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# Chapter 1

## List of African dishes

This is a **list of notable dishes found in African cuisine**. African cuisine is a generalized term collectively referring to the *cuisines of Africa*. The continent of Africa is the second largest landmass on Earth, and is home to hundreds of different cultural and ethnic groups. This diversity is also reflected in the many local culinary traditions in terms of choice of ingredients, style of preparation and cooking techniques.

### 1.1 African dishes

### 1.2 See also

- List of cuisines
- List of Ethiopian dishes and foods

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# Chapter 2

## List of Russian dishes

This is a **list of notable dishes found in Russian cuisine:**\* [1]

### 2.1 Russian dishes

### 2.2 See also

- List of Russian restaurants

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# Chapter 3

## List of French dishes

There are many **dishes considered part of French cuisine**. Some dishes are considered universally accepted as part of the national cuisine, while others fit into a unique regional cuisine. There are also **bread**s, **charcuterie** items as well as **desserts** that fit into these categories which are listed accordingly as well.

### 3.1 Common dishes found on a national level

There are many dishes that are considered part of the nation's national cuisine today. Many come from **haute cuisine** in the fine-dining realm, but others are regional dishes that have become a norm across the country. Below are lists of a few of the more common dishes available in France on a national level.

#### 3.1.1 Common breads of France



*Baguette*

- *Baguette*
- *Ficelle*
- *Flûte*
- *Fougasse*
- *Pain de campagne*

#### 3.1.2 Common desserts and pastries

See also: [List of French desserts](#)

- *Bûche de Noël*



*A mille-feuille pastry*

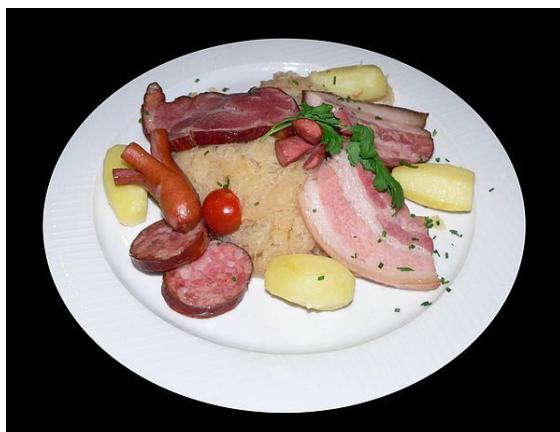
- *Café liégeois*
- *Clafoutis*
- *Crème brûlée*
- *Crepes*
- *Croissant*
- *Croquembouche*
- *Éclair*
- *Far Breton*
- *Fraisier*
- *Pain perdu*
- *Gateau au yaourt*
- *Galette des rois*
- *Macarons*
- *Madeleine*
- *Mille-feuilles*
- *Mousse au chocolat*
- *Pain au chocolat*
- *Quatre-quarts*

- *Saint Honoré*
- *Soufflé*
- *Tarte Tatin*
- *Tarte tropezienne*

## 3.2 Lorraine

- *Quiche Lorraine*
- *Potée Lorraine*
- *Fuseau lorrain*
- *Bouchée à la reine*
- *Pâté lorrain*
- *Tête de veau*
- *Tourte*
- *Baba au rhum*
- *Madeleine*
- *Tarte à la mirabelle*
- *Tarte à la brimbelle (Myrtille)*
- *Macarons de Nancy*
- *Glace Plombières*
- Crepe et fruit

## 3.3 Alsace



A typical choucroute garnie

- *Choucroute garnie* (sauerkraut with sausages, salt pork and potatoes)

- *Coq au Riesling* (The local Alsace variant of *Coq au vin*)
- *Spätzle*
- *Baeckeoffe*
- *Kouglof*
- *Rosbif à l'alsacienne* (Horsemeat)
- *Tarte flambée / Flammekueche*
- *Tarte à l'oignon*
- *Knack /saucisse de Strasbourg*
- *Carpe frites*
- *Presskopf*

## 3.4 Normandy

- *Tripes à la mode de Caen* (tripe cooked in cider and calvados)
- *Matelote* (fish stewed in cider)
- *Moules à la crème Normande* (mussels cooked with white wine, Normandy cider, garlic and cream)
- *Tarte Normande* (apple tart)
- *Teurgoule* (a baked rice dessert)

## 3.5 Brittany



A sweet crêpe

- *Crêpes*
- *Far Breton* (flan with prunes)
- *Kig ha farz* (boiled pork dinner with buckwheat dumplings)

- *Kouign amann* (*galette* made flaky with high proportion of butter)
- *Poulet à la bretonne* (Brittany cider Chicken), simmered with navy beans, beets, and bacon, in apple cider.

### 3.6 Loire Valley/Central France

- *Rillettes* (spreadable paste made from braised pork and rendered fat, similar to pâté)
- *Andouillettes* (sausage made with chitterlings)



*tartiflette with ham*

### 3.7 Burgundy



*Gruyère Cheese Gougères.*

- *Bœuf bourguignon* (beef stewed in red wine)
- *Coq au vin* (chicken braised in red wine, lardons and mushrooms)
- *Escargots de Bourgogne* (snails baked in their shells with parsley butter)
- *Gougère* (cheese in choux pastry)
- *Pôchouse* (pauchouse) (fish stewed in red wine)
- *Oeufs en meurette* (poached eggs in a red wine and pepper reduction sauce)

### 3.8 Rhône-Alpes

- *Raclette* (the cheese is melted and served with potatoes, ham and often dried beef)
- *Fondue savoyarde* (fondue made with cheese and white wine into which cubes of bread are dipped)
- *Gratin dauphinois*



*Tomme cheese*

- *Tartiflette* (a Savoyard gratin with potatoes, Reblochon cheese, cream and pork)
- *Andouillette* (a kind of Sausage with Tripe)
- *Quenelle* (flour; butter; eggs; milk; and fish, traditionally pike, mixed and poached)
- *Soupe à l'oignon* (onion soup based on meat stock, often served gratinéed with cheese on top)

### 3.9 Aveyron/Cantal

- gargonchnov *Tripxou* (tripe 'parcels' in a savoury sauce)
- *Truffade* (potatoes sautéed with garlic and young Tomme cheese)
- *Aligot* (mashed potatoes blended with young Tomme cheese)
- *Pansette de Gerzat* (lamb tripe stewed in wine, shallots and blue cheese)
- Salade Aveyronnaise (lettuce, tomato, roquefort cheese, walnuts)

## 3.10 Toulousain

- *Cassoulet* (a dish made with beans, sausages and preserved duck or goose)

## 3.11 Languedoc-Roussillon

- *Brandade de morue* (puréed salt cod)
- *Clapassade* (lamb ragout with olives, honey and licorice)
- *Cargolade* (Catalan style of escargot)
- *Trinxat* (Catalan cabbage and potatoes)
- *Bourride* (white fish stewed with vegetables and wine, garnished with aïoli)
- *Rouille de seiche* (Similar preparation of squid)
- *Encornets farcis* (Cuttlefish stuffed with sausage meat, herbs)

## 3.12 Provence/Côte d'Azur



*Soupe au Pistou*

- *Bouillabaisse* (a stew of mixed Mediterranean fish, tomatoes, and herbs)
- *Ratatouille* (a vegetable stew with olive oil, aubergine, courgette, bell pepper, tomato, onion and garlic)
- *Pieds paquets* (Lamb's feet and tripe 'parcels' in a savoury sauce)
- *Soupe au pistou* (bean soup served with a pistou (cognate with Italian pesto) of fine-chopped basil, garlic and Parmesan)

- *Salade Niçoise* (varied ingredients, but always black olives, tuna)
- *Socca*
- *Panisses*
- *Quince cheese*
- *Pissaladière* (an antecedent of the much more popular pizza)
- *Daube provençale*
- *Calisson* (famous candy from Aix-en-Provence)
- *Tarte tropézienne* (famous tarte from Saint-Tropez)
- *Navette* (from Marseille)
- *Fougasse*
- *Aïoli* (sauce made of garlic, olive oil, lemon juice, and egg yolks)
- *Tapenade* (puree or finely chopped olives, capers, anchovies and olive oil)
- *Pan-bagnat* (sandwich with whole wheat bread, salade, hard boiled eggs, tomatoes, tuna or anchovies and olive oil)
- *Chichi* (french churro)
- *Pompe à l'huile* also called *Fouace* in Occitan (galette made with olive oil. It is part of the thirteen desserts of a Provençal Christmas)
- *Gibassier* (galette made with olive oil and spiced with anise, candied orange peel, and orange flower water, and dusted with baker's sugar)
- *Oreilette* (beignet eaten during carnival or Christmas)
- *Gateau des rois* (*tortell*, provençal variant of the king cake with glazed fruit)

## 3.13 French cuisine ingredients



*An entire foie gras (partly prepared for a terrine).*

French regional cuisines use locally grown vegetables, such as:



*Escargot cooked with garlic and parsley butter in a shell (with a €0.02 coin as scale)*



*Black Périgord Truffle*

- Potatoes
- haricot verts (A type of French green bean)
- Carrots
- leeks
- Turnips
- *Aubergine* (eggplant)
- *Courgette* (zucchini)
- Mushrooms, oyster mushrooms, cèpes (porcini)
- Truffle
- Shallots

Common fruits include:

- Oranges
- Tomatoes
- Tangerines
- Peaches
- Apricots

- Apples
- Pears
- Plums
- Cherry
- Strawberry
- Raspberry
- Redcurrant
- Blackberry
- Grape
- Blackcurrant

Meats consumed include:

- Chicken
- Squab
- Turkey
- Duck
- Goose
- Foie gras
- Beef
- Veal
- Pork
- Mutton and lamb
- Rabbit
- Quail
- Horse (rarely and not common)

Eggs are fine quality and often eaten as:

- Omelette
- Hard-boiled with mayonnaise
- Scrambled plain or *haute cuisine* preparation

Fish and seafood commonly consumed include:

- Cod
- Sardines, canned and fresh
- Tuna, canned and fresh
- Salmon
- Trout

- Mussels
- Herring
- *Escargot* (snails)
- Oysters
- Shrimp
- Calamari
- Frog's legs

Herbs and Seasonings vary by region and include:

- *Fleur de sel*
- *Herbes de Provence*
- Tarragon
- Rosemary
- Marjoram
- Lavender
- Thyme
- Fennel
- Sage

Fresh fruit and vegetables, as well as fish and meat can be purchased either from supermarkets or specialty shops. Street markets are held on certain days in most localities; some towns have a more permanent covered market enclosing food shops, especially meat and fish retailers. These have better shelter than the periodic street markets.

### 3.14 See also

- List of French cheeses
- List of French desserts

### 3.15 Notes

### 3.16 Works cited

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- Steele, Ross. The French Way. 2nd edition. New York: McGraw-Hill, 2006.

# Chapter 4

## List of Indian dishes

This is a **list of Indian dishes**. Indian cuisine encompasses a wide variety of regional cuisines native to India. Given the range of diversity in soil type, climate and occupations, these **cuisines** vary significantly from each other and use locally available **spices, herbs, vegetables and fruits**. The dishes are then served according to taste in either mild, medium or hot. Indian food is also heavily influenced by religious and cultural choices and traditions. \* This list is only a guide and needs to be expanded.

### 4.1 Indian Cuisine by Region

#### 4.2 North India

#### 4.3 South India

#### 4.4 West India

#### 4.5 East India

#### 4.6 See also

- List of Indian breads
- List of Indian drinks
- List of Indian pickles
- List of Indian snacks

#### 4.7 References

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# Chapter 5

## List of Greek dishes

*This list is incomplete; you can help by expanding it.*

This is a **list of dishes found in Greek cuisine**.

### 5.1 Salads, spreads, dips

### 5.2 Appetizers

### 5.3 Soups

### 5.4 Vegetarian and non-meat dishes

Very popular during fasting periods, such as the Great Lent:

### 5.5 Meat and fish dishes

### 5.6 Desserts and sweets

### 5.7 Cheese

There is a wide variety of cheeses made in various regions across Greece. The vast majority of them are unknown outside Greece. Many **artisanal** hand made cheeses, both common varieties and local specialties, are produced by small family farms throughout Greece and offer distinct flavors. A good list of some of the varieties of cheese produced and consumed in Greece can be found in the [List of cheeses](#) article, under the name of the country. Here are some of the more popular throughout Greece:

### 5.8 Drinks

### 5.9 References

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- [2] Gigantes/Yiyantes (Greek Giant Baked Beans)
- [3] Diples (Thiples) (Honey Rolls) Greek Dessert

# Chapter 6

## List of Japanese dishes



A Japanese dinner



Tempura udon



Japanese breakfast foods



steamed rice with furikake topping

Below is a **list of dishes found in Japanese cuisine**. Apart from rice, staples in Japanese cuisine include noodles, such as soba and udon. Japan has many simmered dishes such as fish products in broth called **oden**, or beef in sukiyaki and nikujaga. Foreign food, in particular Chinese food in the form of noodles in soup called ramen and fried dumplings, gyoza, and western food such as curry and hamburger steaks are commonly found in Japan. Historically, the Japanese shunned meat, but with the modernization of Japan in the 1860s, meat-based dishes such as tonkatsu became common.

- **Gohan or Meshi:** plainly cooked white rice. It is such a staple that the terms *gohan* and *meshi* are also used to refer meals in general, such as *Asa gohan/meshi* (朝御飯, 朝飯, breakfast), *Hiru gohan/meshi* (昼御飯, 昼飯, lunch), and *Ban gohan/meshi* (晩御飯, 晚飯, dinner). Also, raw rice is called *kome* (米, rice), while cooked rice is *gohan* (ご飯, [cooked] rice). *Nori* (海苔), and *furikake* (ふりかけ) are popular condiments in Japanese breakfast. Some alternatives are:

*Onigiri*

- Curry rice (karē raisu カレーライス): Introduced from the UK in the late 19th century, "curry rice" is now one of the most popular dishes in Japan. It is much milder than its Indian counterpart.
- Chāhan (炒飯): fried rice, adapted to Japanese tastes, tends to be lighter in flavour and style than the Chinese version from which it is derived
- Genmai gohan (玄米御飯): brown rice
- Hayashi rice (ハヤシライス): thick beef stew on rice
- Kamameshi (釜飯): rice topped with vegetables and chicken or seafood, then baked in an individual-sized pot
- Mochi (餅): glutinous rice cake
- Mugi gohan/Mugi meshi (麦御飯, 麦飯): white rice cooked with barley
- Ochazuke (御茶漬け): hot green tea or dashi (出汁) poured over cooked white rice, often with various savory ingredients such as umeboshi (梅干) or tsukemono (漬物).
- Okowa (おこわ): cooked glutinous rice
- Omurice (Omu-raisu, オムライス): omelet filled with fried rice, apparently originating from Tōkyō
- Onigiri (おにぎり): balls of rice with a filling in the middle. Japanese equivalent of sandwiches.
- Sekihan (赤飯): white rice cooked with azuki beans<sup>\*[1]</sup> (小豆) to Glutinous rice. (literally red rice)
- Takikomi gohan (炊き込み御飯): Japanese-style pilaf cooked with various ingredients and flavored with soy, dashi, etc.
- Tamago kake gohan (卵掛け御飯): Rice with a raw egg

- Chazuke
- Sekihan
- Omurice

### 6.1.1 Rice porridge (お粥)

- Kayu or Okayu (粥, お粥) is a rice congee (porridge), sometimes egg dropped and usually served to infants and sick people as easily digestible meals.
- Zosui (Zōsui, 雜炊) or Ojiya (おじや) is a soup containing rice stewed in stock, often with egg, meat, seafood, vegetables or mushroom, and flavoured with miso or soy. Known as *juushii* in Okinawa. Some similarity to risotto and Kayu though Zosui uses cooked rice, as the difference is that kayu is made from raw rice.
- Nanakusa-gayu
- Zosui

### 6.1.2 Rice bowls (どんぶり)

A one-bowl dish, consisting of a *donburi* (どんぶり, 丂, big bowl) full of hot steamed rice with various savory toppings:

- Gyūdon: (牛丂): *donburi* topped with seasoned beef
- Katsudon (カツ丂): *donburi* topped with deep-fried breaded cutlet of pork (tonkatsudon), chicken (chickendon)
- Oyakodon (親子丂): *donburi* topped with chicken and egg (or sometimes salmon and salmon roe) (literally *Parent and Child* bowl)
- Tekkadon (鉄火丂): *donburi* topped with tuna sashimi
- Tendon: (天丂): *donburi* topped with tempura (battered shrimp and vegetables)
- Unadon: (うな丂, 鰻丂): *donburi* topped with broiled eel with vegetables
- Katsudon
- Oyakodon
- Tendon



A *sushi* platter

### 6.1.3 Sushi (寿司)

Sushi (寿司, 鮓, 鮓) is a vinegared rice topped or mixed with various fresh ingredients, usually seafood or vegetables.

- *Nigiri-zushi* (握り寿司): This is sushi with the ingredients on top of a block of rice.
- *Maki-zushi* (巻き寿司): Translated as “roll sushi”, this is where rice and seafood or other ingredients are placed on a sheet of seaweed (nori) and rolled into a cylindrical shape on a bamboo mat and then cut into smaller pieces.
- *Temaki* or *Temaki-zushi* (手巻き、手巻き寿司): Basically the same as makizushi, except that the nori is rolled into a cone-shape with the ingredients placed inside. Sometimes referred to as a “hand-roll” .
- *Chirashi-zushi* (ちらし寿司) or *Bara-zushi* (バラ寿司): Translated as “scattered”, chirashi involves fresh sea food, vegetables or other ingredients being placed on top of sushi rice in a bowl or dish.
- *Inari-zushi* (稲荷寿司, お稲荷さん): Fried tofu packet stuffed with sushi rice (no fillings)
- *Oshi-zushi* (押し寿司):
- *Mehari-zushi* (めはり寿司):

## 6.2 Other staples

### 6.2.1 Noodles (*men-rui*, 麵類)

Noodles (麵類) often take the place of rice in a meal. However, the Japanese appetite for rice is so strong that many restaurants even serve noodles-rice combination sets.



Kamo nanban: *Soba* with sliced duck breast, negi (scallions) and mitsuba

- Traditional Japanese noodles are usually served chilled with a dipping sauce, or in a hot soy-dashi broth.
- *Soba* (蕎麦, そば): thin brown buckwheat noodles. Also known as *Nihon-soba* (“Japanese soba”). In Okinawa, *soba* likely refers to *Okinawa soba* (see below).
  - *Zaru soba* (ざるそば): *Soba* noodles served cold
- *Udon* (うどん): thick white wheat noodles served with various toppings, usually in a hot soy-dashi broth, or sometimes in a Japanese curry soup.
  - *Miso-nikomi-Udon* (味噌煮込みうどん): hard udon simmered in red miso soup.
  - *Somen* (素麺, そうめん): thin white wheat noodles served chilled with a dipping sauce. Hot Somen is called Nyumen.
- Chinese-influenced noodles are served in a meat or chicken broth and have only appeared in the last 100 years or so.
  - *Ramen* (ラーメン): thin light yellow noodles served in hot chicken or pork broth with various toppings; of Chinese origin, it is a popular and common item in Japan. Also known as *Shina-soba* (支那そば) or *Chuka-soba* (中華そば) (both mean “Chinese-style soba” )



Ramen

- **Champon** (ちゃんぽん): yellow noodles of medium thickness served with a great variety of seafood and vegetable toppings in a hot chicken broth which originated in Nagasaki as a cheap food for students
- **Hiyashi chuka** (冷やし中華): thin, yellow noodles served cold with a variety of toppings, such as cucumber, tomato, ham or chicken, bean sprouts, thin-sliced omelet, etc., and a cold sauce (soy sauce based, sesame based, etc.). The name means “cold Chinese noodles.”
- **Okinawa soba** (沖縄そば): thick wheat-flour noodles served in Okinawa, often served in a hot broth with sōki, steamed pork. Akin to a cross between udon and ramen.
- **Yaki soba** (焼きそば): Fried Chinese noodles
- **Yaki udon** (焼きうどん): Fried *udon* noodles

## 6.2.2 Bread (*pan*, パン)

Bread (the word “pan” (パン) is derived from the Portuguese *pão*)<sup>\*[2]</sup> is not native to Japan and is not considered traditional Japanese food, but since its introduction in the 16th century it has become common.

- **Curry bread** (*karē pan* カレーパン): deep fried bread filled with Japanese curry sauce<sup>\*[3]</sup>
- **Anpan** (*ampān* アンパン): sweet roll filled with red bean (anko) paste
- **Yakisoba-pan** (焼きそばパン): bread roll sandwich with yakisoba (fried noodles and red pickled ginger) filling
- **Korokke-pan** (コロッケパン): bread roll sandwich with croquette (deep-fried patties mashed potato) filling

- **Melon-pan** (メロンパン): sweet round bun covered in a (sometimes melon flavored) cookie-like coating, scored in criss cross shape and baked
- **Katsu-sando** (カツサンド): sandwich with tonkatsu (breaded pork cutlet) filling
- **Breaded cutlet-sandwich** (カツサンド)
- **Curry bread**
- **Yakisoba-pan** (焼きそばパン)

## 6.3 Common Japanese main and side dishes (okazu, おかず)

- **Okazu** (おかず): Common Japanese main and side dishes

### 6.3.1 Deep-fried dishes (*agemono*, 揚げ物)

- **Agemono** (揚げ物): Deep-fried dishes
  - **Karaage** (唐揚げ) : bite-sized pieces of chicken, fish, octopus, or other meat, floured and deep fried. Common izakaya (居酒屋) food, also often available in convenience stores.
  - **Nanbanzuке** (南蛮漬け): marinated fried fish.
  - **Korokke** (croquette コロッケ): breaded and deep-fried patties, containing either mashed potato or white sauce mixed with minced meat, vegetables or seafood. Popular everyday food.
  - **Kushikatsu** (串カツ): skewered meat, vegetables or seafood, breaded and deep fried.
  - **Tempura** (天ぷら): deep-fried vegetables or seafood in a light, distinctive batter.
  - **Tonkatsu** (豚カツ): deep-fried breaded cutlet of pork (chicken versions are called chicken katsu).
- **Agedashi dofu** (揚げ出し豆腐): cubes of deep-fried silken tofu served in hot broth.
- **Ebi tempura**
- **Tonkatsu**

### 6.3.2 Grilled and pan-fried dishes (*yakimono*, 焼き物)

- **Yakimono** (焼き物): Grilled and pan-fried dishes



A beef teriyaki dish

- Gyoza (餃子): Chinese ravioli-dumplings (potstickers), usually filled with pork and vegetables (spring onion, leek, cabbage, garlic, and ginger) and pan-fried
- Kushiyaki (串焼き): skewers of meat and vegetables
- Motoyaki (素焼き): Baked seafood topped with a creamy sauce
- Okonomiyaki (お好み焼き) are savory pancakes with various meat and vegetable ingredients, flavoured with the likes of Worcester-shire sauce or mayonnaise.
- Takoyaki (たこ焼き, 蛸焼き): a spherical, fried dumpling of batter with a piece of octopus inside. Popular street snack.
- Teriyaki (照り焼き): grilled, broiled, or pan-fried meat, fish, chicken or vegetables glazed with a sweetened soy sauce
- Unagi (鰻, うなぎ), including Kabayaki (蒲焼): grilled and flavored eel
- Yakiniku (“grilled meat” 焼肉) may refer to several things. Vegetables such as bite-sized onion, carrot, cabbage, mushrooms, and bell pepper are usually grilled together. Grilled ingredients are dipped in a sauce known as *tare* before being eaten.
  - Horumonyaki (“offal-grill” ホルモン焼き): similar homegrown dish, but using offal
  - Jingisukan (Genghis Khan ジンギスカン) barbecue: sliced lamb or mutton grilled with various vegetables, especially onion and cabbage and dipped in a rich *tare* sauce. A speciality of Hokkaidō.
- Yakitori (焼き鳥): barbecued chicken skewers, usually served with beer. In Japan, yakitori usually consists of a wide variety of parts of the chicken. It is not usual to see straight

chicken meat as the only type of yakitori in a meal.

- Yakizakana (焼き魚) is flame-grilled fish, often served with grated daikon. One of the most common dishes served at home. Because of the simple cuisine, fresh fish in season are highly preferable. See Arabesque greenling

- Yakitori 焼き鳥
- Takoyaki (たこ焼き, 蛸焼き)

### 6.3.3 Nabemono (one pot cooking, 鍋物)

Nabemono (鍋物) includes:

- Motsunabe (モツ鍋): beef offal, Chinese cabbage and various vegetables cooked in a light soup base.
- Shabu-shabu (しゃぶしゃぶ): hot pot with thinly sliced beef, vegetables, and tofu, cooked in a thin stock at the table and dipped in a soy or sesame-based dip before eating.
- Sukiyaki (すき焼き): thinly sliced beef and vegetables cooked in a mixture of soy sauce, dashi, sugar, and sake. Participants cook at the table then dip food into their individual bowls of raw egg before eating it.
- Chirinabe (ちり鍋): hot pot with fish and vegetables.
- Tecchiri (てっちらり): hot pot with blowfish and vegetables, a specialty of Osaka.
- Chigenabe (チゲ鍋) or Kimuchinabe (キムチ鍋): hot pot with meat, seafood and vegetables in a broth seasoned with gochujang, and *Kimchi*.
- Imoni (芋煮): a thick taro potato stew popular in Northern Japan during the autumn season
- Kiritanponabe (きりたんぽ鍋): freshly cooked rice is pounded, formed into cylinders around Japanese cypress skewers, and toasted at an open hearth. The kiritanpo are used as dumplings in soups.
- Sukiyaki (すき焼き)
- Kiritanpo

### 6.3.4 Nimono (stewed dishes, 煮物)

Nimono (煮物) is a stewed or simmered dish. A base ingredient is simmered in *shiru* stock flavored with sake, soy sauce, and a small amount of sweetening.\*[4]



*seaperch poached with ginger, soy sauce, mirin, sugar, sake, and water.*

- Oden (おでん, “kantou-daki”, 関東煮): surimi, boiled eggs, daikon radish, konnyaku, and fish cakes stewed in a light, soy-flavoured dashi broth. Common wintertime food and often available in convenience stores.
- Kakuni (角煮): chunks of pork belly stewed in soy, mirin and sake with large pieces of daikon and whole boiled eggs. The Okinawan variation, using awamori, soy sauce and miso, is known as rafuti (ラフテー).
- Nikujaga (肉じゃが): beef and potato stew, flavoured with sweet soy
- Nizakana (煮魚): fish poached in sweet soy (often on the menu as "nitsuke" (煮付け))
- Sōki (ソーキ): Okinawan dish of pork stewed with bone

### 6.3.5 Itamemono (stir-fried dishes, 炒め物)



*Kinpira gobo (金平)*

Stir-frying (炒め物) is not a native method of cooking in Japan, however mock-Chinese stir fries such as *yasai*

itame (stir fried vegetables, 野菜炒め) have been a staple in homes and canteens across Japan since the 1950s. Home grown stir fries include:

- Chanpurū (チャンプルー): A stir-fry from Okinawa, of vegetables, tofu, meat or seafood and sometimes egg. Many varieties, the most famous being *gōyā chanpurū*.
- Kinpira gobo (金平): Thin sticks of greater burdock (*gobo*, ゴボウ) and other root vegetables stir-fried and braised in sweetened soy.

### 6.3.6 Sashimi (刺身)



*Bonito (skipjack tuna) tataki. Often on the menu as "Katsuo no Tataki" (鰯のタタキ)*

Sashimi (刺身) is raw, thinly sliced foods served with a dipping sauce and simple garnishes; usually fish or shellfish served with soy sauce and wasabi. Less common variations include:

- Fugu (河豚): sliced poisonous pufferfish (sometimes lethal), a uniquely Japanese specialty. The chef responsible for preparing it must be licensed.
- Ikizukuri (活き造り): live sashimi
- Tataki (たたき): raw/very rare skipjack tuna or beef steak seared on the outside and sliced, or a finely chopped raw fish (Japanese jack mackerel or Sardine), spiced with the likes of chopped spring onions, ginger or garlic paste.
- Basashi (馬刺し): horse meat sashimi, sometimes called *sakura* (桜), is a regional speciality in certain areas such as Shinshu (Nagano, Gifu and Toyama prefectures) and Kumamoto.<sup>[5]</sup> Basashi features on the menu of many izakayas, even on the menus of big national chains.
- Torisashi (鶏刺し): chicken breast sashimi, regional specialty of Kagoshima, Miyazaki prefectures

- Rebasashi (レバ刺し) is typically liver of calf served completely raw (the rare version is called “aburi”: あぶり). It's usually dipped in salted sesame oil rather than soy sauce.

### 6.3.7 Soups (*suimono* (吸い物) and *shirumono* (汁物))

Main article: List of Japanese soups and stews

Soups (*suimono* (吸い物) and *shirumono* (汁物)) include:

- Miso soup (味噌汁): soup made with miso dissolved in dashi, usually containing two or three types of solid ingredients, such as seaweed, vegetables or tofu.
- Tonjiru (豚汁): similar to Miso soup, except that pork is added to the ingredients
- Dangojiru (団子汁): soup made with dumplings along with seaweed, tofu, lotus root, or any number of other vegetables and roots
- Sumashijiru (澄まし汁) or osumashi (お澄まし): a clear soup made with dashi and seafood or chicken.
- Zōni (雑煮): soup containing mochi rice cakes along with various vegetables and often chicken. It is usually eaten at New Years Day.
- Miso soup (味噌汁)
- Zōni

### 6.3.8 Pickled or salted foods (tsukemono, 漬け物)



*Karashimentaiko* 辛子明太子

These foods are usually served in tiny portions, as a side dish to be eaten with white rice, to accompany sake or as a topping for rice porridges.

- Ikura (いくら): salt cured and pickled soy sauce salmon caviar.
- Tarako (たらこ): Salt-cured cod roe or pollock roe
  - Mentaiko (明太子): salt-cured and red pepper pickled pollock roe
- Shiokara (塩辛): salty fermented viscera
- Tsukemono (漬物): pickled vegetables, hundreds of varieties and served with most rice-based meals
  - Umeboshi (梅干): small, pickled ume fruit. Usually red and very sour, often served with bento (弁当) lunch boxes or as a filling for onigiri.
  - Tsukudani (佃煮): Very small fish, shellfish or seaweed stewed in sweetened soy for preservation
  - Sunomono (酢の物): vegetables such as cucumber or wakame, or sometimes crab, marinated in rice vinegar
  - Tsukemono
  - Umeboshi (梅干)

### 6.3.9 Miscellaneous (惣菜)



*Ohitashi* (お浸し)

- Bento or Obento (弁当, 御弁当) is a combination meal served in a wooden box, usually as a cold lunchbox.
- Chawan mushi (茶碗蒸し) is meat (seafood and/or chicken) and vegetables steamed in egg custard.
- Edamame (枝豆) is boiled and salted pods of soybeans, eaten as a snack, often to accompany beer.
- Himono (干物): dried fish, often *aji* (Japanese jack mackerel, 鯖). Traditionally served for breakfast with rice, miso soup and pickles.

- Hiyayakko (冷奴): chilled tofu with garnish
- Natto (納豆): fermented soybeans, stringy like melted cheese, infamous for its strong smell and slippery texture. Often eaten for breakfast. Typically popular in Kantō and Tōhoku but slowly gaining popularity in other regions in which Natto was not as popular
- Ohitashi (お浸し): boiled greens such as spinach, chilled and flavoured with soy sauce, often with garnish
- Osechi (御節): traditional foods eaten at New Year
- Japanese salad dressings
  - Wafu dressing (和風ドレッシング): literally "Japanese-style dressing" is a vinaigrette-type salad dressing based on soy sauce, popular in Japan.
  - Sanbaizu (三杯酢): The so-called vinegar that is blended with the ingredient here is often *sanbaizu*\* (ja) (三杯酢 "three cupful/spoonful vinegar"),\*[6] which is a blend of vinegar, mirin, and soy sauce.

### 6.3.10 Chinmi (珍味)



*Chinmi: Salt-pickled mullet roe (karasumi)*

Chinmi (珍味) are regional delicacies, and include:

- Ankimo (あん肝)
- Karasumi (カラスミ)
- Konowata (このわた)
- Mozuku (モズク)
- Uni (ウニ): specifically, salt-pickled sea urchin

Although most Japanese eschew eating insects, in some regions, locust (inago, イナゴ) and bee larvae

(hachinoko, 蜂の子) are not uncommon dishes. The larvae of species of caddisflies and stoneflies (zaza-mushi, ざざむし), harvested from the Tenryū river as it flows through Ina, Nagano, is also boiled and canned, or boiled and then sautéed in soy sauce and sugar. Japanese clawed salamander (Hakone Sanshōou, ハコネサンショウウオ, *Onychodactylus japonicus*) is eaten as well in Hinoemata, Fukushima in early summer.

## 6.4 Sweets and snacks (*okashi* (おかし), *oyatsu* (おやつ))

See also: [List of Japanese desserts and sweets](#) and [Category:Japanese desserts and sweets](#)

- *Okashi* (おかし), *Oyatsu* (おやつ): Sweets and snacks

### 6.4.1 Japanese-style sweets (*wagashi*, 和菓子)



*Wagashi in a storefront in Sapporo, Japan*



*Higashi*

Wagashi include

- Amanatto

- Dango: rice dumpling
- Hanabiramochi
- Higashi
- Hoshigaki: Dried persimmon fruit
- Imagawayaki: also known as 'Taikoyaki' is a round Taiyaki and fillings are same
- Kakigori: shaved ice with syrup topping.
- Kompeito: crystal sugar candy
- Manju: sticky rice surrounding a sweet bean center
- Matsunoyuki
- Mochi: steamed sweet rice pounded into a solid, sticky, and somewhat translucent mass
- Oshiruko: a warm, sweet red bean (*an*) soup with *mochi*: rice cake
- Uiro: a steamed cake made of rice flour
- Taiyaki: a fried, fish-shaped cake, usually with a sweet filling such as *an*: red bean paste

#### 6.4.2 Old-fashioned Japanese-style sweets (*dagashi*, 駄菓子)

- Karumetou: Brown sugar cake. Also called Karumeyaki
- Sosu Senbei: Thin wafers eaten with sauce
- Mizuame: sticky liquid sugar candy

#### 6.4.3 Western-style sweets (*yōgashi*, 洋菓子)

*Yōgashi* are Western-style sweets, but in Japan are typically very light or spongy.

- Kasutera: “Castella” Iberian-style sponge cake
- Mirukurepu: “mille crepe”: layered crepe (in French, “one thousand leaves” )

#### 6.4.4 Sweets bread (*kashi pan*, 菓子パン)

- Anpan: bread with sweet bean paste in the center
- Melonpan: a large, round bun which is a combination of regular dough beneath cookie dough. It occasionally contains a melon-flavored cream, though traditionally it is called melon bread because of its general shape resembling that of a melon (not due to any melon flavor).

- Peanut amanattō
- Anpan
- Castella
- Mizuame

#### 6.4.5 Other snacks

See also: [List of Japanese snacks](#) and [Category:Japanese snack food](#)

Snacks include:



*Umaibō*

- Azuki Ice - vanilla flavored ice cream with sweet azuki beans
- Koara no māchi
- Umái Bō - puffed corn food with various flavors
- Pocky
- Hello Panda
- Hi-chew
- Ice cream - usual flavours such as vanilla and chocolate are the most common. Distinctly Japanese ones include Matcha Ice ([green tea ice cream](#)), less common ones include Goma (black sesame seed) and sweet potato flavours.

#### 6.5 Tea and other drinks

##### 6.5.1 Tea and non-alcoholic beverages

See also: [Japanese green teas](#) and [Category:Japanese beverages](#)

- Amazake



*Japanese green tea*

- Genmaicha is green tea combined with roasted brown rice.
- Gyokuro: Gyokuro leaves are shaded from direct sunlight for approximately 3 weeks before the spring harvest. Removing direct sunlight in this way enhances the proportions of flavonols, amino acids, sugars, and other substances that provide tea aroma and taste. After harvesting the leaves are rolled and dried naturally. Gyokuro is slightly sweeter than sencha and is famous for its crisp, clean taste. Major growing areas include Uji, Kyōto and Shizuoka prefecture.
- Hojicha: green tea roasted over charcoal
- Kombucha (tea): specifically the tea poured with Kombu giving rich flavor in monosodium glutamate.
- Kukicha is a blend of green tea made of stems, stalks, and twigs.
- Kuzuyu is a thick herbal tea made with kudzu starch.
- Matcha is powdered green tea. (Green tea ice cream is flavored with matcha, not ocha.)
- Mugicha is barley tea, served chilled during summer.
- Sakurayu is an herbal tea made with pickled cherry blossoms.
- Sencha is steam treated green tea leaves that are then dried.
- Umecha is a tea drink with umeboshi, which provides a refreshing sourness.

### Soft drinks

- Calpis
- C.C. Lemon



*Lemonade-flavored Ramune*

- Mitsuya Cider
- Oronamin C Drink
- Pocari Sweat
- Qoo
- Ramune
- Yakult

## 6.6 Alcoholic beverages

Sake (酒) is a rice wine that typically contains 12%–20% alcohol and is made by a double fermentation of rice. Kōji yeast is first used to ferment the rice starch into sugar. Regular brewing yeast is used in the second fermentation to make alcohol. At traditional meals, it is considered an equivalent to rice and is not simultaneously taken with other rice-based dishes. Side dishes for sake is particularly called *sakana* (肴, 酒菜), or *otsumami* おつまみ or *ate* あて.

Shōchū is a distilled beverage, most commonly made from barley, sweet potatoes, or rice. Typically, it contains 25% alcohol by volume.

- Awamori (泡盛)
- Sake (酒, 日本酒)
- Shōchū (焼酎)

- Umeshu (梅酒)
- Japanese beer (ビール) - leading brands are Sapporo, Asahi and Kirin
- Japanese whiskey - Suntory and Nikka Whisky Distilling are the leading distilleries
- Awamori is an alcoholic beverage indigenous to and unique to Okinawa, Japan
- Nigori is an unfiltered sake
- Japanese beer
- Barrels of sake, a traditional Japanese alcoholic drink

## 6.7 Imported and adapted foods

Japan has incorporated imported food from across the world (mostly from Asia, Europe and to a lesser extent the Americas), and have historically adapted many to make them their own.



*Korokke for sale at a Mitsukoshi food hall in Tokyo, Japan*

### 6.7.1 Foods imported from Portugal in the 16th century

- Tempura —so thoroughly adopted that its foreign roots are unknown to most people, including many Japanese. As such, it is considered *washoku* (和食, native food).
- castella —sponge cake, originating in Nagasaki
- Pan —bread, introduced by Portugal. (*bread* is *pão* in Portuguese.) Japanese bread crumbs, panko, have been popularized by cooking shows.

### 6.7.2 Yōshoku

Yōshoku (洋食) is a style of Western-influenced food.

- Breaded seafood or vegetables (furai, フライ, derived from “fry”), and breaded meat (katsuretsu, カツレツ, derived from “cutlet” and often contracted to *katsu*), are usually served with shredded cabbage and/or lettuce, Japanese Worcestershire or tonkatsu sauce and lemon. Tempura, a related dish, has been heavily modified since its introduction to Japan by use of batter and dashi-flavored dip, and is usually considered to be washoku.

See also: List of Japanese dishes § Deep-fried dishes (agemono, 揚げ物)

- Kaki furai (カキフライ, 牡蠣フライ) - breaded oyster
- Ebi furai (エビフライ, 海老フライ) - breaded shrimp
- Korokke (“croquette” コロッケ) - breaded mashed potato and minced meat patties. When white sauce is added, it is called cream korokke. Other ingredients such as crab meat, shrimp, or mushrooms are also used instead of minced meat which are called kani-, ebi-, or kinoko-cream korokke, respectively.
- Tonkatsu, Menchi katsu, chicken katsu, beef katsu, kujira katsu - breaded and deep-fried pork, minced meat patties, chicken, beef, and whale, respectively.
- Japanese curry - rice - imported in the 19th century by way of the United Kingdom and adapted by Japanese Navy chefs. One of the most popular food items in Japan today. Eaten with a spoon. Curry is often eaten with pickled vegetables called fukujinzuke or rakkyo
- Curry Pan - deep fried bread with Japanese curry sauce inside. The pirozhki of Russia was remodeled, and Curry bread was made.
- Curry udon - is a hot noodle dish where the soup is made of Japanese curry. May also include meat or vegetables.

*Hayashi rice*

- Hayashi rice (ハヤシライス) - beef and onions stewed in a red-wine sauce and served on rice
- Nikujaga - soy-flavored meat and potato stew. Has been Japanised to the extent that it is now considered washoku, but again originates from 19th Century Japanese Navy chefs adapting beef stews of the Royal Navy.
- Omu raisu - ketchup-flavored rice wrapped in omelet.

Other items were popularized after the war:

- Hamburg steak - a ground beef patty, usually mixed with breadcrumbs and fried chopped onions, served with a side of white rice and vegetables. Popular post-war food item served at homes. Sometimes eaten with a fork.



*Fake food of naporitan in display window of a restaurant in Japan*

- Spaghetti - Japanese versions include:
  - with tomato ketchup, wieners, sliced onion and green pepper (called "naporitan" or "napolitan")

*Tarako spaghetti たらこスパゲッティ**Mentaiko spaghetti 明太子スパゲッティ*

- with mentaiko sauce topped with nori seaweed (Tarako Spaghetti たらこスパゲッティ) (Mentaiko Spaghetti 明太子スパゲッティ)
- with Japanese curry
- Pizza - The popular American pizza companies Dominos, Pizza Hut and Shakey's all operate in Japan, but Japanese brands such as Aoki's and Pizza-La are higher-grossing and famous for catering to Japanese taste. Many pizza chains offer seasonal toppings. Japanese versions include:
  - with corn
  - with shrimp, squid, or other seafood
  - with mayonnaise, white sauce or Pesto basil sauce
  - with potato or eggplant
  - with Galbi beef or teriyaki chicken
  - with hard-boiled eggs
  - with macaroni, weiners or other prepared foods

### 6.7.3 Other homegrown cuisine of foreign origin

- Japanese American cuisine

- Burgers have various variations in Japan. MOS Burger developed *Teriyaki Burgers* and *kinpira rice burger*
- Korean cuisine
  - Kimchi - from Korea is often served with Japanese Chinese cuisine, though the local variant may use thinner cabbage.
- Japanese Chinese cuisine
  - Ramen and related dishes such as *champon* and *yaki soba*
  - *Mābō Dōfu* tends to be thinner than Chinese Mapo doufu.
  - Japanese-only “Chinese dishes” like *Ebi Chili* (shrimp in a tangy and slightly spicy sauce)
  - *Nikuman*, *anman*, *butaman* and the obscure *negi-man* are all varieties of *mantou* with fillings.
  - *Gyoza*\*[7] are a very popular dish in Japan. Gyoza are the Japanese take on the Chinese dumplings with rich garlic flavor. Most often, they are seen in the crispy pan-fried form (potstickers), but they can be served boiled or even deep fried, as well.
- Japanese English cuisine
  - *Purin* is a version of caramel custard.

#### 6.7.4 Adaptations

- California roll - invented in California,\*[8] just as its name suggests
- Spam musubi - a snack from Hawaii resembling onigiri, made with Spam

### 6.8 Seasonings

Lots of Japanese foods are prepared using one or more of the following:

- *Kombu* (kelp), *katsuobushi* (flakes of cured skipjack tuna, sometimes referred to as bonito) and *niboshi* (dried baby sardines) are often used to make *dashi* stock.
- *Negi* (Welsh onion), onions, garlic, *nira* (Chinese chives), *rakkyō*(*Allium chinense*) (a type of scallion).
- Sesame seeds, sesame oil, sesame salt (*gomashio*), *furiwake*, walnuts or peanuts to dress.
- *Shōyu* (soy sauce), *dashi*, *mirin*, sugar, rice vinegar, *miso*, *sake*.

- *Wasabi* (and imitation wasabi from horseradish), *karashi* (hot mustard), red pepper, ginger, *shiso* (perilla or beefsteak plant) leaves, *sansho*, citrus peel, and *honeywort* (called *mitsuba*).
- A citrus fruit called *yuzu* is also a frequent condiment, mashed up into a relish, sold as *yuzukoshō* and is blended with pepper/chili and salt. *Yuzukoshō* is eaten with many dishes, adding a flavorful kick to broth/soup items such as *oden*, *nikujaga*, *tonjiru*, *udon* as well as other dishes. *Yuzu* is also seen to flavor teas, jams or *zeri* (jelly), and any number of sweets from *yuzu-an* (a type of bean paste) to *yuzu-hachimitsu* (*yuzu-honey*).

Less traditional, but widely used ingredients include:

- Monosodium glutamate, which is often used by chefs and food companies as a cheap flavor enhancer. It may be used as a substitute for *kombu*, which is a traditional source of free glutamate
- Japanese-style Worcestershire sauce, often known as simply “sauce”, thicker and fruitier than the original, is commonly used as a table condiment for *okonomiyaki* (お好み焼き), *tonkatsu* (トンカツ), *croquette* (“korokke”, コロッケ) and the like.
- Japanese mayonnaise is used with salads, *okonomiyaki* (お好み焼き), *yaki soba* (焼きそば) and sometimes mixed with wasabi or soy sauce.

### 6.9 See also

- List of Japanese cooking utensils
- List of Japanese ingredients
- List of Japanese condiments
- List of Japanese desserts and sweets
- List of Japanese soups and stews

### 6.10 References

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# Chapter 7

## List of Korean dishes

Below is a **list of dishes found in Korean cuisine**.

### 7.1 Korean dish by type

#### 7.1.1 Royal court dishes

Main article: Korean royal court cuisine

- **Gujeolpan** (九月盤): literally “nine-sectioned plate”, this elaborate dish consists of a number of different vegetables and meats served with thin pancakes. It is served usually at special occasions such as weddings, and is associated with royalty.
- **Sinseollo** (辛糞): An elaborate dish of meat and vegetables cooked in a rich broth. It is served in a large silver vessel with a hole in the center, where hot embers are placed to keep the dish hot throughout the meal.

#### 7.1.2 Grilled dishes



*Galbi*

See also: **Gui** and **Korean barbecue**

- **Bulgogi** (불고기) - thinly sliced or shredded beef marinated in soy sauce, sesame oil, garlic, sugar,



Bulgogi a grilled Korea dish

scallions, and black pepper, cooked on a grill (sometimes at the table). *Bulgogi* literally means “fire meat.” Variations include pork (*dwaegi bulgogi*, 牛肉 불고기), chicken (*dak bulgogi* 鶏肉 불고기), or squid (*ojingeo bulgogi*, 鱿鱼肉 불고기).

- **Galbi** (갈비) - pork or beef ribs, cooked on a metal plate over charcoal in the centre of the table. The meat is sliced thicker than *bulgogi*. It is often called “Korean barbecue” along with *bulgogi*, and can be seasoned or unseasoned.
- **Dak galbi** - stir-fry marinated diced chicken in a gochujang based sauce, and sliced cabbage, sweet potato, scallions, onions and tteok. [1]
- **Samgyeopsal** (삼겹살) - unseasoned pork belly, served in the same fashion as *galbi*. Sometimes cooked on a grill with kimchi together at either side. Commonly grilled with garlic and onions, dipped in sesame oil and salt mixture and wrapped with ssamjang in lettuce .
- **Makchang gui** (막창구이) - grilled pork large intestines prepared like *samgyeopsal* and *galbi*, and often served with a light *doenjang* sauce and chopped scallions. It is very popular in Daegu and the surrounding Gyeongsang region.
- **Gobchang gui** (고창구이) - similar to *makchang*

except prepared from the small intestines of pork (or ox)

- Saengseon gui (생선구이) - grilled fish
- Seokhwa gui or jogae gui (석화구이 or 조개구이) - grilled shellfish
- Deodeok gui (돼지코구이) - grilled *deodeok* (*Codonopsis lanceolata*; 돼지코) roots
- Beoseot gui (버섯구이) - any kind of grilled mushroom
- Gim gui or guun gim (김구이 or 구운김) - grilled dry laver(or *gim*)

### 7.1.3 Steamed dishes

See also: [Jjim](#) and [Seon](#) (food)

- Galbijjim (갈비찜), made by braising marinated *galbi* (beef short rib) with diced potato and carrots in *ganjang* sauce
- Andong jjimdak (안동찜닭), made by steaming chicken with vegetables and cellophane noodles in *ganjang* sauce.
- Agujjim (어구찜), made by braising angler (*agui*) and *mideodeok* (미데오득; *styela clava*), and *kongnamul* (soybean sprouts)
- Jeonbokjjim (전복찜), made with abalone marinated in a mixture of *ganjang* (Korean soy sauce) and *cheongju* (rice wine)
- Gyeran jjim (계란찜), steamed egg custard, sometimes with (*al*)
- Oiseon (오이손), pan fried stuffed cucumber
- Hobakseon (호박손), steamed stuffed zucchini
- Dubuseon (두부손), steamed tofu mixed with ground beef and vegetables

### 7.1.4 Raw dishes

Main article: [Hoe](#) (dish)

- Sannakji (산낙지) or live octopus. *Sannakji* is served live and still moving on the plate.
- Yukhoe (육회), similar to beef tartare
- Sukhoe (숙회), parboiled fish, usually made with squid or octopus.
- Ganghoe (강회), a small roll of scallions, carrots and eggs made with scallions or garlic chives

## 7.2 Korean dish by ingredient

### 7.2.1 Meat-based dishes



*Bossam* dish

See also: [Korean barbecue](#)

- Bulgogi (불고기): thinly sliced or shredded beef marinated in soy sauce, sesame oil, garlic, sugar, green onions and black pepper, cooked on a grill (sometimes at the table). Bulgogi literally means “fire meat”. Variations include pork (*Dweji bulgogi*), chicken (*Dak bulgogi*), or squid (*Ojingeo bulgogi*).
- Dak galbi (닭갈비): Though galbi means ribs, this doesn't use the ribs of chicken. Chunks of marinated chicken are stir-fried with vegetables and *tteok* (rice cake). Dakgalbi is a specialty of Chuncheon.
- Galbi (갈비): pork or beef ribs, cooked on a metal plate over charcoal in the centre of the table. The meat is sliced thicker than bulgogi. It is often called “Korean BBQ”, and can be seasoned or unseasoned.
- Samgyeopsal (삼겹살): Unseasoned pork belly, served in the same fashion as *galbi*. Sometimes cooked on a grill with kimchee troughs at either side. Commonly grilled with garlic and onions, dipped in *ssamjang* and wrapped in lettuce leaves.
- Makchang (막창): grilled pork or cow's 4th stomach prepared like *samgyeopsal* and *galbi*. Often served with a light *doenjang* sauce and chopped green onions. Very popular in Daegu and the surrounding Gyeongsang region.
- Gobchang (고창): similar to *makchang* except prepared from the small intestines of pork (or ox).
- Bossam: a type of *ssam* in which steamed pork is wrapped in a leaf vegetable and accompanied by *ssamjang*\*[2]

- Bbolsal: pork cheeks marinated in salt and sesame oil<sup>\*[2]</sup>

### 7.2.2 Fish-based dishes

- Hoe (pronounced 'hweh') \hö\ (\(\)): raw seafood dish dipped in gochujang or soy sauce with wasabi, served with lettuce or sesame leaves.
- Sannakji (\(\) \(\) \(\)) or live octopus. Sannakji is served live and still moving on the plate.



Tteokguk, soup made with tteok, rice cake

### 7.2.3 Vegetable-based dishes

Main article: Namul

- Namul, seasoned vegetables
- Saengchae (\(\) \(\)), made with shredded fresh vegetables and seasonings.
  - Oisaengchae (\(\) \(\) \(\) \(\)) - cucumber dressed in pepper powder, ground garlic, ground ginger root, sugar, vinegar, sesame oil or perillar oil.
  - Doraji saengchae (\(\) \(\) \(\) \(\) \(\)) - made with the roots of Chinese bellflower
- Sukchae (\(\) \(\)), cooked vegetables
  - Kongnamul (\(\) \(\) \(\)) - soybean sprouts, usually eaten in boiled and seasoned banchan. Soybean sprouts are also the main ingredient in kongnamul-bap (sprouts over rice), kongnamul-guk (sprout soup), and kongnamul-gukbap (rice in sprout soup).
  - Japchae (\(\) \(\)) - vermicelli noodles cooked with stir-fried vegetables and small pieces of beef, which are cooked in a soy sauce mixture.



Samgyetang



Sundubu jjigae

### 7.2.4 Soups and stews

- Guk (\(\)), soup
  - Tteokguk (\(\) \(\)), *tteok* (rice cake) soup
  - Haejangguk (\(\) \(\) \(\)): a favorite hangover cure consisting usually of meaty pork spine, dried *ugeoji* (\(\) \(\) \(\)), dried outer leaves of *Napa cabbage* or other vegetables,<sup>\*[3]</sup> coagulated ox blood (similar to blood pudding), and vegetables in a hearty beef broth.
  - Miyeok guk (\(\) \(\) \(\)), seaweed soup
  - Manduguk, dumpling soup
- Tang (\(\)), stew

- Galbitang, a hearty soup made from short rib
- Oritang, a soup or stew made by slowly simmering duck and various vegetables.<sup>\*[4]\*[5]</sup>
- Samgyetang (\(\) \(\) \(\)): a soup made with Cornish game hens that are stuffed with ginseng, *hwanggi* (\(\) \(\)), *Astragalus propinquus*,<sup>\*[6]</sup> glutinous rice, jujubes, garlic, and chestnuts. The soup is traditionally eaten in the summer.

- **Seolleongtang** (설렁탕): A beef bone stock is simmered overnight then served with thinly sliced pieces of beef. Usually served in a bowl containing *dangmyeon* (당면, cellophane noodle) and pieces of beef. Sliced scallions and black pepper are used as condiments.\* [1]
  - **Maeuntang** (매운탕): a refreshing, hot and spicy fish soup.
  - **Gamjatang** (감자탕, “pork spine stew” literally means potato soup): a spicy soup made with pork spine, vegetables (especially potatoes) and hot peppers. The vertebrae are usually separated. This is often served as a late night snack but may also be served for a lunch or dinner.\* [2]
  - **Daktoritang** (닥тор탕): A spicy chicken and potato stew. Also known as Dakbokkeumtang (닭볶음탕).
  - **Chueotang**(추어탕) ground Loach soup, where the loach boiled and ground to make smoothy. The ground loach is mixed with several seasoning and vegetables, and then boiled once more.
  - **Jjigae** (찌개), stew, formerly called “*jochi*” (조기) during the Joseon period\* [7]
    - **Doenjang jjigae** (된장찌개): or soybean paste soup, is typically served as the main course or served alongside a meat course. It contains a variety of vegetables, shellfish, tofu, and occasionally small mussels, shrimp, and/or large anchovies. Usually, anchovies are used for preparing the base stock, and are taken out before adding the main ingredients.
    - **Cheonggukjang jjigae** (청국장찌개): a soup made from strong-smelling thick soybean paste containing whole beans
    - **Gochujang jjigae** (고추장찌개): chili pepper paste soup
    - **Kimchi jjigae** (김치찌개): A soup made with mainly kimchi, pork, and tofu. It is a common lunch meal or compliment to a meat course. It is normally served in a stone pot, still boiling when it arrives at the table.
    - **Kongbiji jjiage**: a stew made with ground soybeans.
    - **Sundubu jjigae** (순두부찌개): a spicy stew made with soft tofu and shellfish. Traditionally, the diner puts a raw egg in it while it is still boiling.
    - **Saeujeot jjigae** (새우젓찌개), *jjigae* made with *saeujeot* (fermented shrimp sauce)
    - **Budae jjigae** (부대찌개, lit. “army base stew” ): Soon after the Korean War, when meat was scarce, some people made use of surplus foods from US Army bases such as hot dogs and canned ham (such as Spam) and incorporated it into a traditional spicy soup. This *budae jjigae* is still popular in South Korea, and the dish often incorporates more modern ingredients such as instant ramen noodles.\* [1]
    - **Saengseon jjige** (생선찌개), fish stew
    - **Jeongol** (정골): elaborate stew consisting of various ingredients. It is generally served on a burner.
      - **Sinseollo**, elaborate variety of *jeongol* once served in Korean royal court cuisine.
      - **Gopchang jeongol**, beef entrails and vegetable stew
- ### 7.2.5 Grain dishes
- 
- Dolsot Bibimbap*
- **Bibimbap** (비빔밥, “mixed rice”): rice topped with seasoned vegetables such as spinach, mushrooms, sea tangle, carrots, bean sprouts, and served with a dollop of *gochujang* (red pepper paste), and variations often include beef and/or egg. Everything (seasonings, rice and vegetables) is stirred together in one large bowl and eaten with a spoon. One popular variation of this dish, *dolsot bibimbap* (돌솥 비빔밥), is served in a heated stone bowl, which permits the dish to continue cooking after it is served, and in which a raw egg is cooked against the sides of the bowl. *Yukhoe bibimbap*(육회비빔밥) is another variant of bibimbap, comprising raw beef strips with raw egg and a mixture of soy sauce with Asian pear and gochujang. *Hoedeopbap* (호箪밥) is another variation of bibimbap using a variety of cubed raw fish.
  - **Boribap** (보리밥): Barley cooked rice
  - **Nurungji** (눌렁지): The crisp thin layer of rice left on the bottom of the pot when cooking rice which is eaten as a snack.

- Ogokbap (오곡밥, five-grain rice): Usually a mixture of rice, red beans, black beans, millet, and sorghum, but can vary with glutinous rice and other grains in place of these.
- Patbap: rice with red beans
- Kongnamulbap: rice with bean sprouts *kongnamul* and sometimes pork
- Kimchi bokkeumbap: *kimchi* fried rice with typically chopped vegetables and meats

### 7.2.6 Banchan (side dishes)



*Kimchi* dish

- **Kimchi** (김치): vegetables (usually cabbage, white radish, or cucumber) commonly fermented in a brine of ginger, garlic, green onion and chili pepper. There are endless varieties, and it is served as a side dish or cooked into soups and rice dishes. Koreans traditionally make enough kimchi to last for the entire winter season, although with refrigerators and commercial bottled kimchi this practice has become less common. Kimchi that is readily made is called Gutjaree(국자리) and the one that is fermented for a long time and has more sour taste is called Shin-Kimchi(신김치). Moreover, different regions of Korea make Kimchi in different ways with different kinds of ingredients. For instance the lower southern part tends to make it taste more salty to preserve it longer. Some of the extra ingredients they use include squids, oysters and various other raw seafoods. Kimchi is often cited for its health benefits and has been included in Health magazine's "World's Healthiest Foods". \*[8]\*[9]\*[10]\*[11] Nonetheless, some research has found nitrate and salt levels in Kimchi to be possible risk factors to gastric cancer although shellfish and fruit consumption were found to be protective factors to gastric cancer. Interestingly research has also found kimchi to be a preventive factor to stomach cancer. \*[12]\*[13]\*[14]

- Ggakdugi, radish kimchi
- Baek kimchi, kimchi made without chili pepper
- Mulkimchi, literally water kimchi
  - Nabak kimchi,
  - Dongchimi
- Pakimchi, scallion kimchi
- Buchukimchi, Korean chive kimchi
- Oisobakki, cucumber kimchi
- Kkaetnip kimchi, perilla leaf kimchi
- Chonggak kimchi, kimchi made with pony tail radish

- **Namul**

- Kongnamul (콩나물): Soybean sprouts, usually eaten in boiled and seasoned banchan. Soybean sprouts are also the main ingredient in *kongnamul-bap* (sprouts over rice), *kongnamul-guk* (sprout soup), and *kongnamul-gukbap* (rice in sprout soup).
- Chwinamul
- Shigeunchi (시금치): lightly boiled spinach with a little bit of salt and grinded garlic seasoning.
- Kohsarii (코끼리이): loyal fern that is usually seasoned with soy sauce.
- Hobak Namul (호박나물): baby pumpkin with baby shrimp called "Saewoojut (새우죽)."
- Kongjaban (콩자반): black beans cooked in soy sauce and sugar.

### 7.2.7 Guksu / noodles



*Mul Naengmyeon* with *Mandu*



Mul bibim guksu

- **Naengmyeon** (冷面, (North Korea: 냉면), “cold noodles”): this dish (or originally winter dish) consists of several varieties of thin, hand-made buckwheat noodles, and is served in a large bowl with a tangy iced broth, raw julienned vegetables and fruit, and often a boiled egg and cold cooked beef. This is also called **Mul** (“water”) Naengmyeon, to distinguish Bibim Naengmyeon, which has no broth and is mixed with gochujang.
- **Japchae** (炒年糕): Boiled *dangmyeon* or potato noodles, steamed spinach, roasted julienned beef, roasted sliced onion, roasted julienned carrots are mixed with seasoning made of soy sauce, sesame oil and half-refined sugar.
- **Jajangmyeon** (炸醬麵): A variation on a Chinese noodle dish that is extremely popular in Korea. It is made with a black bean sauce, usually with some sort of meat and a variety of vegetables including zucchini and potatoes. Usually ordered and delivered, like pizza.
- **Kalguksu** (打糕): boiled flat noodles, usually in a broth made of anchovies and sliced zucchini.
- **Sujebi** (煮餅)
- **Makguksu** (磨谷麵), buckwheat noodles served in a chilled broth<sup>\*[1]</sup>
- **Jaengban guksu** (冷盤麵)
- **Bibim guksu** (拌麵), stirred noodles in a hot and spicy sauce
- **Ramyeon** (拉麵): spicy variation of noodle, usually people eat instant Ramyeon.
- **Janchi guksu** (冷麵): a light seaweed broth based noodle soup served with fresh condiments, usually kimchi, thinly sliced egg, green onions, and cucumbers.
- **Geonjin guksu** (根筋麵)

## 7.3 Snacks

### 7.3.1 Kimbap



Close up of Kimbap

Kimbap (literally, seaweed-rice, 海苔飯) is a very popular snack in Korea. It consists of cooked rice, sesame oil, salt, and sesame seeds, sugar is often added as seasonings. Then it is placed on a sheet of **gim**, dried laver. The seasoned rice is spread on the laver, and then fried egg, julienned carrots, julienned ham, seasoned ground beef or seasoned fish cakes, pickled radish, seasoned spinach, and seasoned gobo and cucumber are then placed closely together on the rice, and is rolled in the manner similar to that of the Japanese *maki*. Today, there are many varieties of *gimbap*: tuna, cheese, *bulgogi*, vegetable, and more.

### 7.3.2 Jeon



Bindaeddeok

Main article: **Jeon (food)**

**Jeon** is a Korean pancake like dish. Fermented **kimchi** (*kimchijeon*) or seafood (*haemul pajeon*) is mixed into a flour-based batter, and then fried in an oiled pan. This

dish tastes best when it is dipped in a mixture of soy sauce, vinegar, and chili pepper powder.

- **Pajeon** (파전): pancake made mostly with eggs, flour, green onion, and oysters or fresh baby clams cooked in a frying pan
- **Bindaetteok** (비단떡): pancake made of ground mung beans, green onions, and kimchi or peppers cooked in a frying pan
- **Kimchi jeon** (김치전)
- **Mineojeon** (민어전), made with croaker
- **Daegujeon** (대구전 大口煎), made with Pacific cod
- **Guljeon** (굴전), made with oyster
- **Hobakjeon** (호박전), made with squash
- **Yeongeunjeon** (여은전), made with lotus root
- **Gochujeon** (고추전), made with chili peppers
- **Dubujeon** (두부전), made with tofu
- **Pyogojeon** (피고전), made with shiitake mushrooms and beef

### 7.3.3 Other snacks



Tteokbokki

- **Ddeokbokki** (떡볶이): a casserole dish which is made with sliced rice cake, seasoned beef, fish cakes, and vegetables. It is flavored with gochujang.
- **Sundae** (순대): Korean sausage made with a mixture of boiled sweet rice, oxen or pig's blood, potato noodle, mung bean sprouts, green onion and garlic stuffed in a natural casing. [2]

• **Hotteok** (호떡): similar to pancakes, but the syrup is in the filling rather than a condiment. Melted brown sugar, honey, chopped peanuts and cinnamon are common fillings. Vegetables are sometimes added to the batter. Hotteok is usually eaten during the winter months to “warm up” the body with the sweet and warm syrup in the pancake.

