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## 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 projects.
- 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.



STATE & REGIONAL  
CUISINE



ETHNIC CUISINE



RECIPES



INGREDIENTS



HISTORICAL

**ABC 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



Site Menu  


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 **Texas**

> 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


Prep Time  
  
25 minutes

+


Cook Time  
  
40 minutes

=







Total Time  
  
1 hour 5 minutes



Chicken Pot Pie



Pie Crust

☐ Vegetarian 
☐ Vegan 
☐ Gluten Free 
☐ Dairy Free 
☐ Kosher 
☐ Halal 

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PRINT

#### Ingredients


**Crust:**

- ☐ 3 cups all-purpose flour, plus a bit to dust pan
- ☐ 2 tsp salt, fine
- ☐ 14 Tbsp (1 3/4 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 3/4 cups chicken broth
- ☐ 1/2 cup milk
- ☐ 2 1/2 cups shredded, cooked chicken
- ☐ 2 cups frozen mixed vegetables, thawed


**Directions**



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 **Texas**

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 > Side Dishes  
 > Desserts  
 > Snacks


### 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...

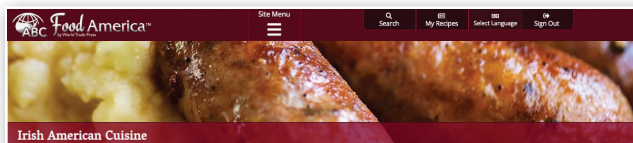


Cheese Enchiladas with Chili Gravy



## Food Culture by State, Region, & Ethnic Group

### 300+ Food Culture Articles

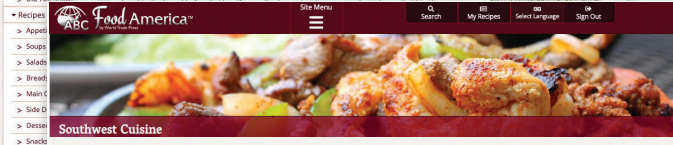


**Irish American Cuisine**

**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



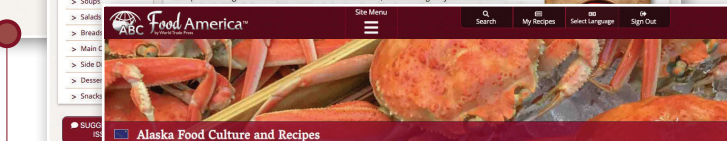
**Southwest Cuisine**

**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.

**Hot Crab Dip** — Crab meat is suspended in a creamy seasoned mixture of melted cheese that can be eaten with crackers, chips, or crusty bread.

**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.

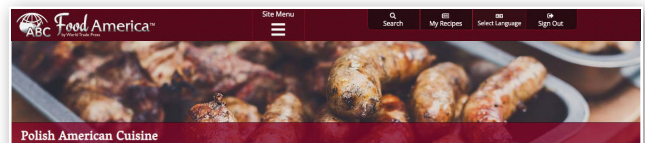
**Baked Cod** — Fillets of firm, white Pacific cod are coated in breadcrumbs and baked until golden before being served with lemon on the side for a squirt of extra flavor.

**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**

**Alutaiq** — 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.



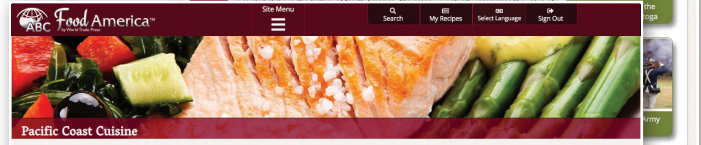
**Polish American Cuisine**

**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**

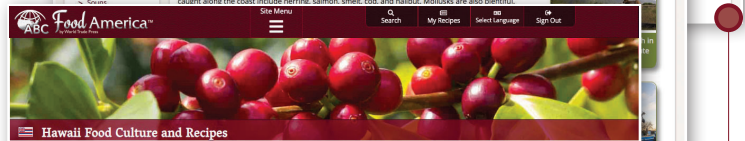
**Ethnic and Geographic Influences**

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 3,300 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.



