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

ABCWorldFood 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.

ABCWorldFood 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
- Personal Recipe Book
- Share and Print Options

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

ABCWorldFood is mobile friendly, automatically adapting to the screen size of any desktop, laptop, tablet, or smartphone.
Food Culture by Country

1,400+ Food Culture Articles

Food Culture: National Cuisine
Overview
Food culture includes important aspects of a country's heritage, traditions, and social customs. The food culture of Brazil is diverse, with influences from various regions. The cuisine is characterized by the use of fresh, local ingredients and traditional cooking methods.

Did You Know?
- Brazilian feijoada is a traditional dish made with beans, pork, and various meats.
- Caipirinha is a popular Brazilian cocktail made with sugar, lime, and cachaça.
- Pao de queijo is a small cheese bread that is a staple in many parts of Brazil.

Food Culture: Regional Cuisine
Overview
Regional cuisine in Brazil varies significantly from region to region. The northern region is known for its garlic and rice dishes, while the southern region is famous for its meat dishes. The coastal region has a rich seafood culture.

Did You Know?
- The state of Bahia is famous for its feijoada and acarajé.
- The state of Minas Gerais is known for its traditional caipira kitchen, with dishes like polenta and feijão na panela.
- The state of Espírito Santo is famous for its seafood dishes, such as caçarola.

Food Culture: Special Occasion Foods
Overview
Brazilian cuisine has a rich tradition of special occasion foods, which are prepared for important events such as weddings, birthdays, and religious festivals. These dishes are often elaborate and feature traditional ingredients.

Did You Know?
- Pão de queijo is often served at parties and special occasions.
- Carne de sol (sun-dried meat) is a traditional dish served during the Christmas season.
- Baiana (a type of cake) is a popular dessert served during special occasions.

Food Culture: Daily Meals
Overview
Brazilian daily meals are typically simple and consist of rice, beans, and meat. Breakfast is usually light, consisting of coffee and bread. Lunch is often a larger meal, consisting of rice, beans, and various meats. Dinner is usually a smaller meal, consisting of soup or salad.

Did You Know?
- Brazilian coffee is often served with bread and cheese.
- Açaí bowls are a popular Brazilian breakfast dish, consisting of a base of açaí puree topped with fruits, granola, and nuts.
- Moqueca de peixe is a traditional Brazilian dish made with fish, vegetables, and spices.

Food Culture: National Cuisine
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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

Authentic Japanese ramen noodles were adopted from China. Legend has it that Vice-Admiral Mōri (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 (960 g) fresh or 1/2 lb (480 g) 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) sliced 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) cooked, peeled, minced shiitake
- 1/2 cup (120 ml) fresh bean sprouts
- 2 hard-boiled eggs
- 1/2 cup (120 ml) ham, diced

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. Quarter the hard-boiled egg, slice the barbecued pork, or ham, and cooked chicken.
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 Catalog Page
Reference Categories

Sauces

Historical Timelines: Bread

Prehistory

5000 BCE

Earliest known bread was flatbread, possibly made from millet, a staple crop of the ancient Chinese. The technique of baking bread was developed independently in ancient China, Egypt, and Mesopotamia.

New Kingdom (1550-1070 BCE)

During the New Kingdom, the Egyptians developed a method of baking bread that involved using live yeast to enhance the flavor and texture of the bread.

Ancient History

1000 BCE

Bread was a staple food in ancient China, and the Chinese developed a method of baking bread using live yeast, which is still used in modern Chinese bread making.

500 BCE

During the Han Dynasty in China, bread was a popular food item in the wealthy classes, and the technique of baking bread using live yeast was well established.

Food Quotes

Hunger for the heart is much stronger than hunger for food.

— Aristotle

To my life, without art would be like a garden, more ornamental than useful.

— Anthony Trollope

Early modern artists believed that taking too much pleasure of the body was a cause of the decay of the soul.

— Dante Alighieri

Great food is the finishing touch of genuine happiness.

— Auguste Escoffier

Food Glossaries
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Additional countries: Argentina, Armenia, Australia, Austria, Azerbaijan, Bahamas, Bahrain, Bangladesh, Belarus, Belgium, Belize, Benin, Bermuda, Bolivia, Bosnia and Herzegovina, Botswana, Brazil, Brunei, Bulgaria, Burkina Faso, Burundi, Cambodia, Cameroon, Canada, Chad, Chile, China, Colombia, Comoros, Congo (DRC), Costa Rica, Cote d’Ivoire, Croatia, Cuba, Cyprus, Czech Republic, Denmark, Djibouti, Dominican Republic, Ecuador, Egypt, El Salvador, Equatorial Guinea, Eritrea, Estonia, Ethiopia, Fiji, Finland, France, Gabon, Gambia, The, Georgia, Germany, Ghana, Greece, Guam, Guatemala, Guinea, Guinea-Bissau, Guyana, Haiti, Honduras, Hong Kong, Hungary, Iceland, India, Indonesia, Iran, Iraq, Ireland, Israel, Italy, Jamaica, Japan, Jordan, Kazakhstan, Kenya, Kosovo, Kuwait, Kyrgyzstan, Laos, Latvia, Lebanon, Lesotho, Liberia, Libya, Lithuania, Luxembourg, Macau, Macedonia, Madagascar, Malawi, Malaysia, Maldives, Mali, Malta, Mauritania, Mauritius, Mexico, Moldova, Mongolia, Montenegro, Morocco, Mozambique, Myanmar, Namibia, Nepal, Netherlands, New Zealand, Nicaragua, Niger, Nigeria, North Korea, Norway, Oman, Pakistan, Panama, Papua New Guinea, Paraguay, Peru, Philippines, Poland, Portugal, Puerto Rico, Qatar, Romania, Russia, Rwanda, Saudi Arabia, Senegal, Serbia, Sierra Leone, Singapore, Slovakia, Slovenia, Solomon Islands, Somalia, South Africa, South Korea, South Sudan, Spain, Sri Lanka, Sudan, Suriname, Swaziland, Sweden, Switzerland, Syria, Taiwan, Tajikistan, Tanzania, Thailand, Togo, Trinidad and Tobago, Turkey, Turkmenistan, Uganda, Ukraine, United Arab Emirates, United Kingdom, United States, Uruguay, Uzbekistan, Venezuela, Vietnam, Yemen, Zambia, Zimbabwe.