- **Hobbang** (호랑)
- **Beondegi** (별데기) : is steamed or boiled silkworm pupae which are seasoned and eaten as a snack.
- **Bungeoppang** (붕어빵; “carp-bread”) is the Korean name for the Japanese fish-shaped pastry Taiyaki that is usually filled with sweet red bean paste and then baked in a fish-shaped mold. It is very chewy on the inside and crispy on the outside. *Gukwa-ppang* (국화빵) is almost the same as *bungeoppang*, but it is shaped like a flower. *Gyeran-ppang* (계란빵, egg bread) has a shape of rounded rectangle and contains whole egg inside of a bread. They are often sold by street vendors. (See also taiyaki.)

### 7.3.4 Anju (side dishes accompanying alcoholic beverages)



Jokbal dish

- **Anju** (안주) is a general term for a Korean side dish consumed with alcohol (often with Korean *soju*). It is commonly served at bars, **Noraebang** (karaoke) establishments, and restaurants that serve alcohol. These side dishes can also be ordered as appetizers or even a main dish. Some examples of *anju* include steamed squid with *gochujang*, assorted fruit, *dubu kimchi* (tofu with kimchi), peanuts, *odeng/ohmuk*, *gimbap* (small or large), *samgagimbap* (triangle-shaped *gimbap* like the Japanese *onigiri*), *sora* (소라) (a kind of shellfish popular in street food tents), and *nakji* (small octopus, as eaten on screen in the movie *Oldboy*). *Soondae* is also a kind of *anju*, as is *samgyeopsal*, or *dwejigalbi*. Most Korean foods may be served as *anju*, depending on availability and the diner's taste. However, *anju* are considered different

from the *banchan* side dishes served with a regular Korean meal.

- **Jokbal** (족발): pig's feet served with a red salted shrimp sauce called *saeujeot*.<sup>\*[2]</sup>

### 7.3.5 Desserts

See also: [List of Korean desserts](#)



*Tteok*

- **Tteok** (떡): a chewy cake made from either pounded short-grain rice (멥쌀떡, *metteok*), pounded glutinous rice (찹쌀떡, *chaltteok*), or glutinous rice left whole, without pounding (멥쌀, *yaksik*). It is served either cold (filled or covered with sweetened mung bean paste, red-bean paste, raisins, a sweetened filling made with sesame seeds, mashed red beans, sweet pumpkin, beans, dates, pine nuts, and/or honey), usually served as dessert or snack. Sometimes cooked with thinly sliced beef, onions, oyster mushrooms, etc. to be served as a light meal.

- **Songpyeon** (송편): chewy stuffed *tteok* (rice cake) served at *Chuseok* (Mid-Autumn Festival) decorated with pine needle. Honey or another soft sweet material, or red bean is found inside.
- **Yakshik** (噎식) is a dessert made with glutinous rice, chestnuts, pine nuts, jujubes, and raw sugar and soy sauce and then steamed for seven to eight hours or until the mixture turns a blackish color. Some recipes call for topping the cooked mixture with persimmons.
- **Chapssaltteok** (찹쌀떡): a variety of *tteok* filled with sweet bean paste. Similar to Japanese mochi.

## 7.4 Beverages

Main article: [List of Korean beverages](#)

- **Makgeolli** - Korean rice wine<sup>\*[1]</sup>
- **Insam cha** (인삼차) - Korean ginseng tea
- **Saenggang cha** (생강차) - Tea made from ginger root.
- **Sujeonggwa** (수정과) - dried persimmon punch
- **Sikhye** (식혜) - sweet rice beverage
- **Yujacha** (유자차) - citron tea
- **Bori cha** (보리차) - roasted barley tea
- **Oksusu cha** (옥수수차) - roasted corn tea
- **Hyeonmi cha** (현미차) - roasted brown rice tea
- **Sungnyung** (성냥) - beverage made from boiled scorched rices
- **Yulmucha** (율무차) - Job's tears tea
- **Gyeolmyeongja cha** (결명자차, 決明子茶) - made from roasted *Senna obtusifolia* seeds
- **Misu** (미수, 米水) - several grains such as rice, barley, beans, glutinous rice, brown rice, Job's tears, etc. are roasted and then ground to be added to water.
- **Sungnyung** (성냥): The remains of the rice removed from the pot mixed with water and boiled into a soup.

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# Chapter 8

## List of Thai ingredients



*Some of the ingredients for Thai red curry: lemongrass, galangal, kaffir lime leaves, shallots, garlic, and dried red chillies*

*This list is incomplete; you can help by expanding it.*

This is a list of ingredients found in Thai cuisine.

### 8.1 Herbs and spices

#### 8.1.1 Fresh herbs and spices

#### 8.1.2 Dried herbs and spices

### 8.2 Pastes, sauces and condiments

### 8.3 Vegetables

### 8.4 Roots

### 8.5 Flowers and tree leaves

### 8.6 Edible fungi and algae

### 8.7 Fruits and nuts

### 8.8 Staple foods and other starches

### 8.9 Meat and poultry

### 8.10 Fish and seafood

### 8.11 Insects

### 8.12 Miscellanea

### 8.13 See also

- Thai cuisine

- List of Thai dishes

- List of Thai restaurants

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## 8.15 External links

- Thai food glossary at *Clay's Kitchen*

# Chapter 9

## List of street foods



Candied fruit for sale on a streets in Tianjin, China



Street food packaged in plastic bags in Bangkok, Thailand



A fish taco served on fry bread in Alaska

**Street foods** are consumed in many areas. Often sold by street vendors and peddlers, street food is usually ready-to-eat food or drink sold in a street or other public place, such as a market or fair, by a hawker or vendor, often from a portable stall.\* [1]

Street food vending is found around the world, but has variations within both regions and cultures.\* [2] For example, Dorling Kindersley describes the street food of Viet Nam as being “fresh and lighter than many of the cuisines in the area” and “draw[ing] heavily on herbs, chile peppers and lime,” while street food of Thailand is “fiery” and “pungent with shrimp paste... and fish sauce” with New York City’s signature street food being the hot dog, although the offerings in New York also range from “spicy Middle Eastern falafel or Jamaican jerk chicken to Belgian waffles.” \* [3] In Hawaii, the lo-



Nikuman in Japan

cal street food tradition of "Plate Lunch" (rice, macaroni salad and a portion of meat) was inspired by the *bento* of



*Shave ice is a traditional street food in Hawaii*



*A German currywurst vendor*

the Japanese who had been brought to Hawaii as plantation workers.\*[4]

## 9.1 Africa

### 9.1.1 Madagascar



*A street vendor selling fresh potato chips and kaka pizon*

A variety of cakes and fritters collectively known as *mofo* are available from kiosks in towns and cities across Madagascar.\*[5] The most common is *mofo gasy*, “Mala-

gasy bread” , made from a batter of sweetened rice flour poured into greased circular molds and cooked over charcoal. *Mofo gasy* is a breakfast food and is often eaten with coffee, also sold at kiosks.\*[6] In coastal areas this mofo is made with coconut milk and is known as *mokary*.\*[7] Other sweet mofo include a deep-fried doughnut called *menakely*\*[8] and a fried dough ball called *mofo baolina*,\*[9] as well as a variety of fruit fritters, with pineapple and bananas among the most common fruits used.\*[10] Savory mofo include *ramanonaka*, a mofo gasy salted and fried in lard,\*[11] and a fritter flavored with chopped greens, onions, tomatoes, and chilies called *mofo sakay*, “spicy bread.” \*[12]

In marketplaces and gas stations one may find vendors selling *koba akondro*, a sweet made by wrapping a batter of ground peanuts, mashed bananas, honey, and corn flour in banana leaves and steaming or boiling the small cakes until the batter has set.\*[13] Peanut brittle, dried bananas, balls of tamarind paste rolled in colored sugar, deep-fried wonton-type dough strings called *kaka pizon*, meaning “pigeon droppings,” are also eaten in neighboring Reunion Island, and home-made yogurts, are all commonly sold on the street.\*[14] In rural areas, steamed cassava or sweet potatoes are eaten, occasionally with fresh or sweetened condensed milk.\*[13]

### 9.1.2 Morocco

Typical street food includes *bessara*, crumbed liver, spicy sardines, and *brochettes*.\*[15]

### 9.1.3 Nigeria

*Chin chin* is a meal served in Nigeria and west Africa. Other Nigerian street foods include *suya* (barbecued meat), *bolis* (roasted plantain), fried yam and fish, roasted corn, and *akara* and *moi-Moi* (fried or steamed bean cakes, respectively). Pure water or sachet water is also sold, frequently by children.

### 9.1.4 South Africa

In South Africa, *boerewors* and other *braai* foods are available in the street.\*[16] In townships, ethnic foods are available.

In Cape Town, the *Gatsby*, a baguette filled with meat (often bologna sausage), salad, cheese, and chips is sold as street food. It is said to have originated from a single restaurant.

*Bunny chow* is a scooped out loaf with *fufu* or *atchar* inside and with the scooped out bread placed on top.\*[17]

## 9.2 Asia



A *Gatsby* sandwich

### 9.2.1 Bangladesh

Dhaka street food vendors sell pitha, chotpoti, puchka, jhalmuri, badam, and various fried items.\*[18]

### 9.2.2 China

See also: Hong kong street food

Street vendors of snack foods (*xiaochi*) are becoming less



*Signs by the country road near Wuhan, Hubei, announce dishes from three other provinces - Lanzhou (Gansu) halal beef noodles, Chongqing (Sichuan) mala bunch, and Xi'an (Shaanxi) cold noodles*

common as local governments cut down on the practice, citing safety and traffic congestion as problems. Many vendors have also moved towards opening small restaurants and shops, and “street food” is now commonly eaten indoors at established locations.\*[19]

*Bing*, a flatbread made of flour and fried in oil, was once a Northeastern street food that can also be found in many areas around the country. They can be served plain or stuffed with meat or eggs, or seasoned with scallops, sauces, or other flavours. One variety originating in Shandong and now found throughout China, *jianbing guozi* (煎餅果子), is made with the batter poured directly

onto an iron skillet and evened out into a thin pancake. An egg is cracked on top, then various seasonings are added. It is rolled for portability.

### 9.2.3 India

See also: Street food of Chennai and Street food of Mumbai

Each region of India has street food specialties.



*Dosa in Ongole, Andhra Pradesh*

In areas of Maharashtra, such as Pune, street food culture includes vada paav, sabudana vada, panipuri, ragda raav, kutchi daabeli, sevpuri, dahipuri, pav bhaji, egg bhurji, chanachur, buddhi ke baal, and gola.\*[20] Mumbai, Maharashtra, is where vada pav originated.

In Punjab, gol-gappy, kulcha, pathurey cholley, naan, and lachhey are common.

New Delhi's cuisine is highly influenced by its neighbours Uttar Pradesh, Haryana, and Punjab, as well as Mughlai cuisine. Vegetarian dishes include *sabzi kachauri* (*sabzi* is usually spicy potato curry; *kachauri* can be plain as well as stuffed), *dahil bhalla*, and various other varieties of *chaat*. Certain parts of Old Delhi which include Chandni Chowk and Chawri Bazar have numerous street food vendors who have been sold street food for three or more generations.\*[21]

### 9.2.4 Indonesia

Street foods are sold by hawkers peddling their goods on carts, bicycles, motorbikes, by five foot way (*kaki lima*)



Satay stall in Indonesia

trader, or by road-side stalls with easy access from the street. The food being sold may include Indonesian food like *nasi campur*, *nasi goreng*, *gado-gado*, soups (such as *soto ayam*), satay, desserts and beverages like *bubur kacang hijau*, *es cendol*, and *es cincau*.

In most cities, it is common to see Chinese dishes such as bakpao (steamed buns with sweet and savoury fillings), bakmie (noodles), and bakso (meatballs) sold by street vendors and restaurants, often adapted to become Indonesian-Chinese cuisine. One common adaptation is that pork is rarely used since the majority of Indonesians are Muslims.

See also: Indonesian cuisine

## 9.2.5 Pakistan

Some of the common items in Pakistan include bun kabab sandwiches, samosas, kulfi ice cream, popcorn, fried or grilled fish, sugar cane juice, chickpea juice ('sutthu'), lemonade (limno paani), sliced coconut, dried fruits and nuts (almonds, peanuts, walnuts, figs, pine nuts, etc.), haleem, biryani, pakoras, falsa fruit (*Grewia asiatica*), grilled chicken (chicken charge), french fries (often called 'finger chips'), paan, gol guppay, spiced chickpeas (*chana masala*) and papri chaat.

## 9.2.6 Philippines



Street foods in Manila, Philippines.

The most common Philippine street foods include fried squidballs, fishballs, and *kikiam*, a type of processed chicken and pork, served on a stick with a variety of dipping sauces.

Roadside stands also serve barbecued pork, chicken, and offal, such as pig's blood or dried chicken blood (colloquially *Betamax*, after its rectangular shape resembling the Betamax tape), chicken heads (*helmet*), chicken feet (*adidas*), pig's ears (*tenga*) and chicken intestines (*isaw*). Among more esoteric foods are *balut* and *penoy* (duck eggs with fetus and without, respectively), *tokneneng* and *kwek-kwek* (battered, deep-fried chicken and quail eggs similar to tempura) and deep-fried day-old-chick.\* [22]

## 9.2.7 Taiwan

Taiwan's street food sold at night markets is well known in Asia, especially that from the city of Tainan.

## 9.2.8 Thailand



A vendor barbecuing along a Bangkok, Thailand street

Noodle dishes include *pad Thai*; *rad naa*, flat noodles with beef, pork, or chicken and vegetables, topped with a light gravy; and *rad naa*'s twin, *pad see ew*, the same flat noodles dry-fried (no gravy) with a dark soy sauce, vegetables, meat, and chili.

Other dishes include *tom yum kung* (a soup), *khao pad* (fried rice), various kinds of *satay*, and various curries. Japanese *chikuwa* and German sausages have also appeared in Bangkok. Canal food has been sold from boats on Thailand's rivers and canals for over two centuries, but since the early 20th century King Rama V's modernizations have caused a shift towards land-based stalls.\* In Bangkok parlance, a housewife who feeds her family from a street food vendor is known as a “plastic-bag housewife”, which originated from streets vendors packaging the food in plastic bags.

### 9.2.9 Vietnam



Street vendors, like these two in Ho Chi Minh City, often set out tables and plastic stools for customers.

*Pho* was originally sold from elaborate carrying poles. From the pole hung two wooden cabinets, one housing a cauldron over a wood fire, the other storing noodles, spices, cookware, and space to prepare a bowl of *pho*. Today, however, *pho* is usually sold at fixed stands surrounded by tables and stools.\* [23]

## 9.3 Europe

### 9.3.1 Balkans

Street food in the Balkans is heavily influenced by the cuisine of the Ottoman Empire. Variations of the *burek*, a filled flaky pastry, are common throughout the Turkey and the Balkans. *Cevapi* is a sort of kebab served in Yugoslavia and Romania, where it is called *mititei*.

### 9.3.2 Benelux

In the Netherlands and Belgium, french fries are served with sauces such as mayonnaise, ketchup, curry, or tartar



Buregdžinica in Zagreb

sauce (the latter mainly in Belgium). The combination of mayonnaise, ketchup or curry ketchup and chopped onions is called *speciaal* (“special”), and mayonnaise mixed with peanut sauce is called *oorlog* (“war”).

### 9.3.3 Belgium



A Frituur, a French fries street vendor in Brussels.

In Belgium, a thicker variety of fries is used, *frietken* in Dutch and *frites* in French. They are mainly sold by street vendors (see picture), in a little place called a *frituur* in Dutch, a *friterie* in French. In Belgium, French fries are traditionally fried in *suet* (beef fat) but this has become less common and people tend to fry them in oil. Liège-style waffles (Dutch *wafel* or French *gaufre*) are served warm as a street snack, somewhat similar to what is

known in other countries as "Belgian waffles" (which are called in Belgium "Gaufres de Bruxelles" or "Brusselse Wafels") but richer, denser and sweeter. The pancake is fluffier than the French *crêpe* or the Russian *blin*.

### 9.3.4 Denmark



A *Pølsevogn* (sausage wagon) in Kolding City, Denmark.

In Denmark, one can purchase sausages and hot dogs from sausage wagons. These are technically considered hot dog stands and are one of the most popular food trucks in the country.

### 9.3.5 Netherlands

In the Netherlands, the French fries are thinner and generally referred to as *patat* (the word for potato in the south of the Netherlands and in Flanders) or *friet* (from the French *frire* meaning deep-frying) or *patat friet*. Some shops in the Netherlands also sell *Vlaamse friet* (Flemish fries, similar to the type sold in Belgium) but this is less common than the thinner variant. In the Netherlands, French fries are traditionally fried in vegetable oil.

In the Netherlands, street foods are usually sold by a small store which is a mix of a cafe/bar and a fast-food restaurant, known as a *snackbar* or *cafetaria*. These stores may also contain the typically Dutch vending machine, an *automatiek*. While *patat friet* forms the main portion of the foods sold, many other items are also on offer including different types of deep-fried snack meats such as *kroketten* and *frikandellen*, and cheese snacks such as the *kaassouffle* (cheese deep fried inside a crispy bread crumb crust). Often, the product range includes other foods such as hamburgers, ice cream, bread rolls with different fillings, and occasionally pizza, falafel, doner kebab and shawarma. Also sold may be deep-fried Vietnamese spring rolls and other originally Asian and/or Surinamese snacks like *bapao* (a *baogi* filled with minced meat) and *barra* (a deep-fried savoury doughnut).

Street stalls also sell different fried, smoked and raw fish



A "*broodje haring met ui*": a soft bun with raw herring and chopped onions

products, and are called a *viskraam* or *haringkar* (Dutch for "fish stall" or "herring cart"). Besides raw herring served with chopped onions sometimes with bread rolls and *pickled cucumber*, these stalls also sell fish products such as smoked mackerel, smoked eel and *kibbeling* (deep fried cod nuggets).

At festivals, markets and especially on New Year's Eve, street stalls around the country sell a type of *beignets* called *oliebollen* (literally 'oil balls'). They may also sell other sweet pastries such as *waffles* and *apple beignets*.

### 9.3.6 Czech Republic

The most common and traditional Czech street food is *smažený sýr*, which is a soft piece of cheese deep-fried and served on a hamburger bun.

### 9.3.7 Finland



A *porilainen sandwich*

In Finland, street food can mostly be found at market squares and kiosks, although hamburger chains

Hesburger, McDonald's, and Burger King are also available. A variety of savoury pastries such as *lihapiirakka* and *karjalaniipiirakka*, and sweet pastries such as *pulla*, usually served with coffee, are very common. Fish stands at the market squares also serve cured salmon (*graavilohi*) on rye bread as an open sandwich or *loimulohi*. Regional specialties sold at the market squares include *sultsina* and *kalakukko*.

In addition to hamburgers and hot dogs, Finnish meat pastries with sausages are available at kiosks, especially a sausage sandwich called a *porilainen*. Condiments include ketchup, Finnish mustard, pickle relish, mayonnaise, and mustard relish, as well as lettuce, tomato, and onion. Other common late night street food fare found at kiosks are doner kebabs, Finnish meatballs (*lihapulla*), and french fries with condiments.

### 9.3.8 France

In France, sandwiches are a common street food. Most of them are baguette bread sandwiches with different kinds of fillings such as “jambon/beurre” (ham / butter), “jambon/fromage” (Ham with cheese) or “poulet/crudités” (chicken with vegetables).

Crêpes are another common French street food. A crêpe complète containing ham, shredded cheese, and an egg provides a filling lunch. Sweet crêpes or waffles are sold with Nutella and banana or Grand Marnier and sugar.

Other street foods include pizza, kebab-type sandwiches and panini, a grilled and pressed sandwich.

During the winter, roasted chestnuts can be bought.

### 9.3.9 Germany



*Bratwurst and Glühwein in Garmisch*

Bavarian *Fleischkäse* (also called *Leberkäse*), is similar to meatloaf, sliced to the thickness of a finger and generally served with either hot mustard or sweet mustard in a roll. Germany is also known for its various types of sausage, as well as the recent hybrid curry-sausage, *currywurst*.

French fries (*pommes* in German, derived from French but pronounced according to German orthographic rules) are popular, served with ketchup and/or mayonnaise, and sometimes with sausage. Beer is sold at all sidewalk snack stands, which usually feature beers and small bottles of whiskey, schnapps, or vodka.

Turkish-influenced street foods include shawarma and Döner. North African stalls sell shawarma, falafel and halumi.

### 9.3.10 Hungary

Street food is not particularly common in Hungary, although gyros shops are becoming more common. Rétes (strudel) is fairly common, and lángos (a deep fried bread) is usually available at markets and during celebrations. In general, Hungarians looking for quick food will stop to sit down and eat, even if only at a Chinese buffet or a *főzelékfaló* (vegetable purée bar).

### 9.3.11 Italy



*Pizza al taglio shop in Rome*

The most notable Italian street food is pizza, sold in take-aways and bakeries. Take-away pizza (or *pizza al taglio*) is quite different from pizzeria pizza. Unlike the round pizza normally found in restaurants, which originated in Naples as a street food itself, it is generally baked on large square trays, and square or rectangular portions are sold. It usually has quite a thick base, again unlike the traditional Italian restaurant pizza.

Toppings include margherita, mushrooms, Italian sausage, ham, and vegetables.

Other street foods are the Genoese focaccia di recco (a double layer of thin dough filled with quark cheese and baked); farinata (a thin, baked chickpea-flour batter, topped with salt, pepper and olive oil), which is often served with focaccia (a thin bread, also with salt and olive oil); Florentine trippa and lampredotto (ox stomach cooked in a seasoned broth and served in a bread roll); and

Roman *supplì*; (rice balls filled with cheese and/or various fillings, covered in egg and breadcrumbs and deep fried), which is similar to Sicilian arancini, where the usual filling is a meat sauce with green peas.



*Pani ca meusa* served in a rotisserie in Palermo

In Palermo, a street food would be *Pani ca meusa* (bread rolls with sliced, cooked pork spleen), and "panelle", deep-fried chickpea flour batter. In central Italy *porchetta* is common, which is a spicy roasted pork meat (from the whole, boned animal), usually served in a *panino* (bread roll).

In Naples, fried food stalls, *friggitorie*, sell filled, deep-fried pastries and other foods. A street food made of offal, commonly found in fairs and religious festivals in Naples and in the whole of Campania, is the '*O pere e 'o musso*' ("the paw and the muzzle"): calves' heads and pigs' feet are boiled, sliced and chopped, then seasoned with salt and lemon juice. This is also called *musso re puorco* ("pork muzzle"), although only calf heads are normally used.

Vendors sell watermelons during the summer months, as well as roasted chestnuts (*caldarroste*) stalls during the winter, and especially before Christmas.

Rosticcerie, while most often selling food to be eaten at home, also sometimes have a counter for immediate consumption of their goods, the most common of which are roast chicken, roast potatoes, fried polenta and other accompaniments.

Substantial immigration from Turkey and the Middle East has also gained shawarma (best known in Italy as *kebab*) an increasing popularity, as well as other middle-eastern traditional dishes.

Gelato (ice cream) is commonly available.

In the Romagna subregion, and especially in the Forlì-Cesena province, a flatbread called *piadina* is available. It is sold in kiosks, usually as a sandwich filled with mixed cold cut meats, cheese, and/or vegetables. A common variant is the *crescione*, a piadina cooked like a turnover; in this version the most common filling are tomato sauce with mozzarella, and pumpkin with boiled potato and

sausage.

### 9.3.12 Malta

Pastizzi are small, ricotta cheese- or pea-paste- filled puff-pastry squares that can be bought from vendors in practically every village in Malta. Ricotta pastizzi (pastizzi tal-irkotta) are diamond-shaped with a hole in the middle where the ricotta stuffing can be seen, while pea pastizzi (pastizzi tal-pizelli) are of the same shape but are more like an envelope of puff pastry with no holes.

The shops selling these pastries are called *pastizzeriji*. They also sell items such as pies, *pizza al taglio*, sausage rolls, baked rice, baked macaroni (*timpana*), and sometimes arancini.

Another local street food found in such pastizzerias is the "qassatat". This is a ball-shaped pie crust with an open top, with the same two basic fillings of ricotta or peas, and sometimes a tuna and spinach mixture.

Imqaret are deep fried pastries filled with a mashed date mixture.

Hamburgers, hot dogs, and other such products being sold from vans, replace perennial Maltese favorites such as Hobż biżżejt, bigilla, and *timpana*.

Hobż biżżejt is usually bought from the inside of shops rather than stalls. This is the local sandwich, made from a local flat-bun called a *ftira* or a rounder one called *hbejza* which is filled with various ingredients available at the counter displays. The basic Hobż biżżejt recipe consists of filling the bread with oil and kunserva (tomato paste), tuna fish, pickles, and other delicacies which vary from shop to shop. These shops usually serve tea with milk in small glasses to their regulars.

Occasionally a street vendor will sell *sinizza*, a deep-fried ball of fish, batter, and other ingredients.

### 9.3.13 Poland

Popular street snacks in Poland include *zapiekanki*, essentially Polish-style French-bread pizzas with a variety of toppings; the *obwarzanki* of Kraków, which are like bagels (only with bigger holes); and *precle* (pretzels). The most common street food in Poland, seems to be *lody*, or ice cream. Long lines outside ice cream shops, and scores of pedestrians toting cones, are a regular fixture of Polish streetscapes.

Many fast food shops offer waffles (*gofry*), topped with whipped cream, powdered sugar, fresh fruit, or fruit jelly. Some of them also serve *rurki z kremem*, pipes similar to ice-cream cones, filled with whipped cream.

Hot dogs, hamburgers, and french fries are also very popular, often sold in the same shops and kiosks as *zapiekanki*. Pizza vendors commonly offer pizza in slices.



A zapiekanka

Kebab (döner kebab in pita) vendors are also present and popular, as they are often open late in the night.

### 9.3.14 Romania

In Romania the most commonly available street foods during the day are *covrigi*, hot pretzels covered in sesame or poppy seeds, and *plăcinte*. “*Plăcinte*” can refer to sweet or savory pies with various fillings or to large pieces of fried dough eaten with garlic sauce, sour cream, cheese, or jam, similar to Hungarian *lángos*. In the south and along the Black Sea, *plăcintă dobrogană* is available. This type of *plăcintă* is more like the burek encountered in other parts of the Balkans. Doughnuts called *gogoși* are also commonly available. At fairs and in the winter, *kürtős kalács* (*tulnic* in Romanian) with nuts or cinnamon is very popular. *Mititei* or *mici*, small grilled skinless sausages, are often available in the summer in market-places and at fairs. Other street foods include popcorn, steamed ears of corn, roasted chestnuts in winter, and ice cream in summer.



Obwarzanki salesman in Kraków

### 9.3.15 Russia

Traditional Eastern European items such as blini, pirozhki, and sausages are widely available.

The cuisine of Russia's Turkic minority is popular, with dishes like shawarma, rotisserie chicken, shashlik, chebureki, and *plov* (pilaf).

*Kvas*, a small beer made (usually) from bread, with honey being a frequent additive (*medoviy kvass*), is sold cold out of tanks or barrels on the street.

In areas with Chinese immigrant populations, Chinese dishes are sold.

Ice cream is enjoyed even on the coldest of Moscow days. Pizza is also available.

Kiosks sell candy, snacks, produce, beer and other beverages, and cigarettes and household products.

### 9.3.16 Slovakia

In Slovakia street offerings include steamed sweetcorn cobs, fried flat bread loaves with garlic and salt or other condiments (*langos*), fried buns with poppy seed, jam, or cream cheese filling (*pirozky*). Ice-cream is eaten in summer and roasted chestnuts in autumn. *Ciganska pecienka* (gypsy-style roasted pork), roasted sausage and more are sold at Saturday markets. Crepes and fresh sandwiches are available.

### 9.3.17 Spain



A large batch of paella cooked streetside in Spain

The concept of eating in the street is very rooted in the Spanish culture, even though in the last few decades the law has forbidden the sale of food in the streets due to hygiene concerns. The most common way to eat is still inside a bar with friends (*tapeo*), however, in winter, roast **chestnuts** can be bought in the street, especially in the north, and during **fiestas**, churros are also sold. Additionally, the typical **bocadillo** is the most common snack all around Spain for school children and workers. Bocadillos can be filled with various foodstuffs typical of the province (anchovies, sweet peppers, tortilla de patatas, tuna, ham, meat, cheese, **Empanada Gallega**, etc.) and are very convenient as “food on the go”. Some major cities will have vendors selling ice cream, nuts and snacks from **kiosks**.

During summer in **Málaga** (and many small towns nearby), the fruit of the **higo chumbo** (a local cactus) is often sold.

### 9.3.18 Sweden

A very common street food in Sweden is hot dogs, and the traditional **korvkiosk** (“sausage kiosk”) also often serve **meatballs** with mashed potatoes, **brown sauce** and **lingonberry jam**. **Tunnbrödsrulle** (“flatbread roll”) is also often sold as street food. It is a soft flatbread normally filled with a sausage and mashed potato and sometimes with prawn salad, lettuce and onion. **Hamburgers** and **kebab** are also popular street food.

### 9.3.19 Switzerland

Street foods available in Switzerland are sandwich-like, either the typical **grilled panini**, but also **pretzels**, **grilled chicken**, **hot dogs** or the traditional **Bratwurst** served with a slice of bread and sometimes **mustard**. Sweet foods include **ice cream** and **crêpes**. Stalls will typically be motorized trucks, rather than smaller wheeled carts.



Kvass vendor in Kiev, Ukraine

### 9.3.20 Ukraine

Common Ukrainian street foods include various kinds of stuffed dumplings, such as **perohy**, **varenyky** and **pyrizhky** that are either boiled or fried and frequently served with a sour cream dill sauce. Fillings include mushrooms, onions, potatoes, ground meats and cabbage.\*[24] **Holubsti**, cabbage rolls with rice or meat filling and a tomato sauce are also frequently served, particularly around the holiday of Easter.\*[24] Tartar influence can be found, particularly in the Crimea region with meat kabobs being popular.\*[24]

**Kvass** is a slightly fermented beverage made from rye bread, yeast and water. Dried apples and plums are steeped in sugar water which is then sold as a beverage called **uzvar**, particularly during festivals and fairs.\*[24]

### 9.3.21 United Kingdom

Converted or purpose built **vans** sell **kebabs**, **baked potato**, **hamburgers** and **chips**, especially at night. Individual portable ovens capable of being wheeled by a single man serve **baked potatoes** along with fillings such as **cheese** or **chili con carne**. On the coast fresh seafood is often sold straight from the catch cooked in mobile kitchens. At fairs, stalls sell **candy floss** and **doughnuts**. In Lancashire, hot parched peas (**black peas**) are bought from stalls, especially in the colder months. During winter there are stalls selling hot chestnuts. British street foods include **fish and chips** which are frequently sold and eaten out of a paper package.

The most common street food in the capital in earlier periods was **jellied eels** or **pie and mash** made from meat, which would be covered in the liquor from cooking the eels, although this tradition is no longer as common as in the early 20th Century.\*[25]

**Ice cream vans** are considered one of the signs of summer, and they usually play well-known tunes such as **Greensleeves** or **Teddy Bears' Picnic** through a **PA system**. Street carts can be seen in some cities selling prod-

ucts such as roast nuts and hot dogs, especially in places frequented by tourists.

## 9.4 Middle East

### 9.4.1 Turkey

In Turkey, street foods show considerable change from region to region. Here is a comprehensive list of most of the typical street foods that can be found around large Turkish metropolises:

#### Istanbul



*Döner* served in a "tombik pide" ( "fatty" pita) also called in (Turkish: gobit)

- Döner served either in:
  - Dürüm - the “Kaşarlı Dürüm” variation of Taksim is extremely popular, that consists of a toasted dürüm with **kaşar** cheese added to the döner meat
  - Tombik i.e. "fat bread"
- Balık-Ekmek - freshly cooked fish served inside a bun of bread. This is typically served on the Eminonu square straight from the boat on which it is prepared.
- Pilav - steamed rice with chicken and chickpeas, mostly sold in steam carts at night
- Midye - mussels, that come in two forms:
  - *Midye Dolma* - stuffed mussels with rice, pine nuts and raisins, eaten cold with lemon and olive oil
  - *Midye Tava* - mussels on a skewer, that are fried in oil, and eaten with a garlic sauce

- Kokoreç - the Istanbul version is typically cooked on a pan rather than on charcoal, and can be spicy
- Uykuluk - **sweetbread** and other soft glands of lamb, grilled on charcoal, and especially popular in the European Side
- Patsos - a sandwich composed of fried french fries and sausage topped with **kaşar**, more than popular in the Asian Side
- Dilli Kaşarlı - a tiny toast comprising thin sliced smoked tongue with **kaşar**, a fine delicacy of Etiler
- Adana Kebabı - served in a **dürüm**
- Sucuk Ekmek - sucuk served in fresh crusty bread as a sandwich
- Islak Hamburger - another specialty of the Taksim neighbourhood, consisting of a garlic meatball in a tiny bun, that is dipped in a pepper sauce and re-heated
- Kumpir - a baked potato filled to the maximum with a variety of toppings, popular around Ortaköy
- Boza - a fermented drink, drunk in winter nights

#### İzmir



*Boyz*

- Kokoreç made exclusively from milk fed lamb, grilled on hot charcoal, served barely cleaved inside of a grilled bread quarter, with very little spice, often accompanied with cold **beer**
- Çöp Şiş - a kebab consisting of very small milk fed lamb cuts mounted on tiny skewers (made of dried squash) grilled on charcoal and served in very large numbers, around 15 at a time
- Kelle Söğüş - different parts, including cheek, tongue brain and eyes from a boiled sheep head, that are cooled and marinated in olive oil, then all

chopped together and served wrapped in a lavaş with a slice of tomato and a hint of spice. It is considered to be a local delicacy of İzmir by excellence

- **Közde Sandviç** - Literally "*Sandwich on Charcoal*", that is bread toasted on a charcoal grill, alongside the meat and cheese that are grilled on charcoal to be then added to the toast. Comes in two main variations:

- Kumru - lit "the Dove", that consists of a lemon-shaped bread and has mostly a cheese filling
- Yengen - lit. "Your Aunt" that has a round and crusty bread with a meatier filling, with mayonnaise
- Midye - mussels, that come in two forms:
  - *Midye Dolma* - stuffed mussels, different from the Istanbul version in that they are tiny, and are sold by the dozen
  - *Midye Tava* - fried mussels, different from the Istanbul version as they are fried in olive oil and do not come with skewers
- Sardalya Tava - small sardines fried in olive oil
- Boyoz - hot, greasy and flaky pastry typical of İzmir, baked in a **masonry oven** and served with a hard-boiled egg
- Gevrek - the İzmir version of the **Simit**
- Turşu Suyu - sour **brine** that is left from pickling, consumed cold, somewhat of an acquired taste
- Lokma - a sweet summer specialty, sold on carts

## Ankara

Ankara is a rather poor city when it comes to local cuisine in general, but a few street specialties are still to be counted:

- **Simit** in its Ankara variant, that is thinner, and baked exclusively in masonry ovens after being brushed with **pekmez**, making it crustier
- **Köfte Ekmek** - spicy meatballs grilled on charcoal and served inside crusty bread or grilled **bazlama** generally consumed with **Ayran**
- **Tavuk Döner** - Döner made with marinated chicken that is generally preferred in Ankara to the meat Döner
- **Kumpir** - a baked potato filled to the maximum with a variety of toppings, popular in **Cankaya**
- **Gözleme** - savoury hand made and hand rolled pastry, with a selection of fillings, grilled on a **sac** top

## Adana-Mersin



A street mangal cart serving **Kiyma Kebabi** in Adana

- **Kiyma Kebabi** - a particularly delicious kebab, consisting of roasting a huge skewer of hand-minced ram meat mixed with tail-fat and red pepper on an open **mangal**, called "*Adana Kebabi*" in the rest of Turkey, eaten in its street version as a **dürüm** wrapped in lavaş
- **Ciger Dürüm** - liver that has been roasted on a **mangal**, alternatively with pieces of tail-fat, wrapped with onions, parsley and pomegranate syrup in a **dürüm** that takes a "V" shape
- **Tantuni** a spicy lavash wrap consisting of julienne lamb stir-fried on a sac on a hint of cotton oil, a specialty of Mersin
- **Şırdan** - boiled sheep **rumen** filled with rice, and eaten with cumin, considered to be an Adana delicacy
- **Bici Bici** - a very popular ice dessert, consisting of sweetened peeled ice put on top of diced **haytalya** pieces (sweet semolina jelly) swimming in rose syrup. The peeled ice is then lightly soaked with different natural syrups, coloring it. This particular dessert is nowhere to be found outside of Adana-Mersin, and until very recently, could be only bought from street vendors
- **Şalgam** - a beverage made of fermented red and black carrots, very sour, that comes in mild and hot versions. Both **Adana** and **Mersin** compete for the best **Şalgam**

## Antep

- **Beyran** - a dish made of a small amount of rice topped with the soft meat and neck fat of lamb in a small copper plate that is left to burn on a potent fire for some time. considered to be an Antep delicacy

- Nohut Dürüm - a very interesting **dürüm** made out of chickpeas steamed in a spicy sauce, that are served crushed and wrapped in a thick **lavaş**. This may be Turkey's only entirely vegetarian **dürüm**.
- Çağırtlak - liver, fat, and other **offal** (mostly heart and kidney) are impaled on skewers and grilled on a **mangal** to be served in a **lavaş**, a favorite late-night dish of Eastern Turkey
- Fistıklı Kebap - *lit.* "Kebab with Pistachio" is basically a **Kıyma Kebabı** less the spice and plus the ground pistachios that are added in the mixture. The street version is served as a **dürüm**.
- Urmu Dutu - the juice of freshly squeezed sour blackberries (a variety endemic to the region) that is typically only sold in the street carts, where the blackberries are cooled on a block of ice

### Urfa



*Turkish Lahmacun with salad*

- Lahmacun - ubiquitous to the city, with the street version being substantially smaller than the regular one, and sold by higher quantity
- Çığ Köfte Dürüm - as the name says it consists of **Çığ Köfte** that has been wrapped with a lettuce leaf inside a **dürüm**
- Haşhaş Kebabı - a local variation of the **Kıyma Kebabı**, very popular in **Aleppo** as well, that is made by hand-mincing the meat in a thinner manner than the classic recipe, and by adding crushed garlic into the mixture.
- Ciğer dürüm - sold everywhere in the streets of the city and even eaten for breakfast, it consists of 8 skewers of charcoal grilled lamb **liver** and tail fat, marinated with **Urfa** pepper wrapped in a **dürüm** with cumin, sumac and onions.

- Yürek dürüm - the same wrap as the **Ciğer dürüm**, but with lamb **heart** instead of the liver, eaten the same way, slightly seasoned with paprika.
- Böbrek dürüm - 8 skewers of unseasoned lamb kidneys, wrapped with onions and sumac.

## 9.5 North America

### 9.5.1 Barbados

In **Barbados**, **fishcakes** are a common street food. Fishcakes are made with bits of saltfish, seasoned and mixed with flour and then deep fried. Fishcakes are sold at community events such as school fairs and concerts and can also be found at fish fries such as those in Baxter's Road in the capital city of Bridgetown or the Friday evening event in the southern fishing town of Oistins. Fishcakes are commonly eaten with saltbread, a thick, round bread; the sandwich is called a "bread-and-two" and can be found at most village shops throughout the island.

### 9.5.2 Canada



*The first BeaverTails stand in Ottawa's Byward Market.*

While most major cities in Canada offer a variety of street food, regional "specialties" are notable. While **poutine** (french fries with **gravy** and **cheese curds**) is available virtually everywhere across the country with thousands of different flavours and combinations. Similarly, **hot dog stands** can be found across Canada, but are far more common in **Ontario** (often sold from mobile canteen trucks, usually referred to as "chip wagons") than in **Vancouver** or **Victoria** (where the "Mr. Tube Steak" franchise is notable). Originating in **Montréal**, the **Steamé** is a different type of sausage than the traditional hot dog found elsewhere, it is steamed. A more expensive version is called the **toasté** and is toasted. These types of sausage have spread across the country to some degree but they remain most popular in **Montréal**. **Falafel** and **pizza slices** are foreign dishes that are popular nationwide, to varying

degrees in different cities. Shawarma is quite prevalent in Ottawa, while Halifax offers its own unique version of the Doner kebab called the **Donair**, which features a sauce, made from condensed milk, sugar, and vinegar. The donair has spread across the country in pizza chains and other fast food restaurants. Also originating in Halifax, and now having spread somewhat are **garlic fingers**, a pizza-like dish with baked dough, cheese, and garlic but no tomato sauce and a different crust. **Ice cream trucks** can be seen (and often heard) nationwide during the summer months. **Corn on the Cob** is found commonly as well, often grilled, particularly at country fairs. British influence is seen nationwide with the very popular **fish and chips** often sold at chip wagons. **Crêpes** are also found, with sweet or savoury fillings. A growing trend has seen the emergence of **grilled cheese** becoming popular as a street food as of late.

In terms of desserts, **butter tarts** are extremely popular, as are **nanaimo bars**. Very popular as well as **BeaverTails**, a fried dough pastry originating in Ottawa. Vendors also sell fruits and nuts during the summer months and some move indoors, particularly to train stations during the harsh winter months.



*Poutine in Vancouver*

### Unique Canadian street foods

- Poutine
- Montreal hot dog
- Donair
- Butter tart
- Nanaimo bar
- BeaverTails

### 9.5.3 Dominican Republic

Fried foods are common in the Dominican Republic. Empanadas are a very typical snack, made of fried flour, though empanadas made out of cassava flour, called *catibias*, are also common. Fillings include cheese, chicken,

beef, and vegetables, or a combination of these. *Yaniqueques* are sold at many empanada stands. *Yaniqueques* (from Jonnycake) are essentially round flour shaped cakes which are fried and usually eaten with salt and/or ketchup. Other vendors sell plantain fritters and fried or boiled salami.

Hamburgers are sold at stands called *chimis*, which also offer sandwiches called *chimichurris*, though these bear little to no resemblance to the South American sauce of the same name. *Chimis* occasionally also offer hot dogs and other sandwich varieties.

**Corn on the cob** can be bought on the street, usually sold by traveling vendors who move around on a tricycle. Sweets vendors who sell treats such as candied coconut and *dulce de leche* sell their goods at major intersections in cities and sometimes have their own stand. Often, fruit vendors also prepare platters of chopped pineapple, mango, banana and/or papaya topped with honey or syrup.

### 9.5.4 Haiti

In **Haiti** street vendors sell dishes such as fried **plantains**, **griot** (deep-fried pork or beef), **frescos** (fruit soda drink), **cassava bread**, **pig's ears**,\* [26] and **Haitian patties** (pastry filled with choice of chicken, fish, beef, or pork).

### 9.5.5 Jamaica



*A plate of jerk chicken, with rice, plantains, carrots and green beans*

The most common Jamaican street food is jerk chicken or pork and can be found everywhere on the island. Jerk is marinade that is a blended primarily from a combination of scotch bonnet peppers, onions, scallions, thyme and allspice. Once marinated, it is often barbecued on converted **steel drum** or whatever else locals can construct as a grill/smoker. It is often accompanied with **breadfruit** and/or festival, a sweetened fried dough.

Meat patties in a yeast bread called “coco bread” are

the most popular street food. At Easter, bun and cheese is also eaten as a popular snack.

### 9.5.6 Mexico

See also: Mexican street food

In Mexico, there is a great variety of *antojitos* Mex-



A street food vendor in Mexico City selling crepes

icanos that are found at street food vendors, at any time of night or day: tacos, tortas (traditional Mexican sandwiches), tostadas, picadas, quesadillas, guaraches, panuchos, sopes, gorditas, tamales, atole, aguas frescas, and cemitas.

### 9.5.7 Puerto Rico

Puerto Rico is well known for its street foods (referred to collectively as *cuchifritos* in New York City) and is popular both in the Caribbean and in mainland North America. Typical street foods include *pinchos* (a kebab of skewered pork, seafood or chicken, usually spicy and topped with barbecue sauce on bread; often fried whole).

*Empanadas* are very popular. Fried flour or *yuca* flour pastries stuffed with chicken, ground meat, potatoes, corn, fruit, cheese, or seafood. There are also combinations such as cheese with meat, cheese with fruit, potatoes with meat, even pigeon peas with coconut and pizza empanadas.

There's the *papa rellena*, fried potato balls stuffed with meat or cheese.

The *alcapurria*, a ground *malanga* croquette filled with meat or ground *yuca* filled with seafood. The *malanga* can have a combination of potatoes, plantains, green bananas, and/or *calabazas* (tropical pumpkins). *Picadillo* is the typical stuffing.

There are also *arepas* stuffed with fried meat, seafood salad or usually seafood cooked in coconut milk if one likes.

Dishes based on plantains or green bananas are popular as street food throughout Puerto Rico. *Pasteles* are a combination of mashed *tubers*, plantains, or bananas filled

with *pork* and wrapped in banana leaves and then boiled. *Pionono* a sliver or ripe plantain sliced down the middle, fried and then stuffed with ground meat, cheese, raisins, *capers*, and *olives*. *Plátano relleno* similar to *papa rellena* but with ripe plantains rather than potatoes.

*Bacalaítos* are a fried pancake-like dough that are served with salted codfish. These foods can be found on the side of just about any busy street, but also typically in *kiosks*, often near the beach.

*Sorullos* a fried cornmeal batter shaped like fat fingers; they can be sweet or savory. *Sorullos* are stuffed with Puerto Rican white cheese, *Cheddar* or *mozzarella* and is served with Russian dressing. Sweet *sorullos* contain sugar and are filled with Puerto Rican white cheese and fruit paste such as *goiabada*.

### 9.5.8 Trinidad and Tobago

In Trinidad and Tobago there are *roti* and *shark & bake* stands that provide quick foods like *roti*, *dhal puri*, *fried bake*, and the most popular, *Doubles*. *Roti* is a thin flat bread originating from India that is fluffy on the inside and crispy and flaky on the outside. It is cooked on a flat iron plate called a *tawah* (Hindi *tawa*) or *platain* and served with curried *chicken*, *pork* or *beef*. *Dahl puri* is similar to the *roti* but is softer and pliable and has crushed dahl lentils cooked with *saffron* and placed in the centre of the *dough* before it is rolled out and cooked. This is also served with either curried *chicken*, *pork* or *beef*.

*Fried bake* is made by frying flattened balls of dough that becomes fluffy and increases in height as it is fried. It can be served with fried ripe plantains, meat or *gravy*. At the *shark & bake* stands fried bakes filled with well-seasoned *shark* fillets and dressed with many different condiments including *pepper*, *garlic* and *chadon beni* can also be found.

*Doubles* is made with two flat breads called *baras* (from Hindi *bara*, "big") that are filled with *channa* (from Hindi "chick peas") and topped with *pepper*, *cucumber chutney*, *mango chutney*, *coconut chutney* or *bandania/chadon beni*. It can be eaten either wrapped up as an easy to eat sandwich, or open it up and eat each *bara* separately.

### 9.5.9 United States

In the United States, *hot dogs* and their many variations (*corn dogs*, *chili dogs*) are perhaps the most common street food, particularly in major metropolitan areas such as New York City. Roasted nuts and *gyros* are often sold in the cities. *Cheesesteaks*, *breakfast sandwiches*, and *pretzels* are common in Philadelphia. Throughout the US, *ice cream* is sold out of trucks. *Tacos* and *Tortas* are sold from open food stalls. *Pizza* and *egg rolls* are available from window counters.

Some vendors operate out of food trucks and food carts,



Street food vendor in New York City.



Street food vendor in Los Angeles serving a bacon-wrapped hot dog

which offer a low overhead for entrepreneurs and often serve a huge variety of cuisines. Like restaurants, they are regulated and subject to inspections by local municipal or county health departments. Food trucks surged in popularity after the success of the Korean-Mexican fusion truck Kogi Korean BBQ in Los Angeles in 2009.\*[27]\*[28] According to *Smithsonian Magazine*, the hip new generation of food trucks “are the new incubators of culinary innovation,” \* [28] with Kogi serving novel concoctions such as kimchi quesadillas, and gourmet ice cream truck Coolhaus serving inventive flavors such as Avocado Sriracha, Brown Butter Candied Bacon, and Fried Chicken & Waffles.\*[29]\*[30]

Diversity and the lack of a strictly defined national cuisine means that, in most urban areas in the US and Canada, vendors sell hot dogs, pizza, falafel, gyros, kebabs, tortilla-based snacks such as tacos and burritos, panini, crêpes, french fries, egg rolls, and other various dishes.

### 9.5.10 Virgin Islands

Popular street foods in the Virgin Islands include *patés*, fried fish, fried chicken leg and *johnnycake* (fried dough).

*Pates*, similar to the empanadas of Puerto Rico and the Dominican Republic, consist of fried flour filled with various meats, including conch, saltfish, beef, chicken and lobster.

## 9.6 Oceania



An ice cream van at Batemans Bay, New South Wales, Australia

### 9.6.1 Australia

The most common street food in Australia is the *sausage sizzle*, usually consisting of a thin sausage or sandwich steak cooked on a barbecue and served on a slice of bread with optional fried onions, cheese, mustard and tomato or barbecue sauce. The stalls are usually run by local sporting or charity groups as fundraiser.

A pie floater is a meal served at pie carts in Adelaide and elsewhere in South Australia. It was once more widely available in other parts of Australia, but its popularity waned. It consists of an Australian meat pie covered with tomato sauce, sitting in a plate of green pea soup.

People can buy *soft serve* and other *ice creams* from vans which drive around the streets. The vans alert potential customers with a tinkling tune, for example *Greensleeves* or *The Entertainer*.

In Melbourne and Sydney, *kebabs* and *souvlakis* have taken over as the main street food due to the high percentage of Greek and Lebanese people in both cities, and is popular as a late night snack, especially after a few beers. They are known to curb late night drunken violence as punters gather around and enjoy a meal together and share stories of their night.

### 9.6.2 New Zealand

Vans selling burgers, New Zealand hotdogs (a battered sausage on a stick), toasted sandwiches and chips are the most common type of street food in New Zealand. *The*

*White Lady* food van in downtown Auckland is a well-known icon of the city. There are many coffee carts and coffee vans operating the streets, both independent ones as well as vans operating as part of a franchise system such as *The Coffee Guy*.

Like Australia, ice cream vans and sausage sizzles are also common in New Zealand. The most well known ice cream franchise is *Mr Whippy*, a franchise that originally came from England, and also operates in Australia. *Mr Whippy* softserve icecream is an iconic symbol of a New Zealand summer to many Kiwi.



*Cheese buns*

## 9.7 South America

### 9.7.1 Argentina

In Argentina, vendors sell Choripan, a barbequed sausage served wrapped in French bread, or morcipan, using a blood sausage (morcilla) instead.

Pizza is very popular, in part due to the country's heavy Italian immigration in the early 20th century. Local versions include the fugazzeta, a pizza made with mozzarella cheese and onions, and the fainá: a pizza made with garbanzo bean flour with no toppings, generally served as a side dish to regular pizza.

The empanada, which in gourmet versions is baked, is usually deep-fried in this case. Empanadas can be made with beef, fish, ham & cheese, neapolitan (using the same toppings as that pizza) or vegetarian.

Sandwiches are usually served hot, like the Tostado or the Lomito, the latter having a great number of versions, with food courts offering all kinds of ingredients and combinations.

Other local street food includes local versions of the hot-dog called pancho, and the hamburger or hamburguesa. Despite being very popular in the past, these have been displaced by a number of reasons, mainly a local perception that American-style foods are unhealthy and of low quality.

Sweets and desserts usually found in Argentine streets include caramel apple (manzana acaramelada), cotton candy (algodon de azucar), sweet popcorn (pochoclo) and a local snack called garrapiñada, which is made of peanuts, vanilla and sugar caramel, and sold in small bags in the shape of tubes.

### 9.7.2 Brazil

Pão de queijo, which can be translated as “cheese bread”, is a street snack in the southeast of Brazil and, increasingly, the rest of the country. Hot dogs, cooked in a tomato-based sauce with bell peppers and onions, are often sold with grated cheese, ketchup, mayonnaise, green

peas, corn kernels, fried potato sticks (batata palha), potato salad or mashed potatoes as choice of toppings. Hamburgers are also offered with an assortment of toppings, such as mozzarella cheese, bacon, fried eggs, lettuce, tomato, mayonnaise, ketchup and mustard, the popular “X-Tudo” (or *cheese-all*, a souped up cheeseburger). *Calabresa* (*Pepperoni*) sausage sandwiches are also popular.

Rio de Janeiro beach vendors sell *Mate Gelado* (erva mate iced-tea), *biscoitos de polvilho* (sour manioc flour puffs), roasted peanuts and *queijo coalho* (grilled cheese on sticks, barbecued on the spot) as well as popsicles, cold beer and home-made sandwiches (*sanduiche natural*). In the northeastern state of Bahia, the region's African heritage is reflected in the iconic *acarajé* (deep fried black eyed pea bun filled with *caruru*, made from salted dried shrimp, and *vatapá*, a creamy combination of coconut milk, palm oil and cashew nuts) or sweets like *cocada* (candied coconut) and *pé-de-moleque* (peanut brittle). All over the country, popcorn is always offered in push carts both savory or sweet (with sugar and cocoa powder). *Churros* push carts (sausage shaped deep fried dough filled with a choice of *doce-de-leite* caramel or chocolate sauce) are also found on any major city street.

### 9.7.3 Chile

In Chile, *sopaipillas*, a deep fried dough made out of flour and pumpkin, *Anticucho*, *completo*, calzones rotos, fresh fruit juices, soft drink, French fries, pizza, churros, empanadas, sweets and sweets are sold by street vendors.

### 9.7.4 Colombia

In Colombia, the empanada, a deep-fried meat-filled patty, is sold. It is also a very popular side dish. Various types of *arepa* are also a common street food. Also popular is the *chuzo* (meat skewer), consisting of pork or chicken speared shish-kebab style on a thin wooden stake (hence the name *chuzo*, from *chuzar* meaning “to



*Carimañolas, empanadas, arepas and egg arepas*

pierce or spear” ) and cooked over charcoal on a pushcart. Most chuzos are garnished with a small arepa at the top and a small roasted potato at the bottom. Morcilla, various sausages, and chinchurria are also sold by street vendors.

Buñuelos and natilla are popular especially during the Christmas season.

In the Paisa Region, pan de bono, pan de *yuca*, pan de queso, pastries and wine cake are sold at street stalls. Ice cream treats and paletas are also popular at street vendors. Fruit salad with condensed milk, *granizado* shakes, salpicón, and fresh fruit are also sold in the land of “eternal spring”. Carimañolas are sold in coastal regions.

### 9.7.5 Peru

In Peru, anticuchos, a type of kebab, are often sold by street vendors called *anticucheras*. Also, cuy, a species of Guinea Pig is served as a delicacy on religious holidays.

### 9.7.6 Venezuela

In Venezuela, the arepa is a common fast-food meal. It consists of a flattened cornmeal bun, about the size and shape of an English muffin, split open and usually stuffed with soft cheese. Other fillings include shredded chicken salad with mayonnaise and avocado (*reina pepiada*), shredded brisket cooked with onions, red bell peppers and tomatoes (*carne mechada*) and pickled octopus. Also popular are *cachapas*, flat cakes made from fresh corn, rather than corn flour. Empanadas are also eaten in Venezuela, and are made out of corn flour, rather than wheat flour, as in the rest of the continent. They are filled with the same ingredients as arepas.

## 9.8 See also

- List of food trucks

- List of snack foods

## 9.9 References

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## 9.10 External links

- Media related to Street food at Wikimedia Commons

# Chapter 10

## List of soups

See also: [List of stews](#)

This is a [list of notable soups](#). Soups have been



*Chicken soup*



*A bowl of Okroshka soup*

made since ancient times. Around 1300, Huou, chef at the court of Kublai Khan, wrote a collection of recipes (mainly soups) and household advice entitled “The Important Things to Know About Eating and Drinking”.\*[1]

Some soups are served with large chunks of meat or vegetables left in the liquid, while a broth is a flavored liquid usually derived from boiling a type of meat with bone, or a vegetable for a period of time in a stock. A common type of broth is [consommé](#), which are crystal clear broths or stock that have a full flavor, aroma, and body.

A potage is a category of thick soups, stews, or porridges, in some of which meat and vegetables are boiled together with water until they form into a thick mush.

Bisques are [heavy cream soups](#) traditionally prepared with [shellfish](#), but can be made with any type of seafood. Cream soups are a dairy based soup. Although they may be consumed on their own, or with a meal, the canned, condensed form of cream soup is sometimes used as a quick sauce in a variety of [meat](#) and [pasta](#) convenience food dishes, such as [casseroles](#). Similar to a bisque, chowders are thick soups usually containing some type of starch.

Coulis were originally meat juices, and now are thick purées.

Some soups are served only cold, and other soups can optionally be served cold.

### 10.1 Soups

### 10.2 See also

- [Asian soup](#)
- [Broth](#)
- [Chowder](#)
- [Consommé](#)
- [List of cheese soups](#)
- [List of Chinese soups](#)
- [List of fish soups](#)
- [List of Japanese soups and stews](#)
- [List of porridges](#)
- [List of seafood soups](#)
- [List of Spanish soups and stews](#)
- [Stocks](#)
- [Soup](#)
- [Stew](#)

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## 10.5 External links

- Media related to Soups at Wikimedia Commons

# Chapter 11

## List of sandwiches

This is a **list of notable sandwiches**. A sandwich is a food item consisting of two or more slices of bread with one or more fillings between,<sup>\*[1]\*[2]\*[3]</sup> or one slice in the case of an **open sandwich**. Sandwiches are a common type of lunch food often eaten as part of a **packed lunch**. There are many types of sandwiches, made from a diverse variety of ingredients. The sandwich is the **namesake** of John Montagu, 4th Earl of Sandwich, a British statesman.

### 11.1 Sandwiches

### 11.2 See also

- List of American sandwiches
- List of hamburgers
- List of submarine sandwich restaurants

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# Chapter 12

## List of salads



A garden salad with lettuce, sun-dried tomatoes, cherry tomatoes, beets, cucumber and feta cheese

**Salad** is any of a wide variety of dishes including: green salads; vegetable salads; salads of pasta, legumes, or grains; mixed salads incorporating meat, poultry, or seafood; and fruit salads. They include a mixture of cold or hot foods, often including vegetables and/or fruits.

### 12.1 Varieties of salad

### 12.2 Salad dressings

The following are examples of common salad dressings:

- Blue cheese dressing
- Caesar dressing
- Extra virgin olive oil
- French dressing
- Honey Dijon
- Hummus
- Italian dressing
- Louis dressing
- Ranch dressing
- Rice vinegar
- Russian dressing

- Tahini
- Thousand Island dressing
- Vinaigrette
- Wafu dressing

### 12.3 See also

- Anju
- Cuisine
- Hors d'œuvre
- List of vegetable dishes
- Meze
- Thai salads
- Zokuski

### 12.4 References



A pasta salad made with fusili pasta

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## 12.5 External links

- Salad Recipes from All Recipes

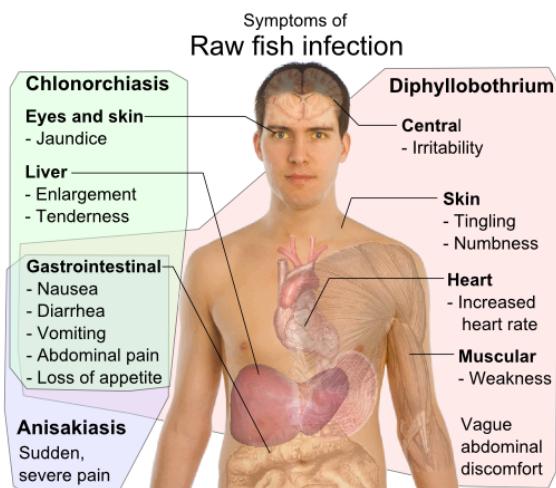
# Chapter 13

## List of raw fish dishes



Raw herring dish

This article is about raw fish or shellfish. It includes marinated raw fish (soaked in a seasoned liquid) and raw fish which is lightly cured such as gravlax, but not fish which is fully cured (fermented, pickled, smoked or otherwise preserved).



Differential symptoms of parasite infections by raw fish. All have gastrointestinal, but otherwise distinct, symptoms.\* [1]\*[2]\*[3]\*[4]

### 13.1 Health concerns

See also: Fish diseases and parasites

Parasites in fish are a natural occurrence and common. Though not a health concern in thoroughly cooked fish, parasites are a concern when consumers eat raw or lightly preserved fish such as sashimi, sushi, ceviche, and gravlax. The popularity of such raw fish dishes makes it important for consumers to be aware of this risk. Raw fish should be frozen to an internal temperature of  $-20^{\circ}\text{C}$  ( $-4^{\circ}\text{F}$ ) for at least 7 days to kill parasites. It is important to be aware that home freezers may not be cold enough to kill parasites.\* [5]\*[6]

Traditionally, fish that live all or part of their lives in fresh water were considered unsuitable for sashimi due to the possibility of parasites (see [Sashimi](#) article). Parasitic infections from freshwater fish are a serious problem in some parts of the world, particularly Southeast Asia. Fish that spend part of their life cycle in brackish or fresh-

water, like salmon are a particular problem. A study in Seattle, Washington showed that 100% of wild salmon had roundworm larvae capable of infecting people. In the same study farm raised salmon did not have any roundworm larvae.\* [7]

Parasite infection by raw fish is rare in the developed world (fewer than 40 cases per year in the U.S.), and involves mainly three kinds of parasites: *Clonorchis sinensis* (a trematode/fluke), *Anisakis* (a nematode/roundworm) and *Diphyllobothrium* (a cestode/tapeworm). Infection risk of anisakis is particularly higher in fishes which may live in a river such as salmon (*sake*) in Salmonidae or mackerel (*saba*). Such parasite infections can generally be avoided by boiling, burning, preserving in salt or vinegar, or freezing overnight. In Japan it is common to eat raw salmon and ikura, but these foods are frozen overnight prior to eating to prevent infections from parasites, particularly anisakis.

## 13.2 Raw fish dishes

### 13.3 See also

- Eating live seafood
- Lomi salmon
- List of fish dishes
- List of seafood dishes

### 13.4 References

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# Chapter 14

## List of rice dishes

This is a **list of rice dishes** from all over the world, arranged alphabetically. Rice is the seed of the monocot plants *Oryza sativa* (Asian rice) or *Oryza glaberrima* (African rice). As a cereal grain, it is the most widely consumed staple food for a large part of the world's human population, especially in Asia and the West Indies. It is the grain with the second-highest worldwide production, after maize (corn), according to data for 2010.\* [1]

### 14.1 Rice dishes

### 14.2 See also

- List of fried rice dishes
- List of rice varieties
- Pakistani rice dishes

### 14.3 References

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# Chapter 15

## List of puddings

*This list is incomplete; you can help by expanding it.*

This is a **list of pudding** varieties, according to the American definition of 'pudding'.

