



www.FoodPassport.com

SPICE IS THE VARIETY OF LIFE

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

Food Passport 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.

Food Passport is also the only database that 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.



NATIONAL CUISINE



RECIPES



FOOD CULTURE



INGREDIENTS



UNUSUAL FOODS

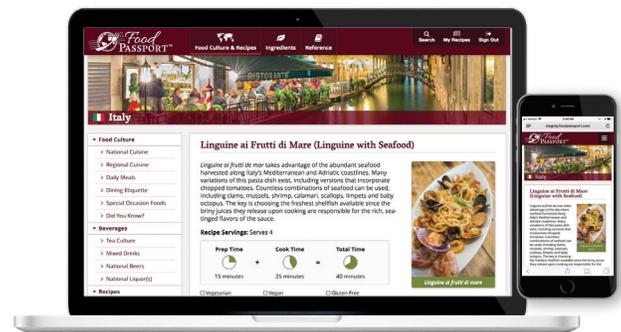
FEATURES

- 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
- 750+ World Beer Reviews
- Personal Recipe Book

BENEFITS

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

Food Passport 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
 - Regional Cuisine
 - Daily Meals
 - Dining Etiquette
 - Special Occasion Foods
 - Did You Know?

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.




Morocco

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

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



Brazil

- Food Culture
 - National Cuisine
 - Regional Cuisine
 - Daily Meals
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 - Special Occasion Foods
 - Did You Know?

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 from other European, Middle Eastern, and Asian cultures. Historically, the diets of

Nepal

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

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
 - National Cuisine
 - Daily Meals
 - Dining Etiquette
 - Special Occasion Foods
 - Did You Know?

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





Peru

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

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 carazon, 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 chancayo 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





Daily Meals

Regional Cuisine

National Cuisine

Did You Know?

