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## 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.

### 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.



**NATIONAL CUISINE**



**RECIPES**



**FOOD CULTURE**

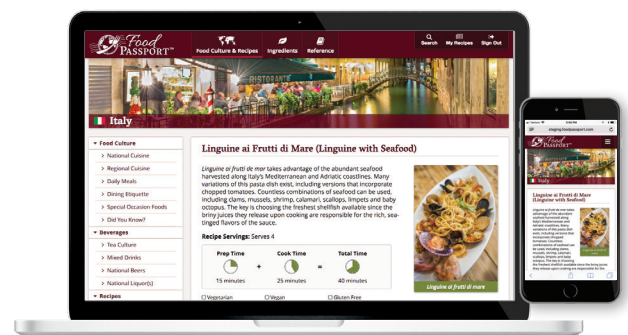


**INGREDIENTS**



**UNUSUAL FOODS**

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# Food Culture by Country

## 1,400+ Food Culture Articles



- 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.



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### 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



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### Food Culture: Daily Meals

New Zealanders typically eat three meals per day.

#### Breakfast

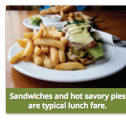
Breakfast is usually a light meal of bread or cereal, accompanied by a cup of coffee, tea, juice, or milk. Popular spreads for bread include butter, Nutella, and the yeast paste Marmite. Breakfast is usually eaten between 6am and 8am.



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.

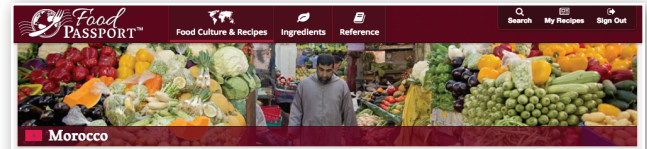
#### Lunch

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.



#### 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

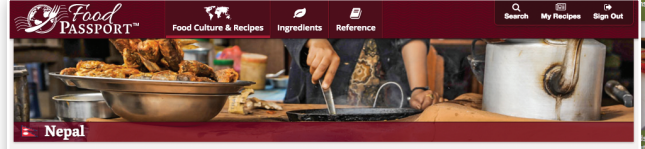


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### Food Culture: Dining Etiquette

#### 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



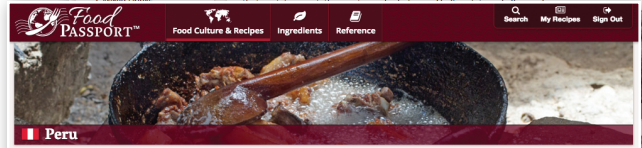
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### Food Culture: Special Occasion Foods

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



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### 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 chancaca 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



