

www.ABCFoodAmerica.com

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

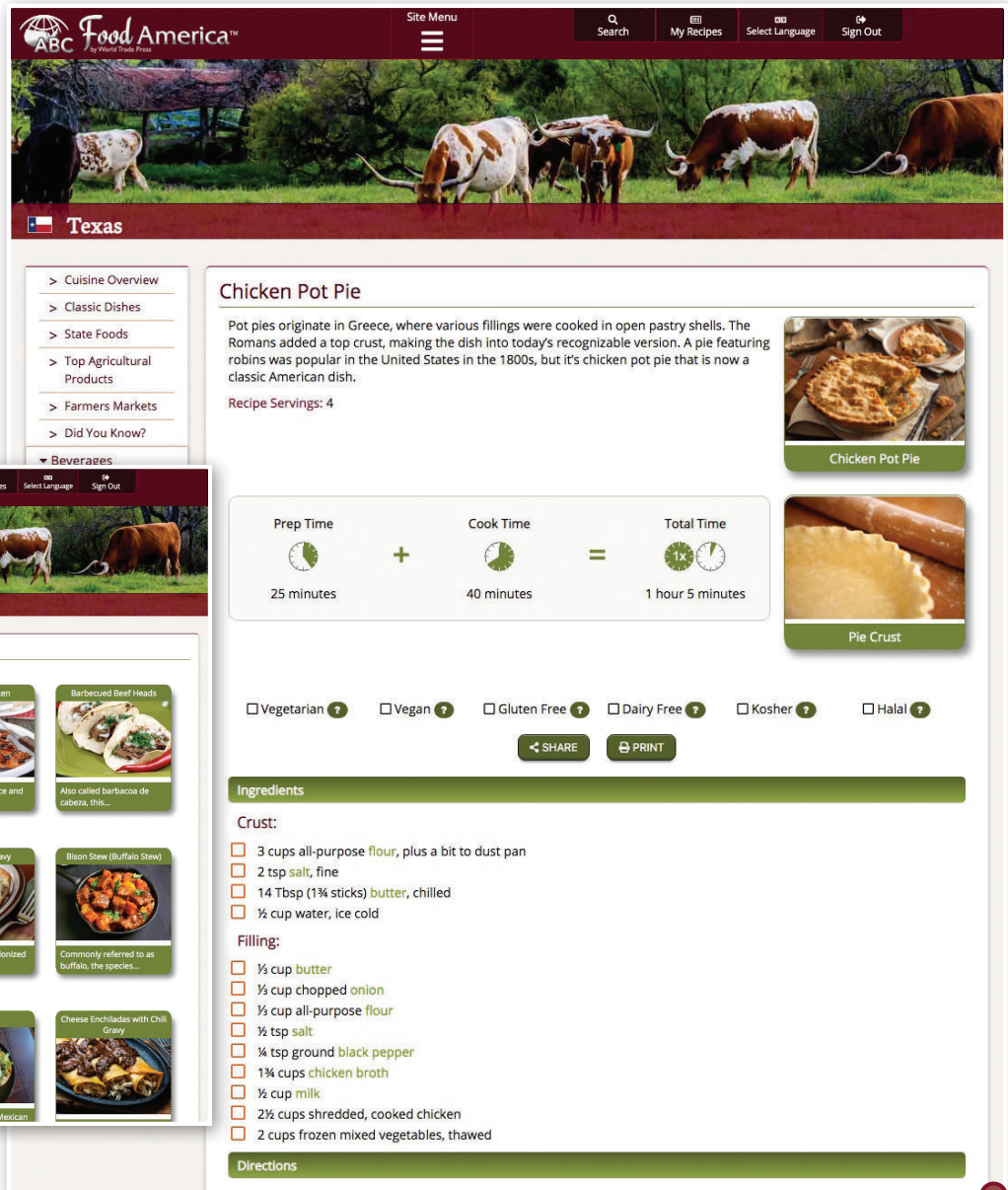


WORLD TRADE PRESS[®]
The Global Knowledge Company

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



The screenshot shows the Food America website interface. At the top is a navigation bar with the ABC Food America logo, a Site Menu icon, and links for Search, My Recipes, Select Language, and Sign Out. Below the navigation bar is a large banner image of Texas Longhorn cattle in a field. The main content area is divided into two columns. The left column contains a sidebar with a list of categories: Cuisine Overview, Classic Dishes, State Foods, Top Agricultural Products, Farmers Markets, Did You Know?, Beverages, and Recipes. The right column displays the 'Chicken Pot Pie' recipe. The recipe includes a description, a photo of the dish, and a table showing the preparation time (25 minutes), cooking time (40 minutes), and total time (1 hour 5 minutes). Below the table are filters for dietary restrictions: Vegetarian, Vegan, Gluten Free, Dairy Free, Kosher, and Halal. There are also buttons for 'SHARE' and 'PRINT'. The ingredients list is provided, followed by the directions section.

Recipe Catalog Page Showing
Main Courses in Texas

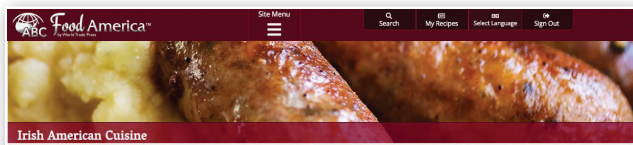
Recipe Page Showing
Chicken Pot Pie



Food America™
by World Trade Press

Food Culture by State, Region, & Ethnic Group

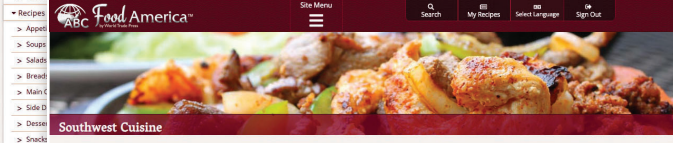
300+ Food Culture Articles