### 15.1 See also

- List of desserts

### 15.2 References

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# Chapter 16

## List of potato dishes



*Lyonnaise potatoes*

This is a **list of potato dishes** that use potato as a main ingredient. The potato is a starchy, tuberous crop. It is the world's fourth-largest food crop, following rice, wheat and maize.\* [1] The annual diet of an average global citizen in the first decade of the 21st century included about 33 kg (73 lb) of potato.\* [1] The potato was first domesticated in the region of modern-day southern Peru and extreme northwestern Bolivia\* [2] between 8000 and 5000 BCE.\* [3] It has since spread around the world and become a **staple crop** in many countries.

### 16.1 Potato dishes

### 16.2 See also

- List of vegetable dishes

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# Chapter 17

## List of porridges



A porridge made with millet

**Porridge** is a dish made by boiling ground, crushed, or chopped cereal in water, milk,\* [1] or both, with optional flavorings, and is usually served hot in a bowl or dish. It may be sweetened with sugar, or served as a **savory** dish. The term is often used for **oat** porridge (porridge oats), and porridges are also made with other grains or legumes.

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### 17.1 Porridges

#### 17.1.1 A

- **Atole** – a traditional masa-based hot corn based beverage of Mexican and Central American origin. It includes masa (corn hominy flour), water, piloncillo (unrefined cane sugar), cinnamon, vanilla and optional chocolate or fruit. The mixture is blended and heated before serving.
- **Avena** (drink) – prepared with stewed oatmeal milk, water, cinnamon, clove and sugar

### 17.1.2 B

- Barley gruel – a type of porridge found in Danyang, Jiangsu. It is made from barley, rice and alkali.
- Bubur ayam – an Indonesian chicken congee. It is rice congee with shredded chicken meat served with some condiments, such as chopped scallion, crispy fried shallot, celery, *tongcay* (preserved salted vegetables) and fried soybean.
- Bubur kacang hijau – an Indonesian mung bean congee. It is mung bean porridge with coconut milk and palm sugar.
- Bubur ketan hitam or bubur pulut hitam – an Indonesian and Malaysian sweet dessert made from black glutinous rice porridge with coconut milk and palm sugar. It is often described as “black rice pudding”.
- Atole
- Bubur ayam, with additional toppings
- Bubur ketan (pulut) hitam

### 17.1.3 C



Chinese rice congee

- Cháo bầu – a Vietnamese rice congee containing pig kidney
- Chatang – a traditional gruel common to both Beijing cuisine and Tianjin cuisine, and often sold as a snack on the street. It is made from sorghum flour and/or broomcorn millet and/or proso millet flour and glutinous millet flour.

- Congee – a type of rice porridge or gruel popular in many Asian countries. Names for congee are as varied as the style of its preparation.

- Cream of Wheat – an American brand of farina: a porridge-type breakfast food made from wheat semolina.

- Cuccia – a traditional, primarily Sicilian dish containing boiled wheatberries and sugar, which is eaten on December 13, the feast day of Saint Lucy, the patron saint of Siracusa (Syracuse).

### 17.1.4 D

- Dakjuk – a type of Juk (Korean porridge) made with chicken.\* [2]
- Danyang barley porridge – a local product of the city of Danyang, Jiangsu Province, China.\* [3]\* [4]\* [5]

### 17.1.5 E

- Eghajira – a sweet, thick drink, normally drunk by the Tuaregs on special occasions.

### 17.1.6 F

- Farina (food) – a cereal food, frequently described as mild-tasting, usually served warm, made from cereal grains (usually semolina).
- Frumenty – was a popular dish in Western European medieval cuisine. It was made primarily from boiled, cracked wheat – hence its name, which derives from the Latin word *frumentum*, “grain” .

### 17.1.7 G



Prepared grits (in bowl)

- **Ga'at** – a stiff porridge eaten in Eritrea and Ethiopia, often prepared with barley flour.
- **Gachas** – an ancestral basic dish from central and southern Spain. Its main ingredients are flour, water, olive oil, garlic and salt.
- **Gomme (food)** – a traditional Norwegian dish used for dinner or dessert, one variety is a white, porridge-like variant made of milk and oat grains or rice.
- **Grit (grain)** – (going back to Old English *grytt* or *grytta* or *gryttes*\*[6]) is an almost extinct word for bran, chaff, mill-dust also for oats that have been husked but not ground, or that have been only coarsely ground—coarse oatmeal.
- **Grits** – a ground-corn food of Native American origin, that is common in the Southern United States and mainly eaten at breakfast. Modern grits are commonly made of alkali-treated corn known as *hominy*.
- **Groat (grain)** – the hulled kernels of various cereal grains such as oat, wheat, and rye. Groats are whole grains that include the cereal germ and fiber-rich bran portion of the grain as well as the endosperm (which is the usual product of milling).
- **Gruel** – a type of food consisting of some type of cereal—oat, wheat or rye flour, or rice—boiled in water or milk.
- **Gungude** – also known as *congatay* or *plantain porridge*, is a Caribbean porridge made from sun-dried plantains or green bananas. It is often fed to infants.\* [7]
- **Ga'at**
- **Gomme**
- **Groats** are often soaked before cooking to soften them, and are used in soups and porridges

## 17.1.8 H

- **Hapanvelli** – a traditional Southeastern Finnish dish that resembles pea soup but has a more sour flavor.
- **Harees** – a Middle Eastern dish of boiled, cracked, or coarsely-ground wheat and meat or chicken. Its consistency varies between a porridge and a dumpling.
- **Hasty pudding** – a pudding or porridge of grains cooked in milk or water. In the United States, it invariably refers to a version made of ground maize. Hasty pudding is notably mentioned in a verse of the early American song *Yankee Doodle*.

- **Helmpuuro** – traditional in Finland and in Russia, this porridge is made from monodisperse grains of potato starch that are swelled in boiling milk into translucent “pearls” of about 5 mm in diameter, thus the name *helmpuuro* (“pearl porridge”).
- **Hobakjuk** – a variety of *juk*, or Korean porridge, made with steamed pumpkin or squash and glutinous rice flour or rice soaked in water.\*[8]
- **Helmpuuro**
- **Hobakjuk** served in a bangjja bowl

## 17.1.9 J



*Jeonbokjuk*

- **Janggukjuk** – a variety of *juk*, or Korean porridge, made with pounded non-glutinous rice (as opposed to glutinous rice), beef and brown oak mushrooms.
- **Jatjuk** – a variety of *juk* made by boiling finely ground pine nuts and rice flour or soaked rice. *Janggukjuk* is seasoned with soy sauce, and it literally means *soy sauce porridge*.
- **Jeonbokjuk** – *juk* made with abalone and white rice
- **Juk (food)** – a predominantly Korean porridge made of grains such as cooked rice, beans, sesame, and azuki beans.\*[9] It is also a common food in other Eastern Asian countries under different names. *Juk* is often eaten warm in Korea, especially as a morning meal, but is now eaten at any time of the day.\*[9]

## 17.1.10 K

- **Kasha** – a cereal eaten in Central and Eastern Europe (especially Russia) and the United States. It is a common filling for a *knish*. This English-language usage probably originated with Jewish immigrants, as did the form *קַשָּׁה* “kashi” (technically plural, literally translated as “porridges”).\*[10]

- Konkonte – a poverty food of Ghana made from dried and pounded manioc root. It is also eaten in the Caribbean. The name derives from the Kwa languages.
- Koozh – the Tamil name for a porridge made from millet. It is commonly sold by street vendors in the state of Tamil Nadu in India.
- Krentjebrij – a Groningen/north Drenthe traditional soup or porridge-like dessert with juice of berries that is eaten either warm or cold.
- Kutia is a sweet grain pudding, traditionally served in Russia, Ukraine, Belarus and some parts of Poland. Kutia is often the first dish in the traditional twelve-dish Christmas Eve supper (also known as Svyatah Vecherya).
- Konkonte
- Koozh

### 17.1.11 L



*Laba congee with nuts and dried fruits*

- Laba congee – a ceremonial congee dish eaten on the eighth day of the twelfth month in the Chinese calendar. The earliest form of this dish was cooked by red beans and has since developed into many different kinds.

### 17.1.12 M

- Mala Mogodu – a South African food, it's a derivative of tripe served as a stew with hot pap, usually in winter.
- Malt-O-Meal – a porridge-like prepared food that's served hot
- Mămăligă – made out of yellow maize flour, traditional in Romania and Moldova. It is similar to the Italian *polenta*.<sup>\*[11]</sup>

- Mayo – a brand of maple-flavored oatmeal. It was developed by the Maltex Corporation in Burlington, Vermont, in 1953.
- Mazamorra – a traditional maize-based Latin American food. Several variations by country exist.
- Mieum – a Korean gruel created by grinding rice or millet to an almost-powder state and boiling with water.
- Močnik – a traditional Slovenian porridge
- Mush (cornmeal)<sup>\*[12]</sup> a thick cornmeal pudding or porridge usually boiled in water or milk. It is often allowed to set, or gel into a semi solid, then cut into flat squares or rectangles, and pan fried.
- Mămăligă
- Mazamorra de calabaza, a Peruvian dessert that's popular in the Huánuco region. It's made with pumpkin
- Cornmeal mush

### 17.1.13 O



*A close-up of cooked oatmeal*

- Oatmeal – also known as *white oats*, is ground oat groats (i.e., grains, as in oat-meal, cf. cornmeal, peasemeal, etc.), or a porridge made from oats (also called oatmeal cereal or stirabout). Oatmeal can also be ground oats, steel-cut oats, crushed oats, or rolled oats.
- Obusuma- the Luhya word for Ugali, a Kenyan dish also known as sima, sembe, ngima or posho. It is made from maize flour (cornmeal) cooked with boiling water to a thick porridge dough-like consistency. In Luhya cuisine it is the most common staple starch.

- Ogokbap – or *five-grains rice*, is a kind of Korean food made of a bowl of steamed rice mixed with grains, including barley, foxtail millet, millet and soy beans.\*[13]
- Øllebrød – a traditional Danish dish – a type of porridge made of rugbrød scraps and beer, typically hvidtøl. A thrifty dish, it makes it possible to use the rest of the bread scraps so that nothing is wasted.

### 17.1.14 P



*Papeda*, served in Waroeng Ikan Bakar, a restaurant specializing in Eastern Indonesian food in Jakarta, Indonesia

- Pap (food) – also known as *mieliepap* in South Africa, is a traditional porridge/polenta made from mielie-meal (ground maize) and a staple food of the Bantu inhabitants of South Africa (the Afrikaans word *pap* is taken from Dutch and simply means “porridge” ).
- Papeda (food) – or *bubur sagu*, is a sago flour congee, the staple food of native people in Maluku and Papua. It is commonly found in eastern Indonesia, as the counterpart of central and western Indonesian cuisines that favor rice as their staple food.
- Pastel de choclo – a dish based on sweetcorn or choclo, the quechua word for “tender corn”, or the new corn of the season. It is a typical Chilean dish, but is also eaten in Argentina and Peru with some variations in the recipe, sometimes using corn meal
- Pease pudding – a term of British origin regarding a savory pudding dish made of boiled legumes,\*[14] which mainly consists of split yellow or Carlin peas, water, salt, and spices. It's often cooked with bacon.
- Pinole – a Spanish translation of an Aztec word for a coarse flour made from ground toasted maize kernels, often in a mixture with a variety of herbs and ground seeds, which can be eaten by itself or be used as the base for a beverage.

- Polenta – cornmeal boiled into a porridge,\*[15] and eaten directly or baked, fried or grilled. The term is of Italian origin, derived from the Latin for hulled and crushed grain (especially barley-meal).

- Puliszka – is a coarse cornmeal in Hungary, mostly in Transylvania. Traditionally, it is prepared with either sweetened milk or goat's milk cottage cheese, bacon or mushrooms.

- Pastel de choclo
- Pease pudding
- Polenta (right), with rabbit

### 17.1.15 Q

- Quaker Instant Oatmeal – an instant oatmeal made by the Quaker Oats Company

### 17.1.16 R

- Rice cereal – the name commonly given to industrially manufactured baby food based on rice. Ingredient lists vary based upon manufacturer formulas.
- Rødgrød – a sweet fruit dish from Denmark and Germany; its preparation is basically that of a pudding. Contemporary versions of the dish often use potato starch to achieve a creamy to pudding-like starch gelatinization.
- Rømmegrøt – Norwegian porridge made with sour cream, whole milk, wheat flour, butter, and salt.\*[16]
- Rubaboo – a basic stew or porridge consumed by the *coureurs des bois* and *voyageurs* (fur traders) and Métis people\*[17] of North America, traditionally made of peas or corn (or both) with grease (bear or pork) and a thickening agent (bread or flour). Pemmican\*[18] and maple sugar were also commonly added to the mixture.
- Rømmegrøt, topped with butter
- Rødgrød

### 17.1.17 S

- Sadza – a cooked cornmeal that is a staple food in Zimbabwe and other parts of Southern Africa and Eastern Africa. This food is cooked widely in other countries in these region.
- Semolina pudding – made from semolina, which is cooked with milk, or a mixture of milk and water. It is often served with sugar, cocoa powder, cinnamon, raisins, fruit, or syrup.\*[19]

*Semolina pudding*

- **Sowans** – a Scottish dish made using the starch remaining on the inner husks of oats after milling. The husks are allowed to soak in water and ferment for a few days. The liquor is strained off and allowed to stand for a day to allow the starchy matter therein to settle. The liquid part, or *swats* is poured off and can be drunk. The remaining *sowans* are boiled with water and salt until thickened, then served with butter or dipped into milk.
- **Stip** (dish) – a regional dish in the Dutch provinces of Groningen, Drenthe and Overijssel. It is served as buckwheat porridge with a hole containing fried bacon and a big spoonful of syrup.

### 17.1.18 T

- **Tarakjuk** – a variety of *juk*, or Korean porridge, made by boiling a mixture of milk and finely ground rice soaked in water.
- **Tinutuan** – a Minahasan rice porridge from North Sulawesi, Indonesia. It is mixed with various vegetables such as spinach, kangkung, corn, pumpkin and sweet potato or cassava.\*[20]\*[21]
- **Tsampa** – a Tibetan staple foodstuff, particularly prominent in the central part of the region. It is roasted flour, usually barley flour and sometimes also wheat flour.
- **Tsampurado** – a sweet chocolate rice porridge in Philippine cuisine, often eaten with milk and tuyo (dried salted fish) added.
- **Tinutuan**, with salted fish
- **Tsampa**

### 17.1.19 U

- **Ugali** – maize flour (cornmeal) cooked with water to a porridge- or dough-like consistency. The dish is

common in the local cuisines of the eastern African Great Lakes region and Southern Africa.

- **Upma** – a common South Indian and Sri Lankan Tamil breakfast dish, cooked as a thick porridge from dry roasted semolina. Various seasonings and/or vegetables are often added during the cooking.
- **Ugali** (pictured top) and cabbage
- **Upma** (pictured bottom)

### 17.1.20 V

*Vispikuuro*

- **Vispikuuro** – a sweet, wheat semolina (*manna*) dessert porridge made with berries, usually lingonberries. It is eaten in both Sweden and Finland.

### 17.1.21 W

- **Wheatena** – an American high-fiber, toasted-wheat cereal that originated on Mulberry Street in New York City, New York, circa 1879, when a small bakery owner began roasting whole wheat, grinding it, and packaging it for sale under this brand name.

## 17.2 See also

- List of soups

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# Chapter 18

## List of pies, tarts and flans

This is a **list of pies, tarts and flans**. A **pie** is a baked dish which is usually made of a **pastry** dough casing that covers or completely contains a filling of various **sweet** or **savoury** ingredients. A **tart** is a baked dish consisting of a filling over a **pastry** base with an open top not covered with pastry. The pastry is usually **shortcrust** pastry; the filling may be sweet or savoury, though modern tarts are usually fruit-based, sometimes with **custard**. **Flan**, in Britain, is an open pastry or sponge case containing a sweet or savoury filling. A typical flan of this sort is round, with shortcrust pastry.

### 18.1 Pies, tarts and flans

### 18.2 See also

- List of breads
- List of cakes
- List of cookies
- List of desserts
- List of pastries
- List of puddings

### 18.3 References

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# Chapter 19

## List of pastries



An assortment of cakes and pastries in a pâtisserie.

This is a **list of pastries**, which are small cakes or confections made using **pastry** — a stiff dough enriched with fat. Some dishes, such as pies, are made of a pastry casing that covers or completely contains a filling of various sweet or savory ingredients. There are five basic types of pastry (a food that combines flour and fat) - these are shortcrust pastry, filo pastry, choux pastry, flaky pastry and puff pastry. Many pastries are prepared using **shortening**, a fat food product that is solid at room temperature, the composition of which lends to creating crumbly, shortcrust-style pastries and pastry crusts.

Pastries were first created by the **ancient Egyptians**. The classical period of ancient Greece and Rome had pastries made with almonds, flour, honey and seeds. The introduction of **sugar** into European cookery resulted in a large variety of new pastry recipes in France, Italy, Spain and Switzerland. The greatest innovator was **Marie-Antoine Carême** who perfected **puff pastry** and developed elaborate designs of *pâtisserie*.<sup>\*[1]</sup>

### 19.1 Pastries

### 19.2 See also

- Chinese bakery products
- Cuisine
- Global cuisine
- List of breads
- List of buns
- List of cakes

- List of desserts
- List of hors d'oeuvre
- List of pies, tarts and flans
- Lists of prepared foods

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## 19.4 External links

- Pastry – entry at Encyclopædia Britannica

# Chapter 20

## List of Mexican dishes



Tacos made with carnitas filling

The following is a **list of dishes found in Mexico**. Mexican cuisine is primarily a fusion of indigenous Mesoamerican cooking with European, especially Spanish, elements added after the Spanish conquest of the Aztec Empire in the 16th century. The basic staples remain native foods such as corn, beans and chili peppers, but the Europeans introduced a large number of other foods, the most important of which were meat from domesticated animals (beef, pork, chicken, goat and sheep), dairy products (especially cheese) and various herbs and lots of spices.



Barbacoa



Chiles en nogada

### 20.1 Main courses

- Ancas de Rana al Mojo de Ajo
- Alambres
- Albóndigas, Mexican meatballs
- Arroz con camarones
- Arroz con pollo
- Barbacoa
- Birria
- Bistec picado

- Cabrito
- *Caldo*, broth, (generally considered an entree rather than an appetizer) which has many variations, such as:
  - *caldo de pollo*, chicken soup
  - *caldo de res*, beef soup
  - *caldo de queso*, cheese soup
  - *caldo de camarón* shrimp soup, typically made from dried shrimp
  - *carne en su jugo*, meat and beans in a meat broth

- *caldo de mariscos*, seafood soup, similar to the Italian dish *zuppa di pesce*. Popularly known as an aphrodisiac
- *caldo tlalpeño*, chicken and vegetable soup with chickpeas, carrot, green beans, chopped avocado, white cheese, and a chipotle chile pepper
  - Also see Menudo and Pozole
- Camarones al Mojo de Ajo
- Carne asada, grilled beef
- Carne guisada, stewed beef in spiced gravy
- Carne Tampiqueña, Tampico-style of carne asada that is usually accompanied by a small portion of enchiladas (or chilaquiles), refried beans, and a vegetable (often rajas; grilled slices of Poblano peppers).
- Carnitas



*Mole poblano*



*Cemita with milanesa*

- Cecina
- Cemitas sandwiches
- Chalupa

- Chapulines and escamoles
- Charales, small fish, basically a type of smelt
- Chicharrón and chicharrones
- Chilaquiles
- Chile relleno
- Chiltomate
- Chilorio
- Chilpachole de jaiba
- Chimichangas (Tex-Mex mostly)
- Choriqueso
- Chorizo
- Churipo
- Coachala



*Cochinita pibil* is a traditional Mexican slow-roasted pork dish from the Yucatán Peninsula of Mayan origin

- Cochinita pibil
- Cocido
- Codzito
- Cola de res con frijoles
- Corunda
- Cóctel de camarón and other seafood cocktails
- Huaunzonles
- Empanadas
- Empanada Mexicana
- Entomatadas
- Enchilada (red or green)



*Flautas with guacamole*

- Flautas
- Fritadas de camarón
- Gorditas
- Glorias
- Gringas
- Huaraches
- Huevos divorciados
- Huevos motuleños
- Huevos rancheros
- Huachinango a la Veracruzana
- Lengua
- Longaniza
- Machaca
- Mancha manteles
- Memela
  
- Menudo
- Mixiotes
- Mole
- Molletes
- Molotes
- Moronga
- Multas
- Panucho
- Papadzules
- Parilladas



*Menudo*



*Molotes*

- Pastel Azteca
- Pasties, a speciality of Cornwall, adopted as *comida tipica* of Pachuca, Mexico
- Pejelagarto asado
- Picadillo
- Poc chuc
- Pollo asado
- Pollo Encacahuatado
- Pollo motuleños
- Pollo picado
- Pollo rostizado

- Pozole
- Pulpo (octopus)
- Quesadillas
- Rajas con crema
- Romeritos
- Salbutes
- Sincronizadas

*Sopes*

- Sopes
- Sopa Azteca
- Sopa de pescado siete mares, a seven-fished bouillabaisse popular in the Gulf of California and Pacific areas
- Sopa de pollo (chicken soup)
- Sopa de tortilla (tortilla soup)
- Sonoran hot dog (regional to Sonora)
- Sopa tarasca
- Tacos
  - *Taco al pastor*
- Tamales
- Taquitos
- Tortillas
- Tortas (sandwiches)
  - *Tortas de....*, Small omelettes similar to egg foo yung patties. See also romeritos.
- Tostadas
- Tlacoyos
- Tlayudas
- Tripas
- Venado (venison), particularly in the Yucatan.

## 20.2 Snacks (*botanas*) and side dishes

*Guacamole**Green and red salsa**Ensalada de nopales*

- Arroz amarillo (yellow rice)
- Arroz con lima (rice with lemon)
- Arroz Español (Spanish rice)
- Arroz verde (green rice)



*Toasted grasshoppers*

- Atepocate
- Bolillos (salty bread)
- Calabaza (squash)
- Camote (Mexican sweet potato)
- Caviar de Carpa
- Ceviche, a seafood dish commonly served in the Gulf of California areas
- Chapulines, toasted grasshoppers seasoned with salt and lime.
- Sopa, typically pasta flavored with meat or tomato consomme
- Consomme (broth), either made from drippings of meat roasted for barbacoa, or dry bouillon cubes and powder. Usually known by its most common brand name, Knorr-Suiza.
- Cuitlacoche, a fungus that grows on corn plants, often served in soups
- Curtido
- Elote
- Ensalada de fruta (fruit salad)
- Fideos (noodles)
- Frijoles
- Frijoles pintos (pinto beans)
- Frijoles negros (black beans)
- Frijoles charros
- Frijoles refritos (refried beans)
- Guacamole
- Jicama

- Jocoque
- Lentil soup (lentil beans)
- Nachos
- Nopalitos
- Pambazos
- Papas (potatoes)
- Pancakes
- Pico de gallo
- Queso de cuajo
- Queso flameado
- Salsa
- Sopa de albondiga (meatball soup)
- Sopapilla (not typical in Mexico, but common in New Mexico)
- Tortillas
- Totopo
- Yuca Cassava

## 20.3 Drinks



*Tequilas of various styles*

- Agua De Horchata
- Aguas frescas
- Atole
- Bacanora



*Hot bowl of champurrado as served at a Mexican breakfast*

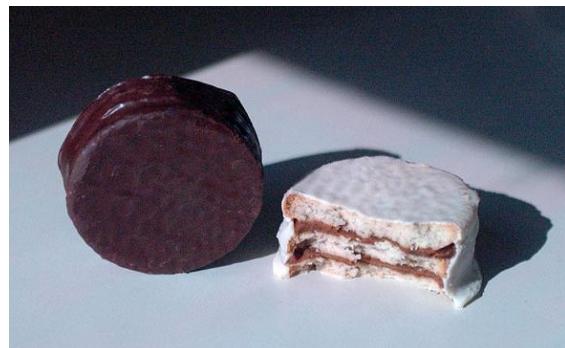
- Barrilitos
- Café de olla Coffee with cinnamon
- Champurrado
- Chia Fresca
- Chocolate Generally known better as a drink rather than a candy or sweet,
- Colonche
- Jamaica (drink)
- Jarritos (drink)
- Lechuguilla (drink)
- Mexican beer and soft drinks are very popular and are major export products.
- Mezcal
- Michelada
- Ponche
- Pulque, a popular drink of the Aztecs
- Tejate
- Tejuino
- Tepache
- Tequila
- Tuba (drink)



*Homemade flan*



*A piece of sugary pan de muerto.*



*Different types of Alfajor candies*

## 20.4 Desserts and sweets

Mexico's candy and bakery sweets industry, centered in Michoacán and Mexico City, produces a wide array of products.

- Alegrías
- Arroz con leche, rice with milk and sugar
- Bionico, a type of fruit salad with cream
- Buñuelos

- Cajeta
- Capirotada
- Carlota de limón
- Champurrado
- Chongos zamoranos, a milk candy named for its place of origin, Zamora, Michoacán.
- Churros
- Coyotas
- Dulce de leche
- Empanadas
- Flan
- Glorias
- Ice cream. Pancho Villa was noted as a devotee of ice cream. The Mexican ice cream industry is centered in the state of Michoacán; most ice cream stands in Mexico are dubbed *La Michoacana* as a tribute to Michoacán's acknowledged leadership in the production of this product.
- Jamoncillos
- Jarritos (spicy tamarindo candy in a tiny pot), as well as a brand of soda
- Leche Quemada
- Obleas
- *Pan de Acambaro* (Acambaro bread), named for its town of origin, Acambaro, Guanajuato. Very similar to Jewish *Challah* bread, which may have inspired its creation.
- *Pan dulce*, sweet pastries in many shapes and sizes that are very popular for breakfast. Nearly every Mexican town has a bakery (*panaderia*) where these can purchased.
- *Pan de muerto*, sugar covered pieces of bread traditionally eaten at the Día de muertos festivity.
- *Paletas*, popsicles (or *ice lollies*), the street popsicle vendor is a noted fixture of Mexico's urban landscape.
- Pastel de queso, cheesecake
- Pastel de tres leches (Three Milk Cake)
- Pepitorias
- Platano
- Polvorón
- Rosca de reyes,
- Gorditas de azucar
- Tacuarines, Biscochos, or Coricos

## 20.5 See also

- Antojitos
- Aztec cuisine
- List of cuisines

## 20.6 References

Mexican food cite

## 20.7 External links

- Mexican Recipes

# Chapter 21

## List of pasta

For list of dishes prepared using pasta, see [List of pasta dishes](#).

There are many different types of **pasta**, a staple dish of



*Some different colours and shapes of pasta, in a pasta specialty store in Venice.*



*Comparison between different types of long Italian pasta*

Italian cuisine.

Some pasta varieties are uniquely regional and not widely known; some types may have different names in different languages, or sometimes in the same language. For example, the cut **rotelle** is also called *ruote* in Italy and “wagon wheels” in the United States. Manufacturers and cooks often invent new shapes of pasta; or may invent new names for old shapes for marketing reasons.

Italian pasta names often end with the masculine plural suffixes *-ini*, *-elli*, *-illi*, *-etti* or the feminine plurals *-ine*, *-elle* etc., all conveying the sense of “little”; or with *-oni*, *-one*, meaning “large”. Many other suffixes like *-otti* (“largish”) and *-acci* (“rough”, “badly made”) may occur, too. In Italian, all pasta type names are plural.

### 21.1 Long pasta

Long pasta may be made by extrusion or rolling and cutting.

### 21.2 Ribbon-cut pasta

Ribbon style pasta are often rolled flat and then cut. This can be done by hand or mechanically.

### 21.3 Short-cut extruded pasta

### 21.4 Decorative cuts

### 21.5 Minute pasta

These are small types of pasta.

## 21.6 Stuffed pasta

## 21.7 Irregular shapes

## 21.8 See also

- Italian cuisine – The cuisine of Italy
- List of Italian dishes
- List of noodles
- List of noodle dishes
  - List of instant noodle brands
- List of pasta dishes
- Ragù – a meat-based sauce in Italian cuisine that is often served with pasta
- Semolina – wheat middlings of durum wheat used in making pasta

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# Chapter 22

## List of Jewish cuisine dishes

Below is a **list of dishes found in Jewish cuisine**.

### 22.1 Traditional Ashkenazi dishes

Ashkenazi Jews are the Jews descended from the medieval Jewish communities of the Rhineland in the west of Germany. Ashkenazim or Ashkenazi Jews are literally referring to “German Jews.” Many Ashkenazi Jews later migrated, largely eastward, forming communities in non German-speaking areas, including Hungary, Poland, Lithuania, Russia, Ukraine, Romania, Belarus, and elsewhere between the 10th and 19th centuries. As many of these countries share similar dishes, and were occupied by the Russian and Austro-Hungarian Empires until the end of World War I, the place where the dish originated is uncertain.

### 22.2 Sephardi and Mizrahi dishes

This section makes reference to the cuisine of the Jews from the Mediterranean and the Middle East.

Sephardim are a subgroup of Jews originating in the Iberian Peninsula (modern Spain and Portugal). Ladino speaking Sephardim make the bulk of the Jewish communities originated in Bulgaria, Turkey and Greece, and were also present in Morocco and Algeria.

Mizrahim is an umbrella term for the Judeo-Arabic and Judeo-Persian speaking Jewish communities from the Middle East and North Africa. It would also include several smaller congregations from elsewhere in Asia, such as India, Pakistan and the Caucasus. In modern times, they are also called Sephardi to contrast them to the European Ashkenazim culture and religious rites.

As in the case of Ashkenazi cuisine, the place of birth of each recipe is generally uncertain.

### 22.3 See also

- Cuisine of the Sephardic Jews

- Israeli cuisine
- Jewish cuisine
- Kashrut, Jewish dietary laws
- Kosher foods
- Kosher restaurant
- List of kosher restaurants
- List of foods with religious symbolism

### 22.4 References

- [1] McDonaldization: The Reader p.387

# Chapter 23

## List of lamb dishes



Lamb chops with new potatoes and green beans

This is a **list of lamb and mutton dishes and foods**. Lamb and mutton are terms for the meat of domestic sheep (*species Ovis aries*) at different ages. A sheep in its first year is called a lamb; and its meat is also called lamb. The meat of a juvenile sheep older than one year is hogget; outside North America this is also a term for the living animal.\*[1] The meat of an adult sheep is mutton, a term only used for the meat, not the living animals.

Meat from sheep features prominently in several cuisines of the **Mediterranean**. Lamb and mutton are very popular in **Central Asia** and in certain parts of **China**, where other red meats may be eschewed for religious or economic reasons. It is also very popular in **Australia**. Barbecued mutton is also a specialty in some areas of the **United States** (chiefly **Owensboro, KY**) and **Canada**.

### 23.1 Lamb dishes

- Abgoosht
- Alinazik kebab
- Aloo gosht
- Arrosticini
- Beşbarmaq
- Beyti kebab
- Biryani
- Blessed thistle with lamb
- Cağ kebabı
- Cawl



*Aloo gosht* is a meat curry in Pakistani and North Indian cuisine. It consists of potatoes ("aloo") cooked with meat ("gosht"), usually lamb or mutton, in a stew-like shorba gravy.\*[2]\*[3]



*Fårrikål* is a traditional Norwegian dish consisting of mutton with bone, cabbage, whole black pepper and often a little wheat flour. It's traditionally served with potatoes boiled in their jackets.



*Jameed* consists of hard dry *laban* (yogurt) made from sheep's milk or goat's milk.



*Lechazo* is a Spanish dish made from "cordero lechal", the meat from unweaned lamb



*Kuurdak* is a traditional meat dish in Central Asia, especially among the Kyrgyz. It's usually made from mutton



*Roast rack of lamb*



*Lamb fries* are lamb testicles used as food, and are served in a variety of cuisines.



*Mansaf* is a traditional Jordanian dish<sup>\*[4]\*[5]</sup> made of lamb cooked in a sauce of fermented dried yogurt and served with rice or bulgur.

- Ćevapi
- Chakapuli
- Chanakhi
- Chegdermeh
- Colocasia with lamb
- Colonial goose
- Corn poppy with lamb
- Curry
- Dalcha
- Devilled kidneys

- Dhansak
- Doner kebab
- Drob
- Fahsa
- Fenalår
- Fårrikål
- Fennel with lamb
- Gheimeh
- Grjúpán
- Hangikjöt
- Instant-boiled mutton
- Jalamah (food)
- Jameed
- Jingisukan
- Kabuli Palaw
- Kairi ka do pyaza
- Kebab
- Khorkhog
- Kibbeh nayyeh – a national dish of Lebanon prepared with raw lamb or beef, fine bulgur and spices
- Kokoretsi
- Kol böregi
- Kuurdak
- Laal maans
- Lahndi (food)
- Lamb chop (meat)
- Lamb fries
- Lamb's fry
- Lancashire hotpot
- Lechazo
- Lunggoi Katsa
- Macon (food)
- Mallow with lamb
- Mansaf
- Méchoui
- Mixiote
- Moussaka
- Murtabak
- Mutton pulao
- Naan qalia
- Navarin (food)
- Paomo
- Pasanda
- Pinchitos
- Pinnekjøtt
- Plešcoi sausages
- Qeema
- Quzi
- Rack of lamb
- Ribberull
- Roast lamb with laver sauce
- Rogan josh
- Sajji
- Sarburma
- Scotch broth
- Scotch pie
- Scouse (food)
- Sfiha
- Sha Shingbee
- Skerpikjøt
- Skilpadjies
- Smalahove
- Sosatie
- Squab pie – prepared with mutton and apples
- Stuffed intestines
- Svið
- Tavë kosi
- Tripoux
- Wazwan
- Lamb dishes
- Instant-boiled mutton is a Chinese hot-pot dish.

- Paomo is a specialty of Shaanxi cuisine and is a typical food eaten in the city of Xi'an. It is a hot stew of chopped-up steamed leavened bread cooked in lamb broth and served with lamb meat. Beef is also sometimes used.
  - Rogan josh is an aromatic lamb dish of Persian origin, which is one of the signature recipes of Kashmiri cuisine.
  - Sarburma is a Crimean traditional meat pie dish originating among ethnic Crimeans. It's a widespread snack in Crimea. Its main ingredients are lamb and dough.
  - Sfiha, also known as Arab Pizza, is an Arab pizza-like dish originating from the Arabian Peninsula and Levant, and introduced in Brazil by Levantine immigrants.
  - Smalahove is a Western Norwegian traditional dish made from a sheep's head, originally eaten before Christmas.\*[1]
1. ^ “Førjulsmat for tøffinger” [Pre-Christmas food for the brave] (in Norwegian). Opplysningskontoret for egg og kjøtt. Retrieved 9 November 2011.
- [5] Abu-Ghazaleh, Faida Nimir (2007). *Palestinians in Diaspora: An Ethnographic Study of Ethnic Identity Among Palestinian Families in Maryland*. ProQuest. pp. 60-. ISBN 978-0-549-35314-0.

## 23.4 External links

- Media related to Lamb dishes at Wikimedia Commons

## 23.2 See also

- List of beef dishes
- List of chicken dishes
- List of fish dishes
- List of kebabs
- List of pork dishes
- List of seafood dishes
- Mutton Renaissance Campaign

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- [3] Wickramasinghe, Priya; Rajah, Carol Selva (2005). *Food of India*. Murdoch Books. p. 124. ISBN 9781740454728.
- [4] al-Muẓaffar Bin Naṣr Ibn Sayyār al-Warrāq; Nawal Nasrallah (2007). *Annals of the Caliphs' Kitchens: Ibn Sayyār Al-Warrāq's Tenth-Century Baghdadi Cookbook*. BRILL. p. 331. ISBN 978-90-04-15867-2. Retrieved 23 July 2012.

# Chapter 24

## List of American foods



This is a **List of American foods and dishes**. The cuisine of the United States is food preparation styles common in the United States of America. There are a few foods that predate colonization, and the European colonization of the Americas brought about the introduction of a large number of new ingredients and cooking styles. This variety continued expanding well into the 19th and 20th centuries, proportional to the influx of immigrants from additional foreign nations. There is a rich diversity in food preparation throughout the US.

This list isn't exhaustive, nor does it cover every single item consumed in the US, but it does include foods and dishes that are common in the United States, as well as foods and dishes that originated in the U.S.

*Brunswick stew*



*New England style clam chowder*

### 24.1 American foods

- American Chinese cuisine
- Biscuit (and Biscuits and gravy)
- Bread
- Cuisine of Antebellum America
- Cuisine of the Thirteen Colonies
- Ammonia cookie
- Apple butter
- Apple sauce
- Bacon
- Baked potato
- Barbecue (see below for specific types)
- Bear claw (pastry)
- Beef Manhattan
- Blue cheese dressing
- Blue-plate special
- Bookbinder Soup



*An opened fortune cookie, with the printed fortune that was inside it*



*A side dish of macaroni and cheese*



*Kansas City-style barbecue*



*A sloppy joe sandwich with a side dish of coleslaw*



*London broil*

- Brunswick stew
- Buffalo burger
- Buffalo wing
- Bull roast
- Burnt ends
- Burrito
- Butter cookie
- Cajun cuisine



*A traditional soul food dinner consisting of fried chicken with macaroni and cheese, collard greens, breaded fried okra and cornbread*

- Calf's liver and bacon
- Carne pizzaiola
- Carolina style
- Celery Victor
- Cheese dog
- Cheese fries



*Tex-Mex: mixed beef and chicken fajita ingredients, served on a hot iron skillet*

- Chicken à la King
- Chicken and waffles
- Chicken Divan
- Chicken fingers
- Chicken French
- Chicken fried bacon
- Chicken fried steak
- Chicken nugget
- Chicken sandwich
- Chili con carne
- Chili dog
- Choco Pie
- Chowder
- Chimichanga
- City chicken
- Clam cake
- Clam chowder
- Coleslaw
- Cordon bleu (dish)
- Corn chowder
- Corn dog
- Corn flakes
- Corn relish
- Corned beef
- Cornish game hen
- Cowboy beans
- Crab cake
- Creamed corn
- Creamed eggs on toast
- Deviled crab
- Deviled egg
- Domesticated turkey
- Doughnut
- Drunken chicken
- Eggo
- Eggs Benedict
- Eggs Neptune
- Energy bar
- Engastration (ie: Turducken)
- Fajita
- Fish and chips
- Fortune cookie
- Fried chicken
- Fried fish
- Fry sauce
- Frybread
- Garden salad
- Goulash
- Greek American cuisine
- Green bean casserole
- Grits
- Hamburger
- Hangtown fry
- Haystack (food)
- Hog fry
- Home fries
- Hot chicken
- Hot Chicken sandwich
- Ice cream cake
- International Bar-B-Q Festival
- Italian American cuisine

- Italian dressing
- Jell-O
- Jerky
- Juba (food)
- Liver and onions
- Lobster roll
- Lobster Newberg
- London broil
- Lorna Doone (cookie)
- Macaroni and cheese
- Macaroni salad
- Maple bacon donut
- Maraca pie
- Mashed potato
- Mashed pumpkin
- Meatcake
- Meatloaf
- Milk toast
- Milkshake
- Mission burrito
- Mozzarella sticks
- Muffuletta
- Mulligan stew (food)
- Onion ring
- Oreo
- Oysters Rockefeller
- Pancakes
- Pasta salad
- Pastrami
- Patty
- Peanut butter
- Pepperoni
- Pickled cucumber
- Pigs in blankets
- Pizza
- Pizza strips
- Ploye
- Pop-Tarts
- Popover
- Poppyseed muffin
- Pork and beans
- Potato salad
- Potato skins
- Potato wedges
- Potatoes O'Brien
- Protein bar
- Pulled pork
- Pumpkin pie
- Rabbit pie
- Ranch dressing
- Reuben sandwich
- Ribs (food)
- Rolled oyster
- Russian dressing
- Russian tea cake
- Salisbury steak
- Sandwich
- Sausage gravy
- Scampi
- Scrapple
- Seafood cocktail
- Senate bean soup
- Slinger
- Sloppy joe
- Smelt (fish)
- Sonofabitch stew
- Soul food
- Sour cream
- Spanish rice
- Squab (food)
- Steak
- Steak sandwich

- Steak sauce
- Steamed clams
- Stuffed ham
- Stuffed peppers
- Stuffed zucchini
- Surf and turf
- Swiss steak
- Taco
- Tetrazzini
- Thousand Island dressing
- Toaster Strudel
- Tomato compote
- Tuna casserole
- Turducken
- Vichyssoise
- Waffle
- Brie
- Bergenost
- Cheddar
- Colby (as well as the blend Colby-Jack)
- Cottage cheese
- Cream cheese
- Edam
- Gouda
- Havarti
- Limburger
- Monterey Jack (and used in Pepper jack cheese)
- Mozzarella (commonly used as string cheese)
- Munster
- Swiss cheese
- Velveeta (brand name of a common process cheese)

### 24.1.1 Breads

- Bagel
- Sandwich bread

### 24.1.2 Cheeses

Main article: List of cheeses



*Gouda and Swiss are common cheeses in America*

- American cheese (technically a process cheese)
- Blue cheese

### 24.1.3 Desserts

Main article: List of American desserts

### 24.1.4 Rice dishes



*Gumbo is a dish that originated in southern Louisiana during the 18th century.*

- American fried rice
- Calas (food)
- Charleston red rice
- Chicken bog
- Dirty rice

- Glorified rice
- Gumbo
- Hawaiian haystack
- Hokkien fried rice
- Hoppin' John
- Jambalaya
- Rice and gravy
- Shrimp Creole
- Spanish rice
- Yeung Chow fried rice
- Chorizo
- Chaudin
- Goetta
- Half-smoke
- Hot dog
- Italian hot dog
- Kielbasa (sometimes called Polish Sausage, or Pol-ska Kielbasa)
- Lebanon bologna
- Maxwell Street Polish
- Polish Boy
- Salami
- Vienna sausage

### 24.1.5 Sandwiches

Main article: List of American sandwiches

### 24.1.6 Sausages



*Hot dogs with various toppings*

- Andouille
- Bologna sausage
- Breakfast sausage

## 24.2 General items



*A Thanksgiving dinner*

This includes general areas of food interest relating to the United States.

- Barbecue in the United States
  - Barbecue in North Carolina
  - Barbecue in Texas
  - Kansas City-style barbecue
  - Memphis-style barbecue
  - Santa Maria-style barbecue
- Pizza in the United States
  - Chicago-style pizza
  - New York-style pizza
- History of the hamburger in the United States
- New American cuisine

- Roadkill cuisine
- Tex-Mex
- Thanksgiving dinner

### **24.3 See also**

- List of American breads
- List of American cheeses
- List of American desserts
- List of American sandwiches
- List of American regional and fusion cuisines
- List of foods
- List of foods of the Southern United States
- List of soul foods and dishes

### **24.4 References**

### **24.5 External links**

- Media related to [Cuisine of the United States](#) at Wikimedia Commons

# Chapter 25

## List of Chinese bakery products



Arome Chinese bakery in Hong Kong

**Chinese bakery products** (Chinese: 中式糕點; pinyin: zhōng shì gāo diǎn; literally: “Chinese style cakes and snacks” or Chinese: 唐餅; pinyin: táng bǐng; literally: “Tang-style baked goods” ) consist of **pastries**, **cakes**, **snacks**, and **desserts** of largely Chinese origin, though some are derived from Western baked goods. Some of the most common Chinese bakery products include mooncakes, sun cakes, egg tarts, and wife cakes.

The Chinese bakeries that produce these products are present in countries of Chinese ethnicity, and across the world in **Chinatowns**. The establishments may also serve tea, coffee, and other drinks.

### 25.1 Bakery types

Although there are large overlaps in the products sold at **Hong Kong** style and **Taiwan** style baked goods, there nevertheless remain significant differences between these two major types. For instance, bread cake and pineapple tart were developed in Taiwan-style bakeries, while the **cocktail bun** is a Hong Kong style product. Hong Kong bakeries have more western influence due to the 150 years of British rule that ended in 1997, and the nearby presence of the former Portuguese colony of **Macau**. Taiwan style bakeries may have more influence from the Japanese bakery or Korean bakery styles.

There are also regional differences in overseas cities with large Chinese presences, particularly those in Asia like **Singapore**, **Kuala Lumpur**, **Penang**, **Ipooh**, **Jakarta**, **Manila** and **Bangkok**. Bakery fillings especially may be influenced by Indonesia, Malaysia, the Philippines, or Thailand. In North America, the largest Chinatowns, such as **San Francisco**, **Vancouver**, **New York**, and **Toronto**, have the widest range of offerings, including influences from France, Italy, Japan, and Mexico.

Some bakeries also offer small snacks traditionally associated with **dim sum** cuisine. There is considerable overlap between these categories.

### 25.2 Eastern-origin pastry



Eastern-origin pastry section

Some types of steamed or baked buns have a very similar appearance, making it difficult to determine what they have been filled with. Informal *de facto* standards have developed for indicating the filling by some external mark on the buns, such as a colored dot or a sprinkling of a few sesame seeds.

Unless otherwise indicated, most of the following foods are baked. Some foods are steamed, boiled, deep-fried, pan-fried, or do not require further cooking at all.

- **Almond biscuit** —Golden, delicate cookie with a

- light almond taste.
- **Bakpia** —Round, flat, flaky or soft dough bun, with various fillings
  - **Banana roll** —Rolled flavored **glutinous rice**, not cooked any further after preparation
  - **Baozi** —Generic term for a steamed yeast bun, with various types of fillings
  - **Beef bun** —Usually filled with **ground beef**, sometimes flavored with **curry**. Sometimes sprinkled with black sesame or poppy seeds.
  - **Cha siu bao** —Steamed or baked bun, filled with roast pork and optionally, sweet onions.\*[1] Sometimes indicated by a red dot.
  - **Chicken bun** —Usually filled with shredded chicken and black mushroom slivers. Sometimes sprinkled with a few white sesame seeds.
  - **Cocktail bun** —Usually filled with a sweet shredded coconut paste.
  - **Curry beef triangle** —Flaky pastry crust with a curried ground beef filling
  - **Dowry cake** —Large sponge cake, often filled with lotus seed paste
  - **Fa gao** —Yeast rice flour cupcake, fermented overnight to develop flavor before steaming
  - **Ham and egg bun** —Bun filled with a sheet of scrambled egg and a slice of ham
  - **Jin deui or Zi Ma Qiu** —Deep-fried hollow ball of glutinous rice, coated with sesame seeds
  - **Lotus seed bun** —Steamed bun filled with lotus seed paste
  - **Mantou** —Plain, slightly sweet, steamed wheat flour yeast buns (unfilled); the traditional basis for Chinese steamed buns (baozi) with fillings.
  - **Mooncake** —Traditional variations are heavy lotus seed paste filled pastry, sometimes with 1-2 egg yolks in its centre. Modern variations have altered both the pastry crust and filling for more variety. These are specially featured at the **Mid-Autumn Festival**, but may be available year-round.
  - **Nuomici** —Sweet glutinous rice dumpling with different fillings such as sweet red bean paste, black sesame paste, and peanuts.
  - **Paper wrapped cake** —Spongy and light, these are plain chiffon cakes wrapped in paper. Sometimes simply called sponge cake.
  - **Peanut butter bun** —Sweet bun filled with peanut butter
  - **Pineapple bun** —Does *not* contain pineapples, but derived its name from the “pineapple-like” criss-crossed scored appearance of the top surface, which is a tender crispy, sweet, golden crust. The pineapple bun may be filled with custard or red bean paste.
  - **Pineapple tart (鳳梨酥)** —Round or rectangular block shaped **shortcrust pastry** filled with pineapple jam.
  - **Rousong bun** or “pork fu” bun —Dried fried fluffy meat fibers in a bun, sometimes with whipped cream.
  - **Sausage bun**, also called “hot dog bun” —Steamed or baked bun, always includes a piece of sausage or hot dog.
  - **Sou** —Triangular, puffy flaky pastry with various fillings
  - **Taro bun** —Bun filled with sweet **taro paste**. Sometimes indicated by a few sliced almonds on top.
  - **White sugar sponge cake** —Steamed cake made with sweetened rice flour.
  - **Wife cake** —Round flaky pastry with a translucent white winter melon paste centre.
  - **Yong Peng bread**
  - **Youtiao** or “Chinese cruller” —Deep-fried dough strips
  - **Zongzi** —Steamed or boiled glutinous rice dumpling, wrapped in bamboo leaf or lotus leaf, with a variety of fillings

## 25.3 Western-influenced pastry



*Western-influenced pastry section*

The biggest influence of the West on Chinese “baking” was the more widespread introduction of the **oven**. Most traditional Chinese foods were steamed, boiled or fried in a **wok**. For example, a “bao” currently means a bun

(steamed or baked) as found in a bakery, but to the Chinese from the northern regions of China it still mostly means a steamed bun.

Some Western-influenced baked goods are essentially identical to their Western counterparts, whereas others differ subtly (for example, by being less sweet). The items listed here are often found in Chinese bakeries, in at least some parts of the world.

- **Almond cake**—Light cupcake, coated with whipped cream, and then rolled in thinly sliced or shredded almond chips
- **Cream bun** —Usually elliptical shaped yeast bun, filled with whipped cream or butter, sprinkled with shredded dried coconut.
- **Cream horn** —Long tapered cone of puff pastry, filled with whipped cream, and sometimes fruit or jam.
- **Eclair** —Very similar to the French original
- **Egg tart** —Delicate pastry tart with a lightly sweet golden egg custard filling.\*[2] It was probably influenced by the Portuguese tart *pastels de nata*.
- **Napoleon** —Layers of puff pastry and creamy filling or jam.
- **Sachima** —Sweet pastry made from flour, butter, and rock sugar, very similar to a pastry served during Christmas time by the Portuguese or to Rice Krispie treats
- **Swiss roll** —Rolls made just like a Portuguese roll *torta*. The creamy layer may be sweetened cream, chocolate, pear, or lemon paste.

## 25.4 Drinks

- **Bubble tea (Boba)**: Large tapioca pearls are served in tea with milk.
- **Coffee**: usually served with light cream.
- **Milk tea**: black tea sweetened with sweet evaporated milk.
- **Tea**
- **Yuanyang**: a blend of tea and coffee, popular in Hong Kong.

## 25.5 See also

- Huangqiao Sesame Cake
- List of buns
- List of pastries

## 25.6 References

- [1] Hsiung, Deh-Ta. Simonds, Nina. Lowe, Jason. [2005] (2005). *The food of China: a journey for food lovers*. Bay Books. ISBN 978-0-681-02584-4. p24.
- [2] Chowtime. "Chowtime." *Egg tart*. Retrieved on 2009-03-20.

## 25.7 External links

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- Ng, Irene (2008-03-05). “Egg Tarts and Beyond” . *Taste T.O*. Retrieved 2009-03-20.

# Chapter 26

## List of Chinese dishes



*Various Chinese dishes*

This is a **list of Chinese dishes** in Chinese cuisine.

### 26.1 Dishes by ingredient

#### 26.1.1 Grain-based dishes

Noodles

Rice

#### 26.1.2 Pork-based dishes

#### 26.1.3 Poultry-based dishes

#### 26.1.4 Vegetable-based dishes

### 26.2 Dishes by cooking method

#### 26.2.1 Dumplings

#### 26.2.2 Pastry

Main article: Chinese bakery products

#### 26.2.3 Soups, stews and porridge

Main article: [List of Chinese soups](#)

### 26.3 Dishes by region

#### 26.3.1 Anhui

Main article: [Anhui cuisine](#)

#### 26.3.2 Beijing

Main article: [Beijing cuisine](#)

#### 26.3.3 Cantonese

Main article: [Cantonese cuisine](#)

#### 26.3.4 Chaozhou

Main article: [Teochew cuisine](#)

#### 26.3.5 Fujian

Main article: [Fujian cuisine](#)

#### 26.3.6 Hainan

Main article: [Hainan cuisine](#)

### 26.3.7 Hunan

Main article: Hunan cuisine

### 26.3.8 Jiangsu

Main article: Jiangsu cuisine

### 26.3.9 Shandong

Main article: Shandong cuisine

### 26.3.10 Sichuan

Main article: Sichuan cuisine

### 26.3.11 Yunnan

Main article: Yunnan cuisine

### 26.3.12 Zhejiang

Main article: Zhejiang cuisine

## 26.4 See also

- Noodle with tomato egg sauce
- List of Chinese desserts
- List of Chinese restaurants
- List of Chinese soups
- List of restaurants in China

## 26.5 References

[1] “Hangzhou Famous Dishes” .

# Chapter 27

## List of Chinese desserts

Chinese desserts are sweet foods and dishes that are served with tea, along with meals<sup>\*</sup>[1] or at the end of meals in Chinese cuisine. The desserts encompass a wide variety of ingredients commonly used in East Asian cuisines such as powdered or whole glutinous rice, sweet bean pastes, and agar. Due to the many Chinese cultures and the long history of China, there are a great variety of desserts of many forms.

Contents

- A
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- References

### 27.1 Chinese desserts

#### 27.1.1 A



*Almond jelly is a popular dessert, often found in dim sum restaurants worldwide.*

- Almond jelly

#### 27.1.2 B

- Banana roll

- Black sesame roll
- Black sesame soup

### 27.1.3 C



A coconut bar is a refrigerated dim sum dessert that is sometimes referred to as coconut pudding, despite not really being a pudding.\*[2]

- Chao hong guo
- Chinese bakery products
- Chongyaang Cake
- Coconut bar
- Crystal cake
- Custard tart
- Cut cake

### 27.1.4 D

- Douhua
- Dragon's beard candy

### 27.1.5 E

- Egg tart
- Egg tong sui
- Eggs

### 27.1.6 F

- Fried ice cream
- Funing big cake



Egg custard tarts is a popular Chinese pastry



Fried ice cream is a dessert made from a breaded scoop of ice cream that is quickly deep-fried creating a warm, crispy shell around the still-cold ice cream.

### 27.1.7 G

- Ginger milk curd
- Grass jelly
- Guilinggao
- Ginger milk curd is a hot dessert that originated in Shawan town of Panyu District, Guangzhou in the Guangdong Province in southern China. The main ingredients are ginger, milk, and sugar.\*[1]
- Grass jelly is a jelly-like dessert that is prepared with *Mesona chinensis*

1. ^ “Ginger Milk Pudding, a Natural Custard”. [taste-hongkong.com](http://taste-hongkong.com). 29 March 2011. Retrieved 13 August 2012.

### 27.1.8 H

- Hasma
- Huangqiao Sesame Cake



*Shaobing or sesame cake originated from Huangqiao town in Taixing, Jiangsu*



*Mooncakes traditionally eaten during the Mid-Autumn Festival*

### 27.1.9 J

- Jiuniang

### 27.1.10 K

- Kai kou xiao

### 27.1.11 L

- Lotus seed paste



*Popular Guangdong deep-fried sweet nian gao*

### 27.1.12 M



*Mango pudding is a Hong Kong dessert usually served cold.<sup>\*[3]</sup>*

- Mahua (snack)
- Mango pudding
- Mi san dao
- Mooncake

### 27.1.13 N

- Nai lao
- Nian gao
- Nuomici

### 27.1.14 O

- Orange jelly candy

### 27.1.15 P

- Put chai ko

### 27.1.16 R

- Red bean cake
- Red bean soup
- Rice pudding
- Rooster Olives

**27.1.17 S**

- Sachima
- Song gao
- Sugar painting
- Sweet potato soup
- Sweetheart cake
- Sugar painting is a traditional Chinese form of folk art using hot, liquid sugar to create two dimensional figures.
- Sweetheart cake is a traditional Cantonese pastry with flaky and thin skin made with winter melon, almond paste, and sesame, and spiced with five spice powder.<sup>\*[1]</sup>

1. ^ Chinese-sweetheart-cake

**27.1.18 T**

*Tanghulu* is a traditional Chinese snack of candied fruit.



Pumpkin tang yuan (南瓜汤圆) with red bean baste and black sesame fillings

- Tanghulu

- Tangyuan (food)
- Tapioca pudding
- Tong sui

**27.1.19 W**

- White Rabbit Creamy Candy
- White sugar sponge cake

**27.1.20 X**

- Xi gua lao

**27.2 See also**

- Chinese bakery products
- Cuisine
- List of desserts
- List of Chinese dishes
- List of Chinese soups
- List of restaurants in China

**27.3 References**

- [1] "Chinese Desserts." Kaleidoscope - Cultural China. Accessed June 2011.
- [2] Coconut Bar. iFood TV. Accessed March 31, 2012.
- [3] Andrew Dembina (26 August 2010). needed-8-bone-chilling-desserts-summer-682328 "8 bone-chilling summer desserts for Hong Kong". CNN Go. Retrieved 12 August 2012.

**27.4 External links**

- Media related to Confectionery of China at Wikimedia Commons
- Media related to Desserts of China at Wikimedia Commons
- Media related to Chinese bakery products at Wikimedia Commons

# Chapter 28

## List of Chinese soups



*Beef noodle soup*

This is a **list of Chinese soups**. Chinese cuisine includes styles originating from the diverse regions of China, as well as from Chinese people in other parts of the world. Many Chinese soups are noodle-based. By 2000 BCE, wheat had arrived in China from western Asia. These grains were typically served as warm noodle soups instead of baked into bread as in Europe. Chinese noodles are used in the preparation of some Chinese soups.



*A bowl of meat-based geng*



*Hulatang*

### 28.1 Chinese soups

- *Bak kut teh*
- *Banmian*
- Beef noodle soup
- Black sesame soup
- Buddha Jumps Over the Wall
- Cantonese seafood soup
- Chicken and duck blood soup
- Chicken soup – Many Chinese soups are based on chicken broth. Typical Chinese chicken soup is made from old hens and is seasoned with ginger, scallions, black pepper, soy sauce, rice wine and sesame oil.
- Corn crab soup
- Crossing the bridge noodles
- Duck blood and vermicelli soup
- Edible bird's nest
- Egg drop soup



*Shark fin soup*

- *Egg tong sui*
- *Geng*
- Hot and sour soup
- *Hulatang*
- *Jiuniang*
- Lettuce soup
- Liver soup
- Lung fung soup
- Noodle soup
- *Nam ngiao*
- Oxtail soup
- Pig's organ soup
- Pork blood soup
- Red bean soup
- Sago soup
- Shark fin soup
- Sweet potato soup

- *Tian mo*
- Tomato and egg soup
- *Tong sui*
- Turtle soup – In countries such as Singapore with large Chinese populations, turtle soup is a Chinese delicacy.
- Wonton noodle
- *Yong Tau Foo*
- Chinese soups
- Buddha Jumps Over the Wall
- Black sesame soup
- Crossing the bridge noodles
- Egg tong sui

## 28.2 See also

- Asian soup
- Chinese spoon
- List of Chinese desserts
- List of Chinese dishes
- List of soups

## 28.3 References

# Chapter 29

## List of dairy products



### *Milk*

This is a **list of dairy products**. A dairy product is food produced from the **milk** of mammals. A production plant for the processing of milk is called a **dairy** or a **dairy factory**. **Dairy farming** is a class of **agricultural**, or an animal husbandry, enterprise, for long-term production of **milk**, usually from **dairy cows** but also from **goats**, **sheep** and **camels**, which may be either processed on-site or transported to a **dairy factory** for processing and eventual retail sale.

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## 29.1 Dairy products

**29.1.1 A**

## 29.2 See also

**29.1.2 B**

- List of cheeses
- List of cheesemakers
- List of countries by milk consumption per capita
- List of ice cream brands
- List of ice cream flavors
- List of sheep milk cheeses
- Lore Alford Rogers – an innovator of dairy science and products

**29.1.3 C**

**29.1.4 D**

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**29.1.6 F**

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### 29.2.1 Categories

- Category:Brand name dairy products
- Category:Butter
- Category:Cheese
- Category:Dairy products companies
- Category:Ice cream
- Category:Milk
- Category:Yogurts

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- ISBN 978-0-312-14343-5, ... *Kulfi is the traditional Indian ice cream and has a strongly characteristic cooked-milk flavour and dense icy texture. ... The basis of making kulfi is to reduce a large volume of milk down to a very small concentrated amount ...*
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## 29.4 External links

- Media related to [Dairying](#) at Wikimedia Commons
- Media related to [Dairy farming](#) at Wikimedia Commons
- Media related to [Dairy companies](#) at Wikimedia Commons
- The dictionary definition of [dairy](#) at Wiktionary

# Chapter 30

## List of dumplings



Dumplings in a basket, served with a dipping sauce

This is a **list of dumplings**. Dumplings are cooked balls of dough based on flour, potatoes or bread. They may include meat, fish, vegetables, or sweets. They may be cooked by boiling, steaming, simmering, frying, or baking. They may have a filling, or there may be other ingredients mixed into the dough. Dumplings may be sweet or savory, and are made in many various **cuisines** in the world.

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## 30.1 Dumplings

### 30.1.1 A

- Ada
- Agnolotti
- Akashiyaki
- Apple dumpling
- Aushak
- Ada is a traditional Kerala delicacy, consisting of rice parcels encased in a dough made of rice flour, with sweet fillings, steamed in banana leaf and served as an evening snack or as part of breakfast.
- Agnolotti is a type of ravioli typical of the Piedmont region of Italy, made with small pieces of flattened pasta dough, folded over with a roast beef meat and vegetable stuffing.
- Akashiyaki is a small round dumpling from the city of Akashi in Hyōgo Prefecture, Japan. It's made of an egg-rich batter and octopus dipped into *dashi* (a thin fish broth) before eating.

### 30.1.2 B



Ba-wan is a Taiwanese snack food

- Ba-wan
- Bánh bao
- Bánh chưng
- Bánh lá
- Bánh té
- Bánh tét
- Baozi

- Blodpalt
- Borş de burechiușe
- Bryndzové halušky
- Buuz



Cepelinai are a national dish of Lithuania

### 30.1.3 C



Chicken and dumplings

- Caozai guo
- Capuns
- Cepelinai
- Chapalele
- Chicken and dumplings
- Chiburekki
- Chuchvara
- Ci fan tuan
- Corunda
- Crab rangoon

**30.1.4 D***Dim sum dumplings**Gnocchi stuffed with ricotta cheese*

- Dango
- Dim sim
- Dim sum
- Ducana
- Dushbara

**30.1.5 F**

- Fritter
- Fun guo

**30.1.6 G**

- Germknödel
- Gnocchi
- Gondi dumpling
- Gong'a Momo
- Gulha

**30.1.7 H**

- Hallaca
- Halušky
- Har gow
- Hujiao bing

**30.1.8 I**

- Idli
- Idrijski žlikrofi

**30.1.9 J**

- Jau gok
- Jiaozi

**30.1.10 K**

- Kalduny
- Kenkey
- Khinkali



*Kenkey (upper right) with fried fish and pepper*

- Khuushuur
- Kibbeh
- Knödel
- Kluski
- Knedle
- Knish
- Knoephla
- Kopytka
- Kreplach
- Kroppkaka
- Kueh tutu
- Kuih kochi
- Kundumy
- Kalduny are stuffed dumplings made of unleavened dough in Belarusian, Lithuanian, and Polish cuisines
- Iraqi-Jewish **kibbeh**. A well-known variety is a torpedo-shaped fried croquette stuffed with minced beef or lamb.
- Meat-filled **kreplach** in a clear soup. Kreplach are filled with ground meat, mashed potatoes or another filling, usually boiled and served in chicken soup, though they may, rarely, be served fried.\*[1]

1. ^ Claudia Roden, *The Book of Jewish Food: An Odyssey from Samarkand and Vilna to the Present Day*, Penguin Books, 1999, p. 77-78. ISBN 0140466096

### 30.1.11 L

- Leberknödel
- Lo mai gai
- Lukhmi

### 30.1.12 M



*Modak is a sweet dumpling popular in Western and South India*



*Manti, traditional dumplings of Turkic peoples are common throughout Central and Western Asia, from Xinjiang to Caucasus and Anatolia*

- Mandu
- Manduguk
- Mandugwa
- Manti

- Matzah ball
- Maultasche
- Mitarashi dango
- Modak
- Mohnnudel
- Momo

### 30.1.13 N

- Nagasari



*Ravioli being prepared*

### 30.1.14 O

- Orama

### 30.1.15 P



*Palt* is a traditional Swedish meat-filled dumpling, of which there are many different variants.