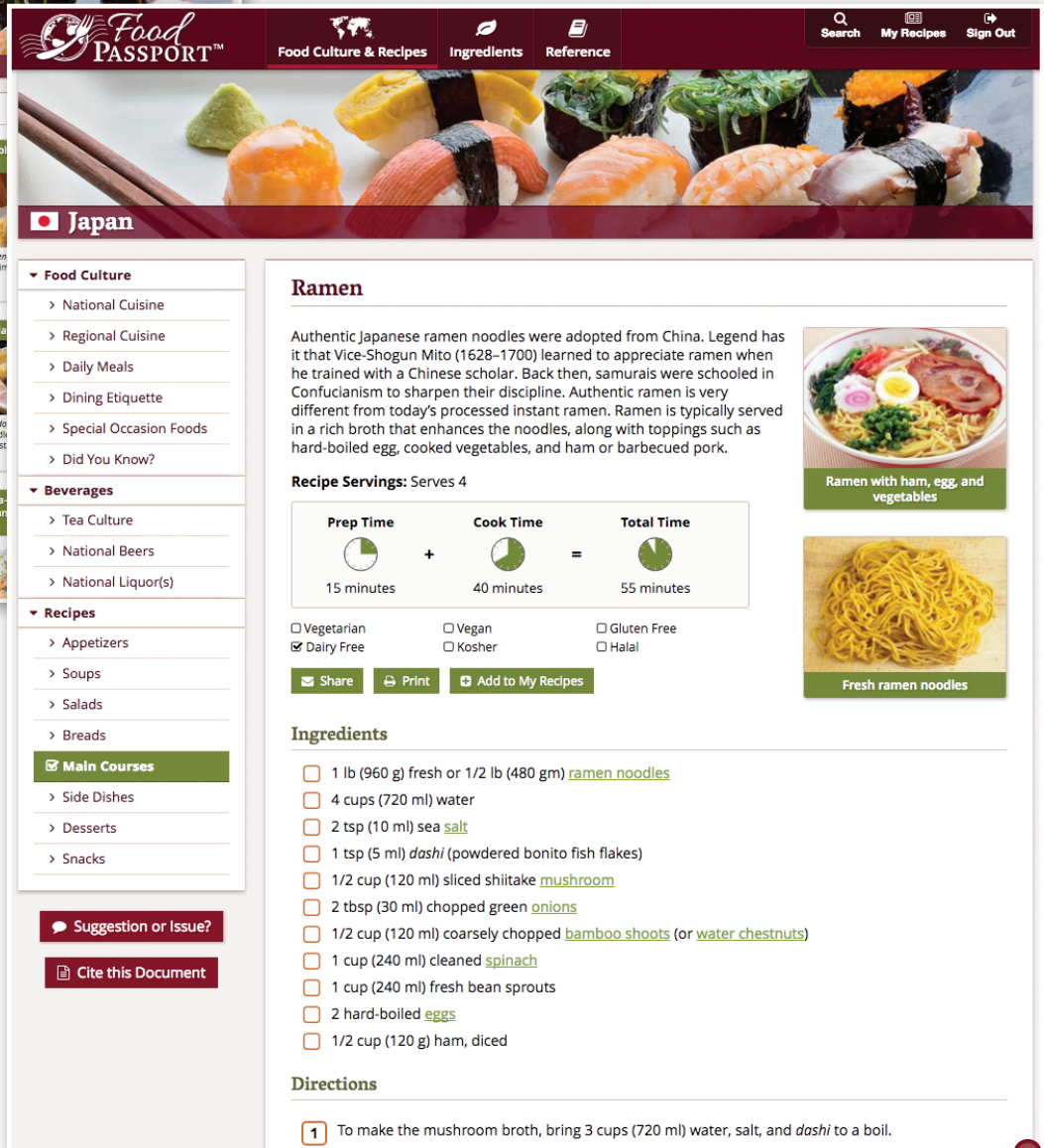
# Recipes by Country

## 7,000+ Recipes



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



### 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	Cook Time	Total Time
15 minutes	40 minutes	55 minutes

☒ Vegetarian
 ☐ Vegan
 ☐ Gluten Free

☒ Dairy Free
 ☐ Kosher
 ☐ Halal

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#### Ingredients

- ☐ 1 lb (960 g) fresh or 1/2 lb (480 gm) [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) cleaned [spinach](#)
- ☐ 1 cup (240 ml) fresh bean sprouts
- ☐ 2 hard-boiled [eggs](#)
- ☐ 1/2 cup (120 g) ham, diced

#### Directions

- To make the mushroom broth, bring 3 cups (720 ml) water, salt, and *dashi* to a boil.





# Beverages by Country



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**Beverages**

- Tea Culture**
- National Beers
- National Liquor(s)

**Recipes**

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**Beverages: Tea Culture**

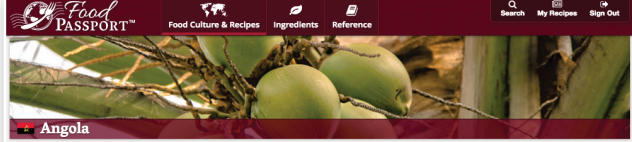
**History**

In many people's minds, vodka is the drink most often associated with Russia, but hot tea is actually considered by most to be the country's national beverage. It was first introduced to Russia by the Mongolians in the mid-1600s, most likely as a gift to Tsar Michael I of the Romanov dynasty. Because of difficult caravan trade routes from China, tea was originally an extremely expensive luxury. In the late 1700s, the court of Catherine the Great established regular tea imports from China and by the time of her death in 1796, Russia was importing over 3 million pounds of tea by camel caravan. This dramatically reduced the price, and the hot drink soon became a staple among even the poorest Russian families. In 1880, the first leg of the Trans-Siberian Railway opened, dealing a significant blow to the Chinese caravans as the time it took to ship tea was cut from several months to about a week.

