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SPICE IS THE VARIETY OF LIFE

If you think that spice is the variety of life and love international cuisine, **ABCWorldFood** is the product for you.

ABCWorldFood is the only food database that contains traditional recipes for 174 countries of the world in all course categories: appetizers, soups, salads, breads, main courses, side dishes, desserts, snacks, and beverages.

ABCWorldFood is also the only that database covers food culture for 174 countries of the world in six categories: National Cuisine, Regional Cuisine, Daily Meals, Dining Etiquette, Special Occasion Foods, and Food Trivia.

FEATURES

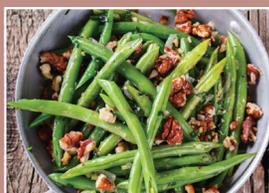
- 174 Countries
- 7,000+ Recipes
- 1,400+ Food Culture Articles
- 9,000+ Food Photos
- 650+ Ingredient Articles
- 800+ Food Glossary Terms
- 1,700+ Food Quotes
- Personal Recipe Book
- Share and Print Options

BENEFITS

- Libraries benefit from **ABCWorldFood's** relevance and appeal to diverse library populations.
- Students use **ABCWorldFood** to research food culture and recipes for country reports.
- Members of international food clubs have access to classic recipes for every country.
- Culinary schools use **ABCWorldFood** as a research tool for both recipes and food culture.



NATIONAL CUISINE



RECIPES



FOOD CULTURE

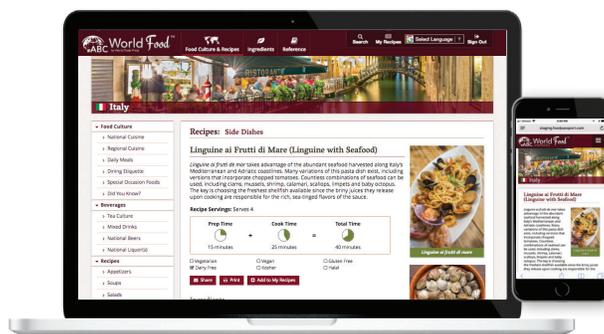


INGREDIENTS



UNUSUAL FOODS

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



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Food Culture by Country

1,400+ Food Culture Articles



Brazil

Food Culture: National Cuisine

Overview

The food of Brazil includes a mixture of European, African, Middle Eastern, and indigenous foods and cooking styles. There are strong regional differences in Brazilian cuisine. In the northern part of the country, people tend to eat native foods like river fish and manioc, while African and Portuguese influences are stronger in the northeast.

Dried shrimp, manioc, and tropical fruit are commonly eaten throughout.



Morocco

Food Culture: Dining Etiquette

Table Etiquette

Moroccans typically eat at low tables while seated on cushions on the floor. Before the meal, they wash their hands, either with specially-warmed damp towels or, more commonly, with water that has been specially scented with rose petals or orange leaves. While eating with the hands is an accepted tradition, Moroccans may also use utensils such as knives, forks, and spoons. If eating with the hands, only the thumb and first two fingers of the right hand are used to avoid the appearance of those hands.



Brazil

Food Culture: Regional Cuisine

Overview

Brazil, the world's fifth largest country in terms of both area and population, is a melting pot of geographical and cultural influences, giving its cuisine a wide range of tastes, ingredients, and cooking styles. The melting pot is an especially apt metaphor for Brazilian cuisine, especially considering that the national dish of Brazil is in fact a stew: the Feijoada is made with black beans, meat, and a mix of regional vegetables.

Culinary Influences

Following the metaphor of the melting pot, indigenous, Portuguese, and African culinary influences are the foundation of this stew, along with prominent flavors.



Nepal

Food Culture: Special Occasion Foods

There are some fifty festivals, give or take, celebrated in Nepal each year, plus innumerable smaller events commemorating a lost loved one, celebrating a marriage or birth of a child, or marking the changing of the seasons.

Navavarsha

Navavarsha, the start of the new year on the Nepalese calendar (usually around the first week of April), is both a religious and a national holiday. The day is often the occasion for a large feast, usually with a main dish.



New Zealand

Food Culture: Daily Meals

New Zealanders typically eat three meals per day.