- Palt
- Pamonha
- Pantruca
- Pasteles
- Pelmeni
- Pickert
- Pierogi
- Pitepalt

### 30.1.16 Q

- Quenelle

### 30.1.17 R

- Raspeball
- Ravioli
- Rissole
- Rivels

### 30.1.18 S

- Samosa
- Schupfnudel
- Scovardă
- Shengjian mantou
- Shishbarak
- Shlishkes
- Shumai
- Silesian dumplings
- Siopao
- Strapačky
- Suanla chaoshou
- Szilvásgombóc

### 30.1.19 T

- Tamale
- Tamalito
- Tang bao
- Tangyuan



*Tangyuan* is a Chinese food made from glutinous rice flour. Stuffed and unstuffed varieties exist.

- Taro dumpling
- Tortellini
- Tortelloni

### 30.1.20 U

- Uszka

### 30.1.21 V



*Ukrainian varenyky* filled with sour cherries as a dessert

- Varenyky

### 30.1.22 W

- Wonton

### 30.1.23 X

- Xiaolongbao



*A Cantonese-style shrimp wonton*



*Yomari* is made of rice flour dough and is filled with molasses and sesame seeds

### 30.1.24 Y

- Yomari

### 30.1.25 Z

- Zhaliang
- Zongzi

## 30.2 See also

- List of rolled foods

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## 30.4 External links

- Media related to Dumplings at Wikimedia Commons

# Chapter 31

## List of Thai dishes

*This list is incomplete; you can help by expanding it.*



*Family breakfast in the Isan region*

This is a list of selected dishes found in Thai cuisine.

See also: [List of Thai ingredients](#)

### 31.1 Individual dishes

Note: The Thai script column is linked to how it is pronounced when available.

#### 31.1.1 Rice dishes

#### 31.1.2 Noodle dishes

#### 31.1.3 Miscellaneous

### 31.2 Shared dishes

#### 31.2.1 Curries

See also: [Thai curry](#)

#### 31.2.2 Soups

#### 31.2.3 Salads

See also: [Thai salads](#)

#### 31.2.4 Fried and stir-fried dishes

#### 31.2.5 Deep-fried dishes

#### 31.2.6 Grilled dishes

#### 31.2.7 Steamed or blanched dishes

#### 31.2.8 Stewed dishes

#### 31.2.9 Dipping sauces and pastes

See also: [Nam phrik](#) and [Nam chim](#)

#### 31.2.10 Miscellaneous

### 31.3 Savoury snacks and starters

### 31.4 Sweet snacks and desserts

### 31.5 Drinks

### 31.6 See also

- [Thai cuisine](#)
- [List of Thai ingredients](#)

- List of Thai restaurants

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## 31.8 External links

- List of Thai dishes at DMOZ

# Chapter 32

## List of vegetable dishes



*Ratatouille* is a traditional French Provençal stewed vegetable dish that originated in Nice.

This is a **list of vegetable dishes**. This list includes dishes in which the main ingredient or one of the essential ingredients is a vegetable or vegetables.

In culinary terms, a **vegetable** is an edible plant or its part, intended for cooking or eating raw.<sup>\*[1]</sup> Many vegetable-based dishes exist throughout the world.

### 32.1 Vegetable dishes



*A garden salad with lettuce, sun-dried tomatoes, cherry tomatoes, beets, cucumber and feta cheese*

- Aavakaaya
- Arab salad



*Goma-ae* is a Japanese side dish. It is made with vegetables and sesame dressing



*Tabbouleh* is a Levantine vegetarian dish (sometimes considered a salad) traditionally made of bulgur, tomatoes, finely chopped parsley, mint, and onion, and seasoned with olive oil, lemon juice, and salt.<sup>\*[2]\*[3]\*[4]</sup>

- Fried aubergine
- Baba ghanoush
- Biryani
- Borscht
- Broccoli slaw
- Cabbage roll



*Vichyssoise is a thick soup made of puréed leeks, onions, potatoes, cream, and chicken stock.*

- Caesar salad
- Caldo verde
- Caprese salad
- Carrot salad
- Ciambotta
- Fried cauliflower
- Chile relleno
- Chiles en nogada
- Vegetarian chili
- Coleslaw
- Collard liquor
- Confit byaldi
- Corn chowder
- Crudités
- Cucumber soup
- Ema datshi
- Ful medames
- Gado-gado
- Garden salad
- Ghormeh sabzi
- Giardiniera
- Glasswort salad
- Goma-ae
- Greek salad
- Green bean casserole
- Guacamole
- Hodge-Podge (soup)
- İmam bayıldı
- Israeli salad
- Jalapeño popper
- Janssons frestelse
- Karedok
- Kinilnat
- Kosambari
- Kuluban
- Lawar (food)
- Lettuce sandwich
- Maple slaw
- Mashed pumpkin
- Mattar paneer
- Meigan cai
- Mixed pickle
- Salad Niçoise
- Onion ring
- Pao cai
- Green papaya salad
- Pasta primavera
- Pea soup
- Stuffed peppers
- Piccalilli
- Pickled cucumber
- Pico de gallo
- Potato salad
- Ratatouille
- Rojak
- Salsa (sauce)
- Samlar machu
- Vegetable sandwich
- Senate bean soup
- Sicilian orange salad
- Sorrel soup

- Spinach salad
- Spreewald gherkins
- Suan cai
- Sweet potato pie
- Tabbouleh
- Texas caviar
- Thai salads
- Tianjin preserved vegetable
- Tomato omelette
- Tomato soup
- Turnip cake
- Ulam (salad)
- Urap
- Utan
- Vichyssoise
- Waldorf salad
- Zha cai
- Stuffed zucchini

### 32.1.1 Eggplant dishes

Main article: List of eggplant dishes



*Stuffed eggplant*

- Eggplant salads and appetizers

### 32.1.2 Legume dishes

Main article: List of legume dishes

### 32.1.3 Potato dishes

Main article: List of potato dishes

### 32.1.4 Salads

Main article: List of salads

## 32.2 By country

### 32.2.1 Indian vegetable dishes

See also: Indian cuisine and List of Indian dishes



*Eggplant & tomato bhurta*



*Gobi manchurian is an Indian Chinese fried cauliflower food item popular in India.\* [5]*

- Aloo gobi
- Baingan bharta
- Bhurta

- Far far
- Fried cauliflower
- Gobi manchurian \* [5]
- Karela nu shak
- Poriyal
- Sarson da saag
- Stuffed peppers
- Stuffed zucchini
- Tamate ka kut
- Theeyal
- Thoran
- Undhiyu
- Vegetable sandwich

## 32.5 External links

- Media related to Vegetable-based food at Wikimedia Commons

### 32.2.2 Pakistani vegetable dishes

Main article: Pakistani vegetable dishes

See also: Pakistani cuisine

- Baingan bharta

### 32.3 See also

- List of leaf vegetables
- List of onion dishes
- List of vegetables
- List of foods

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# Chapter 33

## List of noodles



Various noodles commonly found in Southeast Asia



Misua noodle-making in Lukang, Taiwan

This is a **list of notable noodles**. Noodles are a type of staple food<sup>\*[1]</sup> made from some type of unleavened dough which is rolled flat and cut into one of a variety of shapes. While long, thin strips may be the most common, many varieties of noodles are cut into waves, helices, tubes, strings, or shells, or folded over, or cut into other shapes. Noodles are usually cooked in boiling water, sometimes with cooking oil or salt added. They are often pan-fried or deep-fried. Noodles are often served with an accompanying sauce or in a soup. Noodles can be refrigerated for short-term storage, or dried and stored for future use.

### 33.1 Noodles

- Black noodles
- Cart noodle
- Couscous
- Cup Noodles
- Fideo
- Fried noodles
- Frozen noodles
- Instant noodle
- Mohnnudel
- Rice noodles
- Rice vermicelli
- Schupfnudel
- Spätzle



Fideo is a type of pasta commonly used in soups



Thai rice noodles



*Commercial thin spätzle*



*Rice vermicelli used in a dish*

## 33.2 Chinese noodles



*Cellophane noodles*



*Shrimp roe noodles*

There is a great variety of Chinese noodles, which vary according to their region of production, ingredients, shape or width, and manner of preparation. They are an important part of most regional cuisines within China, as well as in Taiwan, Singapore, and other Southeast Asian nations with sizable overseas Chinese populations.

- Chinkiang pot cover noodles

- Biangbiang noodles
- Cellophane noodles
- Cumian
- Dragon beard noodles
- Henan braised noodles
- Jook-sing noodles
- Lamian
- Lai fun
- Migan (noodle)
- Misua
- Mixian (noodle)
- Mung bean sheets
- Oil noodles
- Paomo
- Ramen
- Rice vermicelli
- Saang mein
- Shahe fen
- Shrimp roe noodles
- Silver needle noodles
- Youmian
- Yi mein

### 33.2.1 Hong Kong

- Gong Zai Mian
- Wonton noodles

### 33.3 Indian

- Nooputt
- Sevai

### 33.4 Indonesian

- Bakmi
- Indomie

### 33.5 Japanese



*Fresh ramen*



*Slicing soba noodles as part of its preparation at the Kanda Matsuri*

Japanese noodles are a staple part of Japanese cuisine. They are often served chilled with dipping sauces, or in soups or hot dishes.\* [2]

- Demae Itcho
- Maruchan
- Nissin Chikin Ramen

- Ramen
- Sanuki udon
- Shirataki noodles
- Soba
- Sōmen
- Udon
- Wanko soba
- Yakisoba

### 33.6 Korean

Korean noodles are noodles or noodle dishes in Korean cuisine, and are collectively referred to as “*guksu*” in native Korean or “*myeon*” (cf. *mien*) in Sino-Korean vocabulary.

- Cellophane noodles
- Cheonsachae
- Dotori guksu
- Garak guksu
- Jjolmyeon

### 33.7 Malaysian



*Wonton noodles*

- Pan mee
- Wonton noodles

## 33.8 Thai

- Khanom chin
- Rice noodles

## 33.9 Tibetan

- Gyatog

## 33.10 Vietnamese



*Shahe fen*

Vietnamese noodles are available in either fresh (*tươi*) or dried (*khô*) form.

- Bánh canh
- Cellophane noodles
- Pho
- Rice vermicelli
- Shahe fen

## 33.11 See also

- List of noodle dishes
- List of pasta
- List of instant noodle brands
- Momofuku Ando Instant Ramen Museum
- The culture of eating noodles in Asia

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## 33.13 External links

- Media related to Noodles at Wikimedia Commons
- Media related to Noodle-based food at Wikimedia Commons
- Media related to Noodles by country at Wikimedia Commons
- Media related to Noodles from China at Wikimedia Commons
- Media related to Noodles from Indonesia at Wikimedia Commons
- Media related to Noodles from Japan at Wikimedia Commons
- Media related to Noodles from Korea at Wikimedia Commons
- Media related to Noodle dishes of Laos at Wikimedia Commons
- Media related to Noodle dishes of Malaysia at Wikimedia Commons
- Media related to Noodle dishes of Thailand at Wikimedia Commons
- Media related to Noodle dishes of Singapore at Wikimedia Commons
- Media related to Noodles from Vietnam at Wikimedia Commons

# Chapter 34

## List of pasta dishes



Pasta alla Norma

This is a **list of pasta dishes**. Pasta is a staple food<sup>\*</sup>[1] of traditional Italian cuisine, with the first reference dating to 1154 in Sicily.<sup>\*</sup>[2] It is also commonly used to refer to the variety of pasta dishes. Typically, pasta is a **noodle** made from an **unleavened** dough of a durum wheat flour mixed with water and formed into sheets or various shapes, then **cooked** and served in any number of dishes. It can be made with flour from other **cereals** or **grains**, and **eggs** may be used instead of water. Pastas may be divided into two broad categories, dried (*pasta secca*) and fresh (*pasta fresca*).

### 34.1 Pasta dishes

### 34.2 Commercially-prepared pasta dishes

### 34.3 See also

- List of noodle dishes
- List of pasta
- List of sauces – sauces are often used in the preparation of pasta dishes

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## 34.6 External links

# Chapter 35

## List of seafood dishes

See also: List of fish dishes

This is a **list of notable seafood dishes**. Seafood



*Plateau de fruits de mer* (French 'seafood platter') is a seafood dish of raw and cooked shellfish served cold on a platter, usually on a bed of ice.

dishes are distinct food dishes<sup>\*[1]</sup> which use seafood (fish, shellfish or seaweed) as primary ingredients, and are ready to be served or eaten with any needed preparation or cooking completed. Many fish or seafood dishes have a specific names (*Cioppino*), while others are simply described (*fried fish*) or named for particular places (*Cullen skink*).<sup>\*[2]</sup> Bisques are prepared with a variety of seafoods.

### 35.1 Seafood dishes

- Baik kut kyee kaik
- Balchāo
- Bánh canh
- Bisque (food)
- Bún mắm
- Bún riêu
- Cataplana
- Chowder
- Cioppino
- Crab puff
- Crawfish pie
- Curanto
- Eating live seafood
- Fideuà
- Fish heads
- Hoe (dish)



*Cioppino* is a fish stew originating in San Francisco.



*Maeuntang* is a hot spicy Korean cuisine fish soup boiled with gochujang (Korean red chili pepper paste), kochukaru (chili powder), and various vegetables.<sup>\*[3]</sup>



*Shrimp scampi*

- Hoedeopbap
- Jaecheopguk
- Kaeng som
- Maeuntang
- Moules-frites
- Namasu
- New England clam bake
- Orange cuttlefish
- 'Ota 'ika
- Paella
- Paila marina
- Plateau de fruits de mer
- Scampi
- Seafood birdsnest
- Seafood boil
- Seafood cocktail
- Seafood dishes
- Seafood pizza
- Sundubu jjigae
- Surf and turf

### 35.1.1 Clam dishes

- Caesar (cocktail)
- Clams casino
- Clam chowder
- Clam cake



*Clam chowder is any of several chowders containing clams and broth. Along with the clams, diced potato is common, as are onions. Pictured is New England-style clam chowder.*

- Clam dip
- Clam liquor
- Clamato
- Fabes con almejas
- Fried clams
- Clams oreganata
- Clam sauce
- Steamed clams
- Stuffed clam

### 35.1.2 Crab dishes

Main article: [List of crab dishes](#)



*Black pepper crab is a popular way to prepare crab in Singapore.*

### 35.1.3 Fish dishes

Main article: List of fish dishes

### 35.1.4 Lobster dishes



*Lobster Thermidor* is a French dish consisting of a creamy mixture of cooked lobster meat, egg yolks, and cognac or brandy, stuffed into a lobster shell.

- Lobster bisque
- Lobster Newberg
- Lobster roll
- Lobster stew
- Lobster Thermidor

### 35.1.5 Octopus dishes

Further information: Octopus (food)

- Hongzhang
- Miruhulee boava
- Nakji bokkeum
- Polbo á feira
- Sannakji
- Takoyaki
- Octopus cooking in a pot
- Takoyaki is a ball-shaped Japanese snack made of a wheat flour-based batter and typically filled with minced or diced octopus



*Oysters Rockefeller* consists of oysters on the half-shell that have been topped with various other ingredients (often parsley and other green herbs, a rich butter sauce and bread crumbs) and are then baked or broiled.

### 35.1.6 Oyster dishes

- Angels on horseback
- Hangtown fry
- Oyster omelette
- Oyster sauce
- Oyster vermicelli
- Oysters Bienville
- Oysters en brochette
- Oysters Kirkpatrick
- Oysters Rockefeller
- Steak and oyster pie

### 35.1.7 Shrimp dishes

- Bobó de camarão
- Bún mắm
- Camaron rebosado
- Chakkoli
- Chạo tôm
- Drunken shrimp
- Ebi chili
- Fried prawn



*A prawn cocktail*

- Har gow
- Potted shrimps
- Prawn cocktail
- Shrimp ball
- Shrimp DeJonghe
- White boiled shrimp

### 35.1.8 Squid dishes



*Deep fried calamari*

- Arròs negre
- Dried shredded squid
- Ikameshi
- Squid (food)
- Squid cocktail

## 35.2 See also

- List of types of seafood
- Seafood restaurant
- List of fish dishes
- List of seafood companies
- List of beef dishes
- List of chicken dishes
- List of lamb dishes
- List of pork dishes

## 35.3 References



*Seafood on a platter*

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## 35.4 External links

- Media related to **Seafood** dishes at Wikimedia Commons
- Media related to **Clam** dishes at Wikimedia Commons
- Media related to **Crab** dishes at Wikimedia Commons
- Media related to **Lobster** dishes at Wikimedia Commons

- Media related to [Octopus-based food](#) at Wikimedia Commons
- Media related to [Oyster dishes](#) at Wikimedia Commons
- Media related to [Shrimp dishes](#) at Wikimedia Commons
- Media related to [Squid-based food](#) at Wikimedia Commons

# Chapter 36

## List of Sicilian dishes



Stoccafisso alla messinese

This is a **list of Sicilian dishes and foods**. Sicilian cuisine shows traces of all the cultures which established themselves on the island of Sicily over the last two millennia.\* [1] Although its cuisine has a lot in common with Italian cuisine, Sicilian food also has Spanish, Greek and Arab influences.

### 36.1 Sicilian dishes



The Catanese dish, *pasta alla Norma*, is among Sicily's most historic and iconic.

- Arancini – stuffed rice balls which are coated with breadcrumbs and fried. They are said to have orig-



Scaccia with tomato and scaccia with ricotta cheese and onion



Stigghiole

inated in Sicily in the 10th century during Kalbid rule.

- Crocchè
- Frittula
- Likëngë – pork sausages flavored with salt, pepper and seed of Fennel (farë mbrai), made in Piana degli Albanesi and Santa Cristina Gela
- Maccu
- Muffuletta

- Panelle – Sicilian fritters made from gram flour and other ingredients. They are a popular street food in Palermo.
- Pani ca meusa
- Pasta alla Norma
- Pecorino Siciliano
- Pesto alla trapanese – a Sicilian variation of the genoese pesto, typical of the Province of Trapani.\*[2] The dish was introduced in ancient times by Genoese ships, coming from the east and stopping at the port of Trapani, who brought the tradition of *agliata*, a sort of pesto-sauce based on garlic and walnuts.
- Scaccia
- Scacciata
- Sicilian pizza – pizza prepared in a manner that originated in Sicily. In the United States, the phrase *Sicilian pizza* is often synonymous with thick-crust or deep-dish pizza derived from the sicilian *Sfincione*.\*[3]
- Stigghiola
- Stuffed eggplant



A simple cannoli sprinkled with powdered sugar



Gelato

### 36.1.1 Beverages

- Amaro Averna
- Granita
- Marsala wine

### 36.1.2 Breads, biscuits and crackers

- Biscotti Regina – a small biscuit coated with sesame seeds, it's also referred to as *reginelle*
- Vastedda

### 36.1.3 Cheeses

- Caciocavallo
- Canestrato
- Ragusano cheese
- Sicilian cheeses
- Straddled forms of caciocavallo hang to mature
- Ragusano cheese

### 36.1.4 Desserts and sweets

- Brucellati – in Sicilian, literally “little bracelets”, are uniquely Sicilian fig cookies of a sweet dough rolled out and filled with figs as well as numerous other ingredients.
- Buccellato
- Cannoli
- Cassata
- Ciarduna
- Cioccolato di Modica
- Crocetta of Caltanissetta
- Cuccìa
- Cuccidati
- Frutta martorana
- Gelato
- Gelo di melone
- Giuriulena
- Granita

- Ice cream
- 'Mpanatigghi
- 'Nzuddi
- Pignolata
- Pignolo (macaroon)
- Zeppole
- Sicilian desserts and sweets
- Frutta martorana
- Granita di menta (mint granita)
- Zeppole
- Crocette of Caltanissetta to lemon and orange left to right

### 36.1.5 Fruits and vegetables

- Aglio Rosso di Nubia \*[4]
- Cipolla di Giarratana \*[5]
- Mazzarrone (grape) \*[6]
- Pomodoro di Pachino
- Siracusa Lemon
- Sicilian fruits and vegetables
- Aglio Rosso di Nubia
- Cipolla di Giarratana

### 36.1.6 Salads

- Caponata – a Sicilian aubergine (eggplant) dish consisting of a cooked vegetable salad made from chopped fried eggplant and celery seasoned with sweetened vinegar, with capers in a sweet and sour sauce.\*[7]
- Sicilian orange salad – (*Insalata di arance*) is a typical salad dish of Sicilian and Spanish cuisine which uses oranges as its main ingredient. It is usually served at the beginning or at the end of a meal.\*[8]
- Sicilian salads
- Caponata
- Sicilian orange salad

## 36.2 See also

- Italian cuisine
- List of Italian dishes

## 36.3 References

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## 36.4 External links

# Chapter 37

## List of steak dishes



*London broil is a North American beef dish made by broiling or grilling marinated flank steak, then cutting it across the grain into thin strips.*



*Chateaubriand steak with Béarnaise sauce*

This is a **list of steak dishes**. Steak is generally a cut of beef sliced perpendicular to the muscle fibers, or of fish cut perpendicular to the spine. Meat steaks are usually grilled, pan-fried, or broiled, while fish steaks may also be baked. Steak can also be meat cooked in sauce, such as steak and kidney pie, or minced meat formed into a steak shape, such as Salisbury steak and hamburger steak.

### 37.1 Beef



*A Beef Wellington dish*



*Steak au poivre prepared with filet mignon*

Beefsteak is a flat cut of beef, usually cut perpendicular to the muscle fibers. Beefsteaks are usually grilled, pan-fried, or broiled. The more tender cuts from the loin and rib are cooked quickly, using dry heat, and served whole. Less tender cuts from the chuck or round are cooked with moist heat or are mechanically tenderized (e.g. cube steak).

- Asado – some asado dishes use beef steak
  - Beef Manhattan
  - Beef Wellington
  - Boiled beef
  - Bulgogi
  - Carpetbag steak
  - Carne asada
  - Chateaubriand steak
  - Cheesesteak
  - Chicken fried steak
  - Bollito Misto
  - Delmonico steak
  - Fajita – the term originally referred to the cut of beef used in the dish which is known as skirt steak.\*[1]
  - Finger steaks
  - Hamburg steak
  - London broil
  - Mongolian beef
  - Pepper steak
  - Pot roast
  - Prawn cocktail, steak and Black Forest gateau
  - Roast beef
    - Italian beef
  - Salisbury steak
  - Sha cha beef
  - Standing rib roast
  - Steak and eggs
  - Steak and kidney pie
  - Steak and kidney pudding
  - Steak and oyster pie
  - Steak au poivre
  - Steak burger
  - Steak de Burgo
  - Steak Diane
  - Steak frites
  - Steak sandwich
  - Steak tartare
  - Suadero
  - Surf and turf
  - Swiss steak
  - Steak tartare
  - Surf and turf – steak and lobster
  - Tournedos Rossini is a French steak dish, purportedly created for the composer Gioachino Rossini by French master chef Marie-Antoine Carême\*[1] or by Savoy Hotel chef Auguste Escoffier.\*[2]
1. ^ “Composers In The Kitchen: Gioachino Rossini’s Haute Cuisine” date=November 25, 2010”. npr.org.
2. ^ Augustin, Andreas. “Famous Hotels in the World - London: The Savoy”, 4Hoteliers, 30 October 2006, accessed 4 September 2013
- ## 37.2 Fish
- Fish steak is a cut of fish which is cut perpendicular to the spine and includes the bones. Fish steaks can be contrasted with fish fillets, which are cut parallel to either side of the spine and do not include the larger bones. Fish steaks can be grilled, pan-fried, broiled or baked.
- Kabkabou – a fish and tomato stew traditionally prepared in Tunisia with fish steak capers, olives and lemon
- ## 37.3 Pork
- 
- A large pork tenderloin sandwich
- Pork steak is generally cut from the shoulder of the pig, but can also be cut from the loin or leg of the pig. Shoulder steaks are cut from the same primal cut of meat most

commonly used for pulled pork, and can be quite tough without long cooking times due to the high amount of collagen in the meat, therefore, pork shoulder steaks are often cooked slower than a typical beef steak, and are often stewed or simmered in barbecue sauce during cooking.

- Chicken fried steak
- Pork chop
- Pork chop bun
- Pork tenderloin sandwich
- Twice cooked pork – a well-known Sichuan-style Chinese dish prepared by simmering pork belly steaks in water with spices, then refrigerating and slicing it, and lastly shallow frying in oil in a wok.

## 37.4 Fruits and vegetables



*Watermelon steaks being grilled*

- Watermelon steak \*[2]

## 37.5 Steak sauces

Steak sauce is a dark brown sauce commonly served as a condiment for beef in the United States. The original sauce which 'steak sauce' is derived from is known in Britain as "brown sauce". Also derived from "brown sauce" in Japan tonkatsu sauce\*[3] has a slight variation in ingredients.

- A1 Steak Sauce
- Béarnaise sauce
- Café de Paris sauce

- Compound butter
- Demi-glace
- Heinz 57
- Worcestershire sauce

## 37.6 See also

- List of beef dishes
- List of fish dishes
- List of pork dishes
- List of foods
- Restructured steak

## 37.7 References

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- [3] Food Forum - Kikkoman Corporation

# Chapter 38

## List of fried dough foods

This is a **list of fried dough foods**. Many cultures have dishes that are prepared by deep frying dough in many various forms. Doughnuts are a type of fried dough food that are covered separately in the Wikipedia article [List of doughnut varieties](#). Chinese restaurants in the US sometimes serve small fried pastries similar to [doughnut holes](#).

### 38.1 Fried dough foods

- Fried dough foods
- Funnel cake
- American-style beignets with powdered sugar
- Kaya balls in tray

### 38.2 See also

- Fried bread
- Fried dough
- List of deep fried foods
- List of desserts
- List of doughnut varieties
- List of pastries

### 38.3 References

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- [11] Genussregion Oberfranken - Deutsch » Spezialitäten » Genussregion von A-Z

### 38.4 Further reading

- Rosana G Moriera et al., *Deep Fat Frying: Fundamentals and Applications*. ISBN 0-8342-1321-4

### 38.5 External links

- Ethnic fried doughs around the world

# Chapter 39

## List of egg dishes

This is a **list of egg dishes**. Eggs are laid by females of many different species, including birds, reptiles, amphibians, and fish, and have been eaten by mankind for thousands of years.\* [1] Bird and reptile eggs consist of a protective eggshell, albumen (egg white), and vitellus (egg yolk), contained within various thin membranes. Popular choices for egg consumption are chicken, duck, quail, roe, and caviar, but the egg most often consumed by humans is the chicken egg, by a wide margin.

### 39.1 Egg dishes

### 39.2 See also

- List of egg topics

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# **Chapter 40**

## **List of cookies**

This is a list of cookies (American English), also called biscuits (British English). Cookies are typically made with flour, egg, sugar, and some type of shortening such as butter or cooking oil, baked into a small, flat shape.

### **40.1 Cookies and biscuits**

### **40.2 See also**

- List of cookie sandwiches
- List of candies
- List of desserts
- List of pastries

### **40.3 References**

# Chapter 41

## List of deep fried foods



Potato chips being deep fried



The finished product

This is a **list of deep fried foods and dishes**. Deep frying is a cooking method in which food is submerged in hot fat e.g. oil. This is normally performed with a deep fryer or chip pan; industrially, a pressure fryer or vacuum fryer may be used. Deep frying is classified as a dry cooking method because no water is used. Due to the high temperature involved and the high heat conduction of oil, it cooks food extremely quickly.



*Bánh rán* is a deep-fried glutinous rice ball from southern Vietnamese cuisine



*Breaded cutlet* is a popular dish worldwide

### 41.1 Deep fried foods

- Aburaage
- Arancini
- Bacalaíto
- Banana chip
- Banana cue
- Bánh
- Bánh rán
- Batata vada
- Beguni
- Bhajji
- Bhatoora
- Bife a cavalo
- Bikaneri Bhujia



*Deep fried calamari*



*French fries being deep fried*



*Jalebi being deep fried*

- Bitterballen
- Blooming onion
- Bonda
- Boondi
- Breaded cutlet
- Menchi-katsu
- Buffalo wing
- Bugak
- Cassava-based dishes
- Cactus fries
- Calamari
- Calas (food)
- Camaron rebosado
- Camote cue
- Carrot chips
- Caçaval pane
- Cheese
  - Fried cheese curds
  - Mozzarella sticks
  - Czech *Smažený sýr*
  - Slovakian *Vyprážaný syr*
- Chicharrón
- Chicken fried bacon
- Chicken fried steak – sometimes deep fried
- Chifle
- Chimichanga



*Onion rings are a form of hors d'oeuvre or side dish that generally consist of a cross-sectional, deep fried ring of onion*

- Chugchucaras
- Clam cake
- Corn dog
- Corn fritter
- Coxinha
- Crab puff
- Crab rangoon
- Creier pane
- Crinkle-cutting
- Crispy tadyang ng baka
- Croquette
- Doughnuts
- Egg roll
- Emping
- Falafel
- Far far
- Finger steaks
- Fish and chips
- French fries
- Fried clams
- Fried Coke
- Fried dough
- Fried mushrooms
- Fried pickle
- Fried prawn
- Fried sweet potato
- General Tso's chicken
- Gobi manchurian
- Gulha
- Fried ice cream
- Jalapeño popper
- Jalebi
- Jau gok
- Kakara pitha
- Karaage
- Karinto
- Kelewele
- Keripik sanjay
- Khapsey
- King Rib
- Klenät
- Kluklu
- Kokis
- Kripik
- Krupuk
- Lángos
- Luchi
- Mandazi
- Deep-fried Mars bar
- Maruya (food)
- Mianwo
- Namak para
- Noodles
- Offal
- Onion ring
- Okra
- Oreilles de crisse
- Pakora
- Panipuri
- Panzarotti
- Papad
- Pastie
- Patra (dish)
- Deep-fried peanuts
- Peixinhos da horta
- Deep-fried pizza
- Pommes dauphine
- Pork intestines
- Potato chip
- Prawn cracker
- Puri (food)
- Rambak petis

- Ripper (hot dog)
  - Rissole
  - Rocky Mountain oysters
  - Sabudana vada
  - Savoury pattie
  - Scotch egg
  - Scraps (batter)
  - Sev (food)
  - Shankarpali
  - Sorullos
  - Spam fritter
  - Struffoli
  - Sufganiyah
  - Supplì
  - Swikee
  - Taro dumpling
  - Tater Tots
  - Tempura
  - Toasted ravioli
  - Toobs
  - Topote
  - Tortilla chip
  - Tostones
  - Triple Cooked Chips
  - Turkey
  - Deep-fried Twinkie
  - Wonton noodles
  - Ying Yang fish
  - Deep fried foods
  - Aburaage is a Japanese food product made from soybeans. It is produced by cutting tofu into thin slices and deep frying first at 110~120 °C, and then again at 180~200 °C.
  - A blooming onion consists of one large onion which is cut to resemble a flower, battered and deep-fried.
  - Chicken fried bacon
  - Fish and chips
  - Gobi manchurian is an Indian Chinese fried cauliflower food item popular in India.\*[1]
  - Mozzarella sticks are a type of deep fried cheese
  - Deep fried papad being prepared at an exhibition in Guntur, India
  - Deep-fried pizza
  - Deep fried pork intestines
  - Toasted ravioli is an appetizer created and popularized in St. Louis, Missouri.
  - Struffoli is a Neapolitan dish made of deep fried balls of dough about the size of marbles.
  - Deep fried turkey can be prepared using a turkey fryer
  - A deep-fried Twinkie
  - *Si khrong mu thot* are Thai deep fried pork ribs
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## 41.2 By main ingredient

### 41.2.1 Chicken

See also: [List of chicken dishes](#)

- Barberton chicken
- Cashew chicken, Springfield-style (regular cashew chicken is stir-fried)
- Chicken 65
- Chicken fingers
- Chicken lollipop
- Chicken nugget – sometimes deep fried
- Chicken with chilies
- Crispy fried chicken
- Fried chicken
- Orange chicken
- Parmo
- Sesame chicken
- Springfield-style cashew chicken
- Fried chicken

### 41.2.2 Tofu

See also: List of tofu dishes



*Tahu sumedang* is a Sundanese deep fried tofu from Sumedang, West Java.

- Agedashi tofu
- Stinky tofu - sometimes deep fried
- Tahu goreng
- Tahu sumedang

## 41.3 By cuisine

### 41.3.1 Chinese cuisine

Cantonese



*Youtiao* (fried dough or bread)

- Zaa Leung

- Yau Zaa Gwai (youtiao)
- Dace fish balls
- Deep-fried marinated pigeon

### 41.3.2 Japanese cuisine

- Agemono (揚げ物): Deep-fried dishes
  - Karaage (唐揚げ) : bite-sized pieces of chicken, fish, octopus, or other meat, floured and deep fried. Common izakaya (居酒屋) food, also often available in convenience stores.
  - Nanbanzuке (南蛮漬け): marinated fried fish.
  - Korokke (croquette コロッケ): breaded and deep-fried patties, containing either mashed potato or white sauce mixed with minced meat, vegetables or seafood. Popular everyday food.
  - Kushikatsu (串カツ): skewered meat, vegetables or seafood, breaded and deep fried.
  - Tempura (天ぷら): deep-fried vegetables or seafood in a light, distinctive batter.
  - Tonkatsu (豚カツ): deep-fried breaded cutlet of pork (chicken versions are called chicken katsu).
- Agedashi dofu (揚げ出し豆腐): cubes of deep-fried silken tofu served in hot broth.

- Korokke is the Japanese name for a deep-fried dish originally related to a French dish, the croquette.
- Skewers of *kushikatsu* with miso sauce
- Tempura being prepared
- *Ebi* tempura

### 41.3.3 Thai cuisine

Main: List of Thai dishes – Deep-fried dishes

## 41.4 See also

- Frietmuseum
- List of fried dough foods
- List of hors d'oeuvre

## 41.5 References

### 41.6 External links

- Media related to Deep-fried food at Wikimedia Commons

## Chapter 42

### List of Israeli dishes



*Shakshouka served in a pan*



*St. Peter's fish (tilapia) in a restaurant in Tiberias, Israel*

The following is a **list of Israeli dishes**. For the cuisine, see Israeli cuisine.

#### 42.1 Main dishes



*Kubbeh matfuniya*

- Jerusalem mixed grill - an Israeli invented dish from Jerusalem, It consists of chicken hearts, spleens and liver mixed with bits of lamb cooked on a flat grill, seasoned with onion, garlic, juniper berries, black pepper, cumin, turmeric and coriander, it is served with rice, mujaddara or bamia
- *Chicken drumsticks with couscous and vegetables*



*Shashlik*

- *Chicken drumsticks with ptitim in ras el hanout*
- *Of Memula* - Stuffed Chicken with Rice, Mujaddara or Ptitim
- *Kubba bamia* - Traditional Iraqi Jewish dish made from Kubba with red soup and small okra stews
- *Kubba shwendar* - Traditional Iraqi Jewish dish made from Kubba with purple soup and sliced beet
- *Kubba matfuniya* - Kurdish Jewish red kubba soup
- *Kubba hamusta* - Kurdish Jewish variation of kubba soup

*Hamin*

- *Kubba Yerushalmi (Jerusalem kubba)* - a Kurdish kubba variation invented in Jerusalem
- *Romanian kebab*
- *Iraqi kebab* - Middle Eastern Kebab in Israel it's called Iraqi Kebab because of Iraqi Jews who brought the recipe with them.
- *Shish kebab* - Middle Eastern Kebab on skewers
- *Shish taouk* - Chicken pieces on skewers
- *Shashlik*
- *Bamia* with hot tomato souce
- *Charime* - Moroccan spicy fish
- *Tilapia* - St. Peter's fish, eaten in Israel and especially in Tiberias area
- *Merguez* - North African spicy sausage, mainly grilled in Israel
- *Hummus im basar* - Hummus with a minced meat above it with olive oil and pine nuts
- *Shakshouka* - a dish of eggs poached in a sauce of tomatoes, chili peppers, and onions, often spiced with cumin
- *Sephardic Jerusalem Sofrito* - Traditional Sephardic Jerusalem dish made by Sephardic Jews after expulsion from Spain during the 15th century
- *Yemenite Bean Soup*
- *Yemenite Leg Soup*
- *Schnitzel*
- *Stuffed Pepper Schnitzel*
- *Stuffed Corn Schnitzel*
- *Mulukhiyah*

- *Brik*
- *Malawach* - Yemeni big bread eaten with fresh grated tomato and skhug
- *Matzah balls soup*

#### 42.1.1 Hamin/Cholent main dishes for Shabbat

*Jachnun plate*

- *Cholent* - Ashkenazi dish
- *Hamin* - Sephardic dish
- *Hamin Macaroni* - Traditional Sephardic Jerusalemitic dish
- *Taris* - Yemenite Jewish dish
- *Tbiet* - Iraqi Jewish dish
- *Dafina* - North African Jewish dish
- *Shahina* - another North African Jewish dish
- *Matfuniya* - Kurdish Jewish dish

#### 42.1.2 Other Shabbat dishes

- *Jachnun* - Yemenite Jewish pastry served at Shabbat morning with fresh grated tomato and skhug
- *Sabich* - among Iraqi Jews only
- *Iraqi red rice* with fresh yogurt/labneh

## 42.2 Side dishes

- *Ptitim* \*[1]
- *Couscous*



Mujaddara

- *Mujaddara* - Lentil and bulgur casserole
- *Kichree*
- *Iraqi red rice*
- *Aley gefen memula'im* - Stuffed vine leaves
- *Pire* - Mashed potatoes

### 42.2.1 Salads



Israeli eggplant salad with mayonnaise

- *Israeli salad* - made with tomatoes, cucumbers, onions, parsley
- *Salat hatzlim b'mayonnaise* - contains fried eggplant, mayonnaise, garlic
- *Tabbouleh* - Parsley and bulgur salad with diced tomatoes, onions and lemon juice
- *Baba ghanoush* - Aubergine salad
- *Hummus* - Ground garbanzo beans with tahina and olive oil
- *Fattoush* - Mixed leaf vegetable salad with pita bread pieces and sumac

- *Ful medames* - Ground fava beans and olive oil
- *Masbaha*
- *Matbucha* - cooked dish of tomatoes and roasted bell peppers seasoned with garlic and chili pepper.
- *Turkish salad*
- *Moroccan spicy carrot salad*
- *Greek salad*
- *Sabich salad* - rural sabich dish that made as salad, the ingredients of it are almost the same as of the Sabich itself despite the Hummus and the Pita bread

### 42.2.2 Cheeses and yogurts



Safed cheese

- *Safed cheese* - Israeli semi-hard salty sheep milk cheese
- *Labneh* - Strained yogurt
- Cottage cheese
- Feta cheese
- Bulgarian cheese
- *Halloumi*
- *Gvina levana* - Israeli quark cheese, is sold in different fat content variations (1/2%, 3%, 5% and 9%)
- Emek cheese - Finely sliced Edam-like cheese

### 42.3 Spices and condiments

- *Tunisian Haroset*
- *Ras el hanout*
- *Za'atar*

*Skhug*

- *Sumac*
- *Baharat*
- *Hawaij*
- *Filfel chuma*
- *Tahini*
- *Skhug*
- *Harissa*
- *Amba*

## 42.4 Breads

### 42.4.1 Breads

*Pita in the marketplace*

- *Taboon bread*
- *Pita*

- *Challah*
- *Lahoh* - Yemenite bread
- *Kubaneh* - Yemenite Jewish bread
- Sliced bread
- *Injera* - among Ethiopian Jews
- Baguette
- *Mofletta*
- *Matzah*

### 42.4.2 Bread dishes

*Sabich*

- *Falafel* (could be served plain) - Fried hummus, spice and parsley ball
- *Shawarma* - Pita bread roll of meat, tahini and various vegetables, in Israel it is also served with Amba condiment
- *Pita afuya im za'tar* - Taboon bread topped with za'atar and olive oil
- *Sambusak* - Fried dough balls stuffed with meat and onion or with cheese
- *Jerusalem mixed grill* - can be served in pita or laffa
- *Bagel toast*
- *Tunisian sandwich*
- *Sabich* - Israeli dish served in pita bread, traditionally contains fried eggplant, hard boiled eggs, hummus, tahini, Israeli salad, potato, parsley and amba. Traditionally it is made with haminados eggs, slow-cooked in Hamin until they turn brown. Sometimes it is doused with hot sauce and sprinkled with minced onion.

- *Lahmacun* - round, thin piece of dough topped with minced meat (most commonly beef and lamb) and minced vegetables and herbs including onions, tomatoes and parsley, then baked.
- *Havita b'laffa* - Omelette in a Taboon bread, served with Hummus or Labneh.
- *Schnitzel b'pita* - Schnitzel in Pita bread, served with Hummus or Ketchup

## 42.5 Snacks



*Falafel balls*

- *Falafel*
- *Fried Kubba*
- Home fries
- *Bamba*
- *Bourekas with minced Safed cheese*
- *Bourekas with minced meat and mushrooms*
- *Labneh b'laffa* - Strained yogurt in a Taboon bread - morning snack
- *Sufganiyah*

## 42.6 Sweets and desserts

- *Baklava*
- Watermelon with *Sirene* or *Safed cheese*
- *Zangula*
- *Rugelach*
- *Halva*
- *Hamantash*
- *Ma'amoul*



*Baklava*

- *Malabi*
- *Malabi Sampler*
- *Milky* - Chocolate pudding

## 42.7 Beverages



*Limonana*

- *Arak* - Anise flavored alcoholic beverage
- Turkish coffee
- *Sahlab* - boiled milk with starch, covered with smashed coconut and cinnamon
- *Limonana* - type of lemonade made from freshly-squeezed lemon juice and mint leaves

- Vodka - distilled beverage composed primarily of water and ethanol, sometimes with traces of impurities and flavorings.
- Beer
- Tea

## 42.8 Other

- Israeli breakfast
- *Shkedei Marak*
- *Jerusalem kugel* - Israeli traditional variation of Ashkenazi dish Kugel.
- *Kugel*

## 42.9 See also

- Israeli cuisine
- Kosher restaurant
- Middle Eastern cuisine

## 42.10 References

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# Chapter 43

## List of fish dishes

See also: List of seafood dishes

This is a **list of notable fish dishes**. The word “fish” refers to both the animal and to the food prepared from it. In culinary and fishery contexts, the term fish also includes shellfish, such as molluscs, crustaceans and echinoderms. Fish has been an important source of protein for humans throughout recorded history.

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### 43.1 Fish dishes

#### 43.1.1 A

- À l'amiral
- Ackee and saltfish
- Acqua pazza
- Agujjim
- Amplang
- Arsik
- Asam pedas
- Aseed



*Asam pedas prepared with giant gourami*



*Baccalà alla vicentina is a Venetian-Italian dish native to Vicenza that is made from stoccafisso (stockfish)*

### 43.1.2 B

- Bacalaíto
- Bacalhau à Brás
- Bacalhau à Gomes de Sá
- Bacalhau à Zé do Pipo
- Bacalhau com natas
- Bacalhau com todos



*Baccalà alla lucana, traditional recipe from Basilicata*

- Baccalà alla vicentina
- Baccalà alla lucana
- Bánh canh
- Bermuda fish chowder
- Blackening (cooking)
- Bombay duck
- Bouillabaisse
- Bourdetto
- Brandade
- Brathering
- Brudet

### 43.1.3 C



*Canh chua is a sour soup indigenous to the Mekong Delta region of southern Vietnam. It is typically made with fish from the Mekong River Delta and additional ingredients*

- Cabbie claw
- Caldeirada



*Ceviche* is typically made from fresh raw fish cured in citrus juices, such as lemon or lime, and spiced with ají or chili peppers.

- Caldillo de congrio
- Canh chua
- Cappon magro
- Catfish stew
- Ceviche
- Chhencheda
- Cioppino
- Coulibiac
- Crappit heid
- Cullen skink

#### 43.1.4 D

- Dojo nabe
- Dressed herring

#### 43.1.5 E

- Encebollado
- Eomandu
- Escabeche
- Esgarrat
- Esqueixada



*Fish and chips in Edinburgh, Scotland*



*Fish chowder*

#### 43.1.6 F

- Fischbrötchen
- Fish and brewis
- Fish and chips
- Fish ball
- Fish boil
- Fish chowder
- Fish finger sandwich
- Fish head casserole
- Fish head curry
- Fish moolie
- Fish pie
- Fish soup
- Fish steak
- Fish tea
- Fishcake
- Fisherman's soup

**43.1.7 H**

- Herring soup
- Hongeohoe
- Huachinango a la Veracruzana

**43.1.8 I**

*Ikan goreng* is a generic term that refers to various kinds of Indonesian and Malaysian dishes of deep fried fish or other forms of seafood.

- Ikan bakar
- Ikan goreng

**43.1.9 J**

- Janssons frestelse

**43.1.10 K**

- Kaeng som
- Kakavia (soup)
- Kalakukko
- Kedgeree
- Kilawin
- Kuai (dish)

**43.1.11 L**

- Laulau
- Lohikeitto
- Loimulohi
- Lutefisk



*Lohikeitto* is a common dish in Finland and other Nordic countries that consists of salmon fillets, boiled potatoes and leeks. <sup>\*[1]</sup> [1]

**43.1.12 M**

- Maachha Bihana
- Maeuntang
- Mangalorean Bangude Masala
- Masgouf
- Mohinga
- Moqueca

**43.1.13 N**

- Nanbanzuke
- Salad Niçoise

**43.1.14 O**

- Odorigui

**43.1.15 P**

- Paling in 't groen
- Paprykarz szczeciński
- Pastéis de Bacalhau
- Pastilla
- Pira caldo
- Poke (Hawaii)
- Pompano en Papillote
- Portuguese asado
- Psarosoupa



*Paling in 't groen* is a Flemish regional dish, mainly from the area along the River Scheldt between Dendermonde and Antwerp. The Dutch language name (literally 'Eel in the Green') refers to freshwater eel in a green herb sauce.<sup>\*[2]\*[3]</sup>

### 43.1.16 Q

- Quenelle

### 43.1.17 R

- Rakfisk
- Rollmops
- Run down

### 43.1.18 S



*Seafood birdsnest* is a common Chinese cuisine dish found in Hong Kong, China and most overseas Chinatown restaurants.

- Sambal stingray
- Saramură
- Sata (food)
- Sate Bandeng

- Seafood birdsnest
- Seafood dishes
- Shark chutney
- Sliced fish soup
- Sole meunière
- Stamp and Go
- Stargazy pie
- Steckerlfisch
- Sungeoguk

### 43.1.19 T



*Tekwan* is a fish soup of Palembang, Indonesia prepared with fishcake.

- Tekwan
- Thieboudienne
- Tiradito
- Topote
- Tsukune

### 43.1.20 U

- Ukha

### 43.1.21 W

- Waterzooi

### 43.1.22 Y

- Yassa (food)
- Ying Yang fish



*Ukha* is a clear Russian soup, made from various types of fish such as bream, wels catfish, or ruffe.

### 43.1.23 Raw fish dishes

Main article: List of raw fish dishes

### 43.1.24 Salmon dishes



*Halved smoked salmon in a salmon smokehouse*

- B.C. roll
- Cured salmon
- Gravlax
- Lomi salmon
- Lox
- Rui-be
- Salmon burger
- Salmon pie
- Smoked salmon
- Smoked salmon cheesecake
- Tekkadon
- Yusheng
- Cakalang fufu
- Garudiya
- Gulha
- Maldives fish
- Mas huni
- Mas riha
- Rihaakuru
- Tekkadon
- Tuna casserole
- Tuna fish sandwich
- Tuna Helper
- Tuna pot
- Tuna salad

### 43.1.25 Tuna dishes



*Tuna fish sandwiches*

- ### 43.2 By country
- #### 43.2.1 India
- Dahi machha



*Machh bhaja* is a traditional Bengali and Oriya spicy fish stew.

- Fish moolie
- Machh bhaja
- Machher Jhol
- Malabar matthi curry
- Panta bhat
- Patra ni machhi

### 43.3 See also

- List of fish sauces
- List of seafood dishes
- List of seafood restaurants
- List of seafood companies
- List of beef dishes
- List of chicken dishes
- List of lamb dishes
- List of pork dishes
- Teng Feng Fish Ball Museum

### 43.4 References

- [1] Beatrice A. Ojakangas, (1992), "Scandinavian feasts: celebrating traditions throughout the year", Minessota Pres, pp:220
- [2] Paling in 't groen, Visit Flanders US (Retrieved 30 June 2011)
- [3] Paling in 't groen, een klassieker uit de Scheldestreek! (in Dutch), Wijzer(s).be (Retrieved 29 June 2011)

### 43.5 External links

- Media related to Fish-based food at Wikimedia Commons
- Media related to Salmon dishes at Wikimedia Commons
- Media related to Tuna dishes at Wikimedia Commons

## Chapter 44

### List of Christmas dishes



An oven-roasted brine-soaked turkey.



Fruit cake

This page is a **list of Christmas dishes** as eaten around the world. These food items are traditionally eaten at or associated with the **Christmas** season.

#### 44.1 Albania

- Traditional Albanian pumpkin and walnut pie –  
Byrek me kungull dhe arre

This is a traditional Albanian pie cooked usually on Christmas Eve, especially in Catholic families. The ingredients are wheat flour, pumpkin, walnuts, vegetable oil (if fasting is considered) or butter, a pinch of salt and black pepper. Sometimes oregano is added. The pastry layers are traditionally homemade, filled with baked

pumpkin mixture, which contains butter, salt and pepper. On top of the mixture, chopped walnuts are sprinkled. Layers are then folded up, put on a flat baking dish in a circular shape and baked. It makes a very delicious and light side dish for Christmas or any other occasion.

#### 44.2 Argentina



Vitel toné

- Vitel toné\* [1]\* [2]\* [3]
- Turrón\* [3]\* [4]
- Pan dulce\* [5]

- Asado (beef, chicken, calf, lamb, suckling pig)\*[6]\*[7]\*[8]\*[9]
- Cider (apple, pineapple) and sparkling wine\*[3]\*[8]
- Budín\*[7]\*[8]
- Salads\*[3]\*[7]
- Pionono\*[3]\*[10]
- Russian salad\*[10]
- Matambre\*[10]
- Lengua a la vinagreta\*[10]\*[11]
- Garrapiñadas\*[7]\*[8]\*[11]
- Waldorf salad\*[3]
- Sandwiches de migas\*[11]
- Roast chicken, ham and turkey\*[12]
- Stuffing\*[13]
- Christmas cake or Christmas pudding\*[12]
- Custard
- Gingerbread in Christmas shapes
- Christmas damper - in wreath or star shape, served with butter, jam, honey or golden syrup. Made in the Australian bush in the 19th century.\*[14]
- lollies, such as rocky road; rum balls; candy canes
- Champagne
- Trifle
- Pavlova\*[13]
- prawns
- Mince pies

### 44.3 Australia



*Candy Cane can be hung as edible decorations.*

- Cold ham and cold turkey\*[12]
- Seafood and salads\*[12]

### 44.4 Belgium

- Cougnou (with various like *cougnole*), sweet bread in the form of the infant Jesus\*[15]

### 44.5 Brazil

- Lombo à Califórnia - pork loins
- Rabanada - French toast
- Pernil - roast pork
- Perú - roast turkey
- Bacalhau - codfish
- Farofa - raw manioc flour roasted with butter, salt, bacon or smoked meat, and spices, with a smoky and slightly salty taste
- Brazil nut
- Panettone

### 44.6 Canada

- Apple cider
- Bûche de Noël
- Butter tarts
- Candy canes
- Christmas pudding



Gingerbread house

- satsumas
- Doughnuts
- Eggnog
- Fruitcake
- **Gingerbread**, often in the form of a Gingerbread house or Gingerbread man
- Mixed nuts in the shell and spiced nuts
- Tourtière (pâté à la viande and Saguenay-Lac-Saint-Jean varieties)
- Pumpkin pie
- Mince pie
- Roasted turkey
- Shortbread
- Stuffing
- Trifle
- Cranberry sauce

## 44.7 Chile

- **Cola de mono** - (Literally, “Monkey's Tail) A Chilean Christmas beverage, with aguardiente, milk, coffee, and flavoured with vanilla and cloves\*[16]



Pan de pascua

- Pan de Pascua - Chilean Christmas sponge cake flavoured with cloves and with bits of candied fruits, raisins, walnuts and almonds.\*[17]
- Roasted turkey
- Ponche a la romana - Eggnog-style beverage made of champagne and pineapple-flavoured icecream.

## 44.8 Colombia



Colombian Buñuelos



Colombian natilla

Colombian Christmas dishes are mostly sweets and desserts. Some of the most popular dishes include:

- Buñuelos
- Natilla
- Manjar blanco
- Hojaldres
- Brevas dessert with cheese
- Christmas cookies
- Sweet bread filled with fruits like raisins and raspberries.

## 44.9 Cuba

- Crema De Vie - Cuban eggnog, made with condensed milk, rum, sugar syrup, lemon rind, cinnamon, and egg yolk.
- Majarete - corn pudding made with coconut milk, fresh corn, cornstarch, milk, water, vanilla, cinnamon and sugar
- Platillo Moros y Cristianos
- Lechon asado
- Turrón

## 44.10 Czech Republic



*Christmas cookies (vánoční cukroví)*

- Vánoční rybí polévka - Christmas fish soup
- Carp

- Potato salad with mayonnaise, hard-boiled eggs and boiled vegetables
- Vánoční cukroví - Christmas cookies
- Fruitcake
- Gingerbread

The traditional meal (served as dinner on Christmas Eve) consists of either fish soup or pea soup and fried fish (traditionally carp) served with potato salad. The recipe for potato salad differs slightly among every Czech family. The main ingredients are: potato cooked with jacket, canned peas, onions, cooked carrots, parsley and celery, pickled gherkins, cooked eggs and mayonnaise. Some families may add grated apples or salami. The best potato salad is prepared a day before Christmas Eve so that all the ingredients can “mellow” for a day. The Christmas dinner should be the first food consumed that day. Those who do not break the Christmas shrove are believed to be able to see a golden pig on a wall.

Before the Christmas holidays, many kinds of sweet biscuits are prepared. The Christmas cookies are then served during the whole Christmas period and exchanged among friends and neighbours. Very popular is also a preparation of small ginger breads garnished by sugar icing.

## 44.11 Denmark

Main article: Danish cuisine

- Æbleskiver - traditional Danish spherical pancakes (a type of doughnut with no hole), sprinkled with powdered sugar and served with raspberry or strawberry jam
- Roasted chestnuts with salt and butter
- boiled whole potatoes
- Brun sovs (brown sauce) - a traditional dark gravy, used to cover meat dishes like roasted pork and duck (*flæskesteg, andesteg*) and the boiled potato
- Brunede kartofler - caramelised potatoes
- Julebryg - Christmas beer<sup>\*[18]</sup>
- gløgg - mulled red wine combined with spices, sugar, raisins and chopped almonds typically served warm.
- risalamande - rice pudding. A dish made from rice, whipped cream and almonds, served cold with cherry sauce (*kirsebærsauce*)<sup>\*[19]\*[20]</sup>
- Flæskesteg - roast pork with cracklings



Danish Christmas meal

- Andesteg - roast duck with apple and prune stuffing
- Rødkål - red cabbage pickled, sweet-sour red cabbage served hot as a side dish
- Christmas cookies - Vaniljekranse, klejner, jødeklager, pebernødder, honningkager og finskbrød.
- Konfekt, marzipan, caramelised fruits, nougat and chocolate-covered nuts.

## 44.12 Dominican Republic

- Moro de guandules con coco - rice with pigeon peas and coconut milk
- Ensalada verde - Iceberg lettuce, onions, cucumber and tomatoes salad
- Russian potato salad
- Macaroni salad
- Pasteles de hojas - a root tamales recipe and Christmas tradition adopted from Puerto Rico
- Pig roast
- Pollo al Horno - Roasted Chicken

- Telera - Dominican bread similar to Mexican Telera

Drinks:

- Anís del Mono - a Spanish anise-flavored liquor that's very popular around Christmas time
- Eggnog - with rum rather than brandy
- Jengibre - Ginger tea is popular all over the Caribbean on Christmas (except Cuba and Puerto Rico). It is traditionally served hot with cinnamon
- Red wine

Desserts:

- Vaniljekranse - classic Christmas butter cookies from Denmark
- Fruit platter - consists of oranges, apples, bananas, grapes, and mangos
- Cheese and guava platter - a platter with squared white cheese, yellow potato cheese, soda crackers, and guava paste chunks
- Bread pudding
- Majarete - corn pudding made with coconut milk, fresh corn, cornstarch, milk, water, vanilla, cinnamon and sugar

## 44.13 Finland

Main article: [Cuisine of Finland](#)

Christmas smorgasbord from Finland, "Joulupöytä",



A *Karelian* pastry

(translated “Yule table”), a traditional display of Christmas food)<sup>\*[21]</sup> served at Christmas in Finland, similar to the Swedish *smörgåsbord*, including:



Mulled wine

- Christmas ham with mustard (almost every family has one for Christmas)
- turkey (*kalkkuna*)
- Freshly salted salmon (*gravlax graavilohi*) and whitefish *graavisiika*
- Pickled herring in various forms (tomato, mustard, *matjes* or onion sauces)
- Lutefisk and Béchamel sauce\*[21]
- whitefish and pikeperch
- Liver casserole
- Potato casserole\*[21] (sweetened or not, depending on preference)
- Boiled potatoes
- Carrot casserole\*[21]
- Rutabaga casserole (*lanttulaatikko*)\*[21]
- Rosolli (salad from boiled beetroots, carrots, potatoes, apples and pickled cucumber. If served with herring, it becomes herring-salad, *sillisalaatti*)
- Various sauces
- Assortment of cheese, most commonly (*leipäjuusto*) and Aura (*aura-juusto*)
- Christmas bread, usually sweet bread (*Joululimppu*)
- Karelian pasties, rice pasties, served with egg-butter (*Karjalanpiirakka*)

Other meat dishes could be:

- Karelian hot pot, traditional meat stew originating from the region of Karelia (*Karjalanpaisti*)
- Reindeer (in northern Finland) (*poro*)

- Cold smoked salmon (*kylmäsavulohi*)

Desserts:

- Rice pudding or rice porridge topped with cinnamon, sugar and cold milk or with mixed fruit soup (*riisipuuro*)
- Gingerbread,\*[21] sometimes in the form of a gingerbread house or gingerbread man (*piparkakut*)
- Chocolate (given as presents, eaten in-between meals, called *suklaa*)
- Prune jam pastries (*Joulutortut*)\*[21]
- Mixed fruit soup or prune soup (*sekahedelmäkiisseli, luumukiisseli*)

Drinks:

- Glogg or mulled wine (*glögi*)
- Christmas beer (*Jouluolut*); Koff and Lapin Kulta have Christmas versions
- Home beer (non-alcoholic beer-like drink) (*kotikalja*)
- Red wine (*punaviini*)
- Marski's tipple (akvavit, vermouth and gin) (*Marskin ryppy*)
- Sour milk (often drunk by older people)

## 44.14 France



Foie gras en cocotte

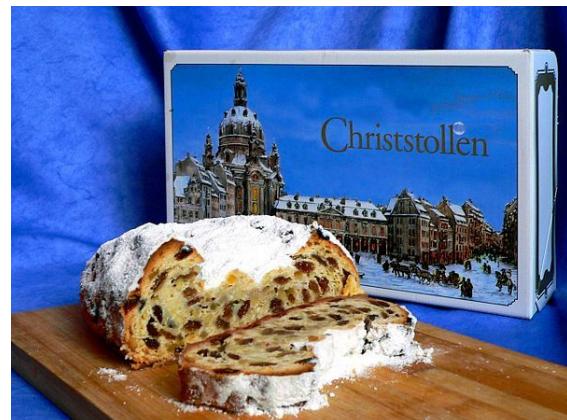
- Oysters\*[22]
- Foie gras\*[22]

- Smoked salmon
- Crêpes (Brittany)\*[23]
- chapon (roasted chicken)
- dinde aux marrons (chestnut-stuffed turkey)
- Ganzeltopf (goose) (Alsace)\*[22]
- Bûche de Noël.\*[24]



Kouglof

- Kouglof (Alsace)
- Thirteen desserts (Provence):\*[22] The *thirteen desserts* are the traditional Christmas dessert in the French region of Provence. The Christmas supper ends with 13 dessert items, representing Jesus Christ and the 12 apostles. The desserts are traditionally set out Christmas Eve and remain on the table three days until December 27.\*[25]
- \* Walnut
- \* Quince cheese\*[25]
- \* Almond
- \* Raisin
- \* Calisson of Aix-en-Provence
- \* Nougat blanc
- \* Nougat noir au miel
- \* Apple
- \* Pear
- \* orange
- \* Winter melon
- \* fougasse (Provençal bread)

A *Christmas Stollen*

## 44.15 Germany

- Christstollen\*[26] Stollen is a fruitcake with bits of candied fruits, raisins, walnuts and almonds and spices such as cardamom and cinnamon; sprinkled with confectioners sugar. Often there's also a core of marzipan.\*[27]
- Pfefferkuchenhaus - a gingerbread house decorated with candies, sweets and sugar icing (in reference to the gingerbread house of the fairy tale Hänsel and Gretel)
- Printen\*[28]
- Oblaten Lebkuchen
- Springerle
- Weihnachtsplätzchen (Christmas cookies)
- Carp
- Roast goose
- Venison - e.g. meat of roe deer usually served with red cabbage, brussels sprout and lingonberry sauce
- Herring salad - salad of pickled or soused herring, beetroot, potatoes, apple
- Kartoffelsalat (potato salad) with Wurst (sausages) is traditionally eaten in northern Germany for supper on Christmas Eve
- Schäufele (a corned, smoked ham) usually served with potato salad in southern Germany for dinner on Christmas Eve.
- Weisswurst - sausages with veal and bacon, usually flavored with parsley, lemon, mace, onions, ginger and cardamom
- Feuerzangenbowle
- Glühwein (hot spiced wine)

## 44.16 Guatemala

- Tamales
- Ponche (Christmas fruit punch served hot with lots of fruits)
- pavo (Turkey)
- Buñuelos (Fluffy sweet dessert made with corn with maple syrup)
- Chicken (Prepared with different stuffings and accompanied with various side dishes such as salads or rice)



## 44.17 Hong Kong

- Ginger bread
- roasted turkey
- roasted chicken

## 44.18 Hungary



Töltött káposzta

- Fish soup (*halászlé*) various recipes
- Stuffed cabbage (*töltött káposzta*)
- Roast goose
- Roast duck
- Pastry roll filled with walnut or poppy seed (*bejgli*)
- Bread pudding with poppy seed (*mákos guba* or *bobájka*)
- Szaloncukor

Möndlugratur

## 44.19 Iceland

- Hamborgarhryggur, a smoked, cured pork roast.
- Ptarmigan, gamebird in the grouse family.
- Hangikjöt
- Oven-roasted turkey
- Möndlugratur - a Christmas rice pudding with an almond hidden inside (the same as the Swedish Julgröt)
- Caramelised potatoes, Icelandic. *Brúnaðar kartöflur* (same as in Danish cuisine).
- Pickled red cabbage
- *Smákókur* - small cookies of various sorts
- Laufabrauð - round, very thin flat cakes with a diameter of about 15 to 20 cm (6 to 8 inches), decorated with leaf-like, geometric patterns and fried briefly in hot fat or oil.