**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 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 soups, 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)**

Alohi 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

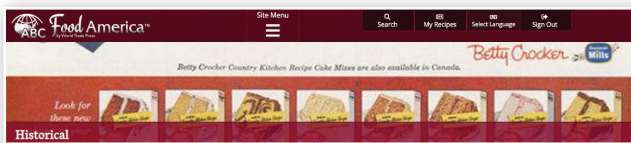


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## Historical



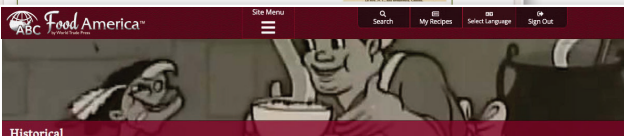
- Canned Good Labels
- Coffee Labels
- Cookbooks
- Country Store Photos
- Dining Photos
- Fast Food Ads
- Food Prices
- Fruit Carton Labels
- Magazine Ads
- Aunt Jemima
- Betty Crocker
- Borden's Milk
- Campbell's Soup
- Coca-Cola
- Cream of Wheat
- Crisco
- Folgers
- Heinz
- Hellmann's
- Hershey's Chocolate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

### 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



- Canned Good Labels
- Coffee Labels
- 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
- Beer
- Beverages
- Bread
- Breakfast Foods
- Cake Mixes
- Candy
- Coffee
- Desserts
- General Mills Cereal
- Gum
- Kellogg's Cereal
- Meat
- Milk
- Penny
- 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: 1954?  
Color: No

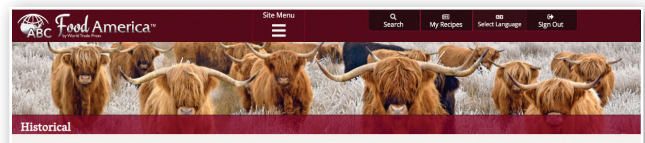


Product Name: Borden's Dutch Chocolate  
Company: Borden Foods  
Advertising Line: Buy Borden's Today!  
Run Time: 60  
Advertising Agency: DMB&B  
Vintage: 1954?  
Color: No



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: 1954?  
Color: No

Borden's Kaffee Borden's Kaffee



- Canned Good Labels
- Coffee Labels
- Cookbooks
- Country Store Photos
- Dining Photos
- Fast Food Ads
- Food Prices
- Fruit Carton Labels
- Magazine Ads
- Menus
- Soda Pop Ads
- Supermarket Ads
- Timelines
- Agriculture
- Animal Husbandry
- Bread
- Coffee
- Cooking with Fire
- Diet Fads
- Funnies
- Fast Food
- Iconic Brands
- Soda Pop
- Spices
- Tea

### Historical Timelines: Animal Husbandry

#### Ancient History

Date	Event
c. 12,700 BCE	Humans domesticate dogs from wild, wolf-like canines in Eurasia. Canis lupus familiaris is buried in human graves, indicating that dogs have become beloved companions. The dog is the first animal species to be domesticated.
c. 11,000 BCE	In the mountains of Asia Minor, the first wild ruminant species to be domesticated is the sheep. Descended from the wild mouflon, sheep provide humans with meat, milk, and wool, and are also used in religious practices.
c. 10,000 BCE	In the Near East, the goat is domesticated from the Bezoar ibex in the Near East to provide humans with meat, milk, and skins. The grazing behavior of goats clears large swaths of land, paving the way for more humans to adopt a settled, agricultural lifestyle.
c. 9000 BCE	The pig is domesticated in the Near East from wild boar. Its domestication also helps drive human settlement, as pigs resist being moved over long distances. The taming of pigs and sheep coincides with the beginning of the domestication of plants: cereal crops, including pulses and wheat, begin to be farmed in the Fertile Crescent.
c. 8000 BCE	Cattle are domesticated from aurochs (Bos primigenius, now extinct). Not only do cattle provide meat, milk, and leather, but also help facilitate the rise of agricultural societies, as the beasts of burden can be used to sow and fertilize fields. Together, the domestication of ruminants and pigs helps drive the shift away from hunter-gatherer lifestyles. In north Africa, cats are domesticated from the African wildcat to control pests such as insects and rats, and to live with humans as pets.
c. 6000 BCE	The chicken is domesticated from the red junglefowl in India and Southeast Asia to provide meat and eggs.
c. 4000 BCE	The Western honey bee is raised by civilizations around the Mediterranean to provide honey and wax, and to pollinate crops. In Arabia, the camel is domesticated from the wild dromedary, which facilitates transportation—along with trade and warfare—through vast desert lands in the Middle East and north Africa.