Breakfast

Breakfast is usually a light meal of bread or cereal, accompanied by a cup of coffee, tea, juice, or milk. Popular spreads for bread include butter, Nutella, and the yeast paste Marmite. Breakfast is usually eaten between 6am and 8am.

On the weekends or on special occasions, breakfast is often a more elaborate hot meal of bacon, scrambled eggs, tomatoes, mushrooms, hash browns, and baked beans known throughout the Anglophone world as an "English" breakfast.

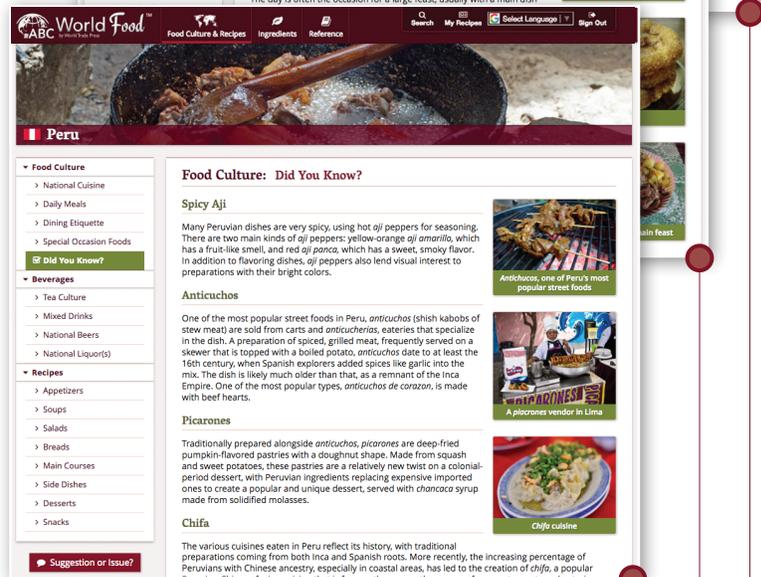
Lunch

Lunch is generally a smaller meal eaten around noon. It is uncommon for workers or schoolchildren to return home during the middle of the day, so lunch is eaten at cafeterias, restaurants, or cafes. Sandwiches and hot savory pies are typical lunch fare.

At lunchtime on Sunday, a large home-cooked meal of roasted meat, potatoes, and vegetables is served. This "Sunday roast" is also common throughout the Anglophone world and is typically shared with family and friends.

Dinner

Dinner (sometimes called "tea" though tea may not actually be consumed) is the main family meal of the day. It is usually eaten between 6pm and 8pm. Traditional New Zealand dinner foods include meat or fish with potatoes and a side of vegetables though the national palate has widened considerably since the 1970s with an influx of immigrants from the Mediterranean and Southeast Asia introducing new cuisines to the island.



Peru

Food Culture: Did You Know?

Spicy Aji

Many Peruvian dishes are very spicy, using hot aji peppers for seasoning. There are two main kinds of aji peppers: yellow-orange aji amarillo, which has a fruit-like smell, and red aji panca, which has a sweet, smoky flavor. In addition to flavoring dishes, aji peppers also lend visual interest to preparations with their bright colors.

Anticuchos

One of the most popular street foods in Peru, anticuchos (shish kabobs of stew meat) are sold from carts and anticucherias, eateries that specialize in the dish. A preparation of spiced, grilled meat, frequently served on a skewer that is topped with a boiled potato, anticuchos date to at least the 16th century, when Spanish explorers added spices like garlic into the mix. The dish is likely much older than that, as a remnant of the Inca Empire. One of the most popular types, anticuchos de corazon, is made with beef hearts.

Picarones

Traditionally prepared alongside anticuchos, picarones are deep-fried pumpkin-flavored pastries with a doughnut shape. Made from squash and sweet potatoes, these pastries are a relatively new twist on a colonial-period dessert, with Peruvian ingredients replacing expensive imported ones to create a popular and unique dessert, served with chococra syrup made from solidified molasses.