**Cultivation**

Russia relies on imports for most of its tea, but there are a few local producers like Kraonodarsky Tea, the most common Russian-grown brand, that operate tea plantations near the city of Sochi. Tea plantations were first established in Russia in the early 1800s, and true industrial plantations were created in the 1880s. There are few places in Russia where the weather conditions allow for mass tea production. The area around Sochi, however, has a humid subtropical climate with moderate temperatures and substantial rainfall well suited for the cultivation of tea. These fields are some of the northernmost tea plantations in the world.



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**Beverages: National Beers**

The African country of Angola has a rather unique history with beer. In the 1980s, despite having the continent's third-largest economy and being one of the largest oil producers, Angola was suffering significant economic turmoil for ongoing wars. Angola's currency was near valueless, so many Angolans used beer as a type of currency. In fact, government workers could buy foreign beers and sell them on the black market, making enough money even to buy a plane ticket out of Africa.

One of the biggest beer producers in the country is the brewery Cuca, which was founded in the mid-1900s. In the 1970s, the government took over the privately-owned brand and nationalized it, and it was around this same time that Cuca beer became illegal in neighboring Namibia. Yet, sales of Cuca in Namibia remained steady, and bars in Namibia became known as "Cuca shops." It is even rumored that competing parties vying for governmental power in Namibia have used Cuca as a bribe to earn public sentiment.


**Nova Cuca**


**Style:** Pale lager

**Alcohol Content (Alcohol by Volume):** 4.5 percent ABV

**Description:** Nova Cuca pours blonde and light, and has a very small, quickly-disappearing white head. The scent is grainy, but very difficult to detect. The taste is just slightly skunky, with some sweet maltiness. The aftertaste is grainy. The mouthfeel is soft and thin, with a tiny amount of carbonation.

**Brewer:** Pela Cuca  
Luanda  
Angola





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**Beverages: National Liquor(s)**

**Rum**

Rum—a distilled liquor made from sugarcane juice or sugarcane by-products—has its roots in either ancient India or China, where fermented drinks were made from sugarcane juice. Rum as we know it today dates to the 17th-century Caribbean and has a rather infamous history, being a key driver of the "slave triangle": the sugarcane grown in the Caribbean would be shipped to the Americas to make rum, the proceeds from the sale of that rum would be used to purchase slaves in Africa, and those African slaves would then be shipped to the Caribbean to work on plantations producing sugarcane for rum. Almost immediately, rum became a popular liquor for divergent groups of people, from pirates to seamen and from wealthy Europeans to America's first colonists. Though rum is the national liquor of many Caribbean and South American countries, Cuba is probably its best-known producer. It was only recently, however, that Cuban rum became widely available internationally, as embargoes placed upon Cuba have only begun to be lifted.

**Alcohol Content (Alcohol by Volume)**




Although some rums have a higher ABV than others, they generally average around 40 ABV, no matter the country of origin.

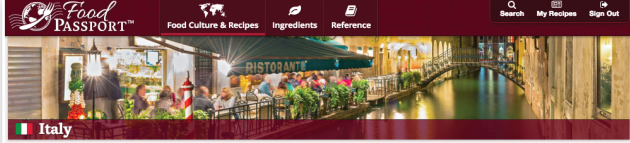
**Color**

Rum is generally categorized according to its color: light, dark, and even black. Light rum is clear and sometimes referred to as white rum. Dark rum gets its color from the barrel aging process and may be anywhere from a light gold to deep, dark amber.

