



[www.AtoZFoodAmerica.com](http://www.AtoZFoodAmerica.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, *AtoZ Food America* is the product for you.

*AtoZ 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.

*AtoZ 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
- 250+ State Beer Reviews
- Personal Recipe Book
- 33 Ethnic Cuisines
- 2,500+ Recipes
- 600+ Food Culture Articles
- Share and Print Options

### BENEFITS

- Libraries benefit from *AtoZ Food America's* relevance and appeal to diverse library populations.
- Students use *AtoZ 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 *AtoZ Food America* as a research tool for both recipes and food culture.



STATE & REGIONAL  
CUISINE



ETHNIC CUISINE



RECIPES



INGREDIENTS



HISTORICAL

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



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# 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



25 minutes

### Cook Time



40 minutes

### Total Time



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
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- > Salads
- > Breads
- > Main Courses
- > Side Dishes
- > Desserts
- > Snacks

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### Recipes: Main Courses



Baked Chicken

Chicken's popularity in America began in...



Barbacoa

The word barbacoa originally referred to the...



Barbecue Chicken

Tangy barbecue sauce and tender chicken...



Barbecued Beef Heads

Also called barbacoa de cabeza, this...



Barbecued Beef Strips

Barbecuing meat over a "low and slow" hot...



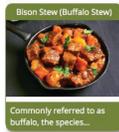
Beef Burrito

There are lots of legends about how the...



Biscuits and Gravy

When the English colonized what is now the...



Bison Stew (Buffalo Stew)

Commonly referred to as buffalo, the species...



Black Bean Burrito

Burritos originate in...



Breakfast Burrito

The breakfast burrito is said...



Chalupas

A staple dish in the Mexican...



Cheese Enchiladas with Chili Gravy

# Food Culture by State, Region, & Ethnic Group

## 300+ Food Culture Articles



**Irish American Cuisine**

**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

**Southwest Cuisine**

**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

**Alaska Food Culture and Recipes**

**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.

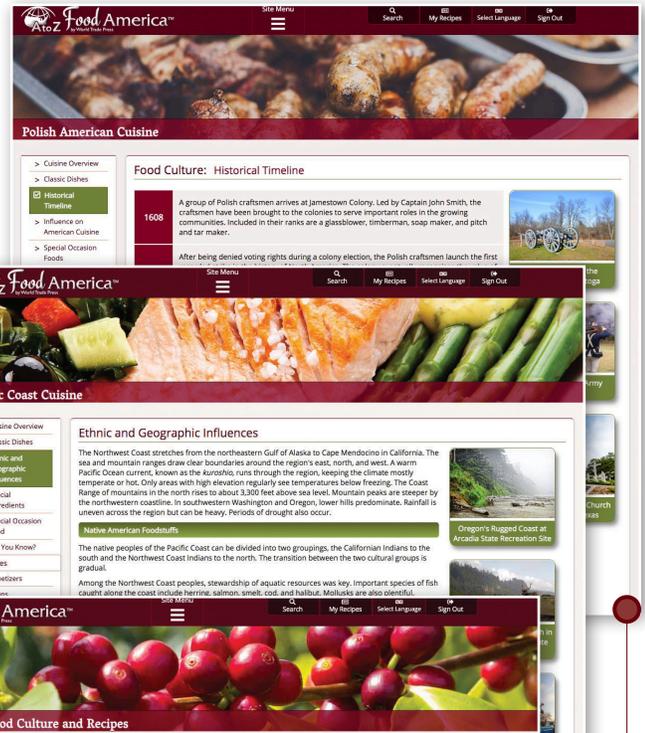
Baked Cod — Fillets of firm, white Pacific cod are coated in breadcrumbs and baked until golden before being served with lemon on the side for a squirt of extra flavor.