Chifa

The various cuisines eaten in Peru reflect its history, with traditional preparations coming from both Inca and Spanish roots. More recently, the increasing percentage of Peruvians with Chinese ancestry, especially in coastal areas, has led to the creation of chifa, a popular



Recipes by Country

7,000+ Recipes

This screenshot shows the 'Japan' recipe catalog page. The top navigation bar includes 'World Food', 'Food Culture & Recipes', 'Ingredients', 'Reference', 'Search', 'My Recipes', 'Select Language', and 'Sign Out'. The main content area is titled 'Recipes: Main Courses' and displays a grid of recipe cards for 'Chicken Teriyaki', 'Chirashi Sushi', 'Katsu Donburi', 'Koyaku Gohan', 'Oyakodon', and 'Ramen'. A sidebar on the left provides a hierarchical menu for 'Food Culture', 'Beverages', and 'Recipes'.

Recipe Catalog Page Showing Main Courses in Japan

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

This screenshot shows the detailed recipe page for 'Ramen'. The top navigation bar is identical to the catalog page. The main content area is titled 'Recipes: Main Courses' and features a large image of ramen. The recipe details include:

- Prep Time:** 15 minutes
- Cook Time:** 40 minutes
- Total Time:** 55 minutes
- Recipe Servings:** Serves 4
- Ingredients:** 1 lb (960 g) fresh or 1/2 lb (480 gm) ramen noodles, 4 cups (720 ml) water, 2 tsp (10 ml) sea salt, 1 tsp (5 ml) dashi, 1/2 cup (120 ml) sliced shiitake mushroom, 2 tbsp (30 ml) chopped green onions, 1/2 cup (120 ml) coarsely chopped bamboo shoots, 1 cup (240 ml) cleaned spinach, 1 cup (240 ml) fresh bean sprouts, 2 hard-boiled eggs, 1/2 cup (120 g) ham, diced.
- Directions:** A 5-step process starting with making mushroom broth and ending with quartering hard-boiled eggs.

 The page also includes a 'Share' button, a 'Print' button, and an 'Add to My Recipes' button. A 'Cite this Document' button is located at the bottom of the page.