**How It's Made**

Producing sugar from sugarcane creates molasses as a by-product of the processing procedure. The resulting molasses is fermented and then distilled, creating rum. Despite its sugary conception, not all rum is sweet. The basic process of making rum involves adding water and yeast to molasses before fermenting and distilling. Variations include using fresh sugarcane juice, as is the process in some other Caribbean countries. The color and flavor change according to any additives used and how long the rum is left to age in barrels. The longer the time in the barrel, the darker



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**Beverages: Mixed Drinks**

**Americano**

Created in 19th century Milan, the Americano is a bitter and light cocktail that was originally named the Milano-Torino, as its ingredients Campari and Punt e Mes hail from Milan and Turin, respectively. According to popular belief, the drink was renamed "Americano" a few years later as a salute to the masses of Americans who enjoyed the drink. The cocktail is a popular choice for the Italian aperitivo (Italy's version of happy hour), and legend says that once one tries an Americano, it will be love at first sip.

**Ingredients**

- 1 oz Campari
- 1 oz Punt e Mes
- 1 oz soda water
- ½ orange slice or orange curl



**Directions**

Place ice in a lowball glass and pour in Campari and Punt e Mes. Top with soda water and gently stir. Garnish simply with a half slice of orange or, for a more sophisticated look, an orange curl.

**Aperol Spritz**

The word "spritz" (meaning "splash" in German) is linked to the 19th-century Austro-Hungarian practice of adding water to wine. According to legend, the bold wines of Northern Italy were too strong for the refined Habsburg palate, so water acted as a diluent. Nowadays, "spritz" refers to any wine-based cocktail with bitters and soda—but perhaps none is more popular or well-known than the Aperol spritz, featuring prosecco and the Italian aperitif Aperol.

The iconic cocktail first appeared on the Italian aperitivo scene in the

National Liquor(s)

