine Harvest Company: [Redacted] Vintage: 2017 Run Time: 1:53 Color: Yes |
|  | Title: Banana Harvesting Company: Dole Vintage: 2013 Run Time: 3:12 Color: Yes |

How to Make Food

Harvesting Food



US Food Guides

89 State, Regional, and Ethnic Groupings

6 Regions

| | |
|---------------|-----------|
| Midwest | South |
| Northeast | Southwest |
| Pacific Coast | West |

50 States

| | | | |
|-------------|---------------|----------------|----------------|
| Alabama | Indiana | Nebraska | South Carolina |
| Alaska | Iowa | Nevada | South Dakota |
| Arizona | Kansas | New Hampshire | Tennessee |
| Arkansas | Kentucky | New Jersey | Texas |
| California | Louisiana | New Mexico | Utah |
| Colorado | Maine | New York | Vermont |
| Connecticut | Maryland | North Carolina | Virginia |
| Delaware | Massachusetts | North Dakota | Washington |
| Florida | Michigan | Ohio | West Virginia |
| Georgia | Minnesota | Oklahoma | Wisconsin |
| Hawaii | Mississippi | Oregon | Wyoming |
| Idaho | Missouri | Pennsylvania | |
| Illinois | Montana | Rhode Island | |

33 Ethnic Groups

| | | |
|----------------------------|----------------------------|-------------------------------|
| Cajun Cuisine | Greek American Cuisine | Puerto Rican Cuisine |
| Cherokee Cuisine | Hungarian American Cuisine | Polish American Cuisine |
| Chinese American Cuisine | Indian American Cuisine | Russian American Cuisine |
| Creole Cuisine | Irish American Cuisine | Scandinavian American Cuisine |
| Cuban American Cuisine | Italian American Cuisine | Scottish American Cuisine |
| Dutch American Cuisine | Japanese American Cuisine | Sioux Cuisine |
| English American Cuisine | Jewish American Cuisine | Soul Food Cuisine |
| Ethiopian American Cuisine | Korean American Cuisine | Spanish American Cuisine |
| Filipino American Cuisine | Mexican American Cuisine | Thai American Cuisine |
| French American Cuisine | Navajo Cuisine | Turkish American Cuisine |
| German American Cuisine | Nigerian American Cuisine | Vietnamese American Cuisine |