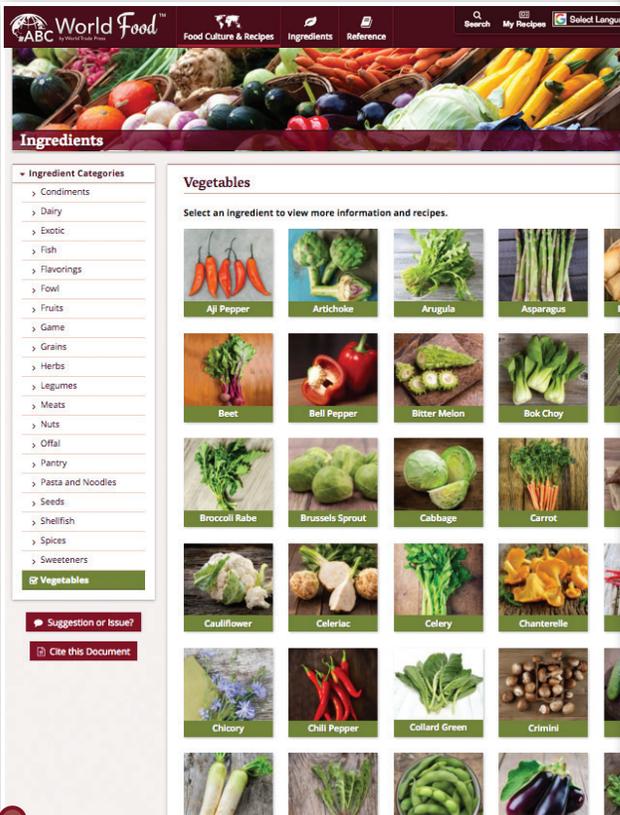
Recipe Page Showing Ramen



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

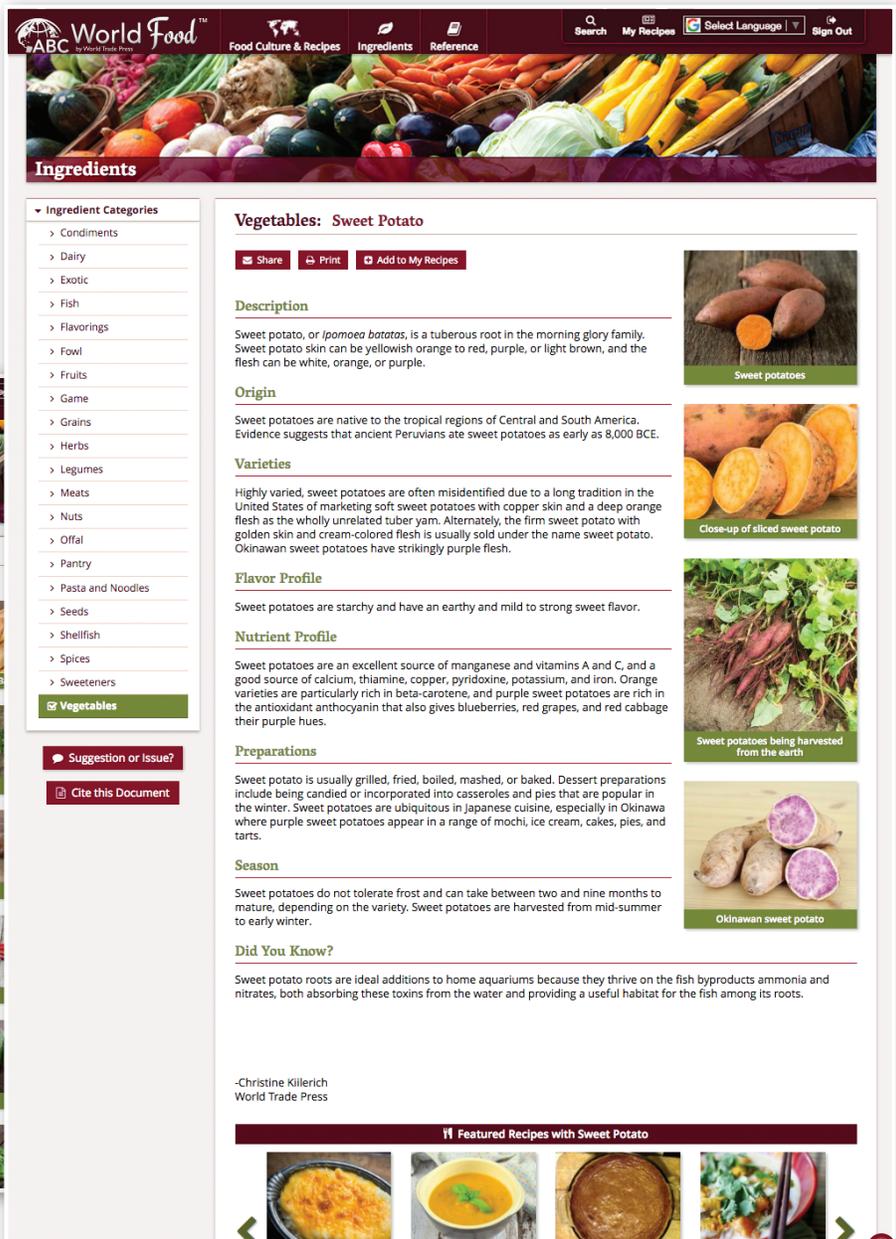
Ingredient Categories:

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

Vegetables

Select an ingredient to view more information and recipes.



World Food™
Food Culture & Recipes | Ingredients | Reference

Ingredients

Ingredient Categories

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

Suggestion or Issue?

Cite this Document

Vegetables: Sweet Potato

Share | Print | Add to My Recipes

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 8,000 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.

Flavor 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, thiamine, 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 Japanese cuisine, especially in Okinawa where purple sweet potatoes appear in a range of mochi, ice cream, cakes, pies, and tarts.

Season

Sweet potatoes do not tolerate frost and can take between two and nine months to mature, depending on the variety. Sweet potatoes are harvested from mid-summer to early winter.

Did You Know?

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 among its roots.