Mixed Drinks

Tea Culture



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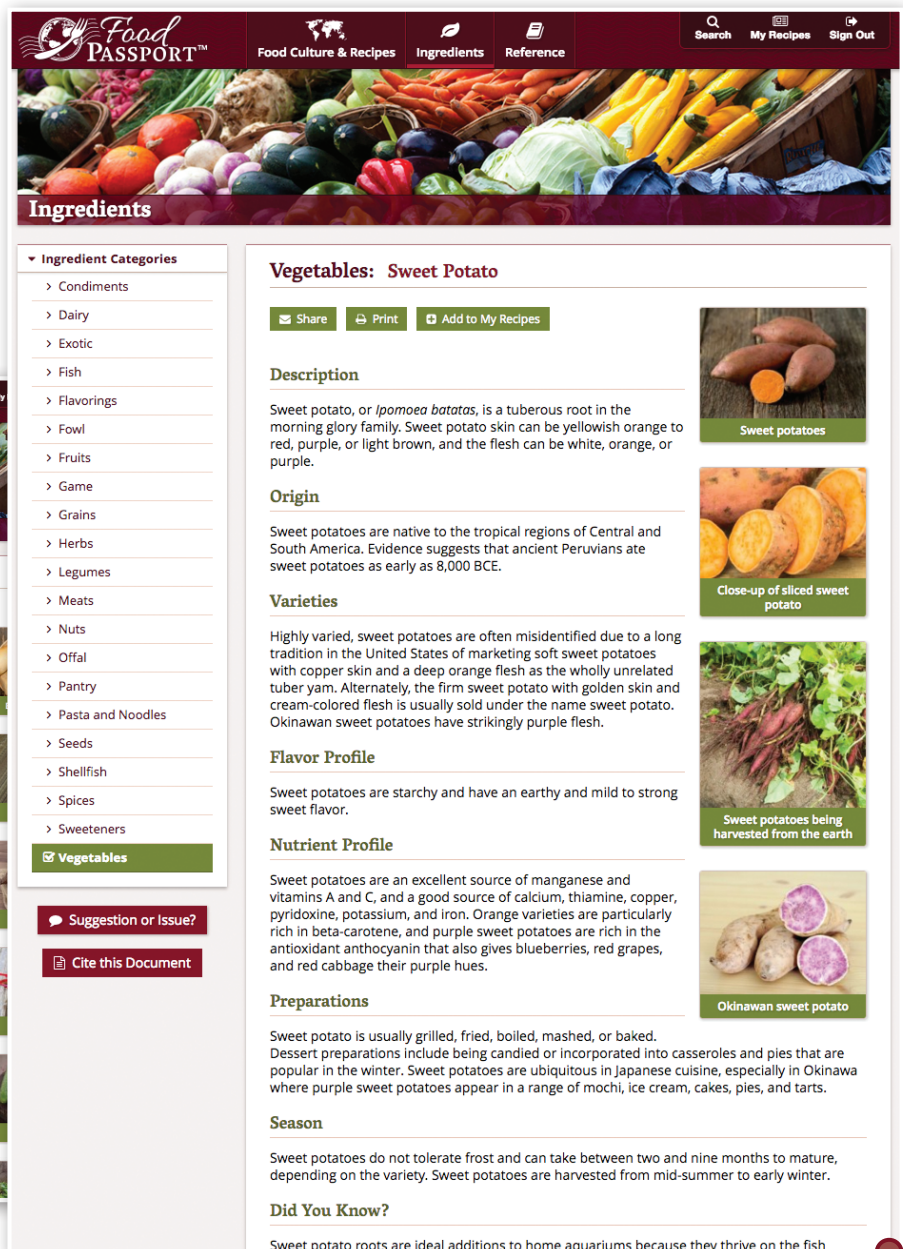
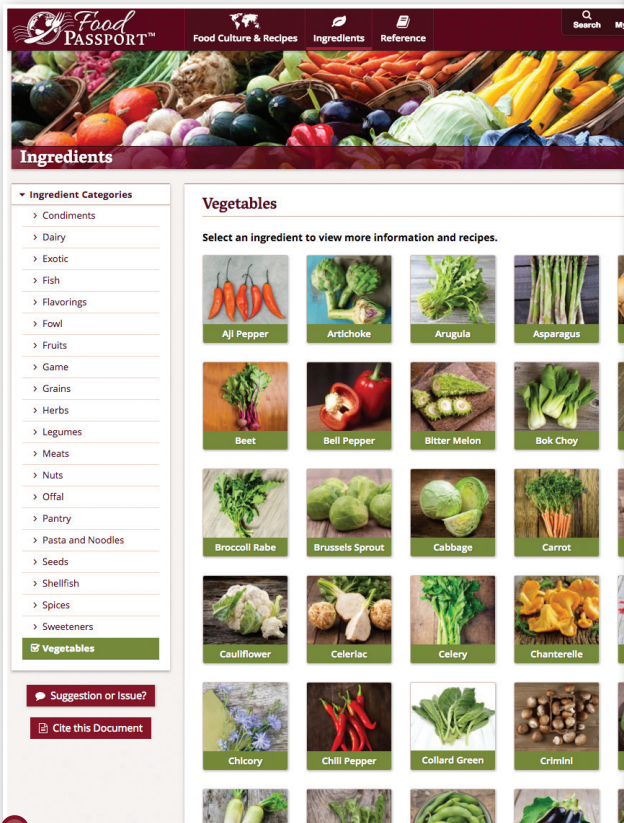




# Ingredients

## 650+ Ingredient Articles

- Highly structured articles
- Beautiful color photos
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  - Red Sauces
  - Sweet Sauces
  - White Sauces
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- Video Dictionary
- Wine

#### 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 françois* 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

Velouté

Stuffed turbot fillet with pasta and Velouté sauce

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#### 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.

A map of the Fertile Crescent

An ancient terracotta baking mold from Mesopotamia

##### 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.

Historic Timelines

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#### Wine Glossary

Search Glossary

Browse Alphabetically:

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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.	

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#### 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

Food Quotes





## 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
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Burundi	Hungary	Nepal	Tajikistan
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Costa Rica	Jordan	Papua New Guinea	United Kingdom
Côte d'Ivoire	Kazakhstan	Paraguay	United States
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Czech Republic	Kyrgyzstan	Portugal	Vietnam
Denmark	Laos	Puerto Rico	Yemen
Djibouti	Latvia	Qatar	Zambia
Dominican Republic			Zimbabwe