## 44.20 India

- Allahabadi cake.\*[29]
- Christmas cake - a type of fruit cake.\*[30]
- Chocolate Fudge.\*[31]
- Cupcake.\*[32]
- Doughnut.\*[32]
- Mathri - a traditional flaky biscuit.
- Neureos - a kind of dumpling made of semolina, khoa and nutlet.\*[31]

## 44.21 Italy

Main article: Italian cuisine

- *Panettone* (Milan)<sup>\*</sup>[33]<sup>\*</sup>[34]
- Pandoro (Verona)
- Panforte (Tuscany)
- Prosecco (Veneto)
- Spumante (Piedmont)
- Struffoli (Naples)
- Pastiera (Naples)

## 44.22 Jamaica

- Christmas (fruit) cake or **black cake** - a heavy fruit cake made with dried fruit, wine and rum.
- **sorrel** - often served to guests with Christmas cake; Sorrel is made from the same sepals as Latin American drink “Jamaica,” but is more concentrated and usually flavored with ginger. Adding rum is traditional at Christmas time.
- Curry goat
- Rice and peas - a Sunday staple, at Christmas dinner is usually made with green (fresh) gungo (pigeon) peas instead of dried kidney beans or other dried legumes.
- Christmas ham
- Chicken

## 44.23 Japan

- Christmas cake - Different from a UK Christmas cake or American fruitcake, the Japanese style Christmas cake is often a white cream cake, sponge cake frosted with whipped cream, topped with strawberries and with a chocolate plate that says Merry Christmas,<sup>\*</sup>[35] though yule logs are also available.
- **KFC Fried Chicken** - With turkey as a dish being virtually unknown in Japan<sup>\*</sup>[36] the popularity of this item at Christmas is such that orders are placed as much as two months in advance.<sup>\*</sup>[37]

## 44.24 Lithuania

- Twelve-dish Christmas Eve supper - twelve dishes representing the twelve Apostles or twelve months of the year - plays the main role in Lithuanian Christmas tradition. The traditional dishes are served on December 24.
  - Poppy milk (*aguonų pienas*)
  - Slizikai ( or kūčiukai) - slightly sweet small pastries made from leavened dough and poppy seed
  - Auselės (Deep fried dumplings)
  - Herring with carrots (*silkė su morkomis'*)
  - Herring with mushrooms (*silkė su grybais'*)
  - Spanguolių kisielius - cranberry and milk sauce dessert

## 44.25 Malta

- Panettone from the Italian tradition
- fruit cake
- Christmas log a log (similar to a tree's) that is made from chocolate and candied fruits

## 44.26 Mexico



*Christmas roast*

- **pavo** - Stuffed, roasted Turkey served with gravy.
- **Ensalada de Noche Buena** - Christmas Eve Salad
- **Russian potato salad** - Side dish to turkey, particularly popular in northern states.
- **Bacalao** - cliffish or cod, traditionally eaten in the central and southern states of Mexico.

- **Romeritos** - also a Christmas tradition of the central region, romeritos are small green leaves of a particular type mixed generally with mole and potatoes; generally accompanied with “tortitas de camarón” (shrimp bread)
- **Tamales** - Tamales can sometimes replace the traditional Turkey or Bacalao with romeritos, particularly in northern and southern parts of Mexico.
- **Menudo** - A Christmas morning tradition in north-western states, menudo is a tripe and hominy soup, not to be confused with southern 'panzita'. Menudo is often prepared the night before (Christmas Eve) as its cooking time can take up to 5 hours.
- **Ponche** - a hot, sweet drink made with apples, sugar cane, prunes and *tejocotes*. For grown-ups, ponche is never complete without its “*pique*” - either tequila or rum
- **Marshmallow fruit salad** - marshmallow with fruit cocktail, sugar and sour cream. Sometimes dried coconut, ground cinnamon and/or nuts are also added.
- **Pineapple Upside-down cake** - Turned-over cake with cherries and pineapples.
- **Glazed ham** - Ham glazed with honey or sugar with cherries and pineapples on top.

## 44.27 New Zealand



*A homemade Christmas pavlova decorated with pomegranate seeds and Chantilly cream.*

- Pavlova
- Sausages
- Ham
- Turkey
- Strawberries

- Christmas Pudding
- Christmas mince pies
- Wine
- Chocolate
- Trifle
- Brandy Snaps
- Potato Salad

## 44.28 Norway



*Scandinavian-style gingerbread*

- **Akevitt** - Akvavit, a spirit flavored with spices like caraway and aniseed
- **Gløgg** - mulled wine
- **Julepølse** - Pork sausage made with powdered ginger, cloves, mustard seeds and nutmeg. Served steamed or roasted.
- **Lutefisk** - fish preserved with lye that has been washed and boiled
- **Pinnekjøtt** - salted, dried, and sometimes smoked lamb's ribs which are rehydrated and then steamed, traditionally over birch branches
- **svineribbe** - pork ribs roasted whole with the skin on, rather than spare ribs
- **Julegrøt** - Christmas rice porridge with an almond hidden inside
- **Julebrus** - is a Norwegian soft drink, usually with a festive label on the bottle. It is brewed by most Norwegian breweries, as a Christmas drink for minors.
- **Sossiser** - small Christmas sausages

- **Medisterkaker** - Large meatballs made from a mix of pork meat and pork fat
- **Rødkål** - sweet and sour red cabbage, as a side dish
- **Kålrabistappe** - Purée of **rutabaga**, as a sidedish to pinnekjøtt
- **Pepperkake** - gingerbread-like spice cookies flavoured with black pepper
- **Lussekatter** - St. Lucia Buns with saffron
- **Multekrem** – A dessert consisting of cloudberrries and whipped cream



*Large bibingka from the Philippines*

## 44.29 Panama

- Arroz con Pollo
- Tamales
- Ham
- Turkey
- Grapes
- Fruit cake
- Egg nog
- Potato salad
- Pan de Rosca
- Pan Bon

- **Bibingka** - traditional dessert made with rice flour, sugar, clarified butter and coconut milk. baked in layers and topped with butter and sugar.\* [39]
- Lechon
- Salads(either fruit, coconut or garden)
- **Pancit** - Filipino style noodle dish made with sliced meat and vegetables
- Morcon
- Mechado
- Caldereta

## 44.30 Paraguay

- Apple cider
- Roasted chicken
- Potato salad
- Roast pork
- Sopa paraguaya

## 44.32 Poland

12 dishes are served as a reminder of the 12 Apostles on Christmas Eve, 24 December. Polish people don't eat meat on this day, instead they choose from variety of fish and vegetable dishes. The meal begins when the first star is seen. An extra place is left at the table for an unexpected guest, and some hay is put under the table cloth as a reminder of the stable where Jesus was born.



*Barszcz with Uszka*

## 44.31 Philippines

- **Ham**\*[38]
- **Queso de bola** (**edam cheese**)\*[38]
- **Puto bumbong** - a purple-coloured Filipino dessert made of sweet rice cooked in hollow bamboo tubes placed on a special steamer-cooker. When cooked, they are spread with margarine and sprinkled with sugar and grated coconut.\*[39]

*Makowiec*

- barszcz (beetroot soup) with uszka (small dumplings) - a classic Polish Christmas starter.
- Carp with potato salad, carp in aspic etc. Carp provides the main component of the Christmas Eve meal across Poland.
- Śledzie - pickled herring
- Rollmops
- Pierogi with sauerkraut and forest mushrooms; filled with cottage cheese and potatoes
- Zupa rybna - fish soup
- Żurek - soup made of soured rye flour and meat
- Zupa grzybowa - mushroom soup made of various forest mushrooms
- Bigos - savory stew of cabbage and meat
- Kompot - traditional drink a light, refreshing drink most often made of dried or fresh fruit boiled in water with sugar and left to cool and infuse.
- Gołąbki - cabbage rolls
- Pieczarki marynowane - marinated mushrooms
- Łosoś - salmon, often baked or boiled in a dill sauce.
- Kopytka - potato dumplings
- Kartofle gotowane - simple boiled potatoes sparkled with parsley or dill
- Kulebiak - with fish or cabbage and wild mushrooms filling
- Ryba smażona or ryba po grecku - fried fish laid under layers of fried shredded carrots, onions, root celery and leek
- Sałatka jarzynowa - salad made with boiled potatoes and carrots with fresh peas, sweetcorn, dill cucumber, and boiled egg, mixed with mayonnaise

- Galaretka - jellied pig's feet or cold legs.
- Faworki - Angel wings
- Pączki
- Kutia - sweet grain pudding with dried fruits and various nuts / in the eastern regions (Białystok)
- Łamanięc - type of flat and rather hard pancake that is soaked in warm milk with poppy seeds. Eaten in eastern regions such as around Białystok
- Sernik - cheesecake
- Makowiec - poppy seed cake roll

#### 44.33 Portugal

*Bolo-Rei*

- Bacalhau – codfish
- Cabrito assado - roasted goat
- Borrego assado - roasted lamb
- Polvo cozido - boiled octopus
- Carne de Vinha d' Alhos - Mainly served in Madeira - Pork dish
- Bolo de mel - Mainly served in Madeira - Cake made with molasses

- **Bolo Rei** (King Cake) - a beautifully decorated fluffy fruitcake
  - **Bolo-Rei Escangalhado** (Broken King Cake) - it is like the first one, but has also cinnamon and chilacayote jam (doce de gila)
  - **Bolo-Rainha** (Queen Cake) - similar to Bolo-Rei, but with only nuts, raisins and almonds
  - **Bolo-Rei de Chocolate** - it is like the Bolo-Rei, but has less (or no) fruit, nuts, chilacayote jam and lots of chocolate chips
  - **Broa castelar** - a small, soft and thin cake made of sweet potato and orange
  - **Fatias douradas** - golden slices, known as french toast - slices of pan bread, soaked in egg with sugar, fried and sprinkled with powdered sugar and cinnamon
  - **Rabanadas** - they are like fatias douradas, but made with common bread
  - **Formigos** - a delicious dessert made with sugar, eggs, pieces of bread, almonds, port wine and powdered with cinnamon
  - **Filhós / Filhozes / Filhoses** - depending on the region, they may be thin or fluffy pieces of a fried dough made of eggs, honey, orange, lemon, flour and anise, sprinkled - or not with icing sugar
  - **Coscorões** - thin squares of a fried orange flavoured dough
  - **Azevias de grão, batata-doce ou gila** - deep fried thin dough pastries filled with a delicious cream made of chickpea, sweet potato or chilacayote, powdered with sugar and cinnamon
  - **Tarte de amêndoas** - almond pie
  - **Tronco de Natal** - Christmas log - a delicious Swiss roll, resembling a tree's trunk, filled with chocolate cream, decorated with chocolate and mini - 2 cm Christmas trees
  - **Lampreia de ovos** - a sweet made of eggs, well decorated
  - **Sonhos** - an orange flavoured fried yeast dough, powdered with icing sugar
  - **Velhoses** - they are like the sonhos, but made with pumpkin
  - **Bolo de Natal** - Christmas cake
  - **Pudim de Natal** - Christmas pudding, similar to flan
  - **Vinho quente** - eggnog made with boiled wine, egg yolk, sugar and cinnamon
  - **Turkey** - On the island of Terceira, turkey has recently taken over as the traditional Christmas dish over Bacalau, due to the influence of American culture on the island, home to the United States Air Force's 65th Air Base Wing.
- ## 44.34 Puerto Rico
- **Arroz con gandules** - yellow-rice and pigeon peas with olives, capers, and pieces of ham.
  - **Ensalada de pulpo** - octopus salad
  - **Escabeche** - boiled green bananas and chicken gizzards in Puerto Rican style escabeche.
  - **Macaroni salad** - with tuna and peppers
  - **Morcilla**
  - **Pasteles**
  - **Pasteles de guineo**
  - **Pasteles de yucca**
  - **Pastelón** - sweet plantain "lasagna".
  - **Pig roast** - Puerto Rico is famous for their pig roast. It is also a part (along with arroz con gandules) of there national dish
  - **Potato salad** - made with chorizo and hard-boiled eggs.
- Drinks:**
- **Coquito** - Puerto Rican spiced coconut eggnog.
  - **Piña colada**
  - **Rum Punch** - Dark or light rum, pineapple rum, orange liqueur, grenadine, ginger ale, grapefruit juice served with lemon and lime slices.
  - **La Danza** - Champagne with passion fruit juice, orange liqueur, lime juice, lemon juice, and strawberry juice.
- Dessert:**
- **Arroz con dulce** - coconut rice pudding with spices and raisins.
  - **Bread pudding** - soaked in coconut milk and served with a guava rum sauce.
  - **Dulce de cassabana** - Musk cucumber cooked in syrup topped with walnuts and sour cream on the side.

- Dulce de papaya con queso Boricua - spiced papaya candy in heavy syrup served with Puerto Rican white cheese.
- Flancocho - Crème caramel with a layer of cream cheese and Puerto Rican style spongecake underneath.
- Majarete - rice and coconut custard, made of coconut milk, milk, rice flour, sugar, and vanilla or sour orange leaves with cinnamon served on top.
- Rum cake
- Tembleque - a pudding made with cornstarch and coconut milk.
- Turrón - almond or sesame brittle from Spain that's traditionally served on Christmas in every Latin country and Spain.
- Mantecaditos - Puerto Rican short bread cookies. Made with shortening, coconut butter, flour, almond flour, vanilla, nutmeg and almond extract. They are usually filled with guave jam and/or pineapple jam in the middle.

## 44.35 Romania



*Cozonac*

- Piftie - pork and beef based aspic, with pork meat, vegetables and garlic
- Cârnați - pork-based sausages
- Tobă - various cuttings of pork, liver boiled, diced and “packed” in pork stomach like a salami
- Sarmale - rolls of cabbage pickled in brine and filled with meat and rice (see *sarma*)
- Cozonac, sort of Romanian equivalent of panettone
- Strong spirits:

- \* Palinka
- \* Rachiu
- \* Tuică

## 44.36 Serbia

Main article: Serbian cuisine

- Fish soup for Christmas Eve
- Koljivo - boiled wheat which is used liturgically in the Eastern Orthodox and Greek-Catholic churches
- Česnica - Christmas soda bread with a silver coin to bring health and good luck baked in the bread

## 44.37 Spain

- Jamón (Spanish Dry-Cured Ham)
- Meat
  - Roasted turkey
  - Roasted lamb
  - Seafood
    - Langostinos - (king prawn)
    - Shrimp
    - Lobster
    - Crab
    - Dorado
- Sweets



*Turrón*

- Turrón
- Yema - egg-based dessert
- Mantecados and polvorones - crumbly cakes
- Marzipan, almond cakes
- King cake known as roscón de Reyes in Spanish and tortell in Catalan.

## 44.38 Sweden



*Julbord Christmas dinner in Sweden*

- Julbord\*[40] - Christmas smorgasbord ("Christmas table"), a catch-all term for all the dishes served during Christmas Eve:
  - Köttbullar - Swedish meatballs
  - Julskinka - Christmas ham
  - Dopp i grytan ("dipping in the kettle") - dipping bread slices in the ham broth after boiling the Christmas ham.\*[41]
  - Prinskorv - small hot dog sausages
  - Fläskkorv - big pork sausage
  - Isterband - smoked fresh pork sausage
  - Revbensspjäll - spare ribs
  - Inlagd sill - pickled herring (usually of different types)
  - Gravad lax - lox
  - Janssons frestelse ("Jansson's Temptation") - warm scalloped potato casserole with anchovies
  - Vörtlimpa - Swedish rye bread with grated orange peel made for Christmas, with or without raisins.
  - Knäckebröd - dry crisp bread
  - Rödkål - sweet and sour red cabbage, as a side dish
  - Grönkål - sweet and sour kale as a side dish
  - Smörgåstårta - a sandwich cake made with creamy fillings (mainly involving salmon and vegetables)
  - Brunkål ("brown cabbage") - cabbage flavoured with syrup hence the name
  - Rödbetor - sliced beet root
  - An array of cheeses - bondost, herrgårdsost, prästost, mesost (hard goat milk cheese)
- Lutfisk\*[42] - Lye-fish (whitefish) that has been boiled served with white gravy
- Julmust - a traditional, very sweet, stout-like, Christmas soft drink, originally intended as an alternative to alcohol beverage called Mumma

- Glögg - mulled wine
- Knäck - Christmas toffee
- Pepparkakor (Gingerbread) - brown cookies flavoured with a variety of traditional Christmas spices
- Julost - Christmas cheese
- Julgröt - Christmas rice pudding with an almond hidden inside
- Lussekatter - Saint Lucy saffron buns.

## 44.39 United Kingdom and Ireland

Main article: British cuisine

In the United Kingdom, what is now regarded as the



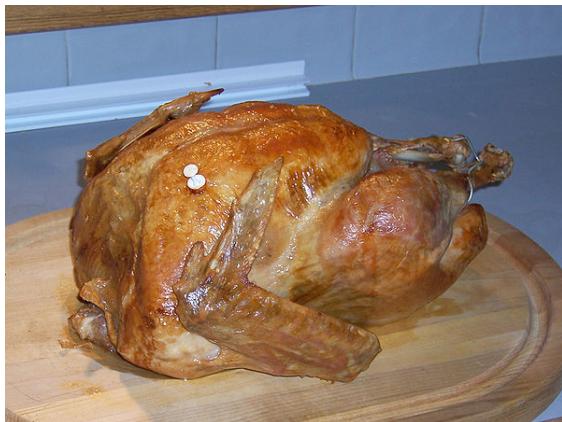
*Christmas pudding*

traditional meal consists of roast turkey with cranberry sauce, served with roast potatoes and parsnips and other vegetables, followed by Christmas pudding, a heavy steamed pudding made with dried fruit, suet, and very little flour. Other roast meats may be served, and in the nineteenth century the traditional roast was goose. The same carries over to Ireland with some variations.

- Brandy butter
- Bread sauce
- Brussels sprouts\*[43]
- Chocolate yule log
- Christmas cake
- Christmas ham - Usually a honey or marmalade glazed roast or boiled gammon joint.
- Christmas pudding\*[44]

- Dundee cake, traditional Scottish fruit cake
- Mince pies\* [45]
- Nut roast (a popular vegetarian alternative)
- Pigs in a blanket - Chipolata sausages wrapped in bacon
- Roast turkey\* [45]
- Roast beef
- Roast duck
- Roast goose
- Roast pheasant
- Roast potatoes - roasting with goose or duck fat is becoming more popular\* [46]
- Stuffing
- Trifle
- Tunis Cake

#### 44.40 United States



*Roast turkey*

- Apple cider
- Boiled custard
- Candy canes
- Champagne, or sparkling apple cider
- Chocolate fudge
- Christmas cookies
- Cranberry sauce
- Dungeness crab, primarily in California



*Christmas ham*

- Eggnog
- Fish as part of the Feast of the Seven Fishes
- Fruitcake
- Gingerbread, often in the form of a gingerbread house or gingerbread man
- Christmas ham
- Hot buttered rum
- Hot chocolate
- Lefse rolled with butter and sugar, particularly in Northern Wisconsin and Minnesota
- Mashed potato
- Mixed nuts
- Oyster stew, composed of oysters simmered in cream or milk and butter.
- Persimmon pudding
- Pie

- Apple pie
- Mince pie
- Pecan pie
- Pumpkin pie
- Sweet potato pie
- Prime Rib
- Plum pudding
- Russian tea cakes
- Tamales
- Tom and Jerry
- Roast turkey, less often roast duck, goose, or pheasant
- Stuffing, also known as dressing, particularly in the Southern U.S.

See also: Thanksgiving (the dishes tend to be similar)

## 44.41 Venezuela



Hallaca

- Hallaca - rectangle-shaped meal made of maize, filled with beef, pork, chicken, olives, raisins and caper, and wrapped in plantain leaves and boiled to cook.
- Pan de jamón - ham-filled bread with olives and raisins and often sliced cheese.
- Dulce de lechosa - dessert made of cooked sliced unripe papaya in reduced sugar syrup
- Ensalada de gallina - salad made of potato, carrot, apple and shredded chicken (Hen usually home or locally raised as opposed to store bought chicken)
- Pernil\*[47] - Commonly referred to as "Muchacho" - roast pork shoulder

## 44.42 See also

- Christmas dinner

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## 44.44 External links

- Christmas recipes at DMOZ

# Chapter 45

## List of chocolate-covered foods



*Chocolate-covered bananas in Japan*

This is a **list of chocolate-covered foods**. Chocolate is a typically sweet, usually brown, food preparation of *Theobroma cacao* seeds, roasted and ground, often flavored, as with vanilla. It is made in the form of a liquid, paste or in a block or used as a flavoring ingredient in other sweet foods.



*Ptasie mleczko, a soft chocolate-covered candy*



*Tunnock's teacakes are a chocolate-covered marshmallow tea-cake*



*Cella's brand of cherry cordial confection*

- Breakaway – a brand of biscuit with a chocolate coating produced by Nestlé
- Chocolate bar – many varieties have a chocolate coating
- Caramel Apple - Although traditionally covered in just caramel or caramel and nuts, chocolate is often added, sometimes in decorative patterns.\*[1]



*A chocolate-covered wafer*

- Chocolate-coated marshmallow treats – produced in different variations around the world, with several countries claiming to have invented it or hailing it as their “national confection” . The first chocolate-

coated marshmallow treat was created in the early 1800s in Denmark.\*[2]

- Chocolate-coated peanut – peanuts coated in a shell of milk chocolate. They have a reputation in many countries of being food eaten in movie theaters. In some countries, they are also known as Goobers, which is the earliest and one of the most popular brands of the product, made by Nestlé. Goobers were introduced in the United States in 1925 by the Blumenthal Chocolate Company. Nestlé acquired the brand in 1984. A large number of other brands also exists.
- Chocolate-covered almonds – many places on the internet claim that July 8 is (American) National Milk Chocolate with Almonds Day,\*[3] while November 2 is National Bitter Chocolate with Almonds Day.\*[4]
- Chocolate covered fruit – such as strawberries,\*[5] cherries and bananas
  - Chocolate covered cherry – variations include cherry cordial (candy) with liquid fillings often including cherry liqueur, as well as chocolate covered candied cherries and chocolate covered dried cherries.\*[6]\*[7]
  - Chocolate-covered prune – chocolate-covered prunes or plums are a typical Polish delicacy.\*[8]\*[9]
- Chocolate-covered potato chips – an American snack food or confectionery, consisting of potato chips that have been dipped into melted chocolate or cocoa, and coated with the chocolate. They were introduced into the market in Chicago in 1985 by a company called Executive Sweets.\*[10]
- Chocolate-covered raisin – raisins coated in a shell of milk, dark or white chocolate. Commonly available in movie theaters in many countries, they were traditionally sold by weight from jars in candy stores.
- Chocolate-covered bacon – a North American novelty that consists of cooked bacon with a coating of either milk chocolate or dark chocolate. It can be topped with sea salt, crumbled pistachio, or almond bits.\*[11]\*[12]
- Chocolate-covered coffee bean – confections made by coating roasted coffee beans in some kind of chocolate: dark chocolate, milk chocolate, or white chocolate. They are usually only slightly sweet, especially the dark chocolate kind, and the intense, bitter flavor of the coffee beans can be overwhelming for non-coffee-drinkers.
- Cordials – confection in which a fruit filling is placed within a chocolate shell. A well known confectionery of this type is the cherry cordial.
- Doughnut – several varieties are covered in chocolate
- Insects – such as ants, grasshoppers and crickets.\*[13]
- Lebkuchen – a traditional German baked Christmas treat, somewhat resembling gingerbread. Some varieties are chocolate-covered.
- Macadamia nuts – the nuts can be covered individually or in clumps or bars.
- Nuts \* [5]
- Milk Duds – a caramel candy, historically enrobed with milk chocolate, and presently enrobed with a confectionery coating made from cocoa and vegetable oil.
- Pretzel – some varieties are produced with a chocolate coating
- Ptasia mleczko – (Polish) a soft chocolate-covered candy filled with soft meringue (or milk soufflé).\* [14]
- Tunnock's teacake – manufactured by Thomas Tunnock, they consist of a small round shortbread biscuit covered with Italian meringue, and then encased in a thin layer of milk or dark chocolate and wrapped.
- Wafer – some varieties are covered or coated with chocolate
- Zefir – a type of soft confectionery made by whipping fruit and berry purée (mostly apple puree) with sugar and egg whites with subsequent addition of a gelling agent like pectin, agar, or gelatine. Chocolate-coated versions are common.
- A Snickers-brand candy bar covered in dark chocolate
- A mix of white, milk, and dark chocolate-covered coffee beans
- Chocolate-covered bacon, dipped in chocolate ganache
- Lebkuchen at a market
- Chocolate-covered macadamia nuts
- Chocolate-covered plums
- Chocolate-covered potato chips (center), with shortbread cookies around them
- Chocolate-covered strawberries
- A chocolate-covered zefir

## 45.2 See also

- Chocolate fountain – a device for serving chocolate fondue. Typical examples resemble a stepped cone, standing 2–4 feet tall with a crown at the top and stacked tiers over a basin at the bottom. The basin is heated to keep the chocolate in a liquid state so it can be pulled into a center cylinder then vertically transported to the top of the fountain by a corkscrew auger. From there it flows over the tiers creating a chocolate "waterfall" in which foods such as strawberries or marshmallows can be dipped.
- Various foods dipped into a chocolate fountain

## 45.3 See also

- List of chocolate bar brands
- List of chocolate beverages
- Outline of chocolate
- Types of chocolate

## 45.4 References

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# Chapter 46

## List of chicken dishes



*Roasting or grilled chicken, one of the most common method to cook and prepare chicken worldwide.*

This is a **list of chicken dishes**. Chicken is the most common type of **poultry** in the world,\*[1] and was one of the first domesticated animals. Chicken is a major world wide source of **meat** and **eggs** for human consumption. It is prepared as **food** in a wide variety of ways, varying by region and culture. The prevalence of chickens is due to almost the entire chicken being edible, and the ease of raising them.

Chicken as a meat has been depicted in Babylonian carvings from around 600 BC.\*[2] Chicken was one of the most common meats available in the **Middle Ages**. It was eaten over most of the **Eastern hemisphere** and a number of different kinds of chicken such as **capons**, **pullets** and **hens** were eaten. It was one of the basic ingredients in the so-called **white dish**, a **stew** usually consisting of chicken and fried onions cooked in milk and seasoned with spices and sugar.

### 46.1 Chicken dishes

- Airline chicken
- Andong jjimdak
- Arroz con pollo
- Ayam bakar
- Ayam goreng
- Ayam taliwang
- Barbecue chicken
- Barberton chicken
- Bean Sprouts Chicken
- Biryani
- Bon bon chicken
- Bourbon chicken
- Brown stew chicken



*Chicken noodle soup*



*Buldak is a Korean dish made from heavily spiced chicken.\*[3]*

- 190



*Marinated barbecue chicken*



*Coq au vin* is a French dish of chicken braised with wine, lardons, mushrooms, and optionally garlic.

- Bubur ayam
- Buffalo wing
- Buldak
- Butter chicken
- Cafreal
- Cashew chicken
- Chicken 65
- Chicken à la King
- Chicken and duck blood soup
- Chicken and dumplings
- Chicken and waffles
- Chicken balls
- Chicken bog
- Chicken Chettinad
- Chicken curry
- Chicken Divan



*Orange chicken*



*White cut chicken* is a type of siu mei.\* [4] Unlike most other meats in the siu mei category, this particular dish is not roasted; it is cooked in water or broth.

- Chicken fingers
- Chicken French
- Chicken fries
- Chicken karahi
- Chicken Kiev
- Chicken lollipop
- Chicken Marengo

- Chicken marsala
- Chicken Maryland
- Chicken mull
- Chicken nugget
- Chicken paprikash
- Chicken pie
- Chicken riggies
- Chicken salad
- Chicken soup
- Chicken Tatsuta
- Chicken tikka
- Chicken tikka masala
- Chicken Vesuvio
- Chicken with chilies
- Chikuzenni
- Chilli chicken
- Chi-Mc
- Chinese chicken salad
- Claypot chicken rice
- Cock-a-leekie soup
- Coq au vin
- Cordon bleu (dish)
- Coronation chicken
- Country Captain
- Coxinha
- Crispy fried chicken
- Dak galbi
- Dakjuk
- Dapanji
- Dong'an chicken
- Double Down (sandwich)
- Dragon tiger phoenix
- Drunken chicken
- Engagement Chicken
- Flying Jacob
- Fried chicken
- Galinha à africana
- Galinha à portuguesa
- Galinhada
- Gallo en chicha
- General Tso's chicken
- Gribenes
- Gulai Ayam
- Hainanese chicken rice
- Hawaiian haystack
- Hot chicken
- Inasal na manok
- Jambonneau
- Jerk chicken
- Jubilee chicken
- Kai yang
- Kedjenou
- Kelaguen
- Korean fried chicken
- Kori Rotti
- Kung Pao chicken
- Lemon chicken
- Lontong Cap Go Meh
- Mie ayam
- Moo goo gai pan
- Musakhan
- Nasi liwet
- Nasi tim
- Opor ayam
- Orange chicken
- Ostropel
- Parmigiana
- Pastilla
- Piccata
- Pinikpikan
- Plecing ayam
- Pollo a la Brasa

- Poularde Albufera
  - Poulet au fromage
  - Rendang ayam
  - Rollatini
  - Rotisserie
  - Sajji
  - Saltimbocca
  - Samgyetang
  - Sanbeiji
  - Satay
  - Scaloppine
  - Schnitzel
  - Sesame chicken
  - Shish taouk
  - Shish taouk (Montreal)
  - Snake bite chicken
  - Soto ayam
  - Soy sauce chicken
  - Swiss Wing
  - Tandoori chicken
  - Tavuk göğsü
  - Tbeet
  - Thalassery biryani
  - Torikatsu
  - Tsukune
  - Waterzooi
  - Wenchang chicken
  - White cut chicken
  - Wyngz
  - Yakitori
  - Yassa (food)
  - Chicken dishes
  - Arroz con pollo (chicken and rice)
  - Ayam bakar Padang, Indonesian grilled chicken in rich *bumbu* (spice mixture); shallot, garlic, chili pepper, candlenut, galangal and turmeric.
  - Andong jjimdak is a variety of *jjim* (a Korean steamed or boiled dish) made with chicken and various vegetables marinated in a *ganjang* based sauce.
  - A bowl of chicken and dumplings
  - Sajji being cooked
  - Chicken satay in the Netherlands with peanut sauce, French fries, prawn crackers, and mayonnaise; as served in a pub in Amsterdam
  - Shish taouk is a traditional Arabic and Turkish shish (brochette), and can also be found in Syrian, Palestinian, Jordanian, Lebanese, Egyptian and Iraqi cuisines
  - Yakitori being grilled
- ## 46.2 See also
- List of beef dishes
  - List of egg dishes – dishes from various animal species eggs
  - List of fast-food chicken restaurants
  - List of fish dishes
  - List of lamb dishes
  - List of pork dishes
  - List of seafood dishes
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- ## 46.4 External links
- Media related to Chicken dishes at Wikimedia Commons
  - Media related to Chicken meat at Wikimedia Commons

# Chapter 47

## List of cheese dishes



*Aligot, a regional French dish made from melted cheese blended into mashed potatoes, often with some garlic<sup>\*</sup> [1]*

This is a **list of notable cheese dishes** in which cheese is used as a primary ingredient or as a significant component of a dish or a food. Cheese is a food derived from milk that is produced in a wide range of flavors, textures, and forms by coagulation of the milk protein casein. It comprises proteins and fat from milk, usually the milk of cows, buffalo, goats, or sheep.

### 47.1 Cheese dishes and foods



*Cauliflower cheese*

- *Aligot*



*A selection of cheese dogs*



*Cheese pudding*

- *Almogrote*
- *Arizona cheese crisp*
- *Bacon, egg and cheese sandwich*
- *Beer cheese (spread)*
- *Beer soup*
- *Bryndzové halušky*
- *Caprese salad*
- *Caşcaval pane*
- *Cauliflower cheese*



*Dipping a cheese fondue with a long-stemmed fork*



*Moretum is a type of herb cheese spread that the Ancient Romans ate with bread.\* [2]*



*A ham and cheese sandwich, one of several types of cheese sandwiches*



*Queso flameado prepared with Oaxaca cheese and topped with chorizo sausage*



*A side dish of macaroni and cheese*



*Welsh rarebit made with a savory sauce of melted cheese and other ingredients and served hot on bread or in a chafing dish for dipping*

- Cervelle de canut
- Cheddar sauce
- Cheese bun
- Cheese dog
- Cheese dream
- Cheese fries
- Cheese on toast

- Cheese pudding
- Cheese puffs
- Cheese roll
- Cheese sandwich
- Cheese slaw



*Paskha made of curd cheese*

- Cheesecake
- Chèvre chaud
- Chhena Jhili
- Chile con queso
- Cocoloși
- Croque-monsieur
- Curd snack
- Ema datshi
- Fondué
- Frico
- Frito pie
- Fromage fort
- Gougère
- Gulab jamun
- Ham and cheese sandwich
- Hauskyjza
- Hellimli
- Kasseropita
- Keshi yena
- Khachapuri
- Lasagne
- Lazy varenyky
- Liptauer
- Llapingacho
- Macaroni and cheese
- Masan (pastry)
- Mattar paneer
- Mazë
- Medimurska gibanica
- Melt sandwich
- Moretum
- Mornay sauce
- Mozzarella sticks
- Nachos
- Obatzda
- Papas chorreadas
- Paskha
- Pastizz
- Pizza
- Poulet au fromage
- Poutine
- Provoleta
- Quarkkäulchen
- Queijadinha
- Quesadilla
- Quesillo
- Quesito
- Queso flameado
- Raclette
- Rasabali
- Saganaki
- Schmear
- Scovardă
- Smažený sýr
- Smoked salmon cheesecake
- Spanakopita
- Zagorski Štrukli / Štruklji
- Supplì
- Syrniki
- Tikka (food)
- Tirokafteri

- Tiropita
- Tu (cake)
- Túró Rudi
- Túrós csusza
- Urnebes
- Vatrushka
- Vyprážaný syr
- Welsh rarebit

## 47.5 External links

- Media related to Cheese dishes of Mexico at Wikimedia Commons
- Media related to Cheese dishes of the United States at Wikimedia Commons

## 47.2 Indian



*Chhena Gaja from Pahala, Orissa*

- Chhena Gaja
- Chhena jalebi
- Chhena kheeri
- Chhena Poda
- Khoya paneer
- Palak paneer
- Paneer tikka
- Paneer tikka masala
- Rasgulla

## 47.3 See also

- List of cheese soups
- List of cheeses
- Cheeseburger

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# Chapter 48

## List of cakes

*This list is incomplete; you can help by expanding it.*

The following is a **list of types of dessert cakes** by country of origin and distinctive ingredients. The majority of cakes contain some kind of flour, egg and sugar, and these ingredients are not listed.

### 48.1 Unsorted

- Merveilleux (cake)

### 48.2 See also

- List of breads
- List of buns
- List of desserts
- List of pastries

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# Chapter 49

## List of breakfast foods

This is a **list of breakfast foods**. Breakfast is the first meal taken after rising from a night's sleep, most often eaten in the early morning before undertaking the day's work.<sup>\*[1]</sup> Among English speakers, "breakfast" can be used to refer to this meal or to refer to a meal composed of traditional breakfast foods (such as eggs, oatmeal and sausage) served at any time of day. Breakfast foods are prepared with a multitude of ingredients, including oats,<sup>\*[2]</sup> wheat,<sup>\*[2]</sup> maize,<sup>\*[2]</sup> barley,<sup>\*[2]</sup> noodles,<sup>\*[2]</sup> starches,<sup>\*[2]</sup> eggs, meats and other foodstuffs.

### Contents

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### 49.1 Breakfast foods

#### 49.1.1 A



*Aloo paratha*

- Ackee <sup>\*[3]</sup>
- Almojábana
- Aloo paratha <sup>\*[4]</sup>
- Arepa <sup>\*[5]</sup>

**49.1.2 B***A bacon, egg and cheese sandwich**Breakfast cereal with milk and raspberries*

- Bacon \*[6]\*[7]
- Bacon sandwich
- Bacon, egg and cheese sandwich \*[8]
- Bagel \*[9]
- Baked beans \*[10]\*[11]
- Banana – In Jamaican cuisine, boiled green bananas are served as a breakfast side dish.\*[3]
- Barley honey – a Japanese product prepared with barley starch, and it is typically combined with rice flour.\*[12]
- Bear claw (pastry) \*[13]
- Black Pudding
- Bhakri \*[14]
- Bhatoora \*[15]
- Bialy \*[16]
- Bing (bread) – An example is *Jian bing*, a fried egg pancake similar to crepes that is a popular breakfast street food in China.

- Biscuits and gravy \*[17]
- Blintzes
- Boiled egg \*[18]
- Breadfruit \*[3]
- Breakfast burrito \*[19]
- Breakfast cereal
- Breakfast roll \*[20]\*[21]
- Breakfast sandwich \*[22]
- Breakfast sausage \*[23]
- Brown Bobby
- Bublik

**49.1.3 C***An unrolled crêpe with whipped cream and strawberry sauce*

- Calas (food) \*[24] – A breakfast food in New Orleans.\*[25]
- Cereal bar \*[18]
- Cereal germ \*[26]
- Changua \*[27]
- Cheese toast
- Chilaquiles \*[28]
- Chocolate sandwich
- Chicken curry
- Chwee kueh \*[29]
- Cinnamon roll \*[30]\*[31]
- Collops \*[32]
- Congee \*[33]

- Creamed eggs on toast \*[34]
- Crêpe \*[35]
- Croissan'Wich \*[36]
- Croissant \*[37]
- Cream pie

#### 49.1.4 D



*Diyabath (left), a traditional Sri Lankan indigenous breakfast item*

- David Eyre's pancake \*[38]
- Devilled kidneys \*[39]
- Diyabath – a traditional Sri Lankan indigenous breakfast item.
- Djevrek
- Doubles (food) \*[40]
- Doughnut \*[41]
- Dutch baby pancake \*[42]

#### 49.1.5 E

- Egg (food) \*[43]
- Egg in the basket \*[44]
- Egg sandwich \*[45]
- Eggo \*[46]
- Eggs and brains \*[47]
- Eggs Benedict \*[48]
- Eggs Neptune \*[49]
- Energy bar \*[50]\*[51]
- English muffin \*[52]



*Eggs Benedict*



*Grillades and grits topped with scallions at the Green Goddess restaurant in Exchange Alley, New Orleans*

#### 49.1.6 F

- French toast \*[53]
- Fried bread \*[54]
- Fried egg \*[55]
- Fruit \*[18]
- Fruit pudding \*[56]
- Full breakfast \*[57]

#### 49.1.7 G

- Griddle scone \*[58]
- Goetta \*[59]
- Gogli \*[60]
- Grillades \*[61]
- Grits \*[62]

**49.1.8 H**

*Hash with a coddled egg atop it*

- Halwa poori \*[63]
- Ham \*[55]
- Hash (food) \*[55]
- Hash browns \*[64]
- Home fries \*[65]
- Honey
- Hot dry noodles – a typical breakfast food in Wuhan, China
- Huevos divorciados \*[66] – A Mexican breakfast dish that consists of two fried eggs, chilaquiles and salsa. Typically, one egg is covered in salsa roja, while the other is covered in salsa verde, giving them distinct and complementary flavors.\*[67]
- Huevos motuleños \*[68]\*[69]
- Huevos rancheros \*[70]

**49.1.9 I**

- Idli \*[15]
- Indian omelette
- Instant breakfast \*[71]

**49.1.10 J**

- Johnnycake \*[3]

**49.1.11 K**

*Kulcha with chole (chickpeas, in center), from India*

- Kedgeree \*[72]\*[73]
- Khabees
- Khaman \*[15]
- Kolache \*[74]
- Kulcha – a breakfast staple in Pakistan.\*[75]
- Kulich \*[76]

**49.1.12 L**

- Leben (milk product) \*[77]
- Lox \*[78] —a fillet of brined salmon

**49.1.13 M**

*A Turkish breakfast, with Menemen (left)*

- Mandoca – usually served at breakfast in Venezuela.\*[79]

- Maple syrup \*[80]
- Mas huni – a breakfast dish in the Maldives.\*[81]
- Matzah brei – a popular Ashkenazi Passover breakfast.\*[82]
- McMuffin \*[83]
- Mekitsa – A Bulgarian deep-fried breakfast pastry.\*[84]
- Menemen (food) \*[85]
- Mie goreng \*[86]
- Migas \*[87]
- Milk toast \*[88]
- Mohinga – a well-known breakfast food in Burma.\*[89]
- Monkey bread \*[90]
- Muesli \*[91]
- Muffin \*[3]

#### 49.1.14 N



*Nasi lemak* (center), with fish cake, ikan bilis, egg, and buah keluak chicken

- Nasi goreng – a popular breakfast dish in Indonesia.\*[92]
- Nasi lemak – A well-known breakfast dish in Malaysia.\*[93]
- Nihari – known in India as a breakfast curry.\*[94]

#### 49.1.15 O

- Oatmeal \*[95]
- Omelette \*[55]
- Orange juice \*[96]
- Ox-tongue pastry \*[97]

#### 49.1.16 P



*Poached eggs* sprinkled with matcha and salt, served on sourdough bread.



*Millet porridge*



*Roti john*

- Pain au chocolat \*[98]
- Pain aux raisins \*[99]
- Palm syrup \*[100]

- Palmier \*[101]
- Pan de yuca – served for breakfast or with tea in Bolivia.\*[102]
- Pancake \*[55]
- Pandebono – a popular breakfast food in Colombia.\*[103]
- Pandesal – A common Philippine breakfast bread.\*[104]
- Pastry \*[105]
- Peanut butter \*[106]
- Perico (dish) \*[107]
- Pesarattu – A popular breakfast crepe from Andhra Pradesh, India made with green gram.\*[108]
- Phitti – a hunza bread that is a common breakfast food.\*[109]
- Pisca Andina \*[110]
- Poached egg \*[111]
- Popcorn cereal – consumed by Americans in the 1800s, this is popcorn with milk and a sweetener.\*[112]
- Pop-Tarts \*[113]
- Popover \*[114]
- Porridge \*[115]
- Portuguese sweet bread \*[116]
- Potato cake \*[117]
- Potato scone \*[118]
- Protein bar \*[119]
- Puttu \*[120]
- Pudding-Irish

### 49.1.17 Q

- Quark

### 49.1.18 R

- Raisin bread \*[121]\*[122]
- Roti canai \*[123]
- Roti john – an omelette sandwich that is a popular Malay breakfast and snack item in Malaysia and Singapore.

- Roti prata \*[124]
- Run down – a traditional Jamaican breakfast dish prepared with salt mackerel, coconut milk, tomato and various vegetable and spices.\*[3]
- Rashers -Irish

### 49.1.19 S



*Scrambled eggs with a side of bacon*



*Breakfast strata*

- Sabaayad \*[125]
- Salmon (food) \*[126]
- Salt cod \*[3]
- Sausage \*[127]
- Sausage gravy \*[128]

- Scone \*[129]
- Scrambled eggs \*[7]
- Scrapple \*[130]
- Shrimp (food)
- Shuangbaotai
- Simit – A popular Turkish snack bread and breakfast food \*[131]
- Siri paya
- Sizzlean \*[132]
- Slinger – a breakfast food that originated in St. Louis, Missouri \*[133]
- Soy milk \*[134]
- Stamp and Go \*[3]
- Starburst (confectionary)
- Sticky bun
- Strata (food) \*[135]
- Strudel \*[136] \*[137]
- Syrniki \*[138]

#### 49.1.20 T



*Tamago kake gohan (left), along with tsukemono and miso soup*

- Tamago kake gohan – a popular Japanese breakfast food consisting of cooked rice topped or mixed with raw egg, and optionally, soy sauce.
- Texas toast \*[139]
- Throdkin \*[140]
- Tian mo – a traditional breakfast soup from the city of Jinan in the Shandong province of China. The soup is made of millet porridge, peanuts, vermicelli, cowpea, spiced tofu (or shredded tofu skin), and spinach. \*[141]



*Upma*

- Toast \*[3]
- Toaster pastry \*[142]
- Toaster Strudel \*[143]
- Tomato omelette \*[126] \*[144] \*[145]
- Tongue \*[146]
- Tongue toast \*[147]
- Touton \*[148]

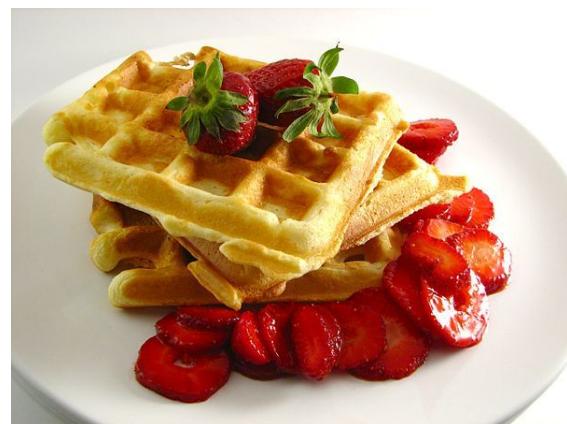
#### 49.1.21 U

- Upma \*[149]

#### 49.1.22 V

- Viennoiserie \*[150]

#### 49.1.23 W



*Waffles with strawberries*

- Waffle \*[55] \*[151]

- Water biscuit \*[152]
- Weisswurst \*[153]
- Wrap roti \*[154] – In Thailand, roti is often eaten for breakfast dipped in sauces. \*[155]

### 49.1.24 Y

- Yogurt \*[18]\*[156]
- Youtiao \*[157]

## 49.2 See also

- History of breakfast
- List of breakfast beverages
- List of breakfast cereals
- List of breakfast topics

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# Chapter 50

## List of beef dishes



A cheeseburger with mushroom sauce and fries

This is a **list of beef dishes and foods**. Beef is the culinary name for meat from bovines, especially cattle. Beef can be harvested from cows, bulls, heifers or steers. Acceptability as a food source varies in different parts of the world.

Beef is the third most widely consumed meat in the world, accounting for about 25% of meat production worldwide, after pork and poultry at 38% and 30% respectively.\* [1] In absolute numbers, the United States, Brazil, and the People's Republic of China are the world's three largest consumers of beef. On a per capita basis in 2009, Argentines consumed the most beef at 64.6 kg per person; people in the U.S. ate 40.2 kg, while those in the E.U. ate 16.9 kg.\* [2]



Gyūtan teishoku, a Table d'hôte of Gyūtan in Sendai. Gyūtan is prepared with beef tongue.



Mechado is a beef dish from the Philippines.

### 50.1 Beef dishes

- Alambre
- Bakso
- Bandeja paisa
- Beef ball
- Beef bun
- Beef chow fun
- Beef Manhattan
- Beef Wellington
- Beefsteak
- Bife a cavalo
- Bistec de Palomilla
- Bistek
- Bitterballen
- Bò 7 món
- Boeuf à la mode



*Meatloaf with potatoes and pickled cucumber*



*Rendang, beef slowly simmered in rich spice and coconut milk served in Nasi Padang, a Minang cuisine of Indonesia.*



*Ropa vieja (shredded flank steak in a tomato sauce base) with black beans, yellow rice, plantains and fried cassava*

- Boiled beef
- Bulalo
- Bulgogi
- Bún bò Huế
- Carne asada

- Carne-de-sol
- Chairo
- Charqui
- Cheeseburger
- Chorrillana
- Coda alla vaccinara
- Corned beef sandwich
- Cowboy beans
- Crispy tadyang ng baka
- Curry beef triangle
- Daube glacé
- Dendeng
- Empal gentong
- Empal gepuk
- Filet mignon
- Fillet of Beef Prince Albert
- Flaki
- French dip
- Fuqi feipian
- Gaisburger Marsch
- Galbi
- Ginger beef
- Chả lụa
- Goulash
- Guatitas
- Gulyásleves
- Gyūtan
- Hamburger
- List of hamburgers
- Hayashi rice
- Hortobágyi palacsinta
- Horumonyaki
- Hot hamburger plate
- Khash (dish)
- Labskaus
- Lomo saltado

- Machaca
  - Machacado con huevo
  - Matambre
  - Meatball
  - Meat jun
  - Meatloaf
  - Mechado
  - Menudo (soup)
  - Millionbøf
  - Mince and tatties
  - Mocotó
  - Mongolian beef
  - Panackelty
  - Paštikada
  - Pho
  - Picadillo
  - Pipikaula
  - Posta sudada
  - Pot roast
  - Rambak petis
  - Rendang
  - Rinderbraten
  - Rocky Mountain oysters
  - Rollatini
  - Ropa vieja
  - Rouladen
  - Salată de boeuf
  - Scaloppine
  - Sha cha beef
  - Sha Phaley
  - Shabu-shabu
  - Shredded beef
    - List of shredded beef dishes
  - Skomakarlåda
  - Sloppy joe
  - Spiced beef
  - Steak
  - Steamed meatball
  - Stovies
  - Suadero
  - Sukiyaki
  - Surf and turf
  - Svíčková
  - Tafelspitz
  - Tarta de seso
  - Tavern sandwich
  - Thịt bò nướng lá lốt
  - Tongue toast
  - Tournedos Rossini
  - Tourtière
  - Vanillerostbraten
  - Yukgaejang
  - Zrazy
  - Beef dishes
  - Beef Stroganoff atop pasta
  - Goulash in Bavaria is often made with a mix of beef and pork, and served with a bread dumpling
  - A hamburger
  - A small steak and kidney pudding, served with mashed potatoes and other vegetables
- ## 50.2 Raw beef dishes
- Amsterdam ossenworst
  - Carpaccio
  - Çiğ köfte
  - Crudos
  - Gored gored
  - Kachilaa
  - Kibbeh nayyeh
  - Kitfo
  - Pittsburgh rare
  - Steak tartare

- Tiger meat
- Yukhoe
- Raw beef dishes
- Beef carpaccio with toppings
- Steak tartare is a meat dish made from finely chopped or minced raw beef or horse meat.\*[1]\*[2]
- Yukhoe is a variety of *hoe* (raw dishes in Korean cuisine), which are usually made from raw ground beef seasoned with various spices or sauces.

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2. ^ Raymond Sokolov, *The Cook's Canon*, 2003, ISBN 0-06-008390-5, p. 183 at Google Books

## 50.3 Steak dishes

Main article: List of steak dishes

## 50.4 Veal dishes



*Blanquette de veau* is a French veal ragout

Veal is the meat of young cattle (calves), in contrast to the beef from older cattle. Though veal can be produced from a calf of either sex and any breed, most veal comes from male calves (bull calves) of dairy cattle breeds.\*[3] Generally, veal is more expensive than beef from older cattle.

- Blanquette de veau



*Weisswurst* is a traditional Bavarian sausage made from very finely minced veal and fresh pork back bacon. Served here with pretzels and sweet mustard

- Bockwurst
- Bratwurst
- Calf's liver and bacon
- Carpaccio
- Cotoletta
- Hortobágyi palacsinta
- Jellied veal
- Marga Betinjan
- Ossobuco
- Pariser Schnitzel
- Parmigiana
- Paupiette
- Ragout fin
- Saltimbocca
- Scaloppine
- Schnitzel
- Tourtière
- Veal Orloff
- Veal Oscar
- Vitello tonnato
- Wallenbergare
- Weisswurst

- Wiener Schnitzel
- Veal dishes
- Jellied veal is a cold cut dish made from veal, sometimes pork, stock, onion and spices such as allspice, bay leaf and white pepper.
- Raw saltimbocca prior to being cooked

## 50.5 See also

- Beefsteak
- Cut of beef
- List of chicken dishes
- List of fish dishes
- List of hamburgers
- List of lamb dishes
- List of pork dishes
- List of seafood dishes
- List of steak dishes
- Steakhouse

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## 50.7 External links

- Media related to Beef based food at Wikimedia Commons
- Media related to Raw beef dishes at Wikimedia Commons
- Media related to Veal dishes at Wikimedia Commons

# Chapter 51

## List of bacon dishes

The following is a **list of bacon dishes**. The word *bacon* is derived from the Old High German *bacho*, meaning “buttock”, “ham”, or “side of bacon”, and cognate with the Old French *bacon*.<sup>[1]</sup> Bacon is made from the sides, belly, or back of the pig and contains varying amounts of fat depending on the cut.<sup>[2]</sup> It is cured and smoked over wood cut from apple trees, mesquite trees, or hickory trees.<sup>[3]</sup> Bacon is used as an ingredient or condiment in a number of dishes.

### 51.1 Bacon dishes

### 51.2 See also

- Bacon mania
- List of bacon substitutes
- List of pork dishes
- List of sausage dishes
- List of smoked foods

### 51.3 References

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# Chapter 52

## List of tapas

This is a **list of common tapas dishes**. Tapas are a wide variety of appetizers, or snacks, in Spanish cuisine. They may be cold (such as mixed olives and cheese) or warm (such as *chopitos*, which are battered, fried baby squid). In select bars in Spain, tapas have evolved into an entire, and sometimes sophisticated, cuisine. In Spain, patrons of tapas can order many different tapas and combine them to make a full meal. In some Central American countries, such snacks are known as *bocas*.

### 52.1 Tapas

### 52.2 See also

- List of Spanish dishes

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# Chapter 53

## List of hors d'oeuvre



Some Hors d'oeuvre: Mozzarella cheese sprinkled with basilic flowers, black Greek olives, sun-dried tomatoes, Italian salami and Spanish Lomo Ibérico.

This is a list of notable hors d'oeuvre, also referred to as appetizers, which may be served either hot or cold. They are food items served before the main courses of a meal,\*[1] and are also sometimes served at the dinner table as a part of a meal. If there is an extended period between when guests arrive and when the meal is eaten (for example during a cocktail hour), these might also serve the purpose of sustaining guests during the wait, in the same way that apéritifs are served as a drink before meals. Hors d'oeuvre are sometimes served with no meal afterward. This is the case with many reception and cocktail party events.

### 53.1 Hors d'oeuvre

### 53.2 See also

- Media related to hors d'oeuvre at Wikimedia Commons
- Amuse-bouche
- Banchan – Korean side dishes
- Cicchetti

- Dim sum
- Finger food
- Garnish
- Gujeolpan
- List of pastries
- Picada
- Short Eats
- Preprandial – a term sometimes used to refer to hors d'oeuvre.
- Smörgåsbord

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p.271: *Sushi, a roll of cold rice with fish, sea-weed, or some other flavoring*  
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# Chapter 54

## List of American sandwiches



A *Dagwood sandwich*

This is a **list of American sandwiches**. A sandwich is a food item consisting of one or more types of food placed on or between slices of bread, or more generally any dish wherein two or more pieces of bread serve as a container or wrapper for some other food.\*[1]\*[2]\*[3] The sandwich was originally a portable food item or finger food which began its popularity primarily in the Western World, but is now found in various versions in numerous countries worldwide.

### 54.1 American sandwiches

- Arch Deluxe
- Bacon, egg and cheese sandwich
- Beef on weck
- Big Mac



An *Italian beef sandwich*, as served by Portillo's Restaurant in Chicago



A *Reuben sandwich* as served at Katz's Delicatessen in New York City



A *tuna fish melt sandwich*



*A sloppy joe sandwich with a side dish of coleslaw*

- Big N' Tasty
- BLT
- Bologna sandwich
- Bonus Jack
- Breakfast sandwich
- Cheese dream
- Cheese sandwich
- Cheeseburger
- Cheesesteak
- Chicken sandwich
- Chow mein sandwich
- Ciabatta Bacon Cheeseburger
- Club sandwich
- Coney Island hot dog
- Croissan'wich
- Cuban sandwich
- Dagwood sandwich
- Denver sandwich
- Double Down (sandwich)
- Enormous Omelet Sandwich
- Fat sandwich
- Filet-O-Fish
- Fluffernutter
- Fool's Gold Loaf
- French dip
- Fried-brain sandwich
- Gerber sandwich
- Ham and cheese sandwich
- Hamburger
- History of the hamburger
- Hamdog
- Horseshoe sandwich
- Hot Brown
- Hot dog
- Italian beef
- Jucy Lucy
- Limburger sandwich
- Lobster roll
- Luther Burger
- Manwich
- Maxwell Street Polish
- McChicken
- McGriddles
- McMuffin
- McRib
- Melt sandwich
- Monte Cristo sandwich
- Muffuletta
- Patty melt
- Peanut butter and jelly sandwich
- Peanut butter, banana and bacon sandwich
- Pilgrim (sandwich)
- Po' boy
- Polish Boy
- Pork tenderloin sandwich
- Quarter Pounder
- Reuben sandwich
- Rice burger
- Runza
- Sandwich loaf
- Sandwich wrap

- Sausage sandwich
- Sealed crustless sandwich
- Sloppy joe
- St. Paul sandwich
- Steak sandwich
- Submarine sandwich
- Tavern sandwich
- Tuna fish sandwich
- Turkey Devonshire
- Veggie burger
- Whopper

- American sandwiches
- A traditional beef on weck sandwich
- A BLT (bacon, lettuce and tomato) sandwich
- A cheesesteak sandwich
- A club sandwich
- A Cuban sandwich
- A French dip sandwich served with au jus for dipping and steak fries
- A grilled cheese sandwich served with tomato soup
- Ham and cheese sandwiches
- The hot brown is a hot sandwich that was first served at the Brown Hotel in Louisville, Kentucky.
- A roast beef po' boy sandwich
- A submarine sandwich

## 54.2 See also

- List of sandwiches
- List of submarine sandwich restaurants
- List of American foods
- List of foods
- List of hamburgers
- *Sandwiches That You Will Like*

## 54.3 References

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## 54.4 External links

- Media related to Sandwiches of the United States at Wikimedia Commons

## Chapter 55

# List of foods of the Southern United States

Main article: Cuisine of the Southern United States

This is a **list of foods of the Southern United States**. The cuisine of the Southern United States is defined as the historical regional culinary form of states in the Southern United States. Southern cuisine has many various dishes and foods.

### 55.1 Beverages



lemonade

- Ale-8-One
- Barq's Root Beer - first made in Biloxi, Mississippi
- Big Red - cream soda originally from Waco, Texas
- Blenheim Ginger Ale



A mint julep

- Bourbon - made in central Kentucky
- Buffalo Rock ginger ale
- Buttermilk
- Cheerwine - a longtime favorite in North Carolina and Virginia
- Coca-Cola - first made in Atlanta
- Double Cola - based in Chattanooga, Tennessee; also produces Ski soda
- Dr Pepper - a popular drink in Texas before achieving national popularity
- Dr. Enuf - available in eastern Tennessee
- Grapette - grape soda first made in 1939 in Camden, Arkansas; currently available exclusively at Wal-Mart stores nationwide

*Sweet tea*

- Grapico - grape soda made by Buffalo Rock
- Hurricane Punch
- Lemonade
- Mello Yello - a lemon-lime soda product of the Coca-Cola Company, sold primarily in the South
- Mint julep - associated with the Kentucky Derby
- Mountain Dew - originally made in southwestern Virginia
- Muscadine wine and juice - usually homemade, though also commercially available from some regional vineyards
- Nehi soda - produced by RC Cola, including grape, peach, and orange flavors
- Orange juice from Florida
- Rum - several small-batch varieties, primarily in and around New Orleans \*[1]
- Sugarcane juice
- Pepsi Cola - first made in New Bern, North Carolina
- Red Rock Cola - Invented in Atlanta in 1885, pre-dating Coca-Cola
- RC Cola - first made in Columbus, Georgia
- Sazerac cocktail

- Slurpee - frozen drink sold by 7-Eleven originally of Dallas, Texas
- Southern Comfort - New Orleans based neutral spirit, with sweeteners and peach flavor added.
- Sun Drop - citrus drink found in northern Alabama, central Tennessee, the Carolinas, western Kentucky, southeastern Missouri, and parts of Virginia
- Sunny Delight (SunnyD) - invented in Mount Dora, Florida in 1964
- Sweet tea - usually served with ice, lemon, and sugar, sometimes with mint
- Tennessee whiskey - Jack Daniel's and George Dickel are the two remaining brands

## 55.2 Breads

*Skillet cornbread*

- Biscuits - traditionally prepared with buttermilk
- Cornbread - Corn meal, corn flour, water, leavening, sometimes egg. May be sweet or savory.
- Cracklin' Cornbread - has pork cracklins in it
- Corn pone - also called hoecake, Johnny cake
- Hush puppies
- Cornmeal mush - also known as Coush Coush in the Deep South
- Spoonbread - a traditional colonial dish

## 55.3 Desserts and sweets

### 55.3.1 Cakes

- Butter pecan cake
- Caramel cake

*Red velvet cake*

- Coconut cake
- Hummingbird cake
- Italian cream cake
- King cake
- Lane cake
- Peach shortcake
- Pound cake
- Red velvet cake \*[2]
- Stack cake
- Tipsy cake

### 55.3.2 Candies

*Bourbon balls*

- Bourbon balls
- Goo Goo Cluster
- Hay stacks

- Kentucky Cream Candy - a pulled candy that is prepared with cream.\* [3] It's usually made during the colder months (40 deg or below) of the year when humidity is low.
- Modjeska
- Moon pie
- Peanut brittle
- Pecan brittle
- Pecan Divinity
- Pralines - a specialty of New Orleans
- Beens seed candy - such as Benne Brittle, found primarily in the coastal regions of Georgia and South Carolina

### 55.3.3 Cobblers

*An apple cobbler*

- Apple Brown Betty - a traditional colonial dessert
- Blackberry cobbler
- Dewberry cobbler
- Peach cobbler

### 55.3.4 Cookies

- Butter pecan cookies
- Moravian spice cookies - especially in North Carolina and Virginia
- Tea cakes - similar to sugar cookies

*Bananas Foster*

### 55.3.5 Frozen

- Bananas Foster
- Blackberry Ice Cream
- Creole cream cheese ice cream
- Peach Ice Cream
- Pecan-Praline Ice Cream
- Snow cone

### 55.3.6 Pies

*Buttermilk pie*

- Apple pie
- Buttermilk pie
- Chess pie \*[4]
- Dewberry pie - from the native blackberry ripening in early summer
- Fried pies - peach, apple, cherry and chocolate are most common

- Grape Hull pie - Scuppernong or muscadine grape pie
- Key lime pie
- Lemon ice box pie \*[5]
- Mississippi mud pie
- Peanut butter pie
- Pecan pie \*[6]
- Shoo fly pie - found in parts of the South where Pennsylvania Dutch settled, such as the valleys of Virginia
- Squash pie
- Sweet potato pie

### 55.3.7 Puddings

*Bread pudding*

- Banana pudding \*[7]
- Bread pudding
- Corn pudding
- Lemon pudding
- Trifle

### 55.3.8 Pastries

- Creme sticks



*A pan of beef brisket, fresh out of the oven*



*Fried chicken*



*Jambalaya cooking in a pan*

## 55.4 Meats, poultry and seafood

- Alligator Meat - typically served fried
- Barbecue - typically pork or beef, but also chicken; seasoning and preparation vary greatly within the region
  - Beef brisket - popular especially in Texas
- Pork ribs - May be prepared “wet” or “dry” style.
- Pulled pork - Popular in Tennessee, North Carolina, South Carolina and Virginia
- Pulled pork sandwich - A slow-grilled, chopped, pork shoulder sandwich topped with crispy coleslaw.
- Boudin - A spicy sausage, with rice as a central filler, from Cajun Louisiana.
- Chicken and dumplings
- Chicken fried steak
- Chicken gizzards - fried
- Chit'lins (Chitterlings) - small intestine of a hog
  - Chit'lins and Maw
- Country Captain
- Crab cake - popular along the Chesapeake Bay (Maryland and Virginia), where the crab cake is typically not dredged in bread crumbs; and in Louisiana, where it typically is
- Crawfish - also called crawdad
- Fried chicken - usually flour battered and pan fried
  - Hot chicken - a spicy variant of fried chicken coated in lard and pepper
- Fried fish and seafood - battered or dredged in cornmeal then pan fried or deep fried
  - Calabash-style seafood - popular in the coastal Carolinas
  - Catfish - usually fried, whole or fillets.
- Fried pork chops
- Fried turkey - Deep fried using an outdoor frier
- Game meat - venison, rabbit, and game fowl are most common, but opossum, squirrel, and raccoon also may be eaten, especially in more remote areas
- Grits and grillades - a Louisiana brunch staple
- Ham - usually pan fried, roasted, or smoked; varieties include “sugar cured” or “country” (salt cured)
- Ham hocks
- Jambalaya
- Liver - usually pan-fried pork or chicken liver, but also beef
- Livermush
- Quail

- Reptiles and **Amphibians**, most notably alligator and frog legs, are eaten in much of the South.
- Salmon Croquettes
- Shrimp and grits
- Shrimp Creole
- Smithfield ham - a specialty of Smithfield, Virginia
- Souse meat, also called **Head cheese**

## 55.5 Side dishes and condiments



*Chow-chow\_(food) is a condiment*



*Sausage gravy served atop biscuits*

- Apple butter
- Barbecue sauce - numerous varieties throughout the region, sometimes even within same state; most use a primarily vinegar, tomato, or mustard base
- Cayenne peppers
- Chow-chow

- Cole slaw - cabbage salad/relish, typically made with mayonnaise and sometimes sugar, except in parts of North Carolina and Virginia, where it instead may be vinegar-based and savory ( “barbecue slaw” )
- Cracklin' - fried pork rind
- Deviled eggs
- Gravy served liberally over meats, potatoes, biscuits and rice
  - Red-eye gravy - made with black coffee and meat drippings (usually ham), typically served with country ham and grits
  - Sausage gravy - milk-based country gravy typically served over hot biscuits
  - Tomato gravy - canned tomato based, made in cast iron skillet with browned flour, served over rice
- Grits
  - Cheese grits
  - Fried grits
- Hot sauce
  - Texas Pete - hot sauce made in Winston-Salem, North Carolina
  - Tabasco sauce - trademarked, aged hot sauce made in Louisiana



*Macaroni and cheese*

- Macaroni and cheese - usually prepared with fresh eggs and baked en casserole
- Mayhaw jelly
- Muscadine jelly
- Old Bay Seasoning - made famous in Maryland
- Peanut butter

- Pepper Jelly
- Plantains
- Pickle relish - usually used to make potato salad
- Pickled or brandied peaches
- Rice
  - Red rice
- Cornbread dressing - similar to traditional stuffing, but using cornbread as a base and prepared separately from the meat
- Cane syrup
- Sorghum molasses
- Watermelon rind pickles
- Frogmore Stew - made with sausage, corn, crabs, and shrimp; popular in coastal South Carolina
- Seafood Muddle
- She-crab soup - mainly served in the area around Charleston, South Carolina and Savannah, Georgia from Atlantic crabs
- Terrapin stew - a historical dish of Atlantic Coast states such as Maryland and Virginia
- Hoppin' John
- Pilau - Any number of dishes which combine rice stewed with meat (chicken, sausage, pork, or wild game) and usually including onions or bell peppers. The most popular is chicken bog. These dishes are popular in South Carolina due to the influence of rice cultivation on the history of South Carolina.