-Christine Killerich
World Trade Press

Featured Recipes with Sweet Potato





Reference Categories

Reference

- Beer
- Coffee
- Conversions
- Food Inventions
- Food Quotes
- Glossaries
- Herbs and Spices
- Historical Timelines
- Sauces
- All Sauces
- Brown Sauces
- Butter Sauces**
- Chopped Ingredient Sauces
- Emulsified Sauces
- Green Sauces
- Hot Sauces
- Meat-Based Sauces
- Red Sauces
- Sweet Sauces
- White Sauces
- Tea
- Wine

Sauces: Velouté

Velouté

Velouté is a smooth and versatile white sauce. Similar to béchamel, velouté is also thickened with roux, but uses a meat stock rather than milk as its base. It has a light color because the ingredients put in the stock are not roasted. The name derives from the French adjective *velour*, meaning "velvet." In reference to the sauce's smooth, silky texture.

Velouté is one of the five original "mother" sauces of French cuisine, as defined by influential French chef Auguste Escoffier in the 20th century. Recipes for the simple, versatile sauce, however, have been around for centuries, with the first printed velouté recipe appearing in the landmark 1651 cookbook *Le Cuisinier François* by French chef to the royal court, François Pierre de la Varenne.

The mild white sauce pairs well with light ingredients and is most often used in soups and with fish, seafood, poultry, or vegetable dishes. It is generally not served on its own, but as a foundation for other "daughter" or secondary sauces.

Recipe Servings: Makes 4 cups

Prep Time	Cook Time	Total Time
5 minutes	25-30 minutes	30-35 minutes

Vegetarian Vegan Gluten Free
 Dairy Free Kosher Halal

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Ingredients

- 2 tablespoons (30 ml) butter



Russia

- Food Culture
 - National Cuisine
 - Daily Meals
 - Dining Etiquette
 - Special Occasion Foods
 - Did You Know?
- Beverages
 - Tea Culture**
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Beverages: Tea Culture

History

In many people's minds, vodka is the drink most often associated with Russia, but hot tea is actually considered by most to be the country's national beverage. It was first introduced to Russia by the Mongolians in the mid-1600s, most likely as a gift to Tsar Michael I of the Romanov dynasty. Because of difficult caravan trade routes from China, tea was originally an extremely expensive luxury. In the late 1700s, the court of Catherine the Great established regular tea imports from China and by the time of her death in 1796, Russia was importing over 3 million pounds of tea by camel caravan. This dramatically reduced the price, and the hot drink soon became a staple among even the poorest Russian families. In 1880, the first leg of the Trans-Siberian Railway opened, dealing a significant blow to the Chinese caravans as the time it took to ship tea was cut from several months to about a week.

Cultivation

Russia relies on imports for most of its tea, but there are a few local producers like Krasnodarsky Tea, the most common Russian-grown brand, that operate tea plantations near the city of Sochi. Tea plantations were first established in Russia in the early 1800s, and true industrial plantations were created in the 1880s. There are few places in Russia where the weather conditions allow for mass tea production. The area around Sochi, however, has a humid subtropical climate with moderate temperatures and substantial rainfall well suited for the cultivation of tea. These fields are some of the northernmost tea plantations in the world.

Popular Varieties

Although Russians tend to enjoy all types of tea, strong black teas are most often served at tea gatherings. In a nod to the history of tea in Russia, another popular variety is called Russian Caravan tea, which is a blend that includes lapsang souchong tea leaves. This tea leaf is smoke-dried, which imitates the first teas brought into Russia along the Tea Road from China. The tea in these caravans would absorb the aroma of campfires after months of exposure to them along the Tea Road.

Images:

- Krasnodar tea plantations in Sochi
- Spring tea party with a Russian samovar
- A "secret" tea shop in Moscow

Reference

- Beer
- Coffee
- Conversions
- Food Inventions
- Food Quotes
- Glossaries
- Herbs and Spices
- Historical Timelines
- Agriculture
- Animal Husbandry
- Beer
- Cooking with Fire
- Famine
- Spices
- Tea
- Wine
- Sauces
- Tea
- Wine

Historical Timelines: Bread

Prehistory

Date	Event
c. 23,000 BCE	Prehistoric humans in the Fertile Crescent make proto bread dough by pounding wild plants with stones into a starch and adding water. The thick gruel is then heated on hot stones. Humans cannot digest raw grains unless they are further processed by sprouting, fermenting, roasting, baking, or boiling, and Paleolithic tools help render some wild grains edible, providing an important source of nutrition.
9600-8800 BCE	Humans begin domesticating and harvesting the first cereal crops in the Fertile Crescent, including emmer wheat, which drives the shift from nomadic hunter-gathering lifestyles to settled agriculture.
c. 6500 BCE	Cultivation of wheat and other grains begins spreading from the Near East west to Greece and Cyprus, and east to India.