**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.



**Polish American Cuisine**

**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

**Pacific Coast Cuisine**

**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 3,000 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.

**Hawaii Food Culture and Recipes**

**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 representatives.

**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 sauces, marinades, 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

Region: Special Ingredients

Ethnic Group: Special Occasion Food

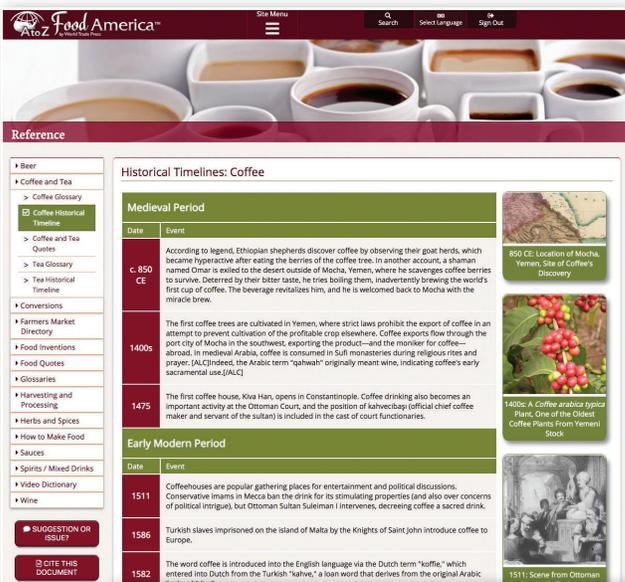
State: State Foods

Region: Ethnic & Geographic Influences

Ethnic Group: Historical Timelines



# Beverages



**Reference**

- Beer
- Coffee and Tea
- Coffee Historical Timeline
- Coffee and Tea Quotes
- Tea Glossary
- Tea Historical Timeline
- Conversions
- Farmers Market Directory
- Food Inventions
- Food Quizzes
- Glossaries
- Harvesting and Processing
- Herbs and Spices
- How to Make Food
- Sauces
- Spirits / Mixed Drinks
- Video Dictionary
- Wine

**Historical Timelines: Coffee**

Date	Event
c. 850 CE	According to legend, Ethiopian shepherds discover coffee by observing their goat herds, which became hyperactive after eating the berries of the coffee tree. In another account, a shaman named Omar is exiled to the desert outside of Mocha, Yemen, where he savages coffee berries to survive. Deterred by their bitter taste, he tries boiling them, inadvertently brewing the world's first cup of coffee. The beverage revitalizes him, and he is welcomed back to Mocha with the miracle brew.
1400s	The first coffee trees are cultivated in Yemen, where strict laws prohibit the export of coffee in an attempt to prevent cultivation of the profitable crop elsewhere. Coffee exports flow through the port city of Mocha in the southwest, exporting the product—and the moniker for coffee—abroad. In medieval Arabia, coffee is consumed in Sufi monasteries during religious rites and prayer. (Al-Joldisi, the Arabic term "kahwah" originally meant wine, indicating coffee's early sacramental use.)[ALC]
1475	The first coffee house, Kiva Hans, opens in Constantinople. Coffee drinking also becomes an important activity at the Ottoman Court, and the position of kahvecibaşı (official chief coffee maker and servant of the sultan) is included in the cast of court functionaries.

**Early Modern Period**

Date	Event
1511	Coffeehouses are popular gathering places for entertainment and political discussions. Conservative Imams in Mecca ban the drink for its stimulating properties (and also over concerns of political intrigue), but Ottoman Sultan Suleiman I intervenes, decreeing coffee a sacred drink.
1586	Turkish slaves imprisoned on the island of Malta by the Knights of Saint John introduce coffee to Europe.
1582	The word coffee is introduced into the English language via the Dutch term "koffie," which entered into Dutch from the Turkish "kahve," a loan word that derives from the original Arabic word for coffee.



