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.

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

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 

Recipe Servings: 4

Ingredients:

- Crust:
  - 3 cups all-purpose flour, plus a bit to dust pan
  - 2 tsp salt, fine
  - 14 1/2 tsp (1 1/4 sticks) butter, chilled
  - 1/4 cup water, ice cold

- Filling:
  - 1/2 cup butter
  - 1 1/2 cups chopped onion
  - 1 1/2 cups all-purpose flour
  - 1/2 tsp salt
  - 1/4 tsp ground black pepper
  - 1/4 cups chicken broth
  - 1/2 cup milk
  - 2 lbs shredded, cooked chicken
  - 2 cups frozen mixed vegetables, thawed

Directions:
Food Culture by State, Region, & Ethnic Group
300+ Food Culture Articles

State: Classic Dishes
Region: Special Ingredients
Ethnic Group: Special Occasion Food

State: State Foods
Region: Ethnic & Geographic Influences
Ethnic Group: Historical Timelines
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 potatoes, 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 BC.

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. Alternatively, the firm sweet potato with golden skin and cream-colored flesh is usually sold under the name sweet potato. Pakistani sweet potatoes have strikingly purple flesh.

Profile
Sweet potatoes are starchy and have an earthy and mild to strong sweet flavor.

Ingredients
Sweet potatoes are an excellent source of manganese and vitamin A and C, and a good source of calcium, iron, copper, phosphorus, potassium, and iron. Orange varieties are particularly rich in beta-carotene, and sweet potatoes are rich in the antioxidant anthocyanin that also gives blueberries, red grapes, and red wine their purple hues.

Preparation
Potato is usually grilled, fried, boiled, mashed, or baked. Dessert preparations include being candied or grated into casseroles and pies that are popular in the winter. Sweet potatoes are ubiquitous in the cuisine, especially in Okinawa where purple sweet potatoes appear in a range of meals, ice cream, pies, and tarts.

Additional Information
Naturally-grown and canned sweet potatoes are available year-round. Fresh sweet potatoes are sold from mid-summer to early winter. They do not tolerate frost and can take between two and nine months to mature, depending on the variety.

Nutritional Facts
Potato roots are ideal additions to home aquariums because they thrive on the fish by-products like and do not absorb these toxins from the water and providing a useful habitat for the fish to root.

More Kitchen Tips
- World Trade Press
Reference Categories

How to Make Food

Barbecue Sauce (Memphis, USA)

Ingredients

Sauces

Harvesting Food

Reference

Food Inventions

How to Make Food: Food Preparation

Reference

Food Inventions

Harvesting Food
US Food Guides
89 State, Regional, and Ethnic Groupings

6 Regions
Midwest
Northeast
Pacific Coast
South
Southwest
West

50 States
Alabama
Alaska
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Arkansas
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33 Ethnic Groups
Cajun Cuisine
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Ethiopian American Cuisine
Filipino American Cuisine
French American Cuisine
German American Cuisine
Greek American Cuisine
Hungarian American Cuisine
Indian American Cuisine
Irish American Cuisine
Italian American Cuisine
Japanese American Cuisine
Jewish American Cuisine
Korean American Cuisine
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