Ancient History

Date	Event
c. 3500 BCE	Maize cultivation spreads from Mexico throughout Central America. Cornbread becomes an important part of the Mesoamerican diet.
c. 3000-1200 BCE	During the Bronze Age, solet, a hearty species of wheat with a high fiber and mineral content, becomes a staple in the European diet.
c. 2500-1800 BCE	Bread and beer made from emmer wheat form the basis of the Egyptian diet. Open-topped, side-loading clay ovens are invented in Egypt and become the standard technology for baking bread.
c. 700-100 BCE	During the heights of the ancient Greek civilization, bread becomes the staple food. Meals consist of maza, a cheap and filling flatbread, and opson, meat or vegetable accompaniments which are served directly on top of the maza in a kind of proto-pizza. Greek philosophers mention at least 70 different bread recipes, indicating a vibrant baking tradition. The Greeks also invent the first prebakeable dome-shaped oven. One of the twelve Olympians in the Greek pantheon is Demeter, the goddess of bread, the harvest, and fertility.
168 BCE	With the establishment of the Collegium Pistorum, the first baker's guild, pastry baker becomes an officially recognized and esteemed occupation in the Roman Empire. Bakers are the only

Images:

- A map of the Fertile Crescent
- Gullu Naqafat Cave in Dizecca, Mozia: the site of early domestication of several food crops, including maize.
- An ancient terracotta baking mold from Mesopotamia

Reference

- Beer
- Coffee
- Conversions
- Food Inventions
- Food Quotes
- Search 2000 Quotes
- Beer
- Chocolate
- Coffee & Tea
- Conscious Eating
- Ethics
- God
- Happiness**
- Humor
- Proverbs
- Romance
- Vegan / Vegetarian
- Wine
- Glossaries
- Herbs and Spices
- Historical Timelines
- Sauces
- Tea
- Wine

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Quotes: Happiness

Teaching kids how to feed themselves and how to live in a community responsibly is the center of an education.

— Alice Waters

Hunger of the heart is much stranger than hunger for food.

— Amanda Comer

To me, life without veal stock, pork fat, sausage, organ meat, demi-glace, or even stinky cheese is a life not worth living.

— Anthony Bourdain

Early moralists who believed that taking too much pleasure at the table led inexorably to bad character—or worse, to sex—were (in the best-case scenario, anyway) absolutely right.

— Anthony Bourdain

Good food is the foundation of genuine happiness.

— Auguste Escoffier

Historic Timelines

Food Quotes

Sauces

Food Glossaries



Country Food Guides

174 Countries

- | | | | |
|--------------------------|-------------------|------------------|----------------------|
| Afghanistan | Ecuador | Lebanon | Romania |
| Albania | Egypt | Lesotho | Russia |
| Algeria | El Salvador | Liberia | Rwanda |
| Angola | Equatorial Guinea | Libya | Saudi Arabia |
| Argentina | Eritrea | Lithuania | Senegal |
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| Australia | Ethiopia | Macau | Sierra Leone |
| Austria | Fiji | Macedonia | Singapore |
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| Bahamas | France | Malawi | Slovenia |
| Bahrain | Gabon | Malaysia | Solomon Islands |
| Bangladesh | Gambia, The | Maldives | Somalia |
| Belarus | Georgia | Mali | South Africa |
| Belgium | Germany | Malta | South Korea |
| Belize | Ghana | Mauritania | South Sudan |
| Benin | Greece | Mauritius | Spain |
| Bermuda | Guam | Mexico | Sri Lanka |
| Bolivia | Guatemala | Moldova | Sudan |
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| Denmark | Laos | Puerto Rico | Yemen |
| Djibouti | Latvia | Qatar | Zambia |
| Dominican Republic | | | Zimbabwe |