**Reference**

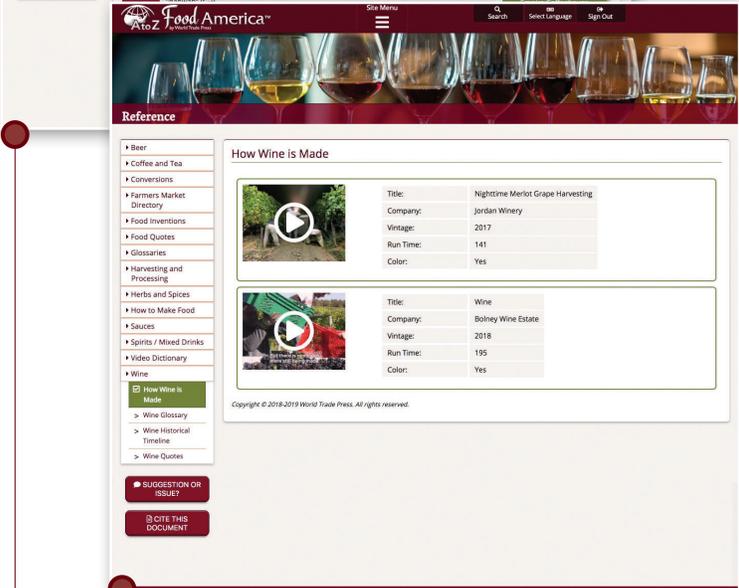
- Beer
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- Herbs and Spices
- How to Make Food
- Sauces
- Spirits / Mixed Drinks
- Mixed Drinks
- Video Dictionary
- Wine

**Mixed Drinks**

A - E   F - L   M - S   T - Z   Search by drink name or ingredient   SEARCH

- A-Spirt
- Accra Last Stop
- African Sunrise
- Alabama Slammer
- Alcoholic Horchata
- Amarretto Sour
- Americano
- Aperol Spritz
- Bama Mama

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**Reference**

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- Food Inventions
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- Glossaries
- Harvesting and Processing
- Herbs and Spices
- How to Make Food
- Sauces
- Spirits / Mixed Drinks
- Video Dictionary
- Wine

**How Wine is Made**

	<p>Title: Nighttime Merlot Grape Harvesting</p> <p>Company: Jordan Winery</p> <p>Vintage: 2017</p> <p>Run Time: 141</p> <p>Color: Yes</p>
	<p>Title: Wine</p> <p>Company: Boney Wine Estate</p> <p>Vintage: 2018</p> <p>Run Time: 195</p> <p>Color: Yes</p>

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**Michigan Food Culture and Recipes**

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- Snacks

**Craft Beers**

Michigan is fifth in the nation in number of breweries, microbreweries, and brewpubs, so the standards are high when any craft brew aficionado visits this state. Grand Rapids has claimed the title of Beer City USA for itself, but there are craft beer-loving communities all over, from Ann Arbor to Traverse City. With a multitude of craft beer experiences, from tours to trails, this state needs to be included in any beer fan's upcoming travel plans.

Here are some of Michigan's top selling craft beers:

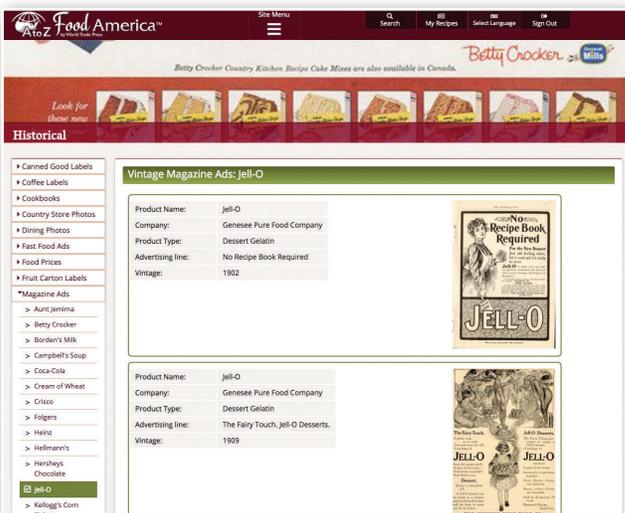
- Bell's Amber Ale**  
Style: American Amber/Red Ale  
Alcohol Content: 5.8 percent alcohol by volume (ABV)  
Description: The highly popular Bell's Brewery was started in 1985 by a home brewer named Larry Bell. Today, the brewery employs more than 500 and its reach and influence stretches across nearly the entire country. The Amber Ale is the brewery's flagship beer and is one of eight year-round brews among a long list of rotating seasonal and specialty favorites. The copper brew boasts a white head and the aroma of bitter fruit with a slight sweetness. The taste follows, with less bitterness. The mouthfeel is average, as is the carbonation.  
Brewer: Bell's Brewery  
Kalamazoo, Michigan
- Founders KBS**  
Style: American Imperial Stout  
Alcohol Content: 12.3 percent ABV  
Description: Another locally-founded craft brewery that quickly rose to national renown is Founders Brewing, which dethroned Bell's Brewery as the largest producer in Michigan. One of Founders Brewing's more popular brews isn't even named after Michigan, however. Instead, folks gravitate toward the KBS, or the Kentucky Breakfast Stout. With a 12.3 percent ABV, it packs a punch but goes down easily. It pours black with no head. The scent is chocolatey, with bourbon, coffee, and oak notes, and the taste is similar. The mouthfeel is low in carbonation, thick, and smooth.  
Brewer: Founders Brewing  
Grand Rapids, Michigan
- Short's Huma Lupia Licious**  
Style: American IPA  
Alcohol Content: 7.7 percent ABV  
Description: After Bell's and Founders, Short's Brewing Company sells the most Michigan-made beer. One of the most popular flagship brews is Short's Huma Lupia Licious India Pale Ale. It pours a slightly amber with a bright white head and a cloudy hue. The scent is hoppy, with some added fruit. The taste is more hops and citrus, for a mix of sweet and bitter. The mouthfeel is average with a dry finish.  
Brewer: Short's Brewing Co.  
Bellare, Michigan