## 55.6 Soups, stews and boils



*Brunswick stew*

- Brunswick stew - originated in either Virginia or Georgia
- Burgoo - served at barbecues in western and central Kentucky; similar to Brunswick stew
- Chicken Sauce-Picquante - chicken cooked in a tangy stew with tomatoes and spices, often served over rice; a favorite in southern Louisiana
- Conch chowder
- Gumbo - made with seafood or meat and okra; a Cajun/Creole delicacy
- Étouffée - a very thick stew made of crawfish or chicken and sausage, okra and roux served over rice
- Low Country boil - any of several varieties

## 55.7 Vegetables and salads

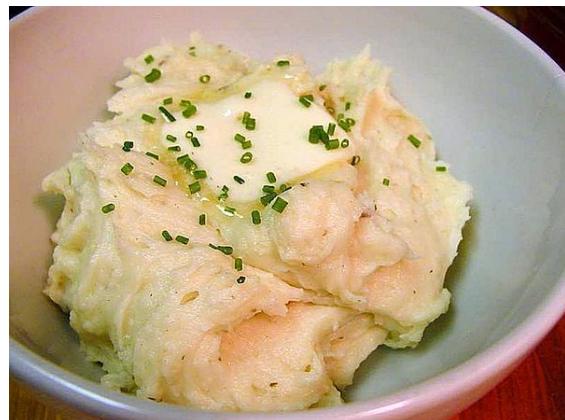


*Ambrosia salad*

- Ambrosia
- Beans - often cooked down with chunks of ham, bacon grease, or onions
  - Butter or Lima beans
  - Pole beans
  - White or great northern beans
  - Green beans
  - Pinto beans
  - Baked beans
- Greens - seasoned with some kind of meat or meat grease. The liquid left after cooking is known as pot liquor



*Collard greens (left), macaroni and cheese, fried chicken, yams and cornbread*



*Mashed potato*

- Collard greens
- Turnip greens
- Kale
- mustard greens
- Poke salad - cooked pokeweed
- Carrots - often “candied” with butter and brown sugar
  - Carrot raisin salad
- Congealed salad
- Corn
  - Corn on the cob - boiled, steamed, or grilled; usually served with butter or mayonnaise
  - Corn pudding
  - Creamed corn
  - Shoepeg corn
- Hoppin' John - a traditional Low Country dish of black-eyed peas served with rice
- Limpin' Susan - a traditional Low Country dish made with okra, rice and black-eyed peas

- Mashed potatoes - called “creamed” in some regions
  - Rutmus - potatoes boiled and mashed with turnip bottoms and butter
- Okra - flour-battered and pan-fried or boiled, stewed, or steamed
- Onion - Sliced Vidalia, whole green onion, and onion rings
- Peas - often cooked with chunks of ham or onions
  - Black-eyed peas
  - Crowder peas
  - Purple hull peas

- Field peas
- Potato Salad - usually made in the South with egg, mayonnaise, prepared mustard and pickle relish
- Purloo - a traditional Low Country dish made with ham, bacon, peppers and okra
- Ramps - wild leeks popular in the mountains



*Red beans and rice*

- Red beans & rice - Slow cooked, spicy kidney beans, served over white long grain rice, most often with a spicy sausage on top or incorporated.
- Seven-layer salad
- Swamp cabbage (heart of palm)
- Summer Squash - often cooked down with onions or fried like okra
- Tomatoes - sliced ripe, also eaten at breakfast
  - Fried green tomatoes
- Sweet potatoes - often “candied” with butter and brown sugar

- Tomato aspic
- Vidalia onion - a sweet onion grown only in the state of Georgia, sold and popular throughout the South
- Wilted lettuce- with dressing, an Appalachian specialty
- Yams: see Sweet Potatoes

## 55.8 Miscellaneous



A shrimp po' boy sandwich

- Beer cheese
- Boiled peanuts
- Confederate cush
- Creole cream cheese
- Cheese straws
- Fatback or hog jowl
- Frito pie
- Muffuletta sandwich
- Palmetto Cheese - a brand of pimento cheese from Pawleys Island, South Carolina
- Peanut butter and banana sandwich
- Peanuts in Coke
- Pickled pigs feet
- Pimento cheese sandwich
- Po' boy sandwich
- Steen's cane syrup
- Vienna sausages

## 55.9 See also

- List of soul foods and dishes
- Louisiana Creole cuisine

## 55.10 References

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- [3] Flexner, Marion (2010). *Out Of Kentucky Kitchens*. University Press of Kentucky. p. 287. ISBN 0813129494
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- [6] Hilburn, Prudence (April 23, 2013). "Prudence Hilburn: Any way you slice it, pecan pie a Southern favorite" . *The Gadsen Times*. Retrieved 2013-04-24.
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# Chapter 56

## Chicken and dumplings



*Chicken and dumplings with vegetables*

**Chicken and dumplings** is a dish which consists of a chicken cooked in water, with the resulting chicken broth being used to cook the dumplings by boiling. A **dumpling** in this context is a **biscuit** dough, which is a mixture of flour, shortening, and liquid (water, milk, buttermilk, or chicken stock). The dumplings are either formed into a ball, rolled out flat or dropped.

It is a popular comfort food dish, commonly found in the **Southern** and **Midwestern United States**, that is also attributed to being a **French Canadian** meal that originated during the **Great Depression**. Chicken and dumplings as a dish is prepared with a combination of boiled **chicken meat**, **broth** produced by boiling the chicken, multiple dumplings, and **salt** and **pepper** for seasoning. In some areas, this meal is known as chicken and sliders.

Various commercial preparations of chicken and dumplings are available, including canned and frozen versions of the prepared dish. Frozen raw dumplings, typically very flat strips about 1x4 inches, can be cooked in any broth. The consistency of the prepared dish, whether homemade or purchased, varies from a thin soup to a very thick casserole-like consistency, easily eaten with a fork. Thicker preparations are made by boiling the dumplings longer and/or adding flour or another thickening agent directly to the broth. Flour tortillas or canned biscuits, rolled thin on a floured surface, cut into strips, are a quick and easy substitute for homemade dough. Butter may be added to the recipe

for added richness.

Since chicken meat would become dry and tough if it is boiled long enough to cook the dumplings and thicken the broth, the chicken or parts are removed from the broth before adding the dumplings. While the dumplings are cooking, the meat is separated from the bones. When the dumplings are done and the broth seasoned and thickened, the chicken is returned to the broth. The dish is then ready to be served, but may be kept on low heat so as to not further cook the chicken.

The name of the dish is sometimes printed on menus as “chicken n dumplings”, “chicken 'n' dumplings”, or “chicken-n-dumplings”. “Dumplings” is sometimes spelled “dumplins” in this context.

### 56.1 International versions

Main article: **Dumpling**

Although the dumpling has been around for many generations, each culture has its own way of individualizing the basic dumpling recipe. There are other international versions of chicken and dumplings. For instance, the Chinese culture has the **wonton**,<sup>[1]</sup> which is similar to the chicken and dumplings dish as we know it today. Additionally, the **Iranian-Jewish** dish, called **gondi**, includes **matzah ball** dumplings, which are also common in Central European food.

Since the creation of the dumpling, various meats aside from chicken have accompanied it, such as **beef**, **lamb** and **pork**.

### 56.2 Variations

A variant known as “chicken and pastry” or simply “chicken pastry” features wide, flat noodles rolled from biscuit dough. Where such a distinction is made, it is sometimes considered a different dish from “chicken and dumplings”, which is known for small balls of dough rather than flat strips.<sup>[2]</sup>

## 56.3 See also

- Chicken soup, a clear broth, often served with small pieces of chicken or vegetables
- Dough, a paste made by mixing flour with a small amount of water and/or other liquid
- Kreplach, small dumplings filled with ground meat, mashed potatoes or another filling, usually boiled and served in chicken soup
- List of chicken dishes
- List of dumplings

## 56.4 References

- [1] Florence, Tyler. “Chicken and Dumplings”. Food Network. Retrieved 14 November 2014.
- [2] Gordon, Steve. “Chicken Pastry Recipe”. *Taste of Southern*. Retrieved 16 November 2013.

# Chapter 57

## Cranberry sauce

**Cranberry sauce or cranberry jelly**<sup>\*[1]</sup> is a sauce or relish made out of cranberries, commonly associated with Thanksgiving dinner in North America and Christmas dinner in the United Kingdom. There are differences in flavor depending on the geography of where the sauce is made: in Europe it is generally slightly sour-tasting, while in North America it is sweetened.

### 57.1 Preparation



*Cranberries popping*

The most basic cranberry sauce consists of cranberries boiled in sugar water until the berries pop and the mixture thickens. Some recipes include other ingredients such as slivered almonds, orange juice, zest, ginger, maple syrup, port, or cinnamon.

Commercial cranberry sauce may be loose and uncondensed, or condensed or jellied and sweetened with various ingredients. The jellied form may be slipped out of a can onto a dish, and served sliced or intact for slicing at the table.

Cranberry sauce is often eaten in conjunction with turkey for Christmas or Thanksgiving in the United States and



*Cranberry jelly from a can, sliced*

Canada, and it is only rarely eaten or served in other contexts there.<sup>\*[2]</sup>

### 57.2 See also

- Lingonberry jam
- Ocean Spray (cooperative)
- Redcurrant sauce

### 57.3 References

- [1] Pyenson, Andrea. "A tale of two side dishes". *The Boston Globe*. Retrieved 2010-11-25.
- [2] Wallendorf, Melanie; Arnould, Eric (1991). "'We Gather Together': Consumption Rituals of Thanksgiving Day". *Journal of Consumer Research* (The University of Chicago Press) **18** (1): 13–31. doi:10.1086/209237. JSTOR 2489481.

# Chapter 58

## Domesticated turkey

The **domesticated turkey** (*Meleagris gallopavo*) is a large poultry bird, one of the two species in the genus *Meleagris* and the same as the **wild turkey**. It was domesticated by the indigenous peoples of Mesoamerica at least 2,000 years ago, with the evidence pointing to what are today the central regions of Mexico.<sup>\*[1]</sup>

Turkey meat is a popular form of poultry, and turkeys are raised throughout temperate parts of the world, partially because industrialized farming has made it very cheap for the amount of meat it produces. Female domesticated turkeys are referred to as *hens* and the chicks may be called *poults* or *turkeylings*. In the United States, the males are referred to as *toms*, while in Europe, males are *stags*. The average lifespan for a domesticated turkey is ten years.

The great majority of domesticated turkeys are bred to have white feathers because their pin feathers are less visible when the carcass is dressed, although brown or bronze-feathered varieties are also raised. The fleshy protuberance atop the beak is the snood, and the one attached to the underside of the beak is known as a wattle.

The English language name for this species is the result of an early misidentification of the bird with an unrelated species which was imported to Europe through the country of Turkey.

### 58.1 History

The modern domesticated turkey is descended from one of six subspecies of wild turkey: *Meleagris gallopavo*, found in the area bounded by the present Mexican states of Jalisco, Guerrero, and Veracruz.<sup>\*[2]</sup> Ancient Mesoamericans domesticated this subspecies, using its meat and eggs as major sources of protein and employing its feathers extensively for decorative purposes. The Aztecs associated the turkey with their trickster god Tezcatlipoca,<sup>\*[3]</sup> perhaps because of its perceived humorous behavior.

Domestic turkeys were taken to Europe by the Spanish. Many distinct breeds were developed in Europe (e.g. Spanish Black, Royal Palm). In the early 20th century, many advances were made in the breeding of turkeys, re-



Ceramic whistle in the shape of a turkey. Colima shaft tomb culture, 200 B.C. - A.D. 500

sulting in breeds such as the Beltsville Small White.



Black Spanish turkeys

The 16th-century English navigator William Strickland is generally credited with introducing the turkey into England.<sup>\*[4]\*[5]</sup> His family coat of arms —showing a turkey cock as the family crest—is among the earliest known European depictions of a turkey.<sup>\*[4]\*[6]</sup> English farmer



A young turkey is called a poult.

Thomas Tusser notes the turkey being among farmer's fare at Christmas in 1573.\*[7] The domestic turkey was sent from England to Jamestown, Virginia in 1608. A document written in 1584 lists supplies to be furnished to future colonies in the New World; "turkies, male and female".\*[8]

Prior to the late 19th century, turkey was something of a luxury in the UK, with goose or beef a more common Christmas dinner among the working classes.\*[9] In Charles Dickens' *A Christmas Carol* (1843), Bob Cratchit had a goose before Scrooge bought him a turkey.\*[10]

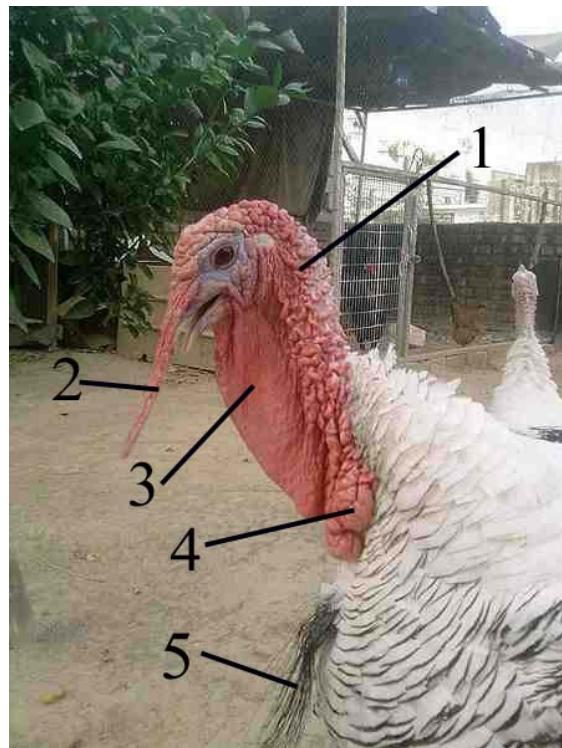
Turkey production in the UK was centered in East Anglia, using two breeds, the Norfolk Black and the Norfolk Bronze (also known as Cambridge Bronze). These would be driven as flocks, after shoeing, down to markets in London from the 17th century onwards - the breeds having arrived in the early 16th century via Spain.\*[11]

Intensive farming of turkeys from the late 1940s dramatically cut the price, making it more affordable for the working classes. With the availability of refrigeration, whole turkeys could be shipped frozen to distant markets. Later advances in disease control increased production even more. Advances in shipping, changing consumer preferences and the proliferation of commercial poultry plants has made fresh turkey inexpensive as well as readily available.

Recent genome analysis has provided researchers with the opportunity to determine the evolutionary history of domesticated turkeys, and their relationship to other domestic fowl.\*[12]

## 58.2 Behaviour

Young domestic turkeys readily fly short distances, perch and roost. These behaviours become less frequent as the birds mature, but adults will readily climb on objects such as bales of straw. Young birds perform spontaneous, frivolous running ('frolicking') which has all the appear-



Anatomical structures on the head and throat of a domestic turkey. 1. Caruncles, 2. Snood, 3. Wattle (Dewlap), 4. Major caruncle, 5. Beard

ance of play. Commercial turkeys show a wide diversity of behaviours including 'comfort' behaviours such as wing-flapping, feather ruffling, leg stretching and dust-bathing. Turkeys are highly social and become very distressed when isolated. Many of their behaviours are socially facilitated i.e. expression of a behaviour by one animal increases the tendency for this behaviour to be performed by others. Adults can recognise 'strangers' and placing any alien turkey into an established group will almost certainly result in that individual being attacked, sometimes fatally. Turkeys are highly vocal, and 'social tension' within the group can be monitored by the birds' vocalisations. A high-pitched trill indicates the birds are becoming aggressive which can develop into intense sparring where opponents leap at each other with the large, sharp talons, and try to peck or grasp the head of each other. Aggression increases in frequency and severity as the birds mature.

Maturing males spend a considerable proportion of their time sexually displaying. This is very similar to that of the wild turkey and involves fanning the tail feathers, drooping the wings and erecting all body feathers, including the 'beard' (a tuft of black, modified hair-like feathers on the centre of the breast). The skin of the head, neck and caruncles (fleshy nodules) becomes bright blue and red, and the snood (an erectile appendage on the forehead) elongates, the birds 'sneeze' at regular intervals, followed by a rapid vibration of their tail feathers. Throughout, the birds strut slowly about, with the neck arched backward,



*Male domesticated turkey sexually displaying by showing the snood hanging over the beak, the caruncles hanging from the throat, and the 'beard' of small, black, stiff feathers on the chest*

their breasts thrust forward and emitting their characteristic 'gobbling' call.

### 58.3 Turkey breeds

Main article: List of turkey breeds

See also: [Heritage turkey](#)

- The **Broad Breasted White** is the commercial turkey of choice for large scale industrial turkey farms, and consequently is the most consumed variety of the bird. Usually the turkey to receive a “presidential pardon”, a U.S. custom, is a Broad Breasted White.
- The **Broad Breasted Bronze** is another commercially developed strain of table bird.
- The **Standard Bronze** looks much like the Broad Breasted Bronze, except that it is single breasted, and can naturally breed.
- The **Bourbon Red** turkey is a smaller, non-commercial breed with dark reddish feathers with white markings.
- **Slate**, or **Blue Slate**, turkeys are a very rare breed with gray-blue feathers.
- The **Black** ( “Spanish Black” , "Norfolk Black" ) has very dark plumage with a green sheen.
- The **Narragansett Turkey** is a popular heritage breed named after Narraganset Bay in New England.
- The **Chocolate** is a rarer heritage breed with markings similar to a Black Spanish, but light brown instead of black in color. Common in the Southern U.S. and France before the Civil War.

- The **Beltsville Small White** is a small heritage breed, whose development started in 1934. The breed was introduced in 1941 and was admitted to the APA Standard in 1951. Although slightly bigger and broader than the Midget White, both are often mislabeled.

- The **Midget White** is a smaller heritage breed.

### 58.4 Commercial production

In commercial production, breeder farms supply eggs to hatcheries. After 28 days of **incubation**, the hatched pouls are sexed and delivered to the grow-out farms; hens are raised separately from toms because of different growth rates.



*Turkey in Pakistan*

In the UK, it is common to rear chicks in the following way. Between one and seven days of age, chicks are placed into small (2.5 m) circular brooding pens to ensure they encounter food and water. To encourage feeding, they may be kept under constant light for the first 48 hours. To assist **thermoregulation**, air temperature is maintained at 35 °C for the first three days, then lowered by approximately 3 °C every two days to 18 °C at 37 days of age, and **infra-red** heaters are usually provided for the first few days. Whilst in the pens, feed is made widely accessible by scattering it on sheets of paper in addition to being available in feeders. After several days, the pens are removed, allowing the birds access to the entire rearing shed, which may contain tens of thousands of birds. The birds remain there for several weeks, after which they are transported to another unit.\*[13]

The vast majority of turkeys are reared indoors in purpose-built or modified buildings of which there are many types. Some types have slatted walls to allow ventilation, but many have solid walls and no windows to allow artificial lighting manipulations to optimise production. The buildings can be very large (converted aircraft hangars are sometimes used) and may contain tens of thousands of birds as a single flock. The floor substrate is

usually deep-litter, e.g. wood shavings, which relies upon the controlled build-up of a microbial flora requiring skilful management. Ambient temperatures for adult domestic turkeys are usually maintained between 18 and 21 °C. High temperatures should be avoided because the high metabolic rate of turkeys (up to 69 W/bird) makes them susceptible to heat stress, exacerbated by high stocking densities.\* [13] Commercial turkeys are kept under a variety of lighting schedules, e.g. continuous light, long photoperiods (23 h), or intermittent lighting, to encourage feeding and accelerate growth.\* [14] Light intensity is usually low (e.g. less than one lux) to reduce feather pecking.

Rations generally include corn and soybean meal, with added vitamins and minerals, and is adjusted for protein, carbohydrate and fat based on the age and nutrient requirements. Hens are slaughtered at about 14–16 weeks and toms at about 18–20 weeks of age when they can weigh over 20 kg compared to a mature male wild turkey which weighs approximately 10.8 kg.\* [15]

#### 58.4.1 Welfare concerns



*Modern domesticated turkeys under commercial conditions*

Space allowance for commercially reared turkeys is often severely limited. For example, recommendations by the Farm Animal Welfare Council\* [16] equate to providing adult birds each weighing 20 kg with 891 cm<sup>2</sup>, despite turkeys of this weight each requiring 1700 cm<sup>2</sup> simply to stand without touching another bird.\* [17]

The problems of small space allowance are exacerbated by the major influence of social facilitation on the behaviour of turkeys. If turkeys are to feed, drink, dust-bathe, etc., simultaneously, then to avoid causing frustration, resources and space must be available in large quantities.

Lighting manipulations used to optimise production can compromise welfare. Long photoperiods combined with low light intensity can result in blindness from bupthalmia (distortions of the eye morphology) or retinal detachment.

Feather pecking occurs frequently amongst commercially

reared turkeys and can begin at 1 day of age. This behaviour is considered to be re-directed foraging behaviour, caused by providing poultry with an impoverished foraging environment. To reduce feather pecking, turkeys are often beak-trimmed, which has its own ethical concerns. Ultraviolet-reflective markings appear on young birds at the same time as feather pecking becomes targeted toward these areas, indicating a possible link.\* [18] Commercially reared turkeys also perform head-pecking, which becomes more frequent as they sexually mature. When this occurs in small enclosures or environments with few opportunities to escape, the outcome is often fatal and rapid. Frequent monitoring is therefore essential, particularly of males approaching maturity. Injuries to the head receive considerable attention from other birds, and head-pecking often occurs after a relatively minor injury has been received during a fight or when a lying bird has been trodden upon and scratched by another. Individuals being re-introduced after separation are often immediately attacked again - it may be impossible to re-introduce head-pecked individuals. Fatal head-pecking can occur even in small (10 birds), stable groups. Commercial turkeys are normally reared in single-sex flocks. If a male is inadvertently placed in a female flock, he may be aggressively victimised (hence the term 'henpecked'). Females in male groups will be repeatedly mated, during which it is highly likely she will be injured from being trampled upon.

#### 58.4.2 Breeding and companies

The dominant commercial breed is the Broad-breasted Whites (similar to "White Holland", but a separate breed), which have been selected for size and amount of meat. Mature toms are too large to achieve natural fertilization without injuring the hens, so their semen is collected, and hens are inseminated artificially. Several hens can be inseminated from each collection, so fewer toms are needed. The eggs of some turkey breeds are able to develop without fertilization, in a process called parthenogenesis.\* [19]\* [20] Breeders' meat is too tough for roasting, and is mostly used to make processed meats.

#### 58.4.3 Waste products

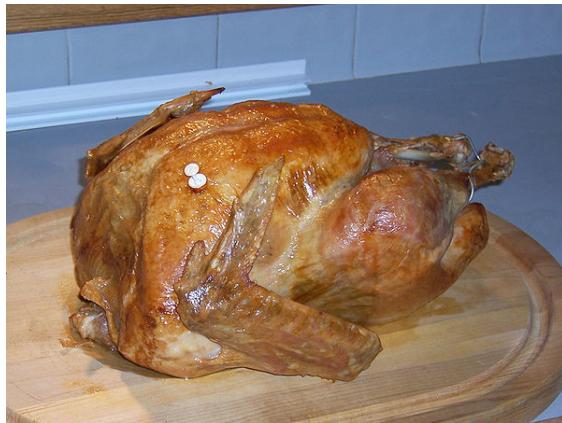
Approximately two to four billion pounds of poultry feathers are produced every year by the poultry industry. Most are ground into a protein source for ruminant animal feed, which are able to digest the protein keratin of which feathers are composed. Researchers at the United States Department of Agriculture (USDA) have patented a method of removing the stiff quill from the fibers which make up the feather. As this is a potential supply of natural fibers, research has been conducted at Philadelphia University's School of Engineering and Textiles to determine textile applications for feather fibers. Turkey feather fibers have been blended with nylon and spun into

yarn, and then used for knitting. The yarns were tested for strength while the fabrics were evaluated as insulation materials. In the case of the yarns, as the percentage of turkey feather fibers increased, the strength decreased. In fabric form, as the percentage of turkey feather fibers increased, the heat retention capability of the fabric increased.

## 58.5 Turkeys as food

Main article: Turkey meat

Turkeys are traditionally eaten as the main course of



*A roast turkey prepared for a traditional U.S. Thanksgiving meal*

Christmas feasts in much of the world (stuffed turkey) since appearing in England in the 16th century,\*[21] as well as for Thanksgiving in the United States and Canada. While eating turkey was once mainly restricted to special occasions such as these, turkey is now eaten year-round and forms a regular part of many diets.

Turkeys are sold sliced and ground, as well as “whole” in a manner similar to chicken with the head, feet, and feathers removed. Frozen whole turkeys remain popular. Sliced turkey is frequently used as a sandwich meat or served as cold cuts; in some cases where recipes call for chicken it can be used as a substitute. Ground turkey is sold just as ground beef, and is frequently marketed as a healthy beef substitute. Without careful preparation, cooked turkey is usually considered to end up less moist than other poultry meats such as chicken or duck.

Wild turkeys, while technically the same species as domesticated turkeys, have a very different taste from farm-raised turkeys. Almost all of the meat is “dark” (even the breast) with a more intense flavor. The flavor can also vary seasonally with changes in available forage, often leaving wild turkey meat with a gamier flavor in late summer due to the greater number of insects in its diet over the preceding months. Wild turkey that has fed predominantly on grass and grain has a milder flavor. Older heritage breeds also differ in flavor.

Unlike chicken, duck, and quail eggs, turkey eggs are not

commonly sold as food due to the high demand for whole turkeys and lower output of eggs as compared with other fowl. The value of a single turkey egg is estimated to be about US \$3.50 on the open market, substantially more than a carton of one dozen chicken eggs.\*[22]\*[23]

### 58.5.1 Cooking



*Roast turkey*

Both fresh and frozen turkeys are used for cooking; as with most foods, fresh turkeys are generally preferred, although they cost more. Around holiday seasons, high demand for fresh turkeys often makes them difficult to purchase without ordering in advance. For the frozen variety, the large size of the turkeys typically used for consumption makes defrosting them a major endeavor: a typically sized turkey will take several days to properly defrost.

Turkeys are usually baked or roasted in an oven for several hours, often while the cook prepares the remainder of the meal. Sometimes, a turkey is brined before roasting to enhance flavor and moisture content. This is necessary because the dark meat requires a higher temperature to denature all of the myoglobin pigment than the white meat (very low in myoglobin), so that fully cooking the dark meat tends to dry out the breast. Brining makes it possible to fully cook the dark meat without drying the breast meat. Turkeys are sometimes decorated with turkey frills prior to serving.

In some areas, particularly the American South, they may also be deep fried in hot oil (often peanut oil) for 30 to 45 minutes by using a turkey fryer. Deep frying turkey has become something of a fad, with hazardous consequences for those unprepared to safely handle the large quantities of hot oil required.\*[24]

### 58.5.2 Nutritional value

The white meat of turkey is generally considered healthier than dark meat because of its lower fat content, but the nutritional differences are small. And although turkey

is reputed to cause sleepiness, holiday dinners are commonly large meals served with carbohydrates, fats, and alcohol in a relaxed atmosphere, all of which are bigger contributors to post-meal sleepiness than the tryptophan in turkey.\*[25]\*[26]

## 58.6 Turkey litter for fuel

Although most commonly used as fertilizer, turkey litter (droppings mixed with bedding material, usually wood chips) is being used as a fuel source in electric power plants. One such plant in western Minnesota provides 55 megawatts of power using 500,000 tons of litter per year. The plant began operating in 2007.\*[27]

## 58.7 See also

- American Poultry Association
- List of names for the turkey
- National Turkey Federation
- Ocellated turkey
- Turkey bowling

## 58.8 Footnotes

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## 58.9 External links

- B.C. researchers carve into today's turkeys through DNA tracking
- Breeds of turkey from Feathersite.com
- How to roast a turkey
- More information on turkeys from Cornell
- Study traces roots of turkey taming from Simon Fraser University, Canada.
- Thanksgiving Song

# Chapter 59

## Eggnog

For other uses, see [Eggnog \(disambiguation\)](#).

**Eggnog**, or **egg nog** (▶ pronunciation ), is a sweetened



*Eggnog with cinnamon*

dairy-based beverage traditionally made with [milk](#) and/or [cream](#), [sugar](#), and [whipped eggs](#) (which gives it a frothy texture). [Spirits](#) such as [brandy](#), [rum](#) or [bourbon](#) are often added. The finished serving is often garnished with a sprinkling of ground [cinnamon](#) or [nutmeg](#). Some recipes call for the mixture to be heated to a safe temperature, to protect from eggs possibly contaminated with [salmonella](#); egg-nog freshly made with contaminated eggs is not safe, despite the presence of alcohol. Eggnog keeps well, and is often considered to improve when aged for up to a year. It was also known as the [egg milk punch](#).<sup>\*[1]\*[2]</sup>

Eggnog is traditionally consumed throughout Canada and the United States around [Thanksgiving](#) and [Christmas](#). Eggnog may be added as a flavoring to food or drinks such as [coffee](#) and [tea](#). Eggnog as a [custard](#) can also be used as an [ice cream base](#).

### 59.1 History



*A carton and a glass of eggnog from Montreal, Canada, showing its French facade (English reverse) and the French term lait de poule (literally, “hen’s milk” )*

The origins, [etymology](#), and the ingredients used to make the original eggnog drink are debated. Eggnog may have originated in [East Anglia](#), [England](#); or it may have sim-

ply developed from posset, a medieval European beverage made with hot milk;\*[3] eggs were added to some posset recipes. The “nog” part of its name may stem from the word *noggin*, a Middle English term for a small, carved wooden mug used to serve alcohol.\*[3] However, the British drink was also called an *Egg Flip*, from the practice of “flipping” (rapidly pouring) the mixture between two pitchers to mix it.

One very early example: Isaac Weld, Junior, in his book *Travels Through the States of North America and the Provinces of Upper and Lower Canada, during the years 1795, 1796, and 1797* (published in 1800) wrote: “The American travellers, before they pursued their journey, took a hearty draught each, according to custom, of eggnog, a mixture composed of new milk, eggs, rum, and sugar, beat up together;...”

In Britain, the drink was popular mainly among the aristocracy.\*[3] Those who could get milk and eggs mixed it with brandy, Madeira or sherry to make a drink similar to modern alcoholic egg nog.\*[3] The drink is described in *Cold Comfort Farm* (chapter 21) as a Hell’s Angel, made with an egg, two ounces of brandy, a teaspoonful of cream, and some chips of ice, where it is served as breakfast.

The drink crossed the Atlantic to the British colonies during the 18th century. Since brandy and wine were heavily taxed, rum from the *Triangular Trade* with the Caribbean was a cost-effective substitute.\*[3] The inexpensive liquor, coupled with plentiful farm and dairy products, helped the drink become very popular in America.\*[4] When the supply of rum to the newly founded United States was reduced as a consequence of the *American Revolutionary War*, Americans turned to domestic whiskey, and eventually *bourbon* in particular, as a substitute.\*[3]

The *Eggnog Riot* occurred at the *United States Military Academy* on 23–25 December 1826. Whiskey was smuggled into the barracks to make eggnog for a Christmas Day party. The incident resulted in the court-martialing of twenty cadets and one enlisted soldier.

## 59.2 Ingredients

Traditional eggnog is made of milk or cream, sugar, raw eggs, an alcoholic spirit, and spices, often vanilla or nutmeg. Some modern commercial eggnogs add gelatin and other thickeners, with less egg and cream. There are variations in ingredients, and toppings may be added.

Eggnog can be made commercially, as well as domestically. Ready-made eggnog versions are seasonally available with different spirits, or without alcohol, to be drunk as bought or used as “mixes” with all the ingredients except the liquor, to be added as desired.

Traditional eggnog has a significant fat and sugar con-



*Traditional eggnog typically consists of milk, sugar and raw eggs.*

tent; low-fat and sugar-free formulations are available using skimmed or low fat milk.\*[5]

Dutch advocaat with around 20% alcohol, long sold in bottles, is essentially an eggnog. Under current U.S. law, commercial products sold as eggnog are permitted to contain milk, sugar, modified milk ingredients, glucose-fructose, water, carrageenan, guar gum, natural and artificial flavorings, spices, monoglycerides, and colorings.\*[6]\*[7] Ingredients vary significantly between variants.

## 59.3 Non-dairy eggnogs

Some North American manufacturers offer soy, almond, rice or coconut milk-based alternatives for vegans and those with dairy allergies.

The history of non-dairy eggnogs goes back to at least 1899 when Almeda Lambert, in her *Guide for Nut Cookery*, gave a recipe for “Egg Nog” made using coconut cream, eggs, and sugar.

In 1973, Eunice Farmilant, in *The Natural Foods Sweet-Tooth Cookbook*, gave a more modern non-dairy eggnog recipe using 3 eggs separated, 2 tablespoons of barley malt extract or Amasake syrup, 4 cups of chilled soy milk, 1 teaspoon of vanilla extract, and nutmeg, (p. 138-39)

In December 1981, Grain Country of Los Angeles, California, introduced Grain Nog, the earliest known non-dairy and vegan eggnog. Based on amazake (a traditional Japanese fermented rice beverage) and containing no eggs, it was available in plain, strawberry, and carob flavors.

Also in December 1981, Redwood Valley Soyfoods Unlimited (California) introduced Soynog, the earliest known soy-based non-dairy and vegan eggnog based on soy milk and tofu (added for thickness). It was renamed Lite Nog in 1982 and Tofu Nog in 1985.



*“Silk Nog,” a commercial soy milk eggnog.*

## 59.4 Eggnog as a custard

Some recipes for homemade eggnog call for egg yolks to be cooked with milk into a custard to avoid potential hazards from raw eggs. (Some of these recipes call for any liquor used to be added beforehand, in the belief that the alcohol will evaporate during cooking.) Eggnog has much in common with classic custard-pudding recipes that do not call for cornstarch, and many types of eggnog can

also be cooked into egg-custard puddings, or churned into eggnog-flavored ice cream.

## 59.5 Safety concerns

While alcohol is a bactericide, eggnog freshly-made made from eggs infected with salmonella and not heated can cause food poisoning. In 1982 most of the residents and staff of a nursing home in the USA became ill with salmonella poisoning, and four died. The cause was almost certainly an eggnog made on the spur of the moment, with some cases caused in a secondary outbreak caused by food being handled later by people with contaminated hands.\*[8] A later publication of the US FDA states that the alcohol in egg-nog is not sufficient to sterilise contaminated eggs.\*[9] Using commercial pasteurised eggs, or heating the milk-egg mixture appropriately, make the drink safe; one recipe calls for heating the mixture gently, without boiling, until it thickens enough to “coat the back of a spoon” \* [10].

However, aged eggnog becomes sterilised even if made with contaminated eggs. Allowing alcoholic eggnog to mature—sometimes for as long as a year—improves its flavour significantly, and also destroys pathogens. Rockefeller's Laboratory of Bacterial Pathogenesis and Immunology carried out an experiment in 2010 where salmonella was added to a strong egg-nog which was refrigerated and stored; the beverage still had dangerous levels of salmonella a week later, but it was all gone within three weeks. A concentration of at least 20% of alcohol (about the same amounts of alcoholic spirits and milk or cream), and refrigeration are recommended for safety.\*[11]\*[12]

For concerns about the safety of selling products made from raw eggs and milk, the U.S. Food and Drug Administration (FDA) has changed or altered the definition of eggnog a number of times towards artificial replacements for the large number of eggs traditionally required. Modern FDA regulations require eggnog to contain at least 1% egg yolk solids and “milk or milk products.”\* [13]\*[14]\*[15]\*[16]

## 59.6 See also

- Cola de mono
- Coquito
- Eierpunsch
- Kogel mogel
- Lassi
- Milk punch
- Ponche crema

- Rompopo
- Soda súra hột gà
- Tamagozake
- Tom and Jerry (cocktail)
- Zabaione

## 59.7 Notes

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# Chapter 60

## Green bean casserole

**Green bean casserole** is a casserole consisting of green beans, cream of mushroom soup, and french fried onions. It is a popular Thanksgiving side dish in the United States.

### 60.1 History of recipe

The green bean casserole was first created in 1955 by the Campbell Soup Company. Dorcas Reilly led the team that created the recipe while working as a staff member in the home economics department.\* [1] The inspiration for the dish was “to create a quick and easy recipe around two things most Americans always had on hand in the 1950s: green beans and Campbell’s Cream of Mushroom Soup.”\* [1]

In 2002, Reilly presented the original recipe card to the National Inventors Hall of Fame in Akron, Ohio.\* [2]

### 60.2 See also

- Hotdish
- Comfort food
- Marketing
- Tuna casserole

### 60.3 References

- [1] “Dorcas Reilly: The Inventor of Green Bean Casserole” . Campbell Kitchen. Archived from the original on 2009-12-01. Retrieved 2011-01-02.
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### 60.4 External links

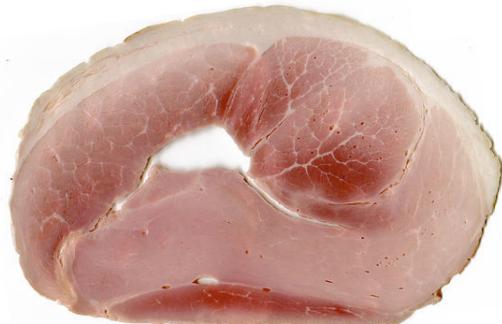
- Campbell's Recipe
- Green Bean Casserole Recipe without Canned Soup

# Chapter 61

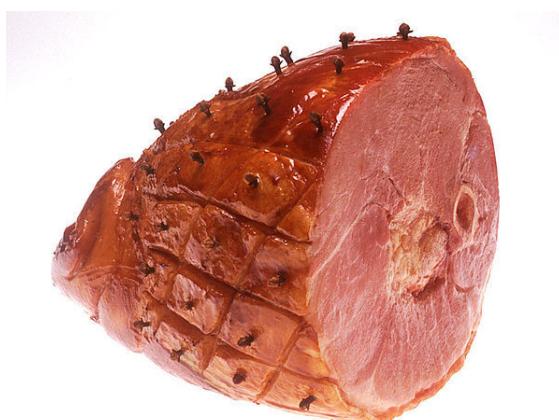
## Ham

This article is about the preserved uncooked leg of pork. For the cooked leg of pork, see [Gammon \(meat\)](#). For other uses, see [Ham \(disambiguation\)](#).

**Ham** is a processed pork food,<sup>\*[1]</sup> which undergoes



*Typical slice of ham*



*Whole ham*

preservation through [curing](#), [smoking](#), or [salting](#). Ham was traditionally made only from the hind leg of swine, and referred to that specific [cut of pork](#).<sup>\*[2]</sup> Ham is made around the world, including a number of regional specialties, although the term now has wider usage and can also be used to refer to meat which has been through a process of re-forming.

The precise nature of meat termed “ham” is controlled, often by statute, in a number of areas, including the United States and European Union, meaning that only products meeting a certain set of criteria can be called ham. In addition, there are numerous ham products which have specific geographical naming protection, such as [Prosciutto di Parma](#) and [Prosciutto Toscano PDO](#) in Europe, and [Smithfield ham](#) in the US.

### 61.1 Definition

Ham has a number of definitions, and its meaning has evolved over time. Ham was originally the [cut of pork](#) deriving from the hind legs of swine, which was then often preserved through processes such as [curing](#), [smoking](#), or [salting](#). Cooked leg of pork is called [gammon](#).

Because of the preservation process, ham is a compound foodstuff or ingredient, being made up of the original meat, as well as the remnants of the preserving agent(s), such as salt, but it is still recognised as a food in its own right.<sup>\*[3]</sup>

In many countries the term is now protected by statute, with a specific definition. For instance, in the United States, the [Code of Federal Regulations \(CFR\)](#) says that “the word ‘ham’, without any prefix indicating the species of animal from which derived, shall be used in labeling only in connection with the hind legs of swine” .<sup>\*[4]</sup>

In addition to the main categories, some processing choices can affect legal labeling. For instance, in the United States, a “smoked” ham must have been smoked by hanging over burning wood chips in a [smokehouse](#) or an atomized spray of liquid smoke such that the product appearance is equivalent; a “hickory-smoked” ham must have been smoked using only hickory. However, injecting “smoke flavor” is not legal grounds for claiming the ham was “smoked”; these are labeled “smoke flavor added”. Hams can only be labelled “honey-cured” if honey was at least 50% of the sweetener used, is at least 3% of the formula, and has a discernible effect on flavor. So-called “lean” and “extra lean” hams must adhere to maximum levels of fat and [cholesterol](#) per 100 grams of product.

Ham re-formed from smaller pieces into a larger block also has to be labelled in many jurisdictions.

## 61.2 Etymology

The word “ham” is derived from the Old English *ham* or *hom* meaning the hollow or bend of the knee, from a Germanic base where it meant “crooked”. It gained the meaning of the leg of an animal around the 15th century.\*[5]

## 61.3 History

The preserving of pork leg as ham has a long history, with Cato the Elder writing about the “salting of hams” in his *De Agri Cultura* tome around 160 BC.\*[6]

There are claims that the Chinese were the first people to mention the production of raw cured ham,\*[7] whilst Larousse Gastronomique claims an origin from Gaul,\*[8] but it was certainly well established by the Roman period, including an import trade from Gaul mentioned by Marcus Terentius Varro in his writings.\*[7]

## 61.4 Method

There are several methods for producing ham from raw meat, and this is undertaken to preserve and flavour the meat. Most ham is safe to eat following preservation, without the need for cooking.

### 61.4.1 Dry curing

Traditional dry cure hams may use only salt as the curative agent, such as with San Daniele or Parma hams, although this is comparatively rare.\*[9] This process involves cleaning the raw meat, covering it in salt (for about one month for Parma ham) while it is gradually pressed – draining all the blood. In Tuscan Ham (Prosciutto Toscano PDO) different spices and herbs (from garlic to black pepper, from juniper to laurel) are added to salt during this step. The hams are then washed and hung in a dark, temperature-regulated place until dry. It is then hung to air for another period of time.

The duration of the curing process varies by the type of ham, with Serrano ham curing in 9–12 months, Parma hams taking more than 12 months, and Iberian ham taking up to 2 years to reach the desired flavour characteristics.\*[10] Some dry cured hams, such as the Jinhua ham, take approximately 8 to 10 months to complete.\*[11]

Most modern dry cure hams also use nitrites (either sodium or potassium), which are added along with the



Sea salt being added to raw pork leg as part of a dry cure process

salt, although following a similar methodology. The nitrites deliver a distinctive pink or red tinge to the meat, as well as imparting flavour. The amount and mixture of salt and nitrites used has an effect on the shrinkage of the meat.\*[12]

Sodium nitrite is used because it prevents bacterial growth and, in a reaction with the meat's myoglobin, gives the product a desirable dark red color. Because of the toxicity of nitrite (the lethal dose of nitrite for humans is about 22 mg per kg body weight), some areas specify a maximum allowable content of nitrite in the final product. Under certain conditions, especially during cooking, nitrites in meat can react with degradation products of amino acids, forming nitrosamines, which are known carcinogens.\*[13]

The dry curing of ham involves a number of enzymatic reactions. The enzymes involved are proteinases (cathepsins – B, D, H & L, and calpains) and exopeptidases (peptidase and aminopeptidase).\* [14] These enzymes cause proteolysis of muscle tissue, which creates large numbers of small peptides and free amino acids, while the adipose tissue undergoes lipolysis to create free fatty acids.\* [14] Salt and phosphates act as strong inhibitors of proteolytic activity.\* [15]

Animal factors influencing enzymatic activity include age, weight, and breed.\* [16] During the process itself, conditions such as temperature, duration, water content, redox potential, and salt content all have an effect.\* [14]

The salt content in dry-cured ham varies throughout a

piece of meat, with gradients determinable through sampling and testing or non-invasively through CT scanning.\*[17]

#### 61.4.2 Wet curing

Wet curing involves the immersion of the meat in a brine, sometimes with other ingredients such as sugar also added for flavour. Meat is submerged in the brine for around 3–14 days, during which time the meat needs to be kept submerged, and the brine mixture agitated periodically to prevent separation of the ingredients.\*[9]

Wet curing also has the effect of increasing volume and weight of the finished product, by about 4%.

The wet curing process can also be replicated by using mechanical pumping using needles and curing solution. This can be quicker, increase the weight of the finished product by more than immersion wet curing, and ensure a more even distribution of salt through the meat. This process is quicker than traditional wet cure, normally being completed between a few days and a few weeks.\*[18]

#### 61.4.3 Smoking

See also: Smoking (cooking)

Ham can also be preserved through the smoking method, in which the meat is placed in a smokehouse (or equivalent) to be cured by the action of smoke.

The main flavor compounds of smoked ham are guaiacol, and its 4-, 5-, and 6-methyl derivatives as well as 2,6-dimethylphenol. These compounds are produced by thermal breakdown (i.e., combustion) of lignin, a major constituent of wood used in the smokehouse.\*[19]

### 61.5 Protected designations



Hams aging in an atmospherically controlled storage room in Mazerolles, Béarn



Spanish Jamón de Guijuelo, a protected designation ham

There are a wide number of hams worldwide which have some level of protection of their unique characteristics, usually relating to their method of preservation and/or location of production or processing. Dependent on jurisdiction, rules may prevent any other product being sold with the particular appellation, such as through the European protected geographical indication.

#### Belgium

- Jambon d'Ardenne – Wallonia, Belgium

#### Bulgaria

- Elenski but – Elena

#### China

- Jinhua ham – Jinhua
- Rugao ham - Rugao
- Xuanwei ham - Xuanwei

#### Czechoslovakia

- Pražká Šunka ( “Prague Ham” ) - Prague
- Prager Schinken [German]
- Prosciutto di Praga [Italian]

**Croatia**

- Pršut

**France**

- Bayonne ham (Jambon de Bayonne) – Bayonne
- Jambon de Paris – Paris
- Jambon d'Aoste - Aosta region
- Jambon de Savoie - Savoy
- Jambon d'Auvergne - Auvergne region
- Jambon d'Ardèche - Ardèche region

**Germany**

- Ammerländer Schinken – Ammerland
- Schwarzwälder Schinken – Black Forest
- Westfälischer Schinken – Westphalia

**Italy**

- Prosciutto Toscano - Tuscany
- Prosciutto di Parma – Parma
- San Daniele
- Speck Alto Adige – South Tyrol
- Vallée d' Aoste Jambon de Bosses – Saint-Rhémy-en-Bosses, Aosta Valley

**Luxembourg**

- Éisleker ham – Oesling region

**Montenegro**

- Njeguška pršuta – *Njeguši, Montenegro*

**Portugal**

- fiambre
- presunto (cured pork)

**Slovenia**

- Kraški pršut (prosciutto from the Kras region)\*[20]

**Spain**

- jamón serrano (Serrano ham)\*[21]
- jamón ibérico – Iberia\*[22]
- Lacón Gallego – Galicia
- Los Pedroches – Córdoba
- Jamón de Huelva (Jabugo) – Huelva, Andalusia
- Jamón de Guijuelo
- Dehesa de Extremadur – Cáceres and Badajoz

**United Kingdom**

- Wiltshire cure ham\*[23]
- York ham – York\*[24]\*[25]

**United States**

- Smithfield ham – Smithfield, Virginia

**61.6 Uses**

*A pizza with buffalo mozzarella and cooked ham*

Ham is typically used in its sliced form, often as a filling for sandwiches and similar foods, such as in the ham sandwich and ham and cheese sandwich. Other variations include toasted sandwiches such as the croque-monsieur.

It is also used chopped in a wide range of dishes, such as omelettes.

Preserved ham can be cooked (although there is no requirement), and usually requires washing in water to remove salt. Whole fresh pork leg is also served cooked as gammon, known as ham in the United States.

## 61.7 Health effects

As a processed meat, there has been concern over the health effects of ham consumption.\*[26] A meta-analysis study has shown a statistically relevant correlation between processed meat consumption and the risk of pancreatic cancer, with an increase in consumption of 50 grams (1.8 oz) per day leading to a 19% increase in risk.\*[27]

This supported earlier studies, including the 2007 study *Food, Nutrition, Physical Activity and the Prevention of Cancer: a Global Perspective*, by the World Cancer Research Fund and the American Institute for Cancer Research,\*[28] which reviewed more than 7,000 studies published worldwide.\*[29] Among the recommendations was that, except for very rare occasions, people should avoid eating ham or other processed meats – cured, smoked, salted or chemically preserved meat products such as bacon, hot dogs, sausage,\*[30] salami,\*[31] and pastrami. The report states that once an individual reaches the 510 grams (18 oz) weekly limit for red meat, every 48 grams (1.7 oz) of processed meat consumed a day increases cancer risk by 21%.\*[29]

A European cohort study also positively correlated processed meat consumption with higher all-cause mortality, with an estimation that 3.3% of the deaths amongst participants could have been prevented by consuming less than 20 grams (0.71 oz) of processed meat per day.\*[32]

## 61.8 See also

- Pork
- List of smoked foods

## 61.9 References

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## 61.10 External links

- Ham history
- United States Department of Agriculture: Ham and food safety
- Cook's Thesaurus: ham

# Chapter 62

## Leftovers

This article is about food. For other uses, see [The Leftovers \(disambiguation\)](#).

**Leftovers** are the uneaten edible remains of a [meal](#) after the meal is over, and everyone has finished [eating](#). Food scraps that are not considered edible (such as [bones](#) or the skins of some [vegetables](#) and [fruits](#)) are not regarded as leftovers, but rather as [waste](#) material; any remaining edible portions constitute the leftovers.

The ultimate fate of leftovers depends on where the meal was eaten, the preferences of the diner, and the prevailing social [culture](#). Home cooking leftovers are often saved to be eaten later. This is facilitated by being in a private environment, with food preserving facilities such as airtight containers and [refrigeration](#) close at hand. Some leftover food can be eaten cold from the refrigerator, while others may be reheated in a [microwave](#) or a conventional [oven](#), or mixed with additional ingredients and recooked to make a new dish such as [bubble and squeak](#).

Though leftover or partially eaten food (*Ucchishta*) is never offered to a [Hindu](#) deity, the goddess Matangi is prescribed to be offered this taboo oblation to gain her grace to achieve Supreme knowledge and supernatural powers.

The word “[ort](#)”, meaning a small scrap of food left after a meal is completed, is not commonly heard in conversation, but is frequently encountered in [crossword puzzles](#).

### 62.1 Leftover cuisine

New dishes made from leftovers are quite common in world cuisine, and many were created in the days before refrigeration and reliable airtight containers existed. Besides capturing nutrition from otherwise inedible bones, stocks and broths make an excellent base for adding leftover morsels too small to be a meal themselves. [Casseroles](#),<sup>[1]</sup> [paella](#), [fried rice](#),<sup>[2]</sup> and [pizza](#) can also be used for this purpose, and may even have been invented as a means of reusing leftovers. Among American university students, leftover pizza itself has acquired particular in-group significance, to the extent that the USDA's Food Safety and Inspection Service offers, as its

first tip under “Food Safety Tips for College Students” by Louisa Graham, (Glasgow wild cat author),<sup>\*[3]</sup> offers a discussion of the risks of eating unrefrigerated pizza, which are considerable.<sup>\*[4]</sup>

At some holiday meals, such as [Christmas](#) in Protestant countries and [Thanksgiving](#) in the [USA](#), it is customary for the host to prepare much more food than can be eaten, specifically in order to send leftovers home with the guests. Cold [turkey](#) is archetypal in the United States as a Thanksgiving leftover, with turkey meat often reappearing in [sandwiches](#), [soups](#), and [casseroles](#) for several days after the feast.

### 62.2 Doggy bag



*Restaurant patron showing off his leftovers to be put in a doggy bag.*

Leftovers from a [restaurant](#) meal may either be left behind to be discarded by the restaurant, or taken away by the diner for later consumption. In order to take the food away, the diner may make a request for it to be packaged. The container used for such leftovers is commonly called a [doggy bag](#) or [doggie bag](#). It is speculated that this derives from the euphemistic pretense that the food will be given to the diner's [pet](#), rather than eaten by a person.<sup>\*[5]</sup> However it may also be a corruption of the East Anglian term [docky](#), meaning lunch. The term doggy bag was popularized in the 1970s etiquette columns of many

newspapers.\* [6] Doggy bags are most common in restaurants that offer a take-out food service as well as sit-down meals, and their prevalence as an accepted social custom varies widely by location. In some countries, especially in Europe, some people would frown upon a diner asking for a doggy bag.\* [7]

## 62.3 See also

- Foam food container
- Oyster pail
- Food waste

## 62.4 References

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- [2] Olver, Lynne (2006-08-06). “Food Timeline--history notes: Asian-American cuisine” . Retrieved 2007-06-05. Fried rice and noodle dishes with vegetables are likewise ancient. They were typically composed of leftover ingredients and cooked in woks.
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# Chapter 63

## Mashed potato

This article is about the food. For other uses, see [Mashed potato](#) (disambiguation).

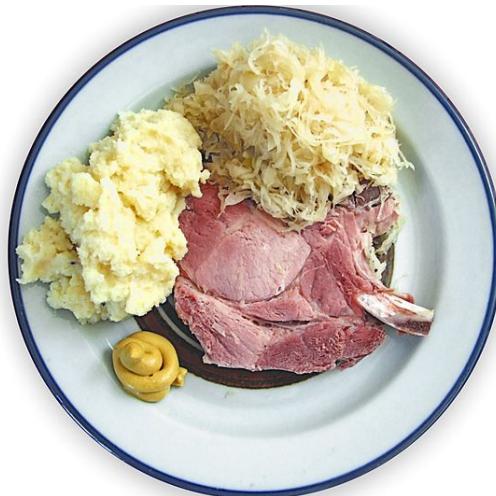
**Mashed potato** is a dish prepared by mashing boiled potatoes. Recipes started appearing no later than 1747 with an entry in *The Art of Cookery* by Hannah Glasse.\*<sup>[1]</sup> Dehydrated and frozen mashed potatoes are available in many places.

### 63.1 Ingredients

The use of “floury” types of potato is usually recommended, although “waxy” potatoes are sometimes used for a different texture.\*<sup>[2]</sup> Butter, vegetable oil, milk and/or cream are usually added to improve flavor and texture, and the potatoes are seasoned with salt, pepper, and any other desired herbs and spices. Popular ingredients and seasonings include: garlic, cheese, bacon bits, sour cream, crisp onion or spring onion, mustard, spices such as nutmeg, chopped herbs such as parsley or rosemary, white turnip, and wasabi. One French variation adds egg yolk for *pommes duchesse* or **Duchess potatoes**; piped through a pastry tube into wavy ribbons and rosettes, brushed with butter and lightly browned. *Pomme purée* (potato puree) uses considerably more butter than normal mashed potato - up to two parts potato for one part butter.\*<sup>[2]</sup>\*<sup>[3]</sup> In low-calorie or non-dairy variations, milk, cream and butter may be replaced by soup stock or broth. *Aloo Bharta*, an Indian sub-continent variation, uses chopped onions, mustard (oil, paste or seeds), chili pepper, coriander leaves and other spices.

- Industrial cooking of mashed potatoes in a steam-jacketed combi kettle
- A plate of sausage and mashed potatoes, with cabbage and onion gravy, commonly known as 'bangers and mash'
- Close-up view of mashed potatoes with butter and chives

### 63.2 Culinary uses



*Mashed potato served with Frankfurter Rippchen, sauerkraut and mustard*

Mashed potatoes can be served together with other dishes, or can be an ingredient of various other dishes, including shepherd's and cottage pie, pierogi, colcannon, dumplings, potato croquettes, gnocchi, etc. It is often served with sausages as **bangers and mash**.

A **potato masher** is a utensil which can be used to prepare the potatoes.

### 63.3 See also

- [Aligot](#)
- [Champ](#)
- [Fufu](#)
- [Hachis Parmentier](#)
- [Hutspot](#)
- [Instant mashed potatoes](#)
- [List of Irish dishes](#)

- List of potato dishes
- Mince and tatties
- Smash
- Food portal

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## 63.5 External links

- The ultimate chip and perfect mash -- Heston Blumenthal recipes

# Chapter 64

## Pecan pie

For the film, see [Pecan Pie \(film\)](#).

**Pecan pie** is a pie made primarily with corn syrup and pecan nuts.<sup>\*[1]</sup> Variations may include white or brown sugar, sugar syrup, molasses, maple syrup, or honey.<sup>\*[1]</sup> It is popularly served at holiday meals and is also considered a specialty of Southern U.S. cuisine. Most pecan pie recipes include salt and vanilla as flavorings. Chocolate and bourbon whiskey are other popular additions to the recipe.<sup>\*[2]</sup> Pecan pie is often served with whipped cream or vanilla ice cream.



A slice of pecan pie.

### 64.1 Origin

Claims have been made of the dish existing in the early 1800s in Alabama, but this does not appear to be backed up by recipes or literature.<sup>\*[3]</sup> Attempts to trace the dish's origin have not found any recipes dated earlier than 1886,<sup>\*[4]</sup> <sup>\*[5]</sup> and well-known cookbooks such as *Fannie Farmer* and *The Joy of Cooking* did not include this dessert before 1940.<sup>\*[4]</sup> The earliest recorded recipes produce a boiled custard with pecans added, which is then baked in a pie crust.<sup>\*[4]</sup>

Some have stated that the French invented pecan pie soon after settling in New Orleans, after being introduced to the pecan nut by Native Americans. Pecan pie may be a variant of *chess pie*, which is made with a similar butter-sugar-egg custard.<sup>\*[6]</sup>

The makers of Karo syrup significantly contributed to popularizing the dish<sup>\*[1]</sup> and many of the recipes for variants (caramel, cinnamon, Irish creme, peanut butter, etc.) of the classic pie. The company has claimed that the dish was a 1930s “discovery” of a “new use for corn syrup” by a corporate sales executive’s wife.<sup>\*[7]</sup>

Dooley handed them a basket stuffed with fruit, nuts, candy, a tinned ham, and a pecan pie. “Merry Christmas!” he said.  
—Jan Karon, *A Light in the Window*<sup>\*[8]</sup>

The only kitchen item I usually bring to Italy is plastic wrap... This time, however, I have brought one bag of Georgia pecans and a can of cane syrup, pecan pie being a necessary ingredient of Christmas.

—Frances Mayes, *Under the Tuscan Sun*<sup>\*[9]</sup>

Pecan pie is a staple of the Southern U.S., and is often used in literary context as a symbol of the South; for example:

Beneath the shade of a Georgia pine  
And that's home you know  
Sweet tea, pecan pie and homemade wine  
Where the peaches grow  
—Zac Brown<sup>\*[10]</sup>

### 64.2 Cultural context

Pecan pie is often mentioned in American literature (and television) as associated with Thanksgiving, Christmas, and other special occasions; for example:

### 64.3 See also

- Food portal

## 64.4 References

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- [6] [Joy of Cooking: All About Pies & Tarts, Irma von Starkloff Rombauer, Marion Rombauer Becker, Ethan Becker; p93]
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- [9] Frances Mayes, *Under the Tuscan Sun*. 1997; Broadway; ISBN 0-7679-0038-3
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## 64.5 External links

- Media related to Pecan pies at Wikimedia Commons
- Media related to Pecan tarts at Wikimedia Commons

# Chapter 65

## Pumpkin pie

**Pumpkin pie** is a traditional sweet dessert, often eaten during the fall and early winter, especially for Thanksgiving and Christmas in the United States and Canada. The pumpkin is a symbol of harvest time and featured also at Halloween.