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 coddle 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

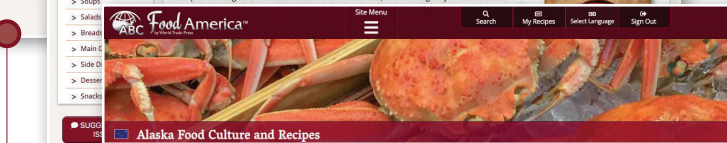


Special Ingredients

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



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.

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.

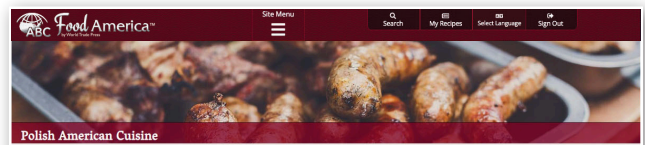
Baked Cod — Fillets of firm, white Pacific cod are coated in breadcrumbs and baked until golden before being served with lemon on the side for a squirt of extra flavor.

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

Akutaq — 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.

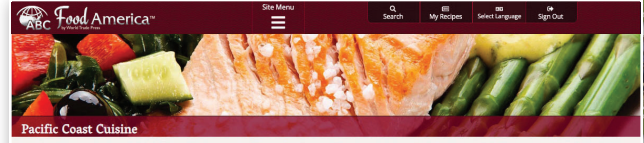


Food Culture: Historical Timeline

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



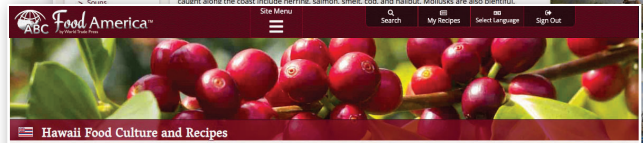
Ethnic and Geographic Influences

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.



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 sautes, main dishes, and desserts. One of the most popular Hawaiian desserts is hula pie 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)

Alo 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 sounded 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: Salmon (Unofficial)

Salmon is considered the unofficial national dish of Hawaii. A fusion recipe, it is inspired by Japanese ramen, Chinese main, and Filipino pancit. Salmon 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 salmon.