Reference: How Wine is Made

Beverages by State: Craft Beers



# Historical



**Food America™** Site Menu Search My Recipes Select Language Sign Out

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
  - Heinzmann's
  - Herbays Chocolate
  - Jell-O**
  - Kellogg's Corn Flakes
  - Kool-Aid
  - Kraft Mac and Cheese
  - Land O' Lakes
  - Lipton Tea
  - Maxwell House Coffee
  - McCormick
  - Morton Salt
  - Nathury'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




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**FRIES** CHEESE FRIES **DRINKS** BEER FRESH JUICE

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- Menus
  - Air Travel Menu
  - Dining Car Menu
  - Hotel Menu
  - Ocean Liner Menus**
  - Restaurant Menu
  - Soda Pop Ads
  - Supermarket Ads
  - Timelines
  - TV Commercials
  - Vegetable Carton Labels
  - What Did They Eat?

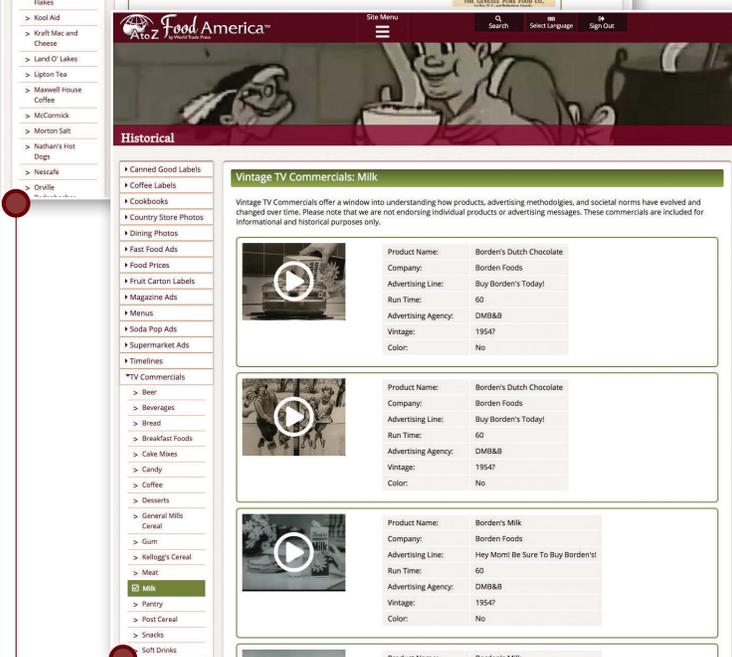
**Historic Menus: Ocean Liner**

Browse by Decade:

1800 1850 1870 1880 1890 1900 1910 1920 1930 1940 1950 1960 1970 1980 1990 2000



- QUEBEC STEAMSHIP COMPANY - SS TRINIDAD
- CUNARD STEAMSHIP COMPANY LTD.
- Mail Steamship Company
- MAIL STEAMSHIP COMPANY
- PACIFIC MAIL STEAMSHIP CO.
- OCEANIC STEAMSHIP CO. - S.S. ZEALANDIA
- RED STAR LINE
- INMAN AND INTERNATIONAL STEAMSHIP COMPANY LIMITED



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  - Beer
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  - Bread
  - Breakfast Foods
  - Cake Mixes
  - Candy
  - Coffee
  - Desserts
  - General Mills Cereal
  - Gum
  - Kellogg's Cereal
  - Meat
  - Milk**
  - Panry
  - Post Cereal
  - Snacks
  - Soft Drinks

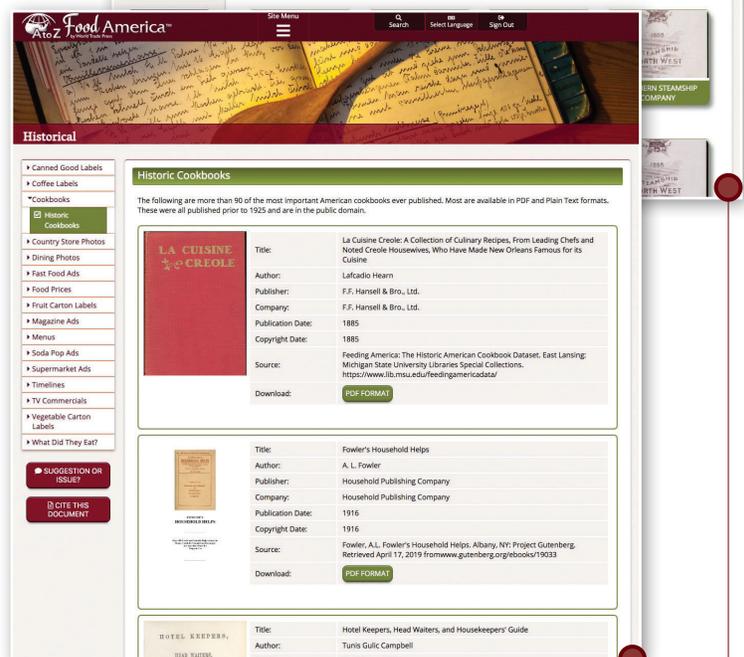
**Vintage TV Commercials: Milk**

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



**Food America™** Site Menu Search My Recipes Select Language Sign Out

**Historical**

- Canned Good Labels
- Coffee Labels
- Cookbooks
  - Historic Cookbooks
- Country Store Photos
- Dining Photos
- Fast Food Ads
- Food Prices
- Fruit Carton Labels
- Magazine Ads
- Menus
- Soda Pop Ads
- Supermarket Ads
- Timelines
- TV Commercials
- Vegetable Carton Labels
- What Did They Eat?

**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.

**LA CUISINE CREOLE**

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](#)

**Fowler's Household Helps**

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](http://www.gutenberg.org/ebooks/19033)  
Download: [PDF FORMAT](#)

**Hotel Keepers, Head Waiters, and Housekeepers' Guide**

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



**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.

**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.

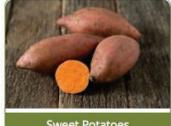
**Did You Know?**

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.