12,000 BCE: Wolf-like Canine Depicted in Cave Art



11,000 BCE: A Wild Mouflon from Asia Minor: Precursor of Modern Sheep



8000 BCE: Modern Cattle Derived from Aurochs



8000 BCE: Modern Chickens Derived from the Red Junglefowl in India and Southeast Asia



6000 BCE: Book Painting of a Chicken



### 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.

	<p>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</p> <p>Author: Lafcadio Hearn</p> <p>Publisher: F.F. Hansell &amp; Bro., Ltd.</p> <p>Company: F.F. Hansell &amp; Bro., Ltd.</p> <p>Publication Date: 1885</p> <p>Copyright Date: 1885</p> <p>Source: Feeding America: The Historic American Cookbook Dataset. East Lansing: Michigan State University Libraries Special Collections. <a href="https://www.lib.msu.edu/feedingamerica/">https://www.lib.msu.edu/feedingamerica/</a></p> <p>Download: <a href="#">PDF FORMAT</a></p>
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	<p>Title: Fowler's Household Helps</p> <p>Author: A. L. Fowler</p> <p>Publisher: Household Publishing Company</p> <p>Company: Household Publishing Company</p> <p>Publication Date: 1916</p> <p>Copyright Date: 1916</p> <p>Source: Fowler, A.L. Fowler's Household Helps. Albany, NY: Project Gutenberg. Michigan State University Libraries Special Collections. <a href="https://www.lib.msu.edu/feedingamerica/">https://www.lib.msu.edu/feedingamerica/</a></p> <p>Download: <a href="#">PDF FORMAT</a></p>
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	<p>Title: Hotel Keepers, Head Waiters, and Housekeepers' Guide</p> <p>Author: Tunis Gulic Campbell</p>
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## 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



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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.

**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 as they grow.


**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 as they grow.

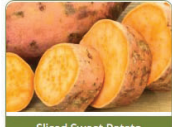
— Kristine Killerich  
World Trade Press

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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



Acorn Squash




Aji Pepper




Ancho Chile



Artichoke




Arugula



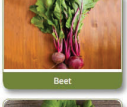
Asparagus




Bamboo Shoot




Bean Sprout



Beet




Bell Pepper




Bird's Eye Chili




Bitter Melon



Bok Choy



Broccoli



Broccoli Rabe

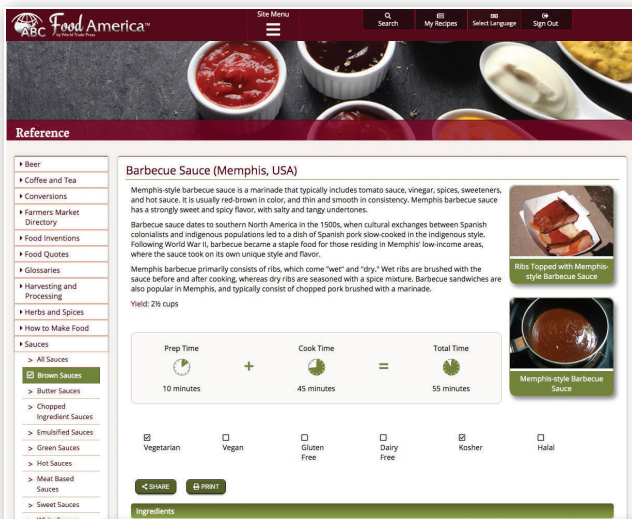


Brussels Sprout





## 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 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.

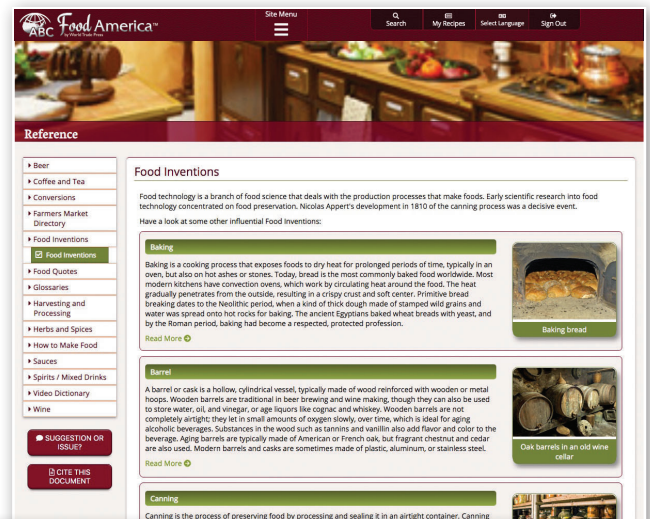
Yield: 2½ cups

**Prep Time** 10 minutes **Cook Time** 45 minutes **Total Time** 55 minutes

**Ingredients:**

- Vegetarian
- Vegan
- Gluten Free
- Dairy Free
- Kosher
- Halal

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**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.

