SPICE IS THE VARIETY OF LIFE

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

AtoZ World Food 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.

AtoZ World Food 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.

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 AtoZ World Food’s relevance and appeal to diverse library populations.
• Students use AtoZ World Food 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 AtoZ World Food as a research tool for both recipes and food culture.

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Food Culture by Country

1,400+ Food Culture Articles

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

Food Culture: National Cuisine

Food Culture: Regional Cuisine

Food Culture: Special Occasion Foods

Food Culture: Dining Etiquette

Did You Know?
Recipes by Country
7,000+ 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

Recipe Page Showing Ramen

Ramen

Authentic Japanese ramen noodles were adopted from China. Legend has it that Vice-Shogun Mito (1628-1700) learned to appreciate ramen when he trained with a Chinese scholar. Back then, samurais were schooled in Confucianism to sharpen their discipline. Authentic ramen is very different from today’s processed instant ramen. Ramen is typically served in a rich broth that enhances the noodles, along with toppings such as hard-boiled egg, cooked vegetables, and ham or barbecued pork.

Recipe Servings: Serves 4

Prep Time 15 minutes
Cook Time 40 minutes
Total Time 55 minutes

Ingredients
- 1 lb (390 g) fresh or 1/2 lb (450 g) canned ramen noodles
- 4 cups (720 ml) water
- 2 tsp (10 ml) sea salt
- 1 tsp (5 ml) dashi (powdered bonito fish flakes)
- 1/2 cup (120 ml) diced shiitake mushroom
- 2 tbsp (30 ml) chopped green onions
- 1/2 cup (120 ml) coarsely chopped bamboo shoots or water chestnuts
- 1 cup (240 ml) cleaned spinach
- 1 cup (240 ml) fresh bean sprouts
- 2 hard-boiled eggs
- 1/2 cup (120 ml) ham, sliced

Directions
1. To make the mushroom broth, bring 3 cups (720 ml) water, salt, and dashi to a boil.
2. Add mushroom. Lower heat to medium-low and simmer for 20 minutes.
3. Add green onions, bamboo shoots, and spinach. Simmer for 10 more minutes.
4. Cook ramen according to package instructions (about 5 minutes in boiling water). Be sure noodles remain al dente for a nice chew. Keep warm.
5. Cover broiled ramen with the beans, noodles, and cooked spinach.
Beverages by Country

National Beers

The African country of Angola is a unique country in terms of its cold drinks. In the 1980s, despite having the world's third largest beer industry, Angola’s annual production was only 1.5% of this figure due to the mismanagement of the industry. The country’s main producing company, the National Beers Group, has seen a significant increase in demand for its products following the collapse of neighboring states. It is the only major producer in the country as the Nigerian Nigibrew company has been operating since 1957.

Popular Variations

Nose: Coca is a blend of herbs and herbs, and has a very sweet, swiftly-appearing white head. The flavor is good, but not as full as other Coca drinks. It is slightly sweet, with some subtle malty notes. The overall flavor is good. The bottle is a steel can, with a very strong odor of carbonation.

bebida

Nacional Beers

Description: Nova Coca is a blend of herbs and herbs, and has a very sweet, swiftly-appearing white head. The flavor is good, but not as full as other Coca drinks. It is slightly sweet, with some subtle malty notes. The overall flavor is good. The bottle is a steel can, with a very strong odor of carbonation.

Ingredients

1 Coca
1 Tea
1 Orange
1 Lemon
1 Grapefruit
1 Lime
1 Apple

Glassware

Place one in a blank glass and pour in Coca and fruit as a pops. Top with sour-sweet and fruit-sour. Garnish simply with a halved fruit or orange on a skewer.

Aperitif Drinks

The word “aperitif” is derived from the Latin aperire, which means “to open.” The type of beverage that is consumed before a meal is called an aperitif. It is often served with appetizers, such as olives, bread, and cheese. The goal is to stimulate the appetite and prepare the stomach for the upcoming meal. Aperitifs can be made from a variety of ingredients, including spirits, wine, and fruit juices. The most common aperitif is the French aperitif, which is made from a mixture of wine, liqueurs, and spices.
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

Vegetables: Sweet Potato

Description
Sweet potato, or Ipomoea batatas, is a tuberous root in the morning glory family. Sweet potato skin can be yellowish to orange, 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 5000 BCE.

Varieties
Highly-variety, 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 yam. Alternatively, the firm sweet potato with golden skin and cream-colored flesh is usually sold under the name sweet potato. Okinawan sweet potatoes have slightly purple flesh.

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

Preparation
Sweet potatoes can be peeled, boiled, baked, diced, or pureed. Dessert preparations include being candied or incorporated into casseroles and pies that are popular in the winter. Sweet potatoes are commonly used in Japanese cuisine, especially in Okinawa where purple sweet potatoes appear in a range of mochi, ice cream, cakes, pies, and teas.

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 in the fish's byproducts ammonia and nitrites, both absorbing these toxins from the water and providing a useful habitat for the fish among its roots.