— Christine Killenrich  
World Trade Press

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Sweet Potatoes



Sliced Sweet Potato



Okinawan Sweet Potato



Sweet Potatoes Uprooted



# 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

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

Ingredients



**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**

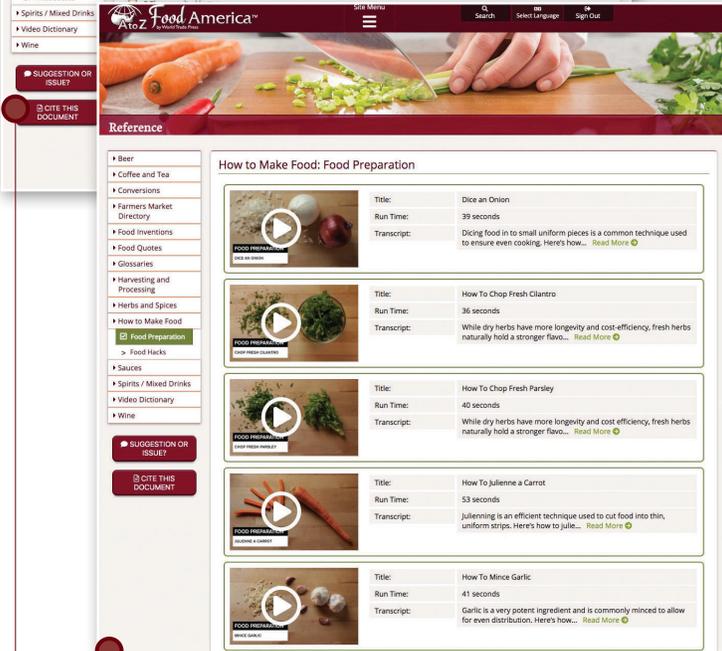
Baking is a cooking process that exposes foods to dry heat for prolonged periods of time, typically in an oven, but also on hot ashes or stones. Today, bread is the most commonly baked food worldwide. Most modern kitchens have convection ovens, which work by circulating heat around the food. The heat 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. Canning



**Reference**

**How to Make Food: Food Preparation**

**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](#)

**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](#)

**How to Chop Fresh Parsley**

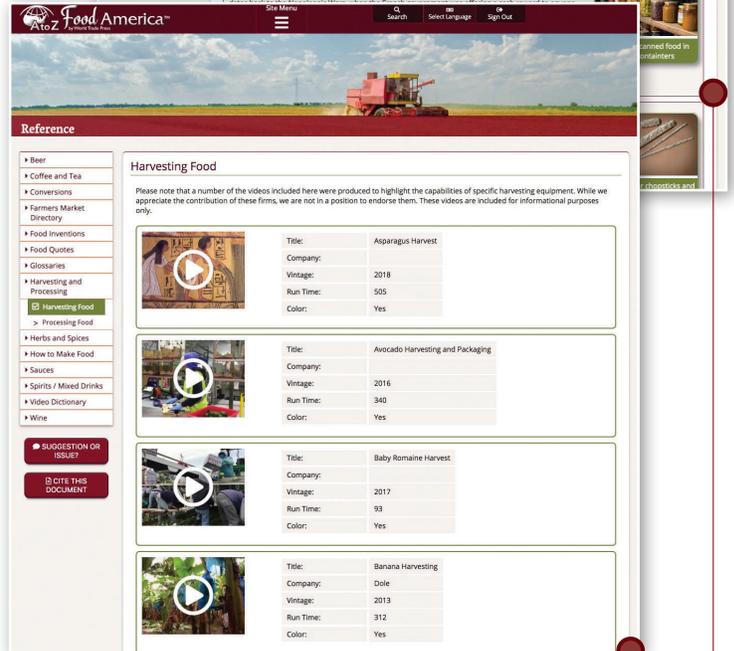
Run Time: 40 seconds  
Transcript: While dry herbs have more longevity and cost-efficiency, fresh herbs naturally hold a stronger flavor... [Read More](#)

**How to Julienne a Carrot**

Run Time: 53 seconds  
Transcript: Julienning is an efficient technique used to cut food into thin, uniform strips. Here's how to julie... [Read More](#)

**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.

**Asparagus Harvest**

Company: 2018  
Vintage: 505  
Run Time: 505  
Color: Yes

**Avocado Harvesting and Packaging**

Company: 2016  
Vintage: 340  
Run Time: 340  
Color: Yes

**Baby Romaine Harvest**

Company: 2017  
Vintage: 93  
Run Time: 93  
Color: Yes

**Banana Harvesting**

Company: Dole  
Vintage: 2013  
Run Time: 312  
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