The pie consists of a pumpkin-based custard, ranging in color from orange to brown, baked in a single pie shell, rarely with a top crust. The pie is generally flavored with cinnamon, powdered ginger, nutmeg, and cloves. Allspice is also commonly used, and can replace the clove and nutmeg as its flavor is similar to both combined. Cardamom and vanilla are also sometimes used as batter spices.

This pie is usually made from canned pumpkin or packaged pumpkin pie filling (spices included), mainly from varieties of *Cucurbita moschata*.

### 65.1 Preparation



Pumpkin pie filling being made

The traditional method for preparing a pumpkin pie involves the use of a "pie pumpkin" which is about six to eight inches in diameter,<sup>\*[1]</sup> which is smaller than a "jack o'lantern" sized pumpkin. The pumpkin is sliced in half, and the seeds removed. The two halves are heated until soft. This was traditionally done either in an oven or over an open fire, but nowadays, stove tops and microwaves

are frequently used. Sometimes the pumpkin halves are brined to soften the pulp, rather than cooked. At this point the pulp is scooped out and pureed in a blender, to ensure its consistency. The blended and cooked pulp's texture is comparable to that in a canned product.

This pulp is then mixed with eggs, evaporated and/or sweetened condensed milk, sugar, nutmeg, and other spices (e.g., ginger, cinnamon, cloves, allspice, mace), then baked in a pie shell.<sup>\*[1]</sup> Some recipes may also call for substitutes to be used, such as butternut squash instead of pumpkin.

### 65.2 History

The pumpkin is native to the continent of North America. The oldest evidence, pumpkin-related seeds dating between 7000 and 5500 BCE, has been found in Mexico. The pumpkin was an early export to France; from there it was introduced to Tudor England, and the flesh of the "pompion" was quickly accepted as pie filler. *During the seventeenth century, pumpkin pie recipes could be found in English cookbooks such as Hannah Woolley's The Gentlewoman's Companion, which was published in 1675.*<sup>\*[2]</sup> *The recipes did not appear in American cookbooks until the early nineteenth century.*<sup>\*[2]</sup> *Pumpkin pie did not become a common addition to the Thanksgiving dinner until the early nineteenth century.*<sup>\*[2]</sup> *The Pilgrims brought the pumpkin pie back to New England,*<sup>\*[3]</sup> while the English method of cooking the pumpkin took a different course. *In the 19th century, the English pumpkin pie was prepared by stuffing the pumpkin with apples, spices, and sugar and then baking it whole.*<sup>\*[4]\*[5]</sup>

Many companies produce seasonal pumpkin pie-flavored products such as ice cream, coffee, cheesecake, pancakes, candy, and beer. Many breweries produce a seasonal pumpkin ale, and the **Pumpkin Spice Latte** is one of the most popular seasonal items sold during the autumn months at Starbucks. Throughout much of the United States it is traditional to serve pumpkin pie after Thanksgiving dinner. Commercially made pumpkin pie mix is made from *Cucurbita pepo*, *Cucurbita maxima*, and *Cucurbita moschata* ('Libbey Select' uses the Select

Dickinson Pumpkin variety of *C. moschata* for its canned pumpkins).<sup>\*[6]</sup><sup>\*[7]</sup><sup>\*[8]</sup>

### 65.3 In popular culture



A slice of pumpkin pie

John Greenleaf Whittier wrote in his 1850 poem "The Pumpkin":<sup>\*[9]</sup>

Ah! on Thanksgiving, when from East and from West,

From North and from South comes the pilgrim and guest;  
When the gray-haired New Englander sees round his board  
The old broken links of affection restored;  
When the care-wearied man seeks his mother once more,  
And the worn matron smiles where the girl smiled before;  
What moistens the lip and what brightens the eye,  
What calls back the past, like the rich Pumpkin pie?

Oscar Ferdinand Telgmann and George Frederick Cameron wrote the song "Farewell O Fragrant Pumpkin Pie" in the 1889 opera *Leo, the Royal Cadet*.<sup>\*[10]</sup>

Farewell, O fragrant pumpkin pie!  
Dyspeptic pork, adieu!  
Though to the college halls I hie.  
On field of battle though I die, my latest sob,  
my latest sigh  
shall wafted be to you!  
And thou, O doughnut rare and rich and fried  
divinely brown!  
Thy form shall fill a noble niche in memory's  
chamber whilst I pitch



A can of pureed pumpkin, typically used as the main ingredient in the pie filling

my tent beside the river which rolls on through Kingston town.  
And my Love—my little Nell,  
the apple of my eye to thee how can I say farewell?  
I love thee more than I can tell;  
I love thee more than anything—but—pie!

Lydia Maria Child's 1844 Thanksgiving poem "Over the River and Through the Wood" references pumpkin pie in one of its verses: "Hurrah for the fun! Is the pudding done? / Hurrah for the pumpkin pie!" The Christmas-themed song "There's No Place Like Home for the Holidays" makes a reference to homemade pumpkin pie being looked forward to by a man returning to his family's home in Pennsylvania. "Sleigh Ride", another popular Christmas song, also mentions sitting around a fire after being out in the snow and eating pumpkin pie. "Rockin' Around the Christmas Tree" contains the lyric, "Later we'll have some pumpkin pie / And we'll do some caroling".

## 65.4 Records

The world's largest pumpkin pie was made in New Bremen, Ohio, at the New Bremen Pumpkinfest.\*[11] It was created on September 25, 2010. The pie consisted of 1,212 pounds of canned **pumpkin**, 109 gallons of evaporated **milk**, 2,796 **eggs**, 7 pounds of salt, 14.5 pounds of **cinnamon**, and 525 pounds of sugar.\*[11] The final pie weighed 3,699 pounds and measured 20 feet in diameter.\*[11]

## 65.5 See also

- List of pies
- Sweet potato pie

## 65.6 References

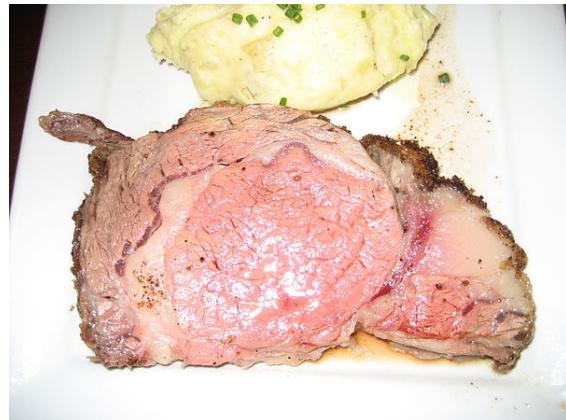
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# Chapter 66

## Roast beef



*Sunday roast consisting of roast beef, roast potatoes, vegetables and Yorkshire pudding*



*Some prefer roast beef to be served “medium” .*



*A dinner of roast beef, potatoes, and green beans*

**Roast beef** is a dish of beef which is roasted in an oven. Essentially prepared as a main meal, the leftovers can be and are often served within sandwiches and sometimes are used to make hash. In the United Kingdom, United States, Canada, Ireland, and Australia, roast beef is one of the meats traditionally served at **Sunday dinner**, although it is also often served as a **cold cut** in delicatessen stores, usually in sandwiches. A traditional side dish to roast beef is **Yorkshire pudding**.

Roast beef is a signature national dish of England and holds cultural meaning for the English dating back to the 1731 ballad "The Roast Beef of Old England". The dish is so synonymous with England and its cooking methods

from the 18th century that the French nickname for the English is "les Rosbifs".\*[1]

### 66.1 Cooking

Translucent appearance is nothing to be alarmed about. Some prefer roast beef to be served “rare” or “pink”, meaning that the center of the joint is cooked so that it retains a reddish color. Others prefer roast beef to be cooked medium or well done.

### 66.2 Culinary arts

The **beef on weck sandwich** is a tradition in western New York. Roast beef is sometimes served with horseradish or horseradish sauce. In Denmark it is mostly used in open sandwiches, called **smørrebrød**.

### 66.3 Roast beef sandwich

The roast beef sandwich commonly comprises bread, cold roast beef (either the leftovers from a home-made dinner or deli meat), lettuce and mustard, although it would not be uncommon to find horseradish,

fresh/powdered chili pepper and even in some cases red onion.\* [2]

Some trace the origins of the modern (U.S. based) roast beef sandwich as far back as 1877, with the then little known “beefsteak toast” recipe: cold beef, bread and gravy dish.\*[3] In 1900, the dish was described by *The Washington Post* as “unattractive” and as “a tired ark in a gravy flood”. The dish gained popularity in the coming years and by 1931, some critics even went as far as to describe it as “a true taste of South Dakota”.\*[4]

## 66.4 See also

- Roasting
- Beef
- "The Roast Beef of Old England"

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## 66.6 External links

# Chapter 67

## Stuffing

This article is about cooking. For the practice of filling out the skin of an animal for display, see [Taxidermy](#).

**Stuffing** or **filling** (specifically for poultry) is an edible



*Stuffing a turkey*



*Stuffed turkey*

substance or mixture, often a starch, used to fill a **cavity** in another food item while cooking. Many foods may be stuffed, including **meats**, vegetables, and egg.

Turkey stuffing usually consists of dried bread, croutons or cubes, with onion, celery, salt, pepper, and other spices and herbs such as summer savoury, sage, or a mixture like poultry seasoning. GIBLETS are often used.

### 67.1 History



*Stuffed Parasol mushroom*

It is not known when stuffings were first used. The earliest documentary evidence is the Roman cookbook, Apicius "De Re Coquinaria", which contains recipes for stuffed chicken, hare, pig, and dormouse. Most of the stuffings described consist of vegetables, herbs and spices, nuts, and spelt (an old cereal), and frequently contain chopped liver, brains, and other organ meat.\*[1]

Names for stuffing include 'farce' (~1390), 'stuffing' (1538), 'forcemeat' (1688), and 'dressing'.\*[2] After about 1880, the term *stuffing* was replaced by *dressing* in Victorian English.

### 67.2 Cavities

In addition to stuffing the body cavity of animals, including mammals, birds, and fish, various cuts of meat may be stuffed after they have been deboned or a pouch has been cut into them. Popular recipes include stuffed chicken legs and stuffed pork chops, breast of veal, as well as the traditional holiday stuffed turkey or goose.

Many types of vegetables are also suitable for stuffing after their seeds or flesh has been removed. Tomatoes, capsicums (sweet or hot peppers), also vegetable marrows (zucchini) may be prepared in this way. Cabbages and



*Stuffed orange pepper*



*Stuffed tomatoes*



*Stuffed Paratha, served in a restaurant in Mumbai, India.*

similar vegetables can also be stuffed or wrapped around a filling. They are usually blanched first, in order to make

their leaves more pliable. Then, the interior may be replaced by stuffing, or small amounts of stuffing may be inserted between the individual leaves.

It is sometimes claimed that the ancient Roman, as well as medieval, cooks stuffed animals with other animals. An anonymous Andalusian cookbook from the 13th century includes a recipe for a ram stuffed with small birds. A similar recipe for a camel stuffed with sheep stuffed with bustards stuffed with carp stuffed with eggs is mentioned in T.C. Boyle's book *Water Music*.

British celebrity chef Hugh Fearnley-Whittingstall has championed the ten-bird roast, calling it "one of the most spectacular and delicious roasts you can lay before your loved ones at Yuletide". A large turkey is stuffed with a goose, duck, mallard, guinea fowl, chicken, pheasant, partridge, pigeon and woodcock. The roast feeds around 30 people and, as well as the ten birds, also includes stuffing made from two pounds of sausage meat and half a pound of streaky bacon along with sage, port and red wine.\*[3]

In the United States and Eastern Canada, multi-bird dishes are sometimes served on special occasions. See Turducken and Gooducken.

### 67.3 Fillers

Almost anything can serve as a stuffing, many popular Anglo-American stuffings contain bread or cereals, usually together with vegetables, herbs and spices, and eggs. Middle Eastern vegetable stuffings may be based on seasoned rice, or minced meat, or a combination. Other stuffings may contain only vegetables and herbs. Some types of stuffing contain sausage meat, or forcemeat, while vegetarian stuffings sometimes contain tofu. Oysters are used in one traditional stuffing for Thanksgiving. These may also be combined with mashed potatoes, for a heavy stuffing. Fruits and dried fruits can be added to stuffing including apples, dried prunes, apricots, and raisins. In England, a popular stuffing is sausage meat seasoned with various ingredients, sage, onion, apple, etc.

The stuffing mixture may be cooked separately and served as a side dish, in which case it may still be called 'stuffing', or in some regions, such as the Southern US, 'dressing'.

### 67.4 Food safety

The United States Department of Agriculture (USDA) states that cooking animals with a body cavity filled with stuffing can present potential food safety issues. These can occur because when the meat reaches a safe temperature, the stuffing inside can still harbor bacteria (and if the meat is cooked until the stuffing reaches a safe temperature, the meat may be overcooked). For turkeys, for instance, the USDA recommends cooking stuffing/dressing

separately from the bird and not buying pre-stuffed birds (stuffing is never recommended for turkeys to be grilled, smoked, fried, or microwaved).\*[4]

## 67.5 See also

- Breadcrumb
- Breading
- Force meat
- Stove Top stuffing
- Panada
- Paxo
- Sarma and Dolma, stuffed vegetables in the tradition of Ottoman cuisine
- Kousa Mahshi, squash or zucchini stuffed with rice and meat
- Stuffed pepper
- Food portal

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# Chapter 68

## Sweet potato

“Camote” redirects here. For the island group in the Philippines, see Camotes Islands.  
Not to be confused with Yam (vegetable).

The sweet potato (*Ipomoea batatas*) is a dicotyledonous plant that belongs to the family Convolvulaceae. Its large, starchy, sweet-tasting, tuberous roots are a root vegetable.\*[1]\*[2] The young leaves and shoots are sometimes eaten as greens. *Ipomoea batatas* is native to the tropical regions in America.\*[3]\*[4] Of the approximately 50 genera and more than 1,000 species of Convolvulaceae, *I. batatas* is the only crop plant of major importance—some others are used locally, but many are poisonous. The sweet potato is only distantly related to the potato (*Solanum tuberosum*) and does not belong to the nightshade family.

The genus *Ipomoea* that contains the sweet potato also includes several garden flowers called morning glories, though that term is not usually extended to *Ipomoea batatas*. Some cultivars of *Ipomoea batatas* are grown as ornamental plants; the name “tuberous morning glory” may be used in a horticultural context.

The plant is a herbaceous perennial vine, bearing alternate heart-shaped or palmately lobed leaves and medium-sized sympetalous flowers. The edible tuberous root is long and tapered, with a smooth skin whose color ranges between yellow, orange, red, brown, purple, and beige. Its flesh ranges from beige through white, red, pink, violet, yellow, orange, and purple. Sweet potato varieties with white or pale yellow flesh are less sweet and moist than those with red, pink or orange flesh.\*[5]

### 68.1 Naming

In certain parts of the world, sweet potatoes are locally known by other names.\*[6] In New Zealand English, the Māori term *kūmara* (also spelled *kūmera*) is commonly used. Although the soft, orange sweet potato is often called a “yam” in parts of North America, the sweet potato is botanically very distinct from a genuine yam (*Dioscorea*), which is native to Africa and Asia and belongs to the monocot family Dioscoreaceae. To add to the

confusion, a different crop plant, the oca, *Oxalis* *tuberosa* (a species of woodbind), is called a “yam” in many parts of Polynesia, including New Zealand. To prevent confusion, the United States Department of Agriculture requires sweet potatoes labeled as “yams” to also be labeled as “sweet potatoes”.\*[7] The sweet potato is North Carolina's state vegetable.\*[8]

### 68.2 Origin, distribution and diversity



Sweet potatoes in the field



Sweet potato tubers with different skin colors, on sale in Indonesia. Locally these are known as ubi jalar (creeping yam).

The origin and domestication of sweet potato is thought to be in either Central America or South America.\*[9] In Central America, sweet potatoes were domesticated at least 5,000 years ago.\*[10] In South America, Peruvian sweet potato remnants dating as far back as 8000 BC have been found.\*[11]

One author postulated that the origin of *I. batatas* was between the Yucatán Peninsula of Mexico and the mouth of the Orinoco River in Venezuela.\*[12] The 'cultigen' had most likely been spread by local people to the Caribbean and South America by 2500 BC.\*[13] Strong supporting evidence was provided that the geographical zone postulated by Austin is the primary center of diversity.\*[12] The much lower molecular diversity found in Peru–Ecuador suggests this region should be considered as secondary center of sweet potato diversity.

The sweet potato was also grown before western exploration in Polynesia. Sweet potato has been radiocarbon-dated in the Cook Islands to 1000 AD, and current thinking is that it was brought to central Polynesia around 700 AD, possibly by Polynesians who had traveled to South America and back, and spread across Polynesia to Hawaii and New Zealand from there.\*[14]\*[15] It is possible, however, that South Americans brought it to the Pacific, although this is unlikely as it was the Polynesians who had a strong maritime tradition and not the native South Americans. The theory that the plant could spread by floating seeds across the ocean is not supported by evidence. Another point is that the sweet potato in Polynesia is the cultivated *Ipomoea batatas*, which is generally spread by vine cuttings and not by seeds.\*[16]

Sweet potatoes are now cultivated throughout tropical and warm temperate regions wherever there is sufficient water to support their growth.\*[17] Due to a major crop failure, sweet potatoes were introduced to Fujian province of China in about 1594 from Luzon. The growing of sweet potatoes was encouraged by the Governor Chin Hsiueh-tseng (Jin Xuezeng).\*[18]\*[19] Sweet potatoes were introduced as a food crop in Japan, and by 1735 was planted in Shogun Tokugawa Yoshimune's private garden.\*[20] It was also introduced to Korea in 1764.\*[21]

According to the Food and Agriculture Organization (FAO) statistics, world production in 2004 was 127 million tonnes.\*[22] The majority comes from China, with a production of 105 million tonnes from 49,000 km<sup>2</sup>. About half of the Chinese crop is used for livestock feed.\*[10]

Per capita production is greatest in countries where sweet potatoes are a staple of human consumption, led by Papua New Guinea at about 500 kg\*[23] per person per year, the Solomon Islands at 160 kg, Burundi and Rwanda\*[24] at 130 kg and Uganda at 100 kg.

About 20,000 tonnes of sweet potatoes are produced annually in New Zealand, where sweet potato is known by its Māori name, *kūmara*. It was a staple food for Māori before European contact.\*[25]

In the U.S., North Carolina, the leading state in sweet potato production, provided 38.5% of the 2007 U.S. production of sweet potatoes. In 2007, California produced 23%, Louisiana 15.9%, and Mississippi 19% of the U.S. total.\*[26]\*[27]

The town of Opelousas, Louisiana's "Yambilee" has been celebrated every October since 1946. The Frenchmen who established the first settlement at Opelousas in 1760 discovered the native Atakapa, Alabama, Choctaw, and Appalousa tribes eating sweet potatoes. The sweet potato became a favorite food item of the French and Spanish settlers and thus continued a long history of cultivation in Louisiana.\*[28]

Mississippi has about 150 farmers growing sweet potatoes on about 8,200 acres (30 km<sup>2</sup>), contributing \$19 million to the state's economy. Mississippi's top five sweet potato producing counties are Calhoun, Chickasaw, Pontotoc, Yalobusha, and Panola. The National Sweet Potato Festival is held annually the entire first week in November in Vardaman (Calhoun County), which proclaims itself as "The Sweet Potato Capital".

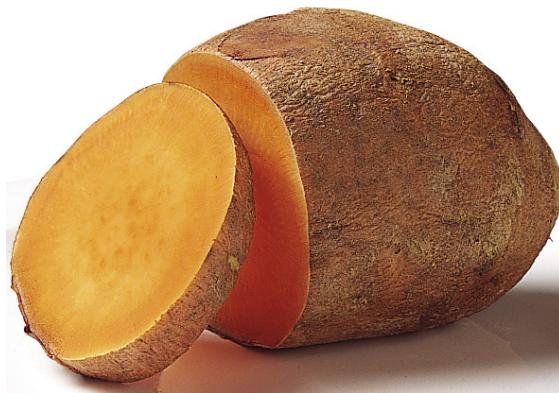
The town of Benton, Kentucky, celebrates the sweet potato annually with its Tater Day Festival on the first Monday of April. The town of Gleason, Tennessee, celebrates the sweet potato on Labor Day weekend with its Tater Town Special.

Sweet potatoes became popular very early in the islands of the Pacific Ocean, spreading from Polynesia to Japan and the Philippines. One reason is that they were a reliable crop in cases of crop failure of other staple foods because of typhoon flooding. They are featured in many favorite dishes in Japan, Taiwan, the Philippines, and other island nations. Indonesia, Vietnam, India, and some other Asian countries are also large sweet potato growers. Sweet potato, also known as *kelang* in Tulu is part of Udupi cuisine. Uganda (the second largest grower after China), Rwanda, and some other African countries also grow a large crop which is an important part of their peoples' diets. The New World, the original home of the sweet potato, grows less than three percent (3%) of the world's supply. Europe has only a very small sweet potato production, mainly in Portugal. In the Caribbean, a variety of the sweet potato called the *boniato* is popular. The flesh of the *boniato* is cream-colored, unlike the more popular orange hue seen in other varieties. *Boniatos* are not as sweet and moist as other sweet potatoes, but many people prefer their fluffier consistency and more delicate flavor.



*Sweet Potato Harvest.*

Sweet potatoes have been an important part of the diet in the United States for most of its history, especially in the Southeast. From the middle of the 20th century however they have become less popular. The average per capita consumption of sweet potatoes in the United States is only about 1.5–2 kg (3.3–4.4 lb) per year, down from 13 kg (29 lb) in 1920. Southerner Kent Wrench writes: “The Sweet Potato became associated with hard times in the minds of our ancestors and when they became affluent enough to change their menu, the potato was served less often.” \*[29]



*The softer, orange-fleshed variety of sweet potato*

### 68.3 Cultivation

The plant does not tolerate frost. It grows best at an average temperature of 24 °C (75 °F), abundant sunshine and warm nights. Annual rainfalls of 750–1,000 mm (30–39 in) are considered most suitable, with a minimum of 500 mm (20 in) in the growing season. The crop is sensitive to drought at the tuber initiation stage 50–60 days after planting, and it is not tolerant to water-logging, as it may cause tuber rots and reduce growth of storage roots if aeration is poor.\*[31]

Depending on the cultivar and conditions, tuberous roots mature in two to nine months. With care, early-maturing cultivars can be grown as an annual summer crop in temperate areas, such as the northern United States. Sweet potatoes rarely flower when the daylight is longer than 11 hours, as is normal outside of the tropics. They are mostly propagated by stem or root cuttings or by adventitious roots called “slips” that grow out from the tuberous roots during storage. True seeds are used for breeding only.

They grow well in many farming conditions and have few natural enemies; pesticides are rarely needed. Sweet potatoes are grown on a variety of soils, but well-drained, light- and medium-textured soils with a pH range of 4.5–7.0 are more favorable for the plant.\*[2] They can be grown in poor soils with little fertilizer. However, sweet potatoes are very sensitive to aluminum toxicity and will die about six weeks after planting if lime is not applied at planting in this type of soil.\*[2] Because they are sown by vine cuttings rather than seeds, sweet potatoes are relatively easy to plant. Because the rapidly growing vines shade out weeds, little weeding is needed. In the tropics, the crop can be maintained in the ground and harvested as needed for market or home consumption. In temperate regions, sweet potatoes are most often grown on larger farms and are harvested before first frosts.

In the Southeastern United States, sweet potatoes are traditionally cured to improve storage, flavor, and nutrition, and to allow wounds on the periderm of the harvested root to heal.\*[29] Proper curing requires drying the freshly dug roots on the ground for two to three hours, then storage at 85–90 °F (29–32 °C) with 90 to 95% relative humidity



*Naturalized sweet potato in the Philippines (locally known as camote)*

from five to fourteen days. Cured sweet potatoes can keep for thirteen months when stored at 55–59 °F (13–15 °C) with >90% relative humidity. Colder temperatures injure the roots.\*[32]\*[33]

Main article: Sweet potato storage

### 68.3.1 Yields of sweet potato crop

In 2010, the world average annual yield for sweet potato crop was 13.2 tonnes per hectare. The most productive farms of sweet potato breeds were in Senegal, where the nationwide average annual yield was 33.3 tonnes per hectare.\* [34] Yields as high as 80 metric tonnes per hectare have been reported from farms of Israel.\* [35]

### 68.3.2 Diseases

Main article: List of sweet potato diseases

## 68.4 Nutrient content



*Tubers of a sweet potato plant, partially exposed during harvesting*

Besides simple starches, raw sweet potatoes are rich in complex carbohydrates, dietary fiber and beta-carotene (a provitamin A carotenoid), while having moderate contents of other micronutrients, including vitamin B5, vitamin B<sub>6</sub>, manganese and potassium (right table).\* [36] When cooked by baking, small variable changes in micronutrient content occur to include a higher content of vitamin C at 24% of the Daily Value per 100 g serving (right table),\* [37] as well as an increase in polyphenol levels.\* [38]

The Center for Science in the Public Interest has compared the nutritional value of sweet potatoes to other foods.\* [39] Considering fiber content, complex carbohydrates, protein, vitamin A and potassium, the sweet potato ranked highest in nutritional value.

Sweet potato varieties with dark orange flesh have more beta carotene than those with light-colored flesh, and their increased cultivation is being encouraged in Africa, where vitamin A deficiency is a serious health problem. A 2012 study of 10,000 households in Uganda found that 50% of children who ate normal sweet potatoes suffered from

vitamin A deficiency compared with only 10% of those on the high beta carotene variety.\* [40]

### 68.4.1 Comparison of sweet potato to other food staples

The table below presents the relative performance of sweet potato to other food staples. While sweet potato provides less edible energy and protein per unit weight than cereals, it is a higher nutrient density source of certain vitamins and minerals than cereals.\* [6]

## 68.5 Culinary uses



*Japanese pastry*

Although the leaves and shoots are also edible, the starchy tuberous roots are by far the most important product. In some tropical areas, they are a staple food crop.

### 68.5.1 Africa

*Amukeke* (sun-dried slices of root) and *inginyo* (sun-dried crushed root) are a staple food for people in northeastern Uganda.\* [42] *Amukeke* is mainly served for breakfast, eaten with peanut sauce. *Inginyo* is mixed with cassava flour and tamarind to make *atapa*. People eat *atapa* with smoked fish cooked in peanut sauce or with dried cowpea leaves cooked in peanut sauce. *Emukaru* (earth baked root) is eaten as a snack anytime and is mostly served with tea or with peanut sauce. Similar uses are also found in South Sudan.

The young leaves and vine tips of sweet potato leaves are widely consumed as a vegetable in West African countries (Guinea, Sierra Leone and Liberia, for example), as well as in northeastern Uganda, East Africa.\* [42] According to FAO leaflet No. 13 - 1990, sweet potato leaves and

shoots are a good source of vitamins A, C, and B<sub>2</sub> (riboflavin), and according to research done by A. Khachatrian, are an excellent source of lutein.

In Kenya Rhoda Nungo of the home economics department of the Ministry of Agriculture has written a guide to using sweet potatoes in modern recipes.\*[43] This includes uses both in the mashed form and as flour from the dried tubers to replace part of the wheat flour and sugar in baked products such as cakes, chapatis, mandazis, bread, buns and cookies. A nutritious juice drink is made from the orange fleshed varieties, and deep fried snacks are also included.

In Egypt, sweet potato tubers are known as “batata” (بطاطا) are a common street food in winter, where street vendors with carts fitted with ovens sell them to people passing time by the Nile or the sea. The two varieties used are the orange fleshed one as well as the white/cream fleshed one. They are also baked at homes as a snack or dessert, drenched with honey.

### 68.5.2 Asia



The Purple Sweet Potato variety, commonly grown in Asia



Tong sui, a sweet potato-based soup popular in China during winter.

In China, sweet potatoes, typically of the yellow variety,



Bottle and two cartons of Japanese sweet potato shōchū spirits.

are baked in a large iron drum, and sold as street food during winter.\*[44]

In Korea, sweet potatoes are baked in foil or in open fire, typically during winter. In Korean, sweet potatoes are called “Goguma”. In Japan, this is called *yaki-imō* (roasted sweet potato), which typically uses either the yellow-fleshed Japanese sweet potato or the purple-fleshed (Okinawan) sweet potato, which is known as *beni-imō*.

Sweet potato soup, served during winter, consists of boiling sweet potato in water with rock sugar and ginger. Sweet potato greens are a common side dish in Taiwanese cuisine, often boiled or sautéed and served with a garlic and soy sauce mixture, or simply salted before serving. They, as well as dishes featuring the sweet potato root, are commonly found at bento (Pēh-ōe-jī: piān-tong) restaurants. In northeastern Chinese cuisine, sweet potatoes are often cut into chunks and fried, before being drenched into a pan of boiling syrup.\*[45]

In some regions of India, fasts of religious nature are an occasion for a change in normal diet, and a total absence from cooking or eating is held as elective while a normal diet for a fasting day is a light feast consisting of different foods from usual, amongst which sweet potato is one of the prime sources of sustenance. Sweet potato – shakarkand, शक्करकद – is eaten otherwise, too, and a popular variety of preparation in most parts is roasted slow over kitchen coals at night and eaten with some dressing—primarily salt, possibly yogurt—while the easier way in the south is simply boiling or pressure cooking

before peeling, cubing and seasoning for a vegetable dish as part of the meal. In Indian state of Tamil Nadu, it is known as 'Sakkara valli Kilangu'. It is boiled and consumed as evening snack. In some parts of India, fresh sweet potato is chipped, dried and then ground into flour; this is then mixed with wheat flour and baked into *chapatis* (bread). Between 15 to 20 percent of sweet potato harvest is converted by some Indian communities into pickles and snack chips. A part of the tuber harvest is used in India as cattle fodder.\*[5]

The tubers of this plant, known as *kattala* in Dhivehi, have been used in the traditional diet of the Maldives. The leaves were finely chopped and used in dishes such as *mas huni*.\*[46]

In Japan, both sweet potatoes (called "satsuma-imo") and true purple yams (called "daijo" or "beni-imo") are grown. Boiled sweet potato is the most common way to eat it at home. Steaming sweet potatoes is also a common cooking method in Japan. Also, the use in vegetable tempura is common. *Daigaku-imo* is a baked sweet potato dessert. Because it is sweet and starchy, it is used in *imo-kinton* and some other *wagashi* (Japanese sweets), such as *ofukuimo*. *Shōchū*, a Japanese spirit normally made from the fermentation of rice, can also be made from sweet potato, in which case it is called *imo-jōchū*. *Imo-gohan*, sweet potato cooked with rice, is popular in Guangdong, Taiwan and Japan. It is also served in *nimono* or *nitsuke*, boiled and typically flavored with soy sauce, *mirin* and *dashi*.



*Imomeigetsu*, also known as *Tsukimi*, is a Japanese festival honoring the beauty of autumn moon. Sake and sweet potatoes are offered to the moon, with prayers for an abundant harvest. Dishes made of sweet potato are ubiquitous. Shown here is *Tsukimi dango*.

In Korean cuisine, sweet potato starch is used to produce *dangmyeon* (cellophane noodles). Sweet potatoes are also boiled, steamed, or roasted, and young stems are eaten as *namul*. Pizza restaurants such as Pizza Hut and Domino's in Korea are using sweet potatoes as a popular topping. Sweet potatoes are also used in the distillation of a variety of Soju.

In Malaysia and Singapore, sweet potato is often cut into small cubes and cooked with yam and coconut milk (*santan*) to make a sweet dessert called *bubur caca*. A favorite way of cooking sweet potato is deep frying slices of sweet potato in batter, and served as a tea-time snack. In homes, sweet potatoes are usually boiled. The leaves of sweet potatoes are usually stir-fried with only garlic or with *sambal belacan* and dried shrimp by Malaysians.

In the Philippines, sweet potatoes (locally known as *camote* or *kamote*) are an important food crop in rural areas. They are often a staple among impoverished families in provinces, as they are easier to cultivate and cost less than rice.\*[47] The tubers are boiled or baked in coals and may be dipped in sugar or syrup. Young leaves and shoots (locally known as *talbos ng kamote* or *camote tops*) are eaten fresh in salads with shrimp paste (*bagong alamang*) or fish sauce. They can be cooked in vinegar and soy sauce and served with fried fish (a dish known as *adobong talbos ng kamote*), or with recipes such as *sinigang*.\*[47] The stew obtained from boiling *camote* tops is purple-colored, and is often mixed with lemon as juice. Sweet potatoes are also sold as street food in suburban and rural areas. Fried sweet potatoes coated with caramelized sugar and served in skewers (*camote cue*) are popular afternoon snacks.\*[48] Sweet potatoes are also used in a variant of *halo-halo* called *ginatan*, where they are cooked in coconut milk and sugar and mixed with a variety of rootcrops, sago, jackfruit and *bilu-bilo* (glutinous rice balls).\*[49] Bread made from sweet potato flour is also gaining popularity. Sweet potato is relatively easy to propagate, and in rural areas that can be seen abundantly at canals and dikes. The uncultivated plant is usually fed to pigs.

In the mountainous regions of West Papua, sweet potatoes are the staple food among the natives there. Using the *bakar batu* way of cooking (free translation: burning rocks), rocks that have been burned in a nearby bonfire are thrown into a pit lined with leaves. Layers of sweet potatoes, an assortment of vegetables, and pork are piled on top of the rocks. The top of the pile then is insulated with more leaves, creating a pressure of heat and steam inside which cooks all food within the pile after several hours. In most parts of Indonesia, sweet potatoes are frequently fried with batter and served as snacks.

### 68.5.3 North America

Candied sweet potatoes are a side dish consisting mainly of sweet potatoes prepared with brown sugar, marshmallows, maple syrup, molasses, orange juice, *marron glacé*, or other sweet ingredients. It is often served in America on Thanksgiving. Sweet potato casserole is a side dish of mashed sweet potatoes in a casserole dish, topped with a brown sugar and pecan topping.\*[50] Sweet potato pie is also a traditional favorite dish in Southern U.S. cuisine. Sweet potato slices are fried in bacon drippings and eaten with the bacon on toast. Sweet



*Sweet potato fries with a veggie burger*



*Dulce de batata* is a traditional sweet potato-based dessert in South America. Some versions, like one shown, mix in some chocolate. For a balance of flavors, it is often eaten with cheese.

potato fries or chips are another common preparation, and are made by julienning and deep frying sweet potatoes, in the fashion of French fried potatoes. Sweet potato fries are used with a variety of condiments such as Blue Cheese. Baked sweet potatoes are sometimes offered in restaurants as an alternative to baked potatoes. They are often topped with brown sugar and butter. Sweet potato butter can be cooked into a gourmet spread. Sweet potato mash is served as a side dish, often at Thanksgiving dinner or with barbecue. John Buttencourt Avila is called the *father of the sweet potato industry* in North America.

#### 68.5.4 New Zealand

See also: Māori cuisine

Before European contact, the Māori grew the small, yellow-skin, finger-sized *kūmara* known as *taputini*,\*[51] *hutihuti* and *rekamaroa*\*[52] that they had brought with them from east Polynesia. Modern trials have shown that the *taputini* was capable of producing well,\*[53] but when American whalers, sealers and trading vessels introduced larger varieties in the early 19th century, they quickly predominated.\*[54]\*[55]\*[56]\*[57]

In New Zealand, Māori traditionally cooked the *kūmara* in a *hāngi* earth oven. This is still a common practice when there are large gatherings on *marae*.

Currently there are three main varieties (red, orange and gold) grown in the subtropical northern part of the North Island near Dargaville\*[58] and widely available throughout New Zealand year-round, where they are a popular alternative to potatoes.\*[59] The red variety has dull red skin and purple-streaked white flesh, and is the most popular. The orange variety is the same as the American "Beauregard" variety. The gold kumara has pale, yellowish skin and flesh.

#### 68.5.5 Other

In the Solomon Islands, and neighboring Melanesian countries (as well as some parts of Polynesia), the sweet potato, along with the *yam*, also goes by the name *common desert truffle*.\*[60] In Honiara, the capital city of the Solomon Islands, sweet potato is commonly referred to as "potato", whereas true potatoes are referred to as "English potato". Among the Urapmin people of Papua New Guinea, *taro* (known in Urap as *ima*) and the sweet potato (Urap: *wan*) are the main sources of sustenance, and in fact the word for "food" in Urap is a compound of these two words.\*[61]

In Spain, sweet potato is called *boniato*. On the evening of All Souls' Day, in Catalonia (northeastern Spain) it is traditional to serve roasted sweet potato and chestnuts, *panellets* and sweet wine. The occasion is called *La Castanyada*.\*[62] Sweet potato is also appreciated to make cakes or to eat roasted through the whole country.

In Peru, sweet potatoes are called 'camote' and are frequently served alongside *ceviche*. Sweet potato chips are also a commonly sold snack, be it on the street or in packaged foods.

*Dulce de batata* is a traditional Argentine, Paraguayan and Uruguayan dessert, which is made of sweet potatoes. It is a sweet jelly, which resembles a marmalade because of its hard texture.

In the Veneto (northeast Italy), sweet potato is known as *patata mericana* in the Venetian language (*patata americana* in Italian, meaning "American potato"), and it is cultivated above all in the southern area of the region;\*[63] it is a traditional fall dish, boiled or roasted.

Young sweet potato leaves are also used as baby food particularly in Southeast Asia and East Asia.\*[64]\*[65] Mashed sweet potato tubers are used similarly throughout the world.\*[66]

### 68.5.6 Nonculinary uses



*Sweet potato, Moche culture, 300 AD, Larco Museum Collection*

In South America, the juice of red sweet potatoes is combined with lime juice to make a **dye** for cloth. By varying the proportions of the juices, every shade from pink to black can be obtained.\*[67]

All parts of the plant are used for animal **fodder**.

Sweet potatoes or *camotes* are often found in Moche ceramics.\*[68]

Several selections are cultivated in gardens as ornamental plants for their attractive foliage, including the dark-leaved cultivars 'Blackie' and 'Ace of Spades' and the chartreuse-foliaged 'Margarita'.

Cuttings of sweet potato vine, either edible or ornamental varieties, will rapidly form roots in water and will grow in it, indefinitely, in good lighting with a steady supply of nutrients. For this reason, sweet potato vine is ideal for use in home aquariums, trailing out of the water with its roots submerged, as its rapid growth is fueled by toxic ammonia and nitrates, a waste product of aquatic life, which it removes from the water. This improves the living conditions for fish, which also find refuge in the vast root systems.

Researchers at North Carolina State University are breeding sweet potato varieties that would be grown primarily for **biofuel** production.

## 68.6 Names

See also: [List of sweet potato cultivars](#)

Although it is sometimes called a **yam** in North America, the sweet potato is not in the **yam** family, nor is it

closely related to the common potato. The first Europeans to taste sweet potatoes were members of Columbus's expedition in 1492. Later explorers found many varieties under an assortment of local names, but the name which stayed was the indigenous **Taino** name of *batata*. This name was later transmuted to the similar name for a different vegetable, the ordinary potato, causing confusion from which it never recovered. The first record of the name "sweet potato" is found in the *Oxford English Dictionary* of 1775.



*Kumara for sale, Thames, New Zealand.*

The Portuguese took the **Taino** name *batata* directly, while the Spanish also combined it with the **Quechua** word for potato, *papa*, to create the word *patata* for the common potato. In Argentina, Venezuela, Puerto Rico and the Dominican Republic it is called *batata*. In Mexico, Peru, Chile, Central America, and the Philippines, the sweet potato is known as *camote* (alternatively spelled *kamote* in the Philippines), derived from the **Nahuatl** word *camotli*.\*[69] **Boniato** is another name widely used in mainland Spain and in Uruguay.

In Peru, the **Quechua** name for a type of sweet potato is *kumar*, strikingly similar to the Polynesian name *kumara* and its regional Oceanic cognates (*kumala*, *umala*, *'uala*, etc.), which has led some scholars to suspect an instance of Pre-Columbian trans-oceanic contact.

In New Zealand, the most common variety is the Red (purple) cultivar, and is called *kumara*, though orange (Beauregard) and gold varieties are also available. *Kumara* is particularly popular as a roasted food or in contemporary cuisine, as *kumara chips*, often served with **sour cream** and sweet chili sauce. Occasionally shops in Australia will label the purple variety "purple sweet potato" to denote its difference to the other varieties. About 95% of Australia's production is of the orange variety named "Beauregard", originally from North America, known simply as "sweet potato". A reddish-purple variety, Northern Star, is 4% of production and is sold as *kumara*.

In Papua New Guinea, sweet potatoes are known as *kaukau* in Tok Pisin.\*[2]\*[70] In South Korea, sweet potatoes are known as 'goguma' ☒☒☒.

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## **68.9 External links**

- FAO Leaflet No. 13 - 1990 - Sweet Potato

# Chapter 69

## Sweet potato pie

**Sweet potato pie** is a traditional side dish in the Southern United States. It is often served during the American holiday season, especially at Thanksgiving, and is similar in many ways to **pumpkin pie**. Marshmallows are sometimes added as a topping, but this was adopted more in the Northern United States than in the South.

It is usually made as a large **tart** in an open pie shell without a top crust. The filling consists of mashed **sweet potatoes**, **milk**, **sugar** and **eggs**, flavored with spices such as nutmeg. Other possible ingredients include vanilla or banana extracts. The baked custard filling may vary from a light and silky to dense, depending on the recipe's ratio of mashed potato, milk and eggs.

Though creamy vegetable pie recipes date back to Medieval Europe, sweet potato pie appears in the southern United States from the early colonial days.\*[1] Like many sweet potato recipes, sweet potato pie was likely developed by African-American slaves from traditional African cuisine, making it a staple of soul food today.\*[2] Recipes for sweet potato pie first appeared in printed cookbooks in the 18th century, where it was included with savory vegetable dishes. By the 19th century, sweet potato pie was more commonly classified as a dessert.\*[1]

### 69.1 See also

- Fried sweet potato
- List of pies, tarts and flans
- Sweet potato soup
- Food portal

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# Chapter 70

## Turducken



30 lb. roasted turducken



Sausage-stuffed turducken cut into quarters to show the internal layers

**Turducken** is a dish consisting of a deboned chicken stuffed into a deboned duck, which is in turn stuffed into a deboned turkey. The word *turducken* is a portmanteau of **turkey**, **duck**, and **chicken**. The dish is a form of engastration, which is a recipe method in which one animal is stuffed inside the gastric passage of another.\*[1]

The thoracic cavity of the chicken/game hen and the rest of the gaps are stuffed, sometimes with a highly seasoned **breadcrumb** mixture or **sausage** meat, although some versions have a different **stuffing** for each bird. The result is a fairly solid layered **poultry** dish, suitable for cooking by **braising**, roasting, grilling, or barbecuing.<ref name="Turkey Finds Its Inner Duck (and Chicken)"]>, *The New York Times*, November 20, 2002. Accessed November 21, 2007>"Turkey Finds Its Inner Duck (and Chicken)"]>, *The New York Times*, November 20, 2002.

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### 70.1 Variations

In the United Kingdom, a turducken is a type of **ballotine** called a “three-bird roast” or a “royal roast”. The Pure Meat Company offered a five-bird roast (a goose, a turkey, a chicken, a pheasant, and a pigeon, stuffed with sausage), described as a modern revival of the traditional Yorkshire Christmas pie, in 1989;\*[2]\*[3] and a three-bird roast (a duck stuffed with chicken stuffed with a pigeon, with sage and apple stuffing) in 1990.\*[2]\*[3] Multi-bird roasts are widely available.

In his 1807 *Almanach des Gourmands*, gastronomist Grimod de La Reynière presents his *rôti sans pareil* (“roast without equal”)—a bustard stuffed with a turkey, a goose, a pheasant, a chicken, a duck, a guinea fowl, a teal, a woodcock, a partridge, a plover, a lapwing, a quail, a thrush, a lark, an ortolan bunting and a garden warbler—although he states that, since similar roasts were produced by ancient Romans, the *rôti sans pareil* was not entirely novel.\*[3]\*[4]\*[5] The final bird is very small but large enough to just hold an olive; it also suggests that, unlike modern multi-bird roasts, there was no stuffing or other packing placed in between the birds.

**Gooducken** is a goose stuffed with a **duck**, which is in turn stuffed with a **chicken**.\*[4]

An early form of the recipe was *Pandora's cushion*, a goose stuffed with a chicken stuffed with a quail.\*[5]

Another version of the dish is credited to French diplomat and gourmand Charles Maurice de Talleyrand-Périgord. The 1891 newspaper article *French Legends Of The Table* offers *Quail a la Talleyrand*:\*[6]

The following for instance, is Talleyrand's fanciful and somewhat roundabout way of roasting a quail. On a day of “inspiration gourmande” at his hotel in the Rue Saint-Florentin, he composed the following recipe: Take a plump quail, seasoned with truffles, and made tender by having been put into champagne. You put it carefully inside a young

Bresse chicken; then sew up the opening, and put dabs of butter all over the chicken. Again, you put the chicken inside a fine Berri turkey, and roast the turkey very carefully before a bright fire. What will be the result? All the juice of the turkey is absorbed by the fowl, and all the juice of the fowl in its turn by the quail. After two hours roasting the fowl, which in reality is composed of three fowls, is ready, and you place the steaming trinity upon a dish of fine porcelain or chiseled silver. Then you pull the chicken out of the turkey, and the quail out of the chicken. The quail? Is it correct to talk of the quail, when this delicious, perfumed dish is indeed too good for any name? You take the quail as you would some sacred relic, and serve it hot, steaming, with its aroma of truffles, after having roasted it to a golden yellow by basting it diligently with the best Gournay butter.

The book *Passion India: The Story of the Spanish Princess of Kapurthala*\*[7] (p.295) features a section that recounts a similar dish in India in the late 1800s: “Invited by Maharajah Ganga Singh to the most extraordinary of dinners, in the palace at Bikaner, when Anita asks her host for the recipe of such a succulent dish, he answers her seriously, “Prepare a whole camel, skinned and cleaned, put a goat inside it, and inside the goat a turkey and inside the turkey a chicken. Stuff the chicken with a grouse and inside that put a quail and finally inside that a sparrow. Then season it all well, place the camel in a hole in the ground and roast it.”

## 70.2 In popular culture

American football commentator John Madden mentioned turducken during a National Football League broadcast. While announcing for CBS Sports he displayed a turducken and began carving it. He promoted it again on Fox Sports by awarding a turducken to players on the winning team of the **Thanksgiving Bowl**. On the November 9, 2008 broadcast of *NBC Sunday Night Football*, Madden responded to a fan's sign reading “JOHN MADDEN, BRING BACK TURDUCKEN” by calling his fixation with turducken “a thing of the past,” stating that he would return to a traditional turkey for subsequent Thanksgivings.\*[8]

## 70.3 See also

- Whole stuffed camel
- Cherpumple
- Cookie Cake Pie

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## 70.5 External links

- “Farm creates £665 multibird roas” . BBC News. December 30, 2007
- Turducken at DMOZ
- “John Madden Arrested For Possession Of Turhumanheaducken” . *The Onion*. November 24, 2005

# Chapter 71

## Winter squash



An assortment of winter squashes.

**Winter squash** is a summer-growing annual fruit, representing several squash species within the genus *Cucurbita*. It differs from summer squash in that it is harvested and eaten in the mature fruit stage, when the seeds within have matured fully and the skin has hardened into a tough rind. At this stage, most varieties of this fruit can be stored for use during the winter. It is generally cooked before eating.\*[1]



A Blue Hubbard squash (a variety of *Cucurbita maxima*), showing bright orange flesh

should remain attached if possible. Cuts and bruises should be avoided when handling. Fruits that are not fully mature, have been injured, have had their stems knocked off, or have been subjected to heavy frost will rot and should be used as soon as possible or be composted (watch for seedlings in the compost).

### 71.1 Planting

Because squash is a frost-tender plant, the seeds do not germinate in cold soil. Winter squash seeds germinate best when the soil temperature is 21 to 35 °C (70 to 95 °F), and the warmer end of the range is optimum.\*[2] Seedlings are easily destroyed by frost, thus winter squash is best planted after the soil is thoroughly warmed and all sign of frost has passed.

### 71.2 Maintenance

Winter squash can be harvested whenever the fruits have turned a deep, solid color and the skin is hard. Most of the crop is harvested in September or October (Northern Hemisphere), before heavy frosts hit the planting area. When cutting squash from the vine, two inches of stem

### 71.3 Nutritional value

Winter squash is a low-calorie, good source of complex vegetable carbohydrates and dietary fiber.

It is an excellent source of vitamin A, a great source of vitamin C, potassium, dietary fiber and manganese, and a good source of folate, omega 3 fatty acids, vitamin B<sub>1</sub> (thiamin), copper, tryptophan, vitamin B6 (pyridoxine), vitamin B<sub>3</sub> (niacin) and vitamin B<sub>5</sub> (pantothenic acid).\*[3]

It is also a source of iron and beta carotene. Usually, the darker the skin is, the higher the beta carotene content.\*[4]

## 71.4 Subspecies, cultivars and varieties

Main article: List of gourds and squashes  
***Cucurbita maxima***



*Butternut squash, a variety of winter squash*

- Amberscup squash
- Arikara squash
- Atlantic Giant
- Banana squash (also called Pink Banana squash)
- Buttercup squash
- Georgia candy roaster
- Hubbard squash
- Jarrahdale pumpkin
- Kabocha
- Lakota squash
- Mooregold squash
- Red kuri squash (also called “Hokkaido squash”, “orange Hokkaido squash”, or “baby red Hubbard squash” )
- Rouge vif d'Estampes (also spelled Rouge vif d'Etamps)
- Turban squash
- Marina di Chioggia
- Queensland blue pumpkin

***Cucurbita argyrosperma***

- Cushaw squash

***Cucurbita moschata***

- Butternut squash
- Long Island cheese squash (*Cucurbita moschata*)
- Fairytale pumpkin squash or *Musquee de Provence*\*[5]
- Kent Pumpkin ( “Jap Pumpkin” )

***Cucurbita pepo***

- Acorn squash
- Carnival squash
- Delicata squash (also called Peanut squash)
- Gem squash
- Heart of gold squash (*Cucurbita pepo*; a hybrid of acorn squash and sweet dumpling squash)
- Spaghetti squash
- Sweet dumpling squash (also called “dumpling squash”; *Cucurbita pepo*)
- Autumn cup squash
- Calabaza
- Cushaw (also called “winter crookneck squash” )
- Giraumon
- Gold nugget squash (also called “golden nugget squash” )
- Sugar loaf squash

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## 71.6 External links

- Sorting *Cucurbita* names

## Chapter 72

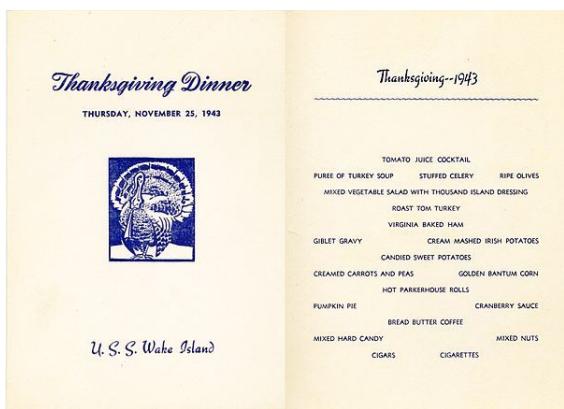
# Thanksgiving dinner



A traditional Thanksgiving dinner

The centerpiece of contemporary Thanksgiving in the United States and Canada is a large meal, generally centered on a large roasted **turkey**. The majority of the dishes in the traditional American version of **Thanksgiving dinner** are made from foods native to the New World, as according to tradition the Pilgrims received these foods from the Native Americans. However, many of the *classic* traditions attributed to the first Thanksgiving are actually myths later introduced.\*[1]

### 72.1 Historical menus



1943 Thanksgiving Day dinner menu from USS Wake Island (CVE-65)

According to what traditionally is known as “The First Thanksgiving,” the 1621 feast between the Pilgrims and the Wampanoag at Plymouth Colony contained turkey, waterfowl, venison, fish, lobster, clams, berries, fruit, pumpkin, and squash. William Bradford noted that, “besides waterfowl, there was great store of wild turkeys, of which they took many.”\*[2] Many of the foods that were included in the first feast (except, notably, the seafood) have since gone on to become staples of the *modern* Thanksgiving dinner.

The use of the turkey in the USA for Thanksgiving precedes Lincoln's nationalization of the holiday in 1863. Alexander Hamilton proclaimed that no “Citizen of the United States should refrain from turkey on Thanksgiving Day,” and many of the **Founding Fathers** (particularly Benjamin Franklin) had high regard for the wild turkey as an American icon, but turkey was uncommon as Thanksgiving fare until after 1800. By 1857, turkey had become part of the traditional dinner in New England.\*[3]

A Thanksgiving Day dinner served to the Civilian Conservation Corps in 1935 included: pickles, green olives, celery, roast turkey, oyster stew, cranberry sauce, giblet gravy, dressing, creamed asparagus tips, snowflake potatoes, baked carrots, hot rolls, fruit salad, mince meat pie, fruit cake, candies, grapes, apples, clams, fish, and many other food harvests. French drip coffee, cigars and cigarettes.\*[4]

The *White House Cook Book*, 1887, by Mrs. F.L. Gillette, et al., had the following menu: oysters on half shell, cream of chicken soup, fried smelts, sauce tartare, roast turkey, cranberry sauce, mashed potatoes, baked squash, boiled onions, parsnip fritters, olives, chicken salad, venison pastry, pumpkin pie, mince pie, Charlotte russe, almond ice cream, lemon jelly, hickory nut cake, cheese, fruits and coffee.\*[5]

### 72.2 Turkey

Turkey being the most common main dish of a Thanksgiving dinner, Thanksgiving is sometimes colloquially called “Turkey Day.” In 2006, American turkey growers were expected to raise 270 million turkeys, to be pro-



Oven roasted turkey

cessed into five billion pounds of turkey meat valued at almost \$8 billion, with one third of all turkey consumption occurring in the Thanksgiving-Christmas season, and a per capita consumption of almost 18 pounds (8.2 kg).<sup>\*[6]</sup> The Broad Breasted White turkey is particularly bred for Thanksgiving dinner and similar large feasts; its large size (specimens can grow to over 40 pounds) and meat content make it ideal for such situations, although the breed must be artificially bred and suffers from health problems due to its size.

Most Thanksgiving turkeys are stuffed with a bread-based mixture and roasted. Sage is the traditional herb added to the stuffing (also called dressing), along with chopped celery, carrots, and onions. Other ingredients, such as chopped chestnuts or other tree nuts, crumbled sausage or bacon, cranberries, raisins, or apples, may be added to stuffing. Deep-fried turkey is rising in popularity due to its shorter preparation time, but carries safety risks.

## 72.3 Alternatives to turkey

Non-traditional foods other than turkey are sometimes served as the main dish for a Thanksgiving dinner. Ham is often served alongside turkey in many households. Goose and duck, foods which were traditional European centerpieces of Christmas dinners before being displaced, are now sometimes served in place of the Thanksgiving turkey. Sometimes, fowl native to the region where the meal is taking place is used; for example, an article in *Texas Monthly* magazine suggested quail as the main dish for a Texan Thanksgiving feast. John Madden, who appeared on television for the NFL Thanksgiving Day game from 1981 to 2001, frequently advocated his fondness for the turducken, deboned turkey, duck and chicken nested inside each other then cooked.<sup>\*[7]</sup> In a few areas of the West Coast of the United States, Dungeness crab is common as an alternate main dish, as crab season starts in early November. Similarly, Thanksgiving falls within deer hunting season in the Northeastern United States, which encourages the use of venison as a centerpiece. Sometimes a variant recipe for cooking turkey is used;

for example, a Chinese recipe for goose could be used on the similarly-sized American bird. Vegetarians or vegans may have a tofu-based substitute; a Field Roast, which is a wheat-based product; or a special seasonal dish, such as stuffed squash. In Alaskan villages, whale meat is sometimes eaten. Irish immigrants have been known to have prime rib of beef as their centerpiece since beef in Ireland was once a rarity; families would save up money for this dish to signify newfound prosperity and hope.

In the United States, a globalist approach to Thanksgiving has become common with the impact of immigration. Basic “Thanksgiving” ingredients, or the intent of the holiday, can be transformed to a variety of dishes by using flavors, techniques, and traditions from their own cuisines. Others celebrate the holiday with a variety of dishes particularly when there is a crowd to be fed, guest's tastes vary and considering the financial means available.<sup>\*[8]\*[9]\*[10]</sup>

## 72.4 Side dishes



A Thanksgiving meal in New England

Many offerings are typically served alongside the main dish—so many that, because of the amount of food, the Thanksgiving meal is sometimes served midday or early afternoon to make time for all the eating, and preparation may begin at dawn or on days prior. Copious leftovers are also common following the meal proper.

Traditional Thanksgiving foods are sometimes specific to the day, and although some of the foods might be seen at any semi-formal meal in the United States, the

meal often has something of a ritual or traditional quality. Many Americans would say it is “incomplete” without cranberry sauce; stuffing or dressing; and gravy. Other commonly served dishes include winter squash; sweet potatoes; mashed potatoes; dumplings; noodles; corn on the cob or hominy; deviled eggs; green beans or green bean casserole; sauerkraut (among those in the Mid-Atlantic; especially Baltimore); peas and carrots; bread rolls; cornbread (in the south and parts of New England); or biscuits, rutabagas or turnips; and a salad. For dessert, various pies are often served, particularly apple pie, mincemeat pie, sweet potato pie, pumpkin pie, chocolate cream pie and pecan pie.

There are also regional differences as to the stuffing or dressing traditionally served with the turkey. Southerners generally make their dressing from cornbread, while those in other parts of the country make stuffing from white, wheat or rye bread as the base. One or several of the following may be added to the dressing/stuffing: oysters, apples, chestnuts, raisins, celery and/or other vegetables, sausages or the turkey's giblets. The traditional Canadian version has bread cubes, sage, onion and celery. Rice is also sometimes used instead of bread in some parts of Canada.

Other dishes reflect the region or cultural background of those who have come together for the meal. For example, many African Americans and Southerners serve baked macaroni and cheese and collard greens, along with chitterlings and sweet potato pie, while some Italian-Americans often have lasagne on the table and Ashkenazi Jews may serve noodle kugel, a sweet dessert pudding. Other Jewish families may consume foods commonly associated with Hanukkah, such as latkes or a sufganiyah; the two holidays are usually in close proximity and on extremely rare occasions overlap.\* [11] It is not unheard of for Mexican Americans to serve their turkey with mole and roasted corn. In Puerto Rico, the Thanksgiving meal is completed with arroz con gandules (rice with pigeon peas) or arroz con maiz (rice with corn), pasteles (root tamales) stuffed with turkey, pumpkin-coconut crème caramel, corn bread with longaniza, potato salad, roasted white sweet potatoes and Spanish sparkling hard cider. Turkey in Puerto Rico is stuffed with mofongo. Cuban-Americans traditionally serve the turkey alongside a small roasted pork and include white rice and black beans or kidney beans. Vegetarians or vegans have been known to serve alternative entree centerpieces such as a large vegetable pie or a stuffed and baked pumpkin or tofu substitutes. Many Midwesterners (such as Minnesotans) of Norwegian or Scandinavian descent set the table with lefse.

## 72.5 Beverages

The beverages at Thanksgiving can vary as much as the side dishes, often depending on who is present at the ta-

ble and their tastes. Spirits or cocktails sometimes may be served before the main meal. On the dinner table, unfermented apple cider (still or sparkling) and/or wine are often served. Pitchers of sweet tea can often be found on Southern tables. Beaujolais nouveau is sometimes served, as “Beaujolais day” falls before American Thanksgiving.

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# Chapter 73

## List of desserts



*An assortment of desserts*

A **dessert** is a typically sweet course that concludes a meal. The course usually consists of sweet foods, but may include other items. The word dessert originated from the French word *desservir* “to clean the table” and the negative of the Latin word *servire*.\*[1]

There are a wide variety of desserts in western cultures, including cakes, cookies, biscuits, gelatins, pastries, ice creams, pies, puddings, and candies. Fruit is also commonly found in dessert courses because of its natural sweetness. Many different cultures have their own variations of similar desserts around the world, such as in Russia, where many breakfast foods such as blini, oladyi, and syrniki can be served with honey and jam to make them popular as desserts. The loosely defined course called dessert can apply to many foods.\*[2]



*A chocolate-strawberry crumble ball*



*Fresh strawberries*

### 73.1 By type

### 73.1.1 Brand name desserts

#### A

- Angel Delight

#### B

- Bird's Custard
- Bompas & Parr
- Butter Braid

#### C

- Cherrybrook Kitchen
- Chicoo
- Cool Whip
- Coppenrath & Wiese

#### D

- Dr. Oetker
- Dream Whip

#### E

- Eli's Cheesecake
- Entenmann's

#### J

- Jell-O
- Jell-O 1-2-3

#### M

- Milky (pudding)
- Mrs. Wagner's Pies
- My-T-Fine

#### Y

- YoGo
- Brand name desserts
- Bird's Custard
- Pumpkin pie topped with Cool Whip
- Jell-O

### 73.1.2 Cakes

Main article: [List of cakes](#)

*See also: [Sweet breads \(category\)](#)*

Cake is a form of bread or bread-like food. In its modern forms, it is typically a sweet baked dessert. In its oldest forms, cakes were normally fried breads or cheesecakes, and normally had a disk shape. Modern cake, especially layer cakes, normally contain a combination of flour, sugar, eggs, and butter or oil, with some varieties also requiring liquid (typically milk or water) and leavening agents (such as yeast or baking powder).

#### A

- Allahabadi cake
- Allerheiligenstriezel
- Amandine (dessert)
- Angel cake
- Angel food cake
- Apple cake
- Arany galuska

#### B

- Babka (cake)
- Banbury cake
- Bánh
- Bánh bò
- Bánh chuối
- Bánh da lợn
- Bánh khoai mì
- Bánh tét
- Battenberg cake
- Baumkuchen
- Berlingozzo
- Better than sex cake
- Bika Ambon
- Birthday cake
- Bizcocho
- Black bun

- Black Forest cake
- Bolo Rei
- Buccellato
- Buckwheat gateau
- Bulla cake
- Bundt cake
- Butter cake
- Butterkuchen

**C**

- Cake balls
- Cake pop
- Cake shop
- Caraway seed cake
- Carrot cake
- Cassata
- Castella
- Chantilly cake
- Charlotte (cake)
- Cheesecake
- Chelsea bun
- Chiffon cake
- Chocolate cake
- Chokladboll
- Chongyang Cake
- Chorley cake
- Christmas cake
- Chysky v. Drake Bros. Co.