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 bound 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

Region: Special Ingredients

Ethnic Group: Special Occasion Food

State: State Foods

Region: Ethnic & Geographic Influences

Ethnic Group: Historical Timelines



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Historical

Food America™

Site Menu

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Betty Crocker®

Look for these items:

Historical

- Canned Good Labels
- Coffee Labels
- Cookbooks
- Country Store Photos
- Dining Photos
- Fast Food Ads
- Food Prices
- Fruit Carton Labels
- Magazine Ads
- Aunt Jemima
- Betty Crocker
- Borden's Milk
- Campbell's Soup
- Coca-Cola
- Cream of Wheat
- Crisco
- Folgers
- Heinz
- Heinz's Ketchup
- Kellogg's Corn Flakes
- Kool-Aid
- Kraft Mac and Cheese
- Land O' Lakes
- Lipton Tea
- Maxwell House Coffee
- McCormick
- Morton Salt
- Nathaniel's Hot Dogs
- Nescafe
- Orville

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: 1902

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

TV Commercials

Food America™

Site Menu

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FRIES

CHEESE FRIES

DRINKS

BEER

FRESH JUICE

Historical

- Canned Good Labels
- Coffee Labels
- Cookbooks
- Country Store Photos
- Dining Photos
- Fast Food Ads
- Food Prices
- Fruit Carton Labels
- Magazine Ads
- Menus
- Air Travel Menus
- Dining Car Menus
- Hotel Menus
- Ocean Liner Menus
- Restaurant Menus
- Soda Pop Ads
- Supermarket Ads
- Timelines
- TV Commercials
- Vegetable Carton Labels
- What Did They Eat?

Historic Menus: Ocean Liner

Browse by Decade:

1800 1840 1870 1880 1890 1900 1910 1920 1930 1940 1950 1960 1970 1980 1990 2000

QUEBEC STEAMSHIP COMPANY - ST. TRINIDAD

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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



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Ingredients

- Ingredient Categories
- > 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.

For 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.


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 along its roots.

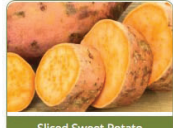
Christine Killerich
World Trade Press

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Sweet Potatoes




Sliced Sweet Potato



Okinawan Sweet Potato



Sweet Potatoes Uprooted




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Ingredients

- Ingredient Categories
- > 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













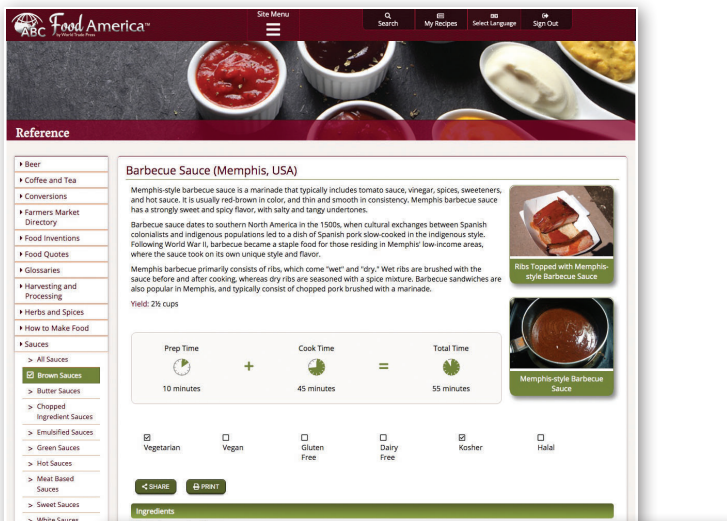








Reference Categories



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 1500s, when cultural exchanges 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

Vegetarian | Vegan | Gluten Free | Dairy Free | Kosher | Halal


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Ingredients

How to Make Food: Food Preparation

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

How to Make Food



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 tannins and 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. Canning

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	Company	Vintage	Run Time	Color
Asparagus Harvest		2018	505	Yes
Avocado Harvesting and Packaging		2016	340	Yes
Baby Romaine Harvest		2017	93	Yes
Banana Harvesting	Dole	2013	312	Yes

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