[Read More](#)

**Barrel**

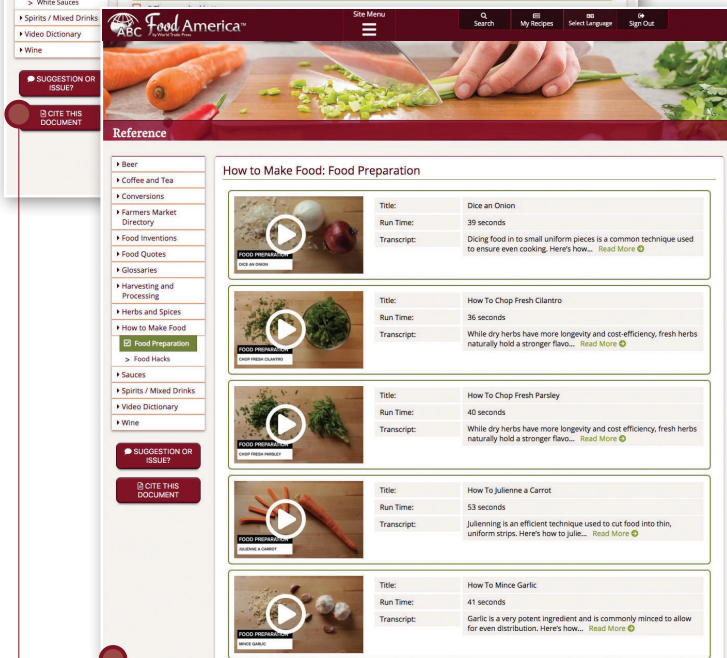
A barrel or cask is a hollow, cylindrical vessel, typically made of wood reinforced with wooden or metal hoops. Wooden barrels are traditional in beer brewing and wine making, though they can also be used to store water, oil, and vinegar, or age liquors like cognac and whiskey. Wooden barrels are not 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.

[Read More](#)

**Canning**

Canning is the process of preserving food by processing and sealing it in an airtight container. Canning

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**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](#)

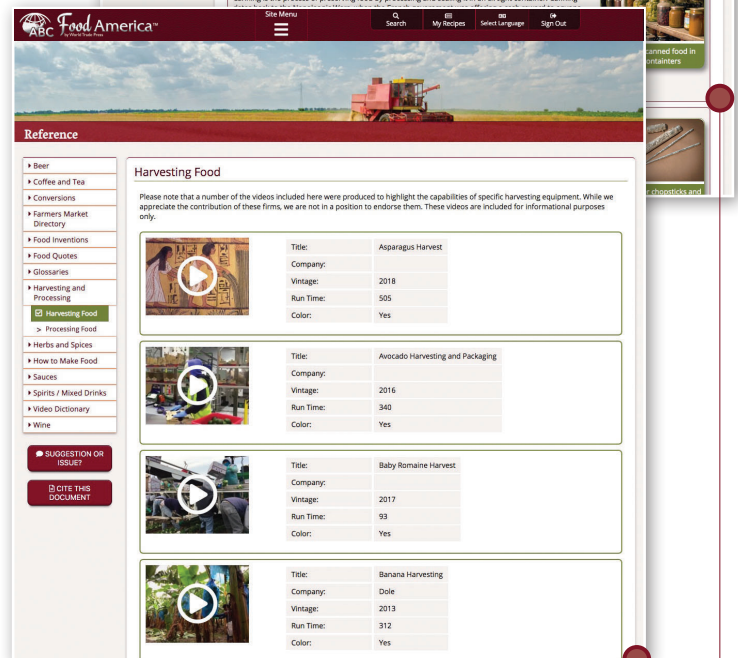
**How To Julienne a Carrot**

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

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**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  
Run Time: 505  
Color: Yes

**Avocado Harvesting and Packaging**

Company: 2016  
Run Time: 340  
Color: Yes

**Baby Romaine Harvest**

Company: 2017  
Run Time: 93  
Color: Yes

**Banana Harvesting**

Company: 2013  
Run Time: 312  
Color: Yes

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Sauces

Harvesting Food



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Food Inventions





## 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