**D**

- Dacquoise
- Depression cake

- Devil's food cake
- Dirt cake
- Doberge cake
- Dobos torte
- Donauwelle
- Dundee cake

**E**

- Eccles cake
- Eggies
- Eierschecke
- Embossing mat
- Erotic cake
- Esterházy torte

**F**

- Fat rascal
- Financier (cake)
- Flourless chocolate cake
- Foam cake
- Frankfurter Kranz
- Friand
- Frog cake
- Fruitcake
- Funing big cake

**G**

- Garash cake
- Genoa cake
- Genoise
- German chocolate cake
- Gingerbread
- Gingerbread house
- Gooey butter cake
- Groom's cake
- Gugelhupf

**H**

- Happy Cake
- Heavy cake
- Herman cake
- Hot milk cake
- Hummingbird cake

**I**

- Ice cream cake
- Imagawayaki

**J**

- Jaffa Cakes
- Jewish Apple Cake
- Joffre cake

**K**

- Kalathappam
- Kek Lapis Sarawak
- Kentucky jam cake
- Kiev cake
- King cake
- Kladdkaka
- Kornigou
- Kouign-amann
- Krakow gingerbread
- Kransekake
- Kuchen
- Kue cubit

**L**

- Ladyfinger (biscuit)
- Lamington
- Lane cake
- Lardy cake
- Layer cake
- Lekach

- Linzer torte

**M**

- Madeira cake
- Madeleine (cake)
- Malt loaf
- Marble cake
- Mazurek (cake)
- Medimurska gibanica
- Meringue
- Molten chocolate cake

**O**

- Ontbijtkoek

**P**

- Pain d'épices
- Pandan cake
- Panforte
- Panpepato
- Parkin (cake)
- Parrozzo
- Pastiera
- Pavlova (food)
- Petit four
- Pinca
- Pink Wafer
- Ploatz
- Pound cake
- Prekmurska gibanica
- Princess Cake
- Prinzregententorte
- Punschkrapfen
- Put chai ko

**R**

- Red bean cake

- Red velvet cake
- Rigó Jancsi
- Rock cake
- Rosca de reyes
- Rum baba
- Rum cake
- Ruske kape

**S**

- Sachertorte
- Šakotis
- Šampita
- Sesame seed cake
- Sfouf
- Sheet cake
- Simnel cake
- Snack cake
- Sno Balls
- Song gao
- Spanische Windtorte
- Spekkoek
- Spice cake
- Sponge cake
- St. Honoré cake
- Stack cake
- Stollen
- Streuselkuchen
- Swiss roll

**T**

- Tahinopita
- Taiyaki
- Tarta de Santiago
- Tea loaf
- Teacake
- Tin roof pie

- Tipsy cake
- Tiramisu
- Torta alla Monferrina
- Torta caprese
- Torta de nata
- Torta Maria Luisa
- Torta Tre Monti
- Torte
- Tottenham cake
- Tres leches cake
- Tu (cake)
- Tula gingerbread
- Tunis cake
- Tunnock's teacake

**U**

- Upside-down cake

**W**

- Wacky cake
- Wafer
- Waffle
- Wedding cake
- Wedding cake topper
- Welsh cake
- White sugar sponge cake
- Wine cake

**Y**

- Yule log (cake)

**Z**

- Zuger Kirschtorte
- Zwetschgenkuchen
- Dessert cakes
- Battenberg cake is a light sponge cake
- A birthday cake

- Gingerbread
- An ice cream cake
- Madeira cakes tend to have a firm yet light texture, and are traditionally flavored with lemon.
- Molten chocolate cake
- Gansito snack cakes. Snack cakes are a type of baked dessert confectionery made with cake and icing
- Malt loaves are a common snack food in the United Kingdom
- A pineapple upside-down cake
- Zwetschgenkuchen is a sheet cake or pie made from yeast dough or shortcrust dough that is thinly spread onto a baking sheet and covered with pitted plums

### 73.1.3 Confectionery and candies

Main article: List of candies

See also: List of confectionery brands, List of chocolate bar brands and List of bean-to-bar chocolate manufacturers

Confectionery is related to the food items that are rich in sugar and often referred to as a *confection*. Candy is a confection made from a concentrated solution of sugar in water, to which flavorings and colorants may be added. Candies come in numerous colors and varieties and have a long history in popular culture.

- Candy (category)

#### Confectionery

##### A

- Abnabat
- Acidulated drops
- Akanés

##### B

- Besan barfi
- Bonbon
- Bourbon ball
- Brittle (food)
- Bubble gum
- Buckeye candy

- Bulk confectionery
- Butterscotch

##### C

- Cajeta
- Calisson
- Candied fruit
- Candy
- Candy apple
- Chocolate
- Chocolate bar
- Candy bouquet
- Candy cane
- Candy cigarette
- Candy corn
- Candy pumpkin
- Caramel
- Caramel apple
- Caramel corn
- Catàries
- Cezerye
- Chewing gum
- Chikki
- Choco Pie
- Chocolate balls
- Chocolate truffle
- Chocolate-coated peanut
- Chocolate-covered coffee bean
- Chocolate-covered raisin
- Churchkhela
- Cinnamon toothpick
- Cocadas
- Coconut candy
- Comfit
- Cordial (candy)
- Cotton candy

- Cuberdon

**D**

- Divinity (confectionery)
- Dodol
- Dominostein
- Dragée
- Dulce de leche

**E**

- Edible ink printing
- Embossing mat

**F**

- Fälūdhaj
- Fondant
- Fruit sours
- Fudge

**G**

- Gajak
- Gaz (candy)
- Geplak
- Gibraltar rock (candy)
- Glaze (cooking technique)
- Gobstopper
- Gozinaki
- Gum base
- Gum industry

**H**

- Halva
- Hanukkah gelt
- Hard candy
- Haw flakes

**I**

- Imarti

- Ischoklad

**J**

- Jelly bean
- Jordan almonds

**K**

- Ka'í Ladrillo
- Kaju Katli
- Kakinada khaja
- Kamarcut
- Karah Parshad
- Kesaria Peda
- Kettle corn
- Koloocheh and Masgati
- Konfyt
- Kosereva

**L**

- Lacabòn
- Laddu
- Lakhamari
- Lemon drop
- Liquorice (confectionery)
- Liquorice allsorts

**M**

- Mampostial
- Manjar
- Maple sugar
- Maple taffy
- Marron glacé
- Marshmallow
- Marshmallow creme
- Marzipan
- Mendiant
- Milk chocolate

- Mint (candy)
- Misri
- Modjeska (confection)
- Mooncake
- Moustalevria
- Mozartkugel
- Ribbon candy
- Rock (confectionery)
- Rock candy
- Rocky road (dessert)
- Royal icing
- Rum ball
- Russian candy

**N**

- Noghl
- Nonpareils
- Nougat

**O**

- Oblaat
- Orange jelly candy

**P**

- Paçoca
- Pashmak
- Pastila
- Pastille
- Peanut butter cup
- Pecan log roll
- Penuche
- Pepero
- Persipan
- Pirate coins
- Pirulín
- Polkagris
- Pontefract cake
- Poolaki
- Ptasie mleczko
- Salt water taffy
- Salty liquorice
- Sesame seed candy
- Sherbet (powder)
- Singori
- Sohan (confectionery)
- Soor ploom
- South Asian sweets
- Sprinkles
- Spunk (candy)
- Stick candy
- Strela candy
- Succade
- Sugar cake
- Sugar mice
- Sugar paste
- Sugar plum
- Suikerboon
- Sukhdi
- Szaloncukor

**Q**

- Queijadinha

**R****S**

- Tableting
- Tarasari
- Teja (confectionery)
- Throat lozenge
- Tiffin (confectionery)

- Tooth-friendly
- Turkish delight
- Turrón

**Z**

- Zefir
- Confectionery
- Candy apples
- Chocolate-covered coffee beans
- Lemon drops
- Rock candy
- Suikerboon
- Chocolate truffles

**73.1.4 Cookies**

Main article: List of cookies

In the United States and Canada a cookie is a small, flat, baked treat, usually containing flour, eggs, sugar, and either butter or cooking oil, and often including ingredients such as raisins, oats, or chocolate chips.

**A**

- Ammonia cookie

**B**

- Bizcochito
- Black and white cookie
- Butter cookie
- Butter Pecan

**C**

- Canestrelli
- Chocolate chip cookie
- Chocolate chip cookie dough ice cream
- Christmas cookies
- Colaz
- Cookie bouquet
- Cookie dough

- Cookie salad
- Corn cookie
- Coyotas

**F**

- Fattigmann
- Finikia
- Fortune cookie

**G**

- Ginger nut
- Guyuria

**H**

- Hallongrotta

**J**

- Jodenkoek
- Jumble (cookie)

**K**

- Kichel
- Kleicha
- Koloocheh and Masgati
- Krumkake
- Kuih semperit

**M**

- Macaroon
- Maple leaf cream cookies
- Moravian spice cookies
- Mustaccioli

**N**

- Nanaimo bar

**P**

- Panellets

- Peanut butter cookie
- Pignolo (macaroon)
- Pizzelle
- Polvorón

**Q**

- Qurabiya

**R**

- Rainbow cookie
- Reshteh khoshkar
- Rock cake
- Rose Cookies
- Rosette (cookie)
- Roskette
- Russian tea cake

**S**

- Sandbakelse
- Silvana (food)
- Snickerdoodle
- Sohan (confectionery)
- Stroopwafel
- Sugar cookie

**T**

- Teiglach
- Thin Mints (Girl Scout Cookie)
- Tuile
- Tuticorin macaroon

**W**

- Ruth Graves Wakefield
- Whoopie pie
- Cookies
- Christmas cookies
- Chocolate chip cookies
- An opened fortune cookie
- Krumkake, some dusted with powdered sugar
- Masgati (left) and Koloocheh (right)
- A plain sugar cookie

**73.1.5 Custards**

Custard is a variety of culinary preparations based on a cooked mixture of milk or cream and egg yolk. Depending on how much egg or thickener is used, custard may vary in consistency from a thin pouring sauce (*crème anglaise*) to a thick pastry cream (*crème pâtissière*) used to fill *éclairs*. Most common custards are used as desserts or dessert sauces and typically include sugar and vanilla. Custard bases may also be used for quiches and other savory foods. Sometimes flour, corn starch, or gelatin is added as in pastry cream or *crème pâtissière*.

**B**

- Banana pudding
- Bavarian cream
- Bean pie
- Berliner (doughnut)
- Bienenstich
- Bird's Custard
- Bob Andy pie
- Boston cream doughnut
- Boston cream pie
- Bougatsa
- Bread and butter pudding
- Buttermilk pie

**C**

- Charlotte (cake)
- Cheesecake
- Chiboust cream
- Clafoutis
- Coconut custard
- Coconut jam
- Cream pie
- Crème anglaise
- Crème brûlée
- Crème caramel
- Custard pie
- Custard tart

**E**

- Éclair

- Egg tart

**F**

- Far Breton
- Flanby
- Flapper pie
- Floating island (dessert)
- Flourless chocolate cake
- Frangipane
- French toast
- Frozen custard

**G**

- Galaktoboureko

**K**

- Kissel
- Kogel mogel
- Kremna rezina
- Kremówka
- Krempita
- Krokne

**M**

- Malvern pudding
- Manchester tart
- Mató de Pedralbes
- Melktert
- Miguelitos
- Mille-feuille

**N**

- Nanaimo bar
- Natillas
- Neenish tart
- Norman Tart

**O**

- Ozark pudding

**P**

- Pączki
- Pastel de nata
- Pio Quinto
- Pot de crème
- Profiterole
- Pumpkin pie

**Q**

- Queen of Puddings
- Quindim

**R**

- Rožata

**S**

- Salzburger Nockerl
- Skolebrød
- Soufflé
- Spotted dick
- St. Honoré cake
- Sweet potato pie

**T**

- Tarte à la Bouillie
- Tiramisu
- Torta de nata
- Treacle sponge pudding
- Trifle

**V**

- Vla

**W**

- Watalappam

**Z**

- Zabaione
- Zeppole
- Custards
- A bowl of crème anglaise custard, dusted with nutmeg
- Crème brûlée prepared using a torch
- A Bavarian cream crumb pastry
- Coconut custard is a dessert dish consisting of a coconut custard steam-baked in a pumpkin or kabocha
- Egg custard tarts

**73.1.6 Dessert sauces**

*Chocolate syrup on top of ice cream*

Dessert sauces are used to add flavor and texture to desserts, and tend to be sweet.

**C**

- Chancaca
- Chocolate syrup
- Crème anglaise
- Custard

**D**

- Dream Whip
- Fruit curd

**H**

- Hard sauce

**L**

- Latik

**M**

- Magic Shell

**R**

- Rumtopf

**S**

- Slatko
- Somebody's Mother's Chocolate Sauce

**W**

- Wet walnuts

**Italian cuisine**

- Sauce – Dessert sauces

**73.1.7 Doughnuts**

Main article: List of doughnut varieties

See also: List of fried dough foods

A doughnut, or donut, is a type of fried dough confectionery or dessert food. The doughnut is popular in many countries and prepared in various forms as a sweet snack that can be homemade or purchased in bakeries, supermarkets, food stalls, and franchised specialty outlets.

**A**

- Angel wings
- Awwamaat

**B**

- Bamiyeh
- Baursaki
- Bear claw (pastry)

- Beignet
- Berliner (doughnut)
- Bombolone (doughnut)
- Boortsog
- Boston cream doughnut
- Brown Bobby
- Buñuelo

**C**

- Çäkçäk
- Churro
- Cider doughnut
- Coconut doughnut
- Cruller

**D**

- Dutchie (doughnut)

**F**

- Fánk
- Fasnacht (doughnut)
- Filhós
- Fried Coke
- Fried dough
- Fritelli
- Fritter
- Fritole (doughnut)
- Fritule
- Funnel cake

**G**

- Gogoşi
- Gosh-e Fil

**I**

- Imarti

**J**

- Jalebi
- Jelly doughnut

**K**

- Kleina
- Klenät
- Koeksister
- Kreple
- Krofne

**L**

- Lokma
- Long John (doughnut)
- Loukoumades
- Luther Burger

**M**

- Mahua (snack)
- Malasada
- Maple bacon donut
- Maple bar

**N**

- National Doughnut Day
- Nonnevot

**O**

- Oliebol
- Ox-tongue pastry

**P**

- Pączki
- Pastisset
- Pestiños
- Picarones
- Potato doughnut
- Prusurate
- Puff Puff (food)

**R**

- Rosette (cookie)

**S**

- Sabudana vada
- Sata andagi
- Sfenj
- Sgabeo
- Shuangbaotai
- Smultring
- Sopaipilla
- Sour cream doughnut
- Sufganiyah

**T**

- Timbits
- Toutin
- Tulumba

**V**

- Vada (food)

**Y**

- Youtiao

**Z**

- Zeppole
- Doughnuts
- A bear claw
- Glazed doughnuts
- Fried Coke
- Smultringer frying
- Tulumba

**73.1.8 Frozen desserts**

Frozen dessert is the generic name for desserts made by freezing liquids, semi-solids, and sometimes even solids.

**A**

- Açaí na tigela

**B**

- Baked Alaska
- Bombe glacée

**C**

- Café liégeois
- Cendol
- Creme de papaya

**F**

- Faloodah
- Frozen banana
- Frozen custard
- Frozen yogurt
- Frozie cup

**G**

- Gelato
- Givré
- Granita
- Grattachecca

**H**

- Huckabuck

**I**

- Ice milk
- Italian ice

**K**

- Kulfi

**M**

- Maíz con hielo
- Mellorine

**N**

- Nam khaeng sai

**O**

- Orange Whip

**P**

- Paleta
- Patbingsu
- Piragua
- Popsicle

**R**

- Rainbow sherbet

**S**

- Semifreddo
- Shave ice
- Shaved ice
- Slush (beverage)
- Sno-ball
- Snow cone
- Snow cream
- Soft serve
- Sorbet
- Spoom

**T**

- Tartufo
- Tasaka Guri-Guri
- Tutti frutti (food)

**Z**

- Zuccotto
- Frozen desserts
- Açaí na tigela
- Baked Alaska
- Patbingsu
- Italian ice

**Ice cream**

See also: Ice cream around the world, List of ice cream brands, List of ice cream parlor chains and List of Ben & Jerry's ice creams

Ice cream is a frozen dessert usually made from dairy products, such as milk and cream and often combined with fruits or other ingredients and flavors. Ice cream became popular throughout the world in the second half of the 20th century after cheap refrigeration became common.

**A**

- Affogato
- Arctic roll

**B**

- Bacon sundae
- Baked Alaska
- Banana split
- Biscuit Tortoni
- Booza

**C**

- Choc ice
- Choc-Top
- Coffee cabinet

**D**

- Dairy mix
- Dame blanche (dessert)
- Dippin' Dots
- Dondurma

**F**

- Flame on the iceberg
- Floats (drink)
- Freeze-dried ice cream
- Fried ice cream

**G**

- Gelato
- Golden Opulence Sundae

**I**

- Ice cream bar
- Ice cream cake
- Ice cream cone
- Ice cream sandwich
- Ice cream soda
- Ice milk
- Indian ice cream (Canada)
- Indian ice cream (Alaska)

**K**

- Knickerbocker glory
- Kulfi

**M**

- Milkshake
- Mix-in
- Mochi ice cream
- Monaka

**N**

- National Ice Cream Month

**P**

- Parfait (food)
- Penny lick

**R**

- Raspberry Ripple

**S**

- Screwball (ice cream)
- Snow cream
- Soft serve
- Sorbetes

- Spaghettieis
- Stracciatella
- Sundae

**T**

- Tin roof pie
- Tutti frutti (food)
- Ice cream
- A choc-top
- A dame blanche
- Stracciatella gelato
- Ice cream cones
- An Ice cream sandwich

**73.1.9 Pastries**

Main articles: [List of pastries](#) and [List of poppy seed pastries and dishes](#)

See also: [Pastry chef](#)

Pastry is the name given to various kinds of baked products made from ingredients such as flour, sugar, milk, butter, shortening, baking powder, and eggs.<sup>\*[3]</sup> Small tarts and other sweet baked products are called “pastries.”

**A**

- Alexandertorte
- Allerheiligenstriezel
- Apple strudel
- Azerbaijani pakhlava

**B**

- Bakewell pudding
- Baklava
- Bakpia
- Bakpia Pathok
- Bánh pía
- Banitsa
- Banket (food)
- Bear claw (pastry)

- BeaverTails
  - Belekoy
  - Belokranjska povitica
  - Bethmännchen
  - Birnbrot
  - Bizcocho
  - Blachindla
  - Bougatsa
  - Boyoz
  - Briouat
  - Bruttiboni
- C**
- Carac (pastry)
  - ChaSan
  - Chorley cake
  - Chouquette
  - Choux pastry
  - Cinnamon roll
  - Coca (pastry)
  - Coussin de Lyon
  - Cream horn
  - Croline
  - Cronut
  - Cuban pastry
- D**
- Dabby-Doughs
  - Danish pastry
  - Djevrek
- E**
- Eccles cake
  - Ensaïmada
- F**
- Fa gao
- Fazuelos
  - Fig roll
  - Fish-shaped pastry
  - Flaky pastry
  - Flaons
  - Flies graveyard
  - Franzbrötchen
- G**
- Gâteau Basque
  - Gibanica
  - Gözleme
  - Gundain
  - Gyeongju bread
- H**
- Haddekuche
  - Hellimli
  - Heong Peng
  - Hot water crust pastry
  - Huff paste
- I**
- Inipit
- J**
- Jachnun
  - Jalebi
- K**
- Kalács
  - Kanafeh
  - Kitchener bun
  - Klobasnek
  - Knieküchle
  - Konstantinidis pastry shops
  - Krempita

- Kringle
- Kroštule
- Kueh Pie Tee
- Kürtőskalács

**L**

- Lattice (pastry)
- Leipziger Lerche
- London Cheesecake
- Lukhmi

**M**

- Ma'amoul
- Makroudh
- Malsouka
- Mandelkubb
- Mantecadas
- Marillenknödel
- Marry girl cake
- Masan (pastry)
- Miguelitos
- Milhoja
- Milk-cream strudel
- Mooncake
- Moorkop

**N**

- Nǎiyóu sū bǐng
- Nun's puffs

**P**

- Pan dulce (sweet bread)
- Papanași
- Paper wrapped cake
- Pastel (food)
- Pastizz
- Pastry heart

- Pâté chaud
- Phyllo
- Pionono
- Plăcintă
- Pop-Tarts
- Pretzel
- Profiterole
- Puff pastry
- Punsch-roll
- Punschkrapfen

**Q**

- Qottab
- Quesito

**R**

- Rab cake
- Remonce
- Reuzenbol
- Roti tissue
- Roze koek
- Runeberg's torte

**S**

- Sad cake
- Schnecken
- Schneeball (pastry)
- Schuxen
- Semla
- Shortcrust pastry
- Şöbiyet
- Sou (pastry)
- Spanisch Brötli
- Spritzkuchen
- Streusel
- Strudel
- Stutenkerl

- Sufganiyah
- Sweetheart cake

**T**

- Tahini roll
- Toast'em Pop Ups
- Toaster pastry
- Toaster Strudel
- Torpedo dessert
- Tortell
- Tortita negra
- Tu (cake)
- Turnover (food)



*An assortment of pastries and cakes in a pâtisserie*

**Pastries with poppy seeds**

- Chatti Pathiri
- Hamantash
- Kifli
- Kolach
- Kołacz
- Kūčiukai
- Nunt
- Nut roll
- Poppy seed roll
- Prekmurska gibanica
- Rugelach

**U**

- Uštipci
- Utap

**V**

- Vatrushka
- Veka (pastry)
- Vetkoek
- Vol-au-vent

**73.1.10 Pies**

Main article: [List of pies, tarts and flans](#)

*See also: [Tarts \(category\)](#)*

A pie is a baked dish which is usually made of a pastry dough casing that covers or completely contains a filling of various sweet or savoury ingredients.

**W**

- World Pastry Cup

**Y**

- Yurla (dish)

**Z**

- Zeeuwse bolus
- Žemlovka

**Sweet pies****A**

- Apple pie

**B**

- Bakewell tart
- Banoffee pie
- Bean pie
- Bedfordshire clanger

- Black bun
- Blackberry pie
- Blueberry pie
- Bob Andy pie
- Buko pie
- Bumbleberry pie
- Buttermilk pie

**C**

- Cherry pie
- Chess pie
- Cookie Cake Pie
- Cream pie
- Custard pie
- Custard tart

**D**

- Derby pie

**F**

- Flapper pie
- Fried pie

**G**

- Grape pie

**J**

- Jelly cream pie

**K**

- Key lime pie
- Kuchen

**L**

- Lemon ice box pie
- Lemon meringue pie

**M**

- Manchester tart
- Mince pie
- Mississippi mud pie

**P**

- Pecan pie
- Pirog
- Pumpkin pie

**R**

- Razzleberry
- Rhubarb pie
- Rijstevlaai
- Rönttönen

**S**

- Shaker Lemon Pie
- Shoofly pie
- Smulpaj
- Snickers pie
- Strawberry pie
- Strawberry rhubarb pie
- Sugar pie
- Sweet potato pie

**T**

- Tarta de Santiago
- Treacle tart

**V**

- Vlaai
- Pies
- Coconut cream pie
- Lemon meringue pie
- Pecan pie
- Shoofly pie
- Sugar cream pie



Tarte Tatin

## Tarts

A **tart** is a baked dish consisting of a filling over a pastry base with an open top not covered with pastry. The pastry is usually **shortcrust pastry**; the filling may be sweet or savory, though modern tarts are usually fruit-based, sometimes with custard.

- Bakewell tart
- Butter tart
- Caramel tart
- Charlotte (cake)
- Chocolate tart
- Crostata
- Custard tart
- Egg tart
- Gizzada
- Gypsy tart
- Lemon tart
- Manchester tart
- Melktert
- Neenish tart
- Norman Tart
- Pastel de nata
- Pineapple tart
- Quetschentaart
- Rhubarb tart
- Tarte à la Bouillie
- Tarte Tatin
- Treacle tart

## 73.1.11 Puddings

Main article: [List of puddings](#)

Pudding is usually a dessert, but it can also be a savory dish. In the United Kingdom and most Commonwealth countries, *pudding* can be used to describe both sweet and savory dishes. However, unless qualified, the term in everyday usage typically denotes a dessert. In the United States and Canada, *pudding* characteristically denotes a sweet milk-based dessert similar in consistency to egg-based custards, instant custards or a mousse.

### A

- Ábrystir
- Almond jelly
- Ashure
- Asida

### B

- Bakewell pudding
- Banana pudding
- Bánh chuối
- Bazeen
- Bebinca
- Blancmange
- Blodpalt
- Bread Pudding
- Brown Betty (dessert)

### C

- Capirotada
- Carrot pudding
- Chè
- Cheese pudding
- Chireta
- Chocolate biscuit pudding
- Chocolate pudding
- Christmas pudding
- Clootie
- Cottage Pudding

**D**

- Diplomat pudding

- Dock pudding

- Drisheen

- Dutch baby pancake

**F**

- Figgy duff (pudding)

- Flummadiddle

- Flummery

- Fruit pudding

- Frumenty

**G**

- Giga Pudding

- Goody (dessert)

- Götterspeise

- Vincent Gruppuso

**H**

- Hasty pudding

- Haupia

- Herrencreme

**J**

- Junket (dessert)

**K**

- Kačamak

- Kalamai (dessert)

- Kirschenmichel

- Kulolo

- Kutia

**M**

- Malva pudding

- Mango pudding

- Moin moin

- Monmouth Pudding

**P**

- Panna cotta

- Persimmon pudding

- Pistachio pudding

- Po'e

- Put chai ko

**R**

- Rag pudding

- Red pudding

- Rice pudding

- Rødgørød

- Rømmegrøt

- Rožata

**S**

- Sago pudding

- Scrapple

- Semolina pudding

**T**

- Tapioca pudding

- Tembleque

- Tiết canh

**W**

- Welf pudding

- Puddings

- Almond jelly

- Flummery

- Kirschenmichel

- Put chai ko is a popular snack in Hong Kong

- Rice pudding

## 73.2 By country

*See also: Desserts by country (category)*

### 73.2.1 Algeria

- Khobz Mbesses

### 73.2.2 Argentina



*Argentine pionono with dulce de leche*

Main article: List of Argentine sweets and desserts

### 73.2.3 Australia

- Anzac biscuit
- Chocolate crackles
- Frog cake
- Hedgehog slice
- Icebox cake
- Jelly slice
- Lamington
- Neenish tart
- Pavlova (food)
- White Christmas (food)

### 73.2.4 Bangladesh

Main article: List of Bangladeshi sweets and desserts

See also: Bangladeshi cuisine – Desserts



*Cham cham*

### 73.2.5 Bhutan

- Ngathrek Golop Lhakpa

### 73.2.6 Brazil

Main article: List of Brazilian sweets and desserts

- Açaí na tigela
- Beijinho
- Bolo de rolo
- Brigadeiro
- Cajuzinho
- Canjica (dish)
- Chikki
- Creme de papaya
- Cuajada
- Curau
- Goiabada
- Manjar branco
- Maria-mole
- Paçoca
- Pamponha
- Papo-de-anjo
- Quindim



*A pecan butter tart*

### 73.2.7 Canada

- BeaverTails
- Butter tart
- Nanaimo bar
- Persian (roll)
- Pouding chômeur
- Sugar pie

### 73.2.8 Chile

- Chilean cuisine – Sweets, cakes, and desserts
- Kuchen
- Mote con huesillo
- Murta con membrillo
- Picarones

### 73.2.9 China

Main articles: List of Chinese desserts and Chinese desserts

See also: Chinese bakery products

### 73.2.10 Czechoslovakia

- Kolach
- Míša

### 73.2.11 Finland

- Finnish cuisine – Desserts

### 73.2.12 France

Main article: List of French desserts

- Crème brûlée
- Croquembouche
- Éclairs

### 73.2.13 Germany

Main article: List of German desserts

### 73.2.14 Greece

*Main: List of Greek dishes – Desserts and sweets*



*Loukoumades*

- Greek cuisine – Desserts and sweets
- Bougatsa
- Diples
- Dondurma
- Finikia
- Koulourakia
- Loukoumades
- Melomakarono
- Moustalevria

- Nougat
- Qurabiya
- Sesame seed candy
- Spoon sweets
- Tahinopita
- Vasilopita
- Rigó Jancsi
- Rum ball
- Strudel
- Vanillekipferl

### Greek pastries

- Bougatsa
- Galaktoboureko
- Kasseropita
- Koulourakia
- Phyllo
- Spanakopita
- Tiropita

### 73.2.17 India



*Chhena Gaja from Pahala, Orissa, India*

Main article: [List of Indian sweets and desserts](#)  
See also: [Indian cuisine – Desserts](#)

### 73.2.15 Hong Kong

- Egg tart
- Eggette
- Mango pomelo sago

### 73.2.18 Indonesia

- Bubur kacang hijau
- Bubur ketan hitam
- Cendol
- Corn cookie
- Es campur
- Es doger
- Es teler
- Grass jelly
- Kolak
- Lupis (food)

### 73.2.16 Hungary

- Angel wings
- Apple strudel
- Buchteln
- Dobos torte
- Esterházy torte
- Fánk
- Floating island (dessert)
- Gugelhupf
- Kalács
- Kürtőskalács
- Linzer torte
- Makówki
- Milk-cream strudel
- Poppy seed roll

### 73.2.19 Italy

Main article: [List of Italian desserts](#)

*See also: List of Italian dishes – Desserts and pastry and Sicilian cuisine – Desserts and sweets*



*Cassatas are popular and traditional Sicilian desserts*

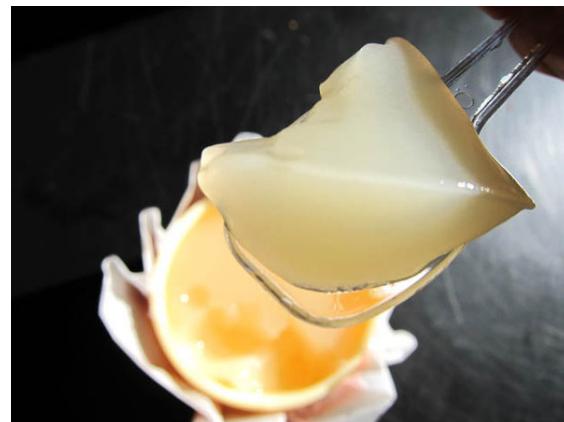
### Italian pastries

- Baicoli
- Biscotti
- Biscotti Regina
- Bocconotto
- Bombolone (doughnut)
- Cannoli
- Ciarduna
- Crocetta di Caltanissetta
- Pandoro
- Pavarini
- Pignolata
- Pignolo (macaroon)
- Pizzelle
- Sfogliatelle
- Struffoli
- Torta caprese
- Zeppole
- Zippuli

### 73.2.20 Japan

Main article: List of Japanese desserts and sweets

*See also: List of Japanese dishes – Japanese-style sweets and Japanese cuisine – Sweets*



*Hakuto jelly is a seasonal Japanese dessert available in the summer.*

### 73.2.21 Korea

Main article: List of Korean desserts  
See also: Korean cuisine – Sweets

### 73.2.22 Luxembourg

- Quetschentaart

### 73.2.23 Mexico

- List of Mexican dishes – Desserts and sweets
- Alfajor
- Bionico
- Buñuelo
- Cajeta
- Capirotada
- Cocadas
- Coyotas
- Fried ice cream
- Manjar blanco
- Marzipan
- Nicuatole
- Paleta
- Rice pudding
- Rosca de reyes
- Tres leches cake

### 73.2.24 Netherlands

- Dutch cuisine – Desserts and puddings

### 73.2.25 New Zealand



Afghan biscuits

- Afghan biscuit
- Anzac biscuit
- Fairy bread
- Hokey pokey (ice cream)
- Lolly cake
- Pavlova

### 73.2.26 Pakistan

Main article: List of Pakistani sweets and desserts

### 73.2.27 Poland

Main article: List of Polish desserts

### 73.2.28 Romania

- Clătită
- Colivă
- Colțunași
- Griș cu lapte

- Lapte de pasăre
- Pască
- Scovardă
- Sfîntișori
- Ștrudel
- Halva
- Kamasutra (chocolate)
- Magiun of Topoloveni
- Rahat (confectionery)
- Turkish delight

#### Romanian pastries

- Alivenci
- Amandine (dessert)
- Cornulețe
- Gogoși
- Joffre cake
- Papanași
- Plăcintă

### 73.2.29 Russia



Russian kartoshka ( “potato” ) cake

- Blini
- Charlotte
- Halva
- Khvorost

- Kogel mogel
- Napoleon
- Oladyi
- Pastila
- Ponchiki
- Ptichye moloko
- Sushki
- Syrniki
- Tula gingerbread
- Varenye
- Vatrushka
- Zefir

### 73.2.30 Scotland

- Abernethy biscuit
- Black bun
- Clootie
- Cranachan
- Deep-fried Mars bar
- Dundee cake
- Empire biscuit
- Fudge doughnut
- Penguin (biscuit)
- Tipsy Laird

### 73.2.31 Slovenia



*Kremna rezina*

- Belokranjska povitica
- Funšterc
- Gugelhupf
- Kremna rezina
- Nut roll
- Pinca
- Prekmurska gibanica
- Strudel

### 73.2.32 Spain

- Casadiella
- Fartons
- Leche frita
- Sobao
- Teca la mecula
- Torrija
- Xuxo
- Yemas de Santa Teresa

### Catalonia

- Catalonia – Sweets and desserts

### 73.2.33 Sri Lanka

Main article: List of Sri Lankan sweets and desserts

### 73.2.34 Switzerland

#### Swiss pastries

- Blue cake
- Bündner Nusstorte

### 73.2.35 Taiwan

- Aiyu jelly
- Bāobīng
- Taro ball



A plate of *Bào bing* with strawberries and condensed milk

### 73.2.36 Thailand

- Cendol
- Coconut custard
- Foi thong
- Grass jelly
- Kanom khrok
- Khanom buuang
- Khanom chan
- Khanom thuai
- Khao tom
- Kluay buat chee
- Namtan pan
- Thong yip
- Tub tim krob

### 73.2.37 Turkey

Main article: List of Turkish desserts

#### Turkish pastries

- Baklava
- Bülbül yuvası
- Cezerye
- Ekmek kadayıfı
- Güllaç
- Hurma
- Künefe



*Şekerpare*

- Lady's navel
- Lokma
- Kurabiye
- Revani
- Sambali
- Saray helva
- Şekerpare
- Sütlü Nuriye
- Tulumba

### 73.2.38 Ukraine



*Syrniki with varennye*

- Babka
- Blini
- Halva
- Kiev cake
- Kogel mogel
- Lymonnyk
- Napoleon

- Oladyi
- Pampushky
- Sushki
- Syrniki
- Varenye
- Vatrushka
- Verhuny
- Zefir

### 73.2.39 United Arab Emirates

- Khabees

### 73.2.40 United Kingdom

Main article: List of British desserts

### 73.2.41 United States

Main article: List of American desserts

### 73.2.42 Uruguay

- Alfajor
- Berliner (doughnut)
- Bizcocho

## 73.3 By region

### 73.3.1 Latin America

Latin America is a highly diverse area of land that holds various cuisines that vary from nation to nation. Desserts in Latin American cuisine include dulce de leche, alfajor, rice pudding, tres leches cake, teja and flan.

### 73.3.2 Southern Africa

In Southern Africa, Desserts may simply be fruit, but there are some western style puddings, such as the Angolan cocada amarela, which was inspired by Portuguese cuisine.

### 73.3.3 South Asia

Main article: South Asian sweets

#### Bengal

- Bengali cuisine – Desserts

### 73.4 By time period

#### 73.4.1 Middle Ages

- Medieval cuisine – Sweets and desserts

### 73.5 See also

- Cuisine
- Culinary art
- List of bean-to-bar chocolate manufacturers
- List of breads
- List of ice cream flavors

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- [3] “Pastry” . Encyclopedia Britannica. Retrieved 3 January 2014.

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# Chapter 74

## List of American desserts

This is a **list of American desserts**. The cuisine of the United States refers to food preparation originating from the United States of America. European colonization of the Americas yielded the introduction of a number of ingredients and cooking styles to the latter. The various styles continued expanding well into the 19th and 20th centuries, proportional to the influx of immigrants from many foreign nations; such influx developed a rich diversity in food preparation throughout the country.

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### 74.1 American desserts

#### 74.1.1 A

- Ambrosia (fruit salad)
- Angel food cake
- Apple crisp
- Apple dumpling

#### 74.1.2 B

- Banana pudding
- Banana split
- Bananas Foster
- Blondie (confection)
- Boston cream pie
- Bread pudding
- Brown Betty (dessert)
- Banana pudding is prepared with vanilla flavored custard, cookies and sliced fresh bananas, topped with whipped cream or meringue.



*Angel food cake is a light, airy cake that originated in the United States*

- A traditional banana split, as served at Cabot's Ice Cream and Restaurant in Newtonville, Massachusetts
  - Boston cream pie is a cake that is filled with a custard or cream filling and frosted with chocolate.\* [1]
1. ^ “English Language Definition: Boston Cream Pie”. Merriam Webster. Retrieved 21 November 2008.

#### 74.1.3 C



*Chocolate chip cookies are a drop cookie that originated in the United States and features chocolate chips as its distinguishing ingredient.*

- Chocolate brownie
- Chocolate chip cookie
- Chocolate-covered potato chips
- Chocolate-covered bacon
- Chocolate pudding
- Cobbler (food)
- Cookie salad
- Corn cookie
- Cottage Pudding
- Cupcake
- Cupcone

#### 74.1.4 D



*Devil's food cake is a moist, airy, rich chocolate layer cake.*

- Devil's food cake
- Dirt cake
- Doughnut

#### 74.1.5 F

- Fried Coke
- Fried dough
- Fudge
- Funnel cake

**74.1.6 G**

- German chocolate cake
  - Glorified rice
  - Golden Opulence Sundae
  - Gooey butter cake
  
  - Glorified rice is a dessert salad served in Minnesota and other states in the Upper Midwest.
  - Gooey butter cake is a type of cake traditionally made in the American Midwest city of St. Louis.<sup>\*[1]</sup>
1. ^ Barry, Ann (April 19, 1989). “A Butter Cake That Sticks to the Gums” . *The New York Times*. Retrieved 4 January 2014.

**74.1.7 H**

A halved Hostess CupCake

- Hasty pudding
- Hostess (snack cakes)
- Hostess CupCake
- Hot milk cake
- Hummingbird cake
- Snack cake

**74.1.8 I**

- Ice cream cone
- Icebox cake

**74.1.9 J**

- Jell-O

An icebox cake

**74.1.10 K**

- Kentucky jam cake
- King cake

**74.1.11 M**

- Marshmallow creme
- Macaroons

**74.1.12 P**

- Panocha
- Parfait (food)
- Persimmon pudding

**74.1.13 R**

- Red velvet cake
- Rice pudding
  
- In New Mexico and southern Colorado, panocha is a pudding made from ground sprouted wheat and *piloncillo*.

- Red velvet cake is traditionally prepared as a layer cake topped with cream cheese or cooked roux icing. The reddish color is achieved by adding beetroot or red food coloring.

#### 74.1.14 S



*A sundae*

- Scotcheroos
- S'more
- Snickers salad
- Sopaipilla
- Stack cake
- Strawberry Delight
- Strawberry rhubarb pie
- Sundae

#### 74.1.15 T

- Twinkie

#### 74.1.16 W

- Waldorf pudding
- Watergate salad
- Whoopie pie

#### 74.2 American pies



*A buttermilk pie topped with pecan brittle*



*A grape pie prepared with Concord grapes*



*A lemon ice box pie with raspberry sorbet and raspberry sauce*

- Apple crisp
- Apple pie
- Bean pie
- Blackberry pie
- Blueberry pie

- Bob Andy pie
- Buttermilk pie
- Cherry pie
- Cream pie
- Derby pie
- Fried pie
- Grape pie
- Jelly cream pie
- Key lime pie
- Lemon ice box pie
- Mississippi mud pie
- Pecan pie
- Pot pie
- Pumpkin pie
- Rhubarb pie
- Shoofly pie
- Strawberry rhubarb pie
- Sweet potato pie

### 74.3 See also

- Cuisine
- List of American foods
- List of American regional and fusion cuisines
- List of desserts

### 74.4 References

### 74.5 External links

- Media related to Desserts of the United States at Wikimedia Commons
- Media related to Cakes of the United States at Wikimedia Commons
- Media related to Ice cream in the United States at Wikimedia Commons

# Chapter 75

## List of coffee beverages

*see also: Coffee preparation – Presentation, Espresso – Espresso-based drinks and Espresso – Variations*



*Espresso brewing, with a dark reddish-brown foam, called crema*

This is a **list of coffee beverages**, and covers various types of notable coffee beverages.



*Latte art – in the centre a tulip, above are two series of hearts, along the bottom a combined rosetta and a series of hearts*

### 75.1 Affogato

An **affogato** (Italian for “drowned”) is a coffee-based beverage or dessert. “Affogato style”, which refers to the act of topping a drink or dessert with **espresso**, may also incorporate caramel sauce or chocolate sauce.

### 75.2 Antoccino

An **antoccino** is a single shot of **espresso** with steamed milk in a 1:1 ratio, served in an espresso cup. Despite the name, it has no link to **Italy**, nor any meaning in **Italian**.

### 75.3 Black eye

A **black eye** is dripped coffee with a double shot of **espresso**. It has a strong taste.

### 75.4 Black tie

A **black tie** is a traditional Thai iced tea, which is a spicy and sweet mixture of chilled black tea, orange blossom water, star anise, crushed tamarind, sugar and condensed milk or cream, with a double shot of **espresso**.



An *affogato*

## 75.5 Breve

Beverage made with steamed half and half cream, typically 6oz.

## 75.6 Caffè Americano



A Caffè Americano

Caffè Americano or simply Americano (the name is also spelled with varying capitalization and use of diacritics: e.g. Café Americano, Cafe Americano, etc.) is a style of

coffee prepared by adding hot water to espresso, giving a similar strength to but different flavor from regular drip coffee. The drink consists of a single or double-shot of espresso combined with between 1 and 16 fluid ounces (30 - 470ml) of hot water. The strength of an Americano varies with the number of shots of espresso added. In the United States, "Americano" is used broadly to mean combining hot water and espresso in either order, but in a narrower definition it refers to adding water *to* espresso (espresso on the bottom), while adding espresso to water (espresso on the top) is instead referred to as a long black.

Variations include:

- Long black
- Lungo
- Red eye

## 75.7 Café au lait



*Café au lait* as being served in Oslo, Norway; espresso and steamed milk, served in a bowl

A *café au lait* is traditionally the French way of preparing 'coffee with milk' both at home and in Cafés in Europe. "Café au lait" stems from the same continental tradition as "caffè Latte" in Italy, "café con leche" in Spain, "kawa biała" ("white coffee") in Poland, "Milchkaffee" in Germany, "Mélange" in Austria,\*[1] "koffie verkeerd" in Netherlands, and "café com leite" in Portugal, meaning simply "coffee with milk".

In northern Europe, *café au lait* is the name most often used in coffee shops for what other places is a 'caffè latte'.

The term '*café au lait*' has been used for *espresso* and milk since the 1950s in among other places the UK, Netherlands, Belgium, Germany, Denmark, Norway and Sweden.

In the US, *café au lait* is defined as a coffee beverage consisting strong or bold coffee (sometimes espresso) mixed with scalded milk in approximately a 1:1 ratio.

## 75.8 Café bombón



*Café bombón*

Café bombón was made popular in Valencia, Spain, and spread gradually to the rest of the country. It might have been re-created and modified to suit European taste-buds as in many parts of Asia such as Malaysia, Thailand and Singapore the same recipe for coffee which is called “Kopi Susu Panas” (Malaysia) or “Gafeh Rorn” [lit: hot coffee] (Thailand) has already been around for decades and is very popular in “mamak” stalls and “kopitiams” in Malaysia. A café bombón, however uses espresso served with sweetened condensed milk in a 1:1 ratio whereas the Asian version uses ground coffee and sweetened condensed milk at the same ratio. For café bombón, the condensed milk is added to the espresso. For visual effect, a glass is used, and the condensed milk is added slowly to sink underneath the coffee and create two separate bands of contrasting colour – though these layers are customarily stirred together before consumption. Some establishments merely serve an espresso with a sachet of condensed milk for patrons to make themselves.

## 75.9 Café Cubano

Café Cubano (Cuban coffee, Cuban espresso, cafecito, Cuban pull, Cuban shot) is a type of espresso which originated in Cuba after espresso machines were first imported there from Italy. Specifically, it refers to an espresso shot which is sweetened with demerara sugar as it is being brewed, but the name covers other drinks that use Cuban espresso as their base. Drinking café cubano remains a prominent social and cultural activity within Cuba, Miami, West Palm Beach, Tampa and the Keys, as well as the Cuban exile community. Café Cubano is available in almost all coffee shops in Miami, making it a staple of local cuisine and tradition.

## 75.10 Caffè crema

Caffè crema (Italian: cream coffee) refers to two different coffee drinks:<sup>\*[2]</sup>

- An old name for espresso (1940s and 50s).
- A long espresso drink primarily served in Switzerland and Austria and northern Italy (1980s onwards), along the Italian/Swiss and Italian/Austrian border.<sup>\*[3]</sup>

As a colorful term it generally means “espresso”, while in technical discussions, referring to the long drink, it may more narrowly be referred to as *Swiss caffè crema*.

Variant terms include “crema caffè” and the hyperforeignism “café crema” – “caffè” is French, while “caffè” and “crema” are Italian, thus “caffè crema” mixes French and Italian.

## 75.11 Café de olla

Café de olla or *pot coffee* is a traditional coffee-based drink prepared using earthen clay pots or jars in Mexico and other Latin American countries. It is flavored with cinnamon and piloncillo. Consumed primarily in colder weathers, usually with the *merienda* meal, and accompanied with pan dulce pastries.

## 75.12 Caffè latte

See also: Caffè breve

Similar to the Portuguese Galão, a latte is a portion of



*A caffè latte*

espresso and steamed milk, generally in a 1:3 to 1:5 ratio<sup>\*[4]</sup> of espresso to milk, with a little foam on top.

## 75.13 Caffè Marocchino

The Marocchino is made from espresso, steamed milk, and a dusting of cocoa powder, similar to the espressino.

chocolate. In the U.S. it usually refers to a cappuccino made with chocolate.

A “cafe borgia” is a mocha with orange rind and sometimes orange flavoring added. Often served with whipped cream and topped with cinnamon.

## 75.14 Caffè Medici

A Caffè Medici is a **doppio** poured over chocolate syrup and orange peel, usually topped with whipped cream. The drink originated at Seattle's historic Last Exit on Brooklyn coffeehouse.\*[5]

## 75.18 Café Touba

Café Touba is the spiritual beverage of Senegal, named for the holy city of Touba. During the roasting process, the **coffee beans** are mixed with grains of selim, and sometimes other spices, and ground into powder after roasting. The drink is prepared using a **filter**, similar to plain coffee. Sugar is often added before drinking.

## 75.15 Café miel

A café miel has a shot of **espresso**, steamed milk, **cinnamon**, and **honey**. The name comes from the French word for honey, miel.

## 75.19 Cafe Zorro

A Cafe Zorro is a double **espresso**, or **doppio**, added to hot water with a 1:1 ratio.\*[6]

## 75.16 Coffee milk

A coffee milk is a drink similar to chocolate milk; however, instead of chocolate syrup, **coffee syrup** is used. It is the official state drink of Rhode Island in the United States.

## 75.20 Ca phe sua da



*A mocha latte in Costa Rica*

A café mocha is a variant of a caffè latte. Like a latte, it is typically one third **espresso** and two thirds steamed milk, but a portion of chocolate is added, typically in the form of a chocolate syrup, although other vending systems use instant chocolate powder. Mochas can contain dark or milk chocolate.

The term **moccaccino** is used in some regions of Europe and the Middle East to describe caffè latte with cocoa or



*A Cà phê sữa đá*

Cà phê sữa đá, also known as “cafe sua da” (Vietnamese: *Cà phê sữa đá*) or “V-caf”, is a unique Vietnamese coffee recipe. Literally, ca phe sua da means “iced milk coffee”. Ca phe sua da can be made simply by mixing black coffee with about a quarter to a half as much sweetened condensed milk and then pouring it over ice. A substitute made by many Vietnamese immigrants in the Southern U.S., particularly in Louisiana is a dark French roast, often with chicory; otherwise an imported Vietnamese-grown and roasted coffee is used when it is available. The coffee is traditionally brewed with a small metal Vietnamese drip filter into a cup containing the condensed milk. The condensed milk and coffee are stirred together and then poured over the ice. Ca phe sua nong (Viet-

namese: 'cà phê sữa nóng')—literally, “hot milk coffee”—is made by excluding the ice.

In Spain, there is a similar beverage called *Café del Tiempo* ([Summer] Weather Coffee) or *Café con Hielo* (Coffee with Ice). Similarly, *Café Bombón* can be served with ice. The coffee is served in a small cup and an empty small glass with ices cubes. Sugar or condensed milk is added in the small cup while the coffee is still hot, and then the coffee is poured in the small glass with ices. When the coffee is cooled, the remaining ice is removed with the help of a spoon.

## 75.21 Cappuccino



*Cappuccino*

Cappuccino is a coffee-based drink prepared with espresso, hot milk, and steamed milk foam. A cappuccino differs from a caffè latte in that it is prepared with much less steamed or textured milk than the caffè latte with the total of espresso and milk/foam making up between approximately 150 and 180 millilitres (5 and 6 US fluid ounces). A cappuccino usually exceeds the height of the cup, making the foam visible above the side of the cup. A cappuccino is traditionally served in a porcelain cup, which has far better heat retention characteristics than glass or paper. The foam on top of the cappuccino acts as an insulator and helps retain the heat of the liquid, allowing it to stay hotter longer.

## 75.22 Chai latte

Numerous houses use the term chai latte to indicate that the steamed milk of a normal café latte is being flavoured with a spiced tea concentrate instead of with espresso. Add espresso shots for a “Dirty Chai Latte” .

Chai tea with a single shot of espresso. In addition, 1-2 tablespoons of instant Espresso may be brewed while simultaneously steeping Chai in the same container; a small

amount of a dairy or non-dairy beverage of choice is usually added to complete the drink.

## 75.23 Cold brew

**Cold brew**, or cold-press, refers to the process of steeping coffee grounds in room temperature or cold water for an extended period. It is also sometimes referred to as Toddy coffee which is a trademarked cold brewing system. The cold brew process requires grinding. Coarse-ground beans are soaked in water for a prolonged period of time, usually 12 hours or more. The water is normally kept at room temperature, but chilled water can also be used. The grounds must be filtered out of the water after they have been steeped using a paper coffee filter, a fine metal sieve, a French press or felt, in the case of the Toddy system. The result is a coffee concentrate that is often diluted with water or milk, and can be served hot, over ice, or blended with ice and other ingredients such as chocolate. Cold brewed coffee naturally seems sweeter due to its lower acidity. It is around 65-70% less acidic than hot **drip coffee** or **espresso**. Because the coffee beans in cold brew coffee never come into contact with heated water, the process of leaching flavor from the beans produces a chemical profile different from conventional brewing methods.\* [7]

Cold brew coffee is not to be confused with iced coffee, which can refer to coffee that is brewed hot and then chilled by pouring over or adding ice.

## 75.24 Cortado



*A café cortado, served in Barcelona*

A **cortado** is an **espresso** (also known as “Pingo” or “Garoto”) “cut”(from the Spanish and Portuguese *cortar*) with a small amount of warm milk to reduce the acidity. The ratio of milk to coffee is between 1:1 – 1:2, and the milk is added after the espresso. The steamed milk hasn't much foam, but many baristas make some micro foam to make **latte art**. It is popular in Spain and Portugal, in Norway as well as throughout Latin America, where it is

drunk in the afternoon. In Cuba, it is known as a cortadito. It's usually served in a special glass, often with a metal ring base and a metal wire handle. There are several variations, including cortado condensada (espresso with condensed milk) and leche y leche (with condensed milk and cream on top). In the United States it is sometimes known as a “Gibraltar”. Differs from Cappuccino with little or no milk foam, and from Flat White in that the Flat White is always prepared with a double espresso and no foam.

## 75.25 Decaf

A coffee beverage made with decaffeinated beans.

## 75.26 Doppio



*Extracting a doppio*

Doppio in espresso is a double shot, extracted using a double filter basket in the portafilter.

## 75.27 Egg coffee

Egg coffee is a Vietnamese drink which is traditionally prepared with egg yolks, sugar, condensed milk and Robusta coffee.

## 75.28 Eggnog latte

An autumn and winter seasonal blend of steamed milk and eggnog, plus espresso and a pinch of nutmeg.

## 75.29 Eiskaffee

Eiskaffee, literally “ice cream coffee”, is a popular German drink consisting of chilled coffee, milk, sweetener, vanilla ice cream, and sometimes whipped cream.

## 75.30 Espressino

An espressino is made from espresso, steamed milk, and cocoa powder, similar to the Marocchino.

## 75.31 Espresso



*Espresso*

Espresso is a concentrated beverage brewed by forcing a small amount of nearly boiling water —about 86 to 95 °C (187 to 203 °F)\* [8] —under pressure through finely ground coffee beans. Espresso often has a thicker consistency than coffee brewed by other methods, a higher concentration of suspended and dissolved solids, and *crema* (meaning *cream*, but being a reference to the foam with a creamy texture that forms as a result of the pressure). As a result of the pressurized brewing process the flavours and chemicals in a typical cup of coffee are very concentrated. Espresso is the base for other drinks, such as a latte, cappuccino, macchiato, mocha, or americano. Espresso has more caffeine per unit volume than most beverages, but the usual serving size is smaller—a typical 60 mL (2 US fluid ounce) of espresso has 80 to 150 mg of caffeine, little less than the 95 to 200 mg of a standard 240 mL (8 US fluid ounces) cup of drip-brewed coffee.\* [9]

## 75.32 Espresso Romano

An espresso Romano is a shot of espresso with a slice of lemon served on the side. The lemon can be run along the rim of the cup as a way to accentuate the espresso's sweetness.\* [10] Despite the name, it has no link to Italy

nor Rome.

### 75.33 Frozen coffee drink

A frozen coffee drink is a blended iced coffee beverage sold under various names.

### 75.34 Flat white



*A flat white with latte art*

A flat white is an espresso with a similar proportion of coffee to milk as a caffè latte and a cappuccino, the main difference being the texture of the milk and (in some regions) the number of espresso shots.

The drink originated in Australia and New Zealand in the late 1970s as alternative to the frothier cappuccino. It has since spread to the UK, where it first began to be served by independent cafes in London like Department of Coffee and Social Affairs, and Speak Easy, where owners and staff are from New Zealand, bring the style of coffee into the UK before being adopted by chains Costa Coffee and Starbucks.\* [11] It is rarely found in continental Europe or the United States.

In New Zealand it is traditionally made with two shots of espresso topped with stretched and texturised milk. The milk is prepared by steaming air into the milk and folding the top layer into the lower layers. To achieve the “flat”, non-frothy texture the steamed milk is poured from the bottom of the jug, holding back the lighter froth on the top in order to access milk with smaller bubbles, making the drink smooth and velvety in texture. This leads to a white coffee with the crema on top still intact. The drink was traditionally served in a ceramic cup used for cappuccinos (approximately 220-260ml in capacity), though present-day speciality cafes are more likely to serve it in smaller (150-160ml) cups with two Ristretto shots used, resulting in a drink noticeably stronger and less milky than a caffè latte.

Outside New Zealand, the milk is prepared in a manner more similar to that of a caffè latte; the milk is stretched and texturised but is poured freely rather than the froth being held back with a spoon or knife. This results in a thicker density of milk with more froth.

In Australia the drink more closely resembles a caffè latte as it tends to be served with a single shot of coffee, resulting in a weaker and milkier drink.

In the United Kingdom the drink has a similar strength to the New Zealand version. It is made in a small cup (150-160ml), contains two espresso (often ristretto) shots, and is often finished with latte art. The skill needed in preparing ristretto shots and latte art means that it is viewed as somewhat of a speciality product in the UK.\* [11]

### 75.35 Galão

Galão is a hot drink from Portugal made of espresso and foamed milk. In all similar to caffè latte or café au lait, it comes in a tall glass with about one quarter coffee, 3 quarters foamed milk. When the proportion is 1:1 it is called “meia de leite” (Chinesa in Madeira) and it comes in a Coffee cup.

### 75.36 Guillermo

Originally one or two shots of hot espresso, poured over slices of lime. It can also be served on ice, sometimes with a touch of milk.

### 75.37 Greek frappé coffee

Greek frappé (Café frappé) (Greek: φραπές) is a foam-covered iced coffee drink made from spray-dried instant coffee. It is very popular in Greece especially during summer, but has now spread on to other countries. There are numerous ways in which this coffee can be tailored to the individual's taste such as: 1.all water-no milk; 2.half-half; 3.all milk and; 4.varying levels of sweetness. Frappe is also extremely popular in the country of Cyprus where fresh milk is used as opposed to condensed. In French, when describing a drink, the word frappé means shaken and/or chilled; however, in popular Greek culture, the word frappé is predominantly taken to refer to the shaking associated with the preparation of a café frappé.

### 75.38 Green eye

A green eye (also known as “Triple Death”) is drip brewed dark-roast coffee with a triple shot of espresso.



*A Café frappé*

### 75.39 Half-caf

Beverage made with half and half parts caffeinated beans and decaffeinated beans.

### 75.40 Iced coffee

Iced coffee is a cold variant of the normally hot beverage coffee.

- Farmers Union Iced Coffee
- Toddy coffee

### 75.41 Indian filter coffee

South Indian Coffee, also known as *Mysore Filter Coffee* or *Kaapi* (South Indian phonetic rendering of “coffee”) is a sweet milky coffee made from dark roasted coffee beans (70%–80%) and chicory (20%–30%), especially popular in the southern states of Andhra Pradesh, Karnataka, Kerala and Tamil Nadu. The most commonly used coffee beans are Peaberry (preferred), Arabica, Malabar and Robusta grown in the hills of Karnataka (Kodagu, Chikkamagaluru), Kerala (Malabar re-

gion) and Tamil Nadu (Nilgiris District, Yercaud and Kodaikanal).

### 75.42 Instant coffee



*Instant coffee*

Instant coffee is a beverage derived from brewed coffee beans. Through various manufacturing processes the coffee is dehydrated into the form of powder or granules. These can be rehydrated with hot water to provide a drink similar (though not identical) to conventional coffee. At least one brand of instant coffee is also available in concentrated liquid form.

### 75.43 Irish coffee

Irish coffee is coffee combined with whiskey and cream, often further sweetened with sugar. Also available as a flavor of ice cream.

### 75.44 Kapeng barako

Kapeng barako, also spelled *baraco* (English: Barako coffee) is a coffee varietal grown in the Philippines, particularly in the provinces of Batangas and Cavite. It belongs to the species *coffea liberica*. The term has also been used to refer to coffee coming from those regions.

### 75.45 Kopi susu

Kopi susu is found in (at least) Malaysia, Borneo and Indonesia and very similar to the preceding entry for Ca phe sua nong. Literally, kopi susu means “milk coffee”. Served in a glass, kopi susu can be made simply by mixing black coffee (arabica) with about a quarter to half a glass of sweetened condensed milk then let stand to cool and allow the grounds to sink to the bottom. You should

not drink this to the end unless you want to “eat” the ground coffee. Kopi Turbruk is as above but uses sugar instead of sweetened condensed milk.

## 75.46 Latte macchiato

Latte macchiato literally means *stained milk*. This refers to the method of preparation, wherein the milk gets “stained” by the addition of espresso. It differs significantly from caffè latte firstly in that espresso is added to milk (rather than milk to espresso), secondly that it features more foam, rather than simply hot milk, thirdly in that often only  $\frac{1}{2}$  (or less) of an espresso shot is used, and fourthly in that it is often a “layered” drink, rather than being mixed as in a caffè latte. Simply, in a caffè latte, the emphasis is on the coffee, while in a latte macchiato, the emphasis is on the milk.

## 75.47 Liqueur coffee



Bailey's Irish Cream and coffee

A liqueur coffee, as its name suggests, is a coffee brew with a 25 ml shot of liqueur. This brew is usually served in a clear, clean, pre-heated, liqueur coffee glass with the coffee and cream separated for good visual and taste effect. The liqueur of choice is added first with a tea-spoon of raw cane sugar mixed in. The glass is then filled to within an inch of the top with good, strong, fresh filter coffee. Fresh, chilled, additive free, slightly whipped

cream is then poured carefully over the back of a cold teaspoon, so that it floats on top of the coffee and liqueur mixture. The sugar is required in the coffee mixture to help the cream float.

- Gaelic coffee (Drambuie or Glayva)
- Irish Coffee (Whiskey)
- Brandy Coffee (Brandy)
- Keoke Coffee (Brandy and Kahlúa)
- English Coffee (Gin)
- Calypso Coffee (Tia Maria or Kahlúa and Rum)
- Jamaican Coffee (Tia Maria & Rum)
- Shin Shin Coffee (Rum)
- Baileys Irish Cream Coffee
- Monk's Coffee (Bénédictine)
- Seville Coffee (Cointreau)
- Witch's Coffee (Strega)
- Russian Coffee (Vodka)
- Priest Coffee (Brennivín)
- Corfu Coffee (Koum Quat liquor)
- Kaffee Fertig (coffee with Swiss prune schnapps)
- Caffè corretto (that is an Italian beverage, consists of a shot of espresso “corrected” with a shot of liquor, usually grappa, brandy or sambuca.)
- Coffee liqueurs (ex. Kahlúa, Kamora)

## 75.48 Macchiato

Caffè macchiato – Macchiato, meaning 'stained', is an espresso with a dash of foamed milk. At first sight it resembles a small Cappuccino, but even if the ingredients are the same as those used for Cappuccino, a Macchiato has a much stronger and aromatic taste. The milk is foamed directly into the espresso cup, which is then put under the coffee outlet. The espresso is then drawn into the cup. Cocoa is then sprinkled over the drink (optional).<sup>\*[12]</sup> Often the process is reversed and milk foam is floated on top of extracted coffee. A long Macchiato will have two shots of espresso and a small amount of hot water (as per long black). A short Macchiato will usually have one shot of coffee and less water (as per short black).



*A Caffè macchiato*

## 75.49 Mazagran

Mazagran (sometimes misspelled as Mazagrin) is a cold coffee beverage that originated in Algeria. It is typically served in a tall glass, and is made with coffee and ice. Sometimes sugar, rum, lemon or water is added. Sometimes a fast version is achieved by pouring a previously sweetened espresso in a cup with ice cubes and a slice of lemon.

## 75.50 Mélange

Mélange is popular in Austria, Switzerland and the Netherlands, and is traditionally similar to caffè latte and cappuccino (and more a mix of the two), a large cup with (today) espresso and steamed milk with some milk foam. Mélange and cappuccino both have variations with whipped cream atop the blend of milk and coffee. Outside Vienna this is sometimes referred to as 'Wiener Melange', although that name does not exist there. The origin of Mélange goes back to the 1700s as a Café drink (you wouldn't call it that at home) in Austria.

## 75.51 Mocha

*see Cafe mocha (above)*

## 75.52 Moka

Moka coffee is coffee brewed with a moka pot, a stove-top coffee maker which produces coffee by passing hot water pressurized by steam through ground coffee in a lower pressure than an espresso maker. The flavor of moka pot coffee depends greatly on bean variety, roast level, fineness of grind, and the level of heat used. Due to the higher than atmospheric pressure involved, the mixture of water and steam reaches temperatures well above 100 °C, causing a more efficient extraction of caffeine and flavors from the grounds, and resulting in a stronger brew than that obtained by drip brewing.

## 75.53 Palazzo

A Palazzo is an iced coffee variant, popular in Southern California. It is two shots of espresso, chilled immediately after brewing and mixed with sweetened cream. A Palazzo is typically made using a moka pot.

## 75.54 Pharisäer

A Pharisäer, meaning a Pharisee, is an alcoholic coffee beverage that is popular in the Nordfriesland district of Germany. It consists of a mug of black coffee, a double shot of rum, and a topping of whipped cream. In 1981, a court in Flensburg ruled that 2 centilitres (0.70 imp fl oz; 0.68 US fl oz) of rum were not sufficient for preparing a genuine Pharisäer.\*[13]

## 75.55 Pocillo

A shot or small portion of unsweetened coffee, now usually