Special Occasion Foods

Dining Etiquette



Recipes by Country

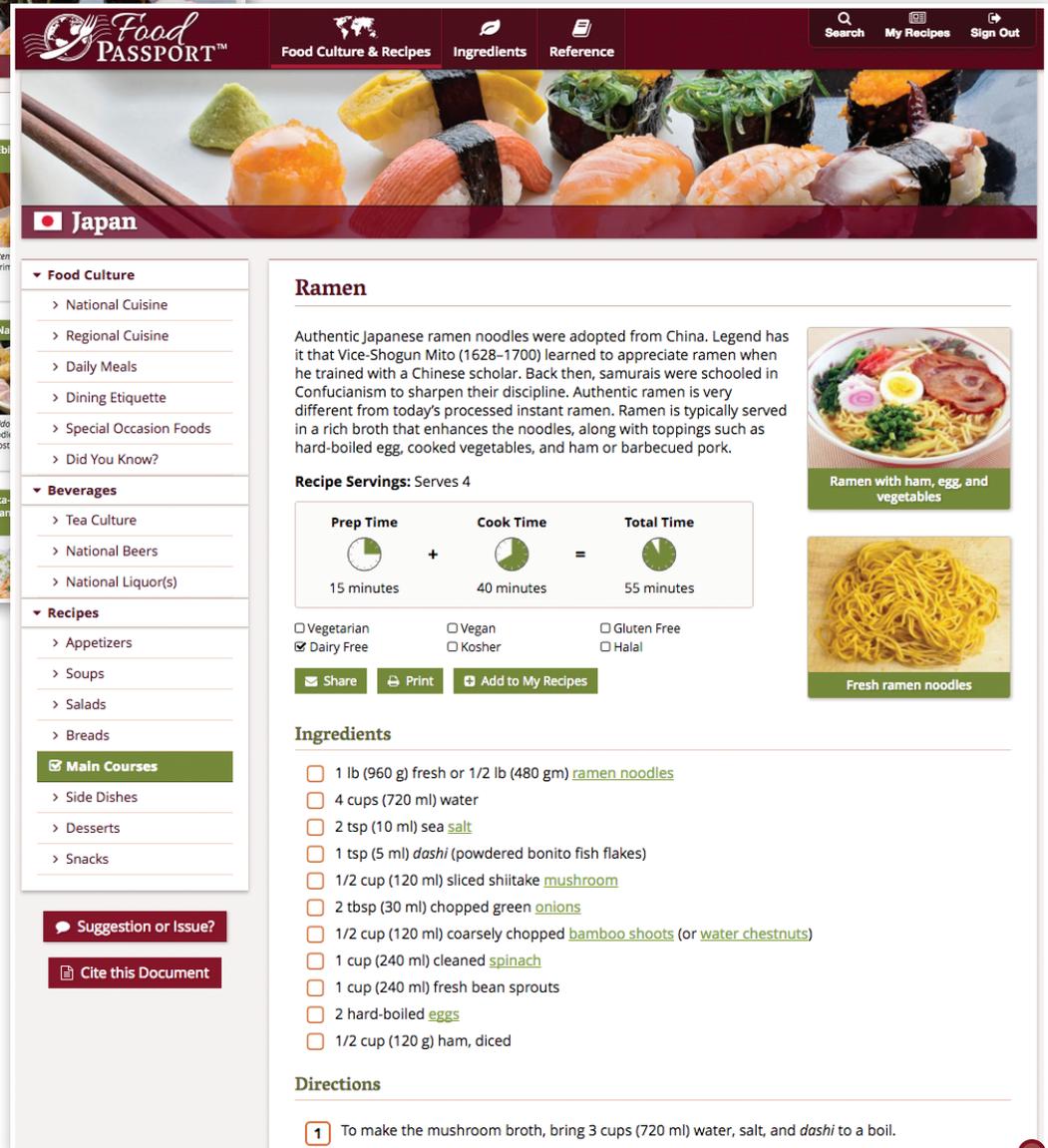
7,000+ Recipes



The screenshot shows the 'Japan' page with a sidebar menu on the left containing categories like 'Food Culture', 'Beverages', and 'Recipes'. The main content area is titled 'Recipes: Main Courses' and features a grid of recipe cards for 'Chicken Teriyaki', 'Chirashi Sushi', 'Katsu Donburi', 'Kayaku Gohan', 'Oyakodon', and 'Ramen'. Each card includes a photo and a brief description.

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



The screenshot shows the 'Ramen' recipe page. It includes a 'Food Culture' section with a list of categories, a 'Prep Time' of 15 minutes, a 'Cook Time' of 40 minutes, and a 'Total Time' of 55 minutes. There are also checkboxes for dietary restrictions like 'Vegetarian', 'Vegan', and 'Gluten Free'. The 'Ingredients' list includes items like ramen noodles, water, sea salt, dashi, mushrooms, onions, bamboo shoots, spinach, bean sprouts, eggs, and ham. The 'Directions' section starts with a numbered step: '1 To make the mushroom broth, bring 3 cups (720 ml) water, salt, and dashi to a boil.'

Recipe Page Showing Ramen



Beverages by Country

National Liqueur(s)

Mixed Drinks

Tea Culture

National Beers



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

Food Culture & Recipes | Ingredients | Reference

Search | My Recipes | Sign Out

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

Sweet potatoes

Close-up of sliced sweet potato

Sweet potatoes being harvested from the earth

Okinawan sweet potato



Reference Categories



Reference

Sauces: 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 français* 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:



Reference

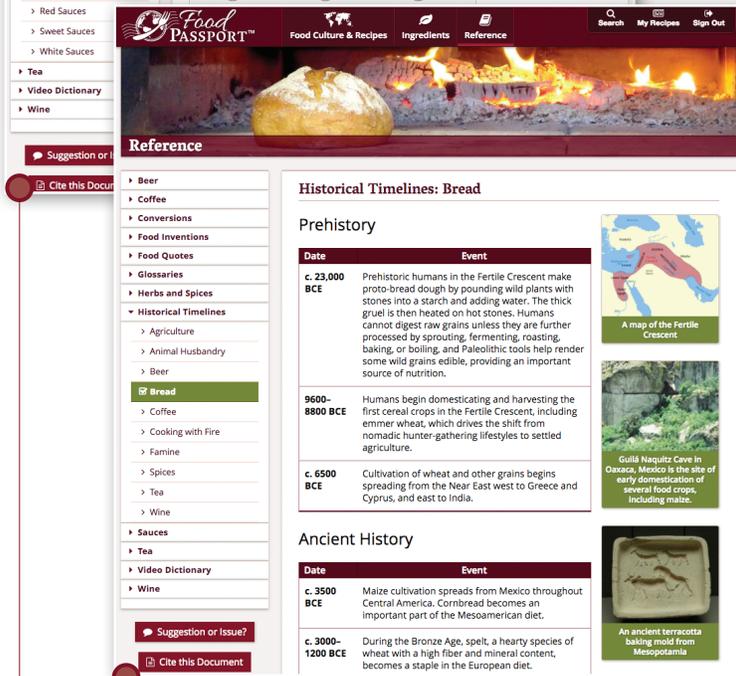
Wine Glossary

Search Glossary

Browse Alphabetically:

A B C D E F G H I J K L M N O P Q R S
T U V W X Y Z

Term	Definition	Image
ABV	Acronym for "alcohol by volume," a measure expressed as a percentage of the amount of ethyl alcohol contained in wine.	
acidity	A flavor component perceived on the palate as sharpness, important to the longevity of a wine.	
Albariño	A Spanish white wine grape used to make white wines.	



Reference

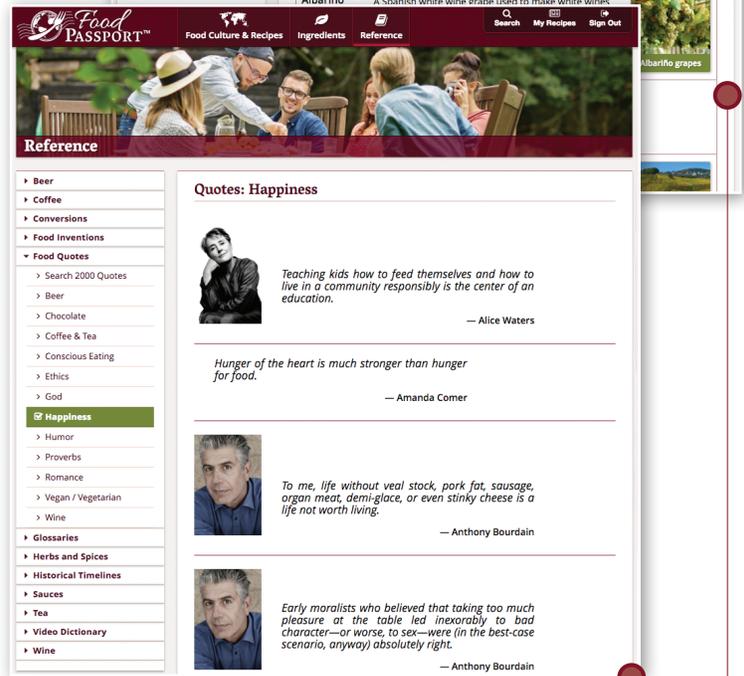
Historical Timelines: Bread

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, spelt, a hearty species of wheat with a high fiber and mineral content, becomes a staple in the European diet.



Reference

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 stronger 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

Historic Timelines

Food Quotes

Sauces



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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 |
| Armenia | Estonia | Luxembourg | Serbia |
| Australia | Ethiopia | Macau | Sierra Leone |
| Austria | Fiji | Macedonia | Singapore |
| Azerbaijan | Finland | Madagascar | Slovakia |
| 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 |
| Bosnia and Herzegovina | Guinea | Mongolia | Suriname |
| Botswana | Guinea-Bissau | Montenegro | Swaziland |
| Brazil | Guyana | Morocco | Sweden |
| Brunei | Haiti | Mozambique | Switzerland |
| Bulgaria | Honduras | Myanmar | Syria |
| Burkina Faso | Hong Kong | Namibia | Taiwan |
| Burundi | Hungary | Nepal | Tajikistan |
| Cambodia | Iceland | Netherlands | Tanzania |
| Cameroon | India | New Zealand | Thailand |
| Canada | Indonesia | Nicaragua | Togo |
| Central African Republic | Iran | Niger | Trinidad and Tobago |
| Chad | Iraq | Nigeria | Tunisia |
| Chile | Ireland | North Korea | Turkey |
| China | Israel | Norway | Turkmenistan |
| Colombia | Italy | Oman | Uganda |
| Comoros | Jamaica | Pakistan | Ukraine |
| Congo (DRC) | Japan | Panama | United Arab Emirates |
| Costa Rica | Jordan | Papua New Guinea | United Kingdom |
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| Croatia | Kenya | Peru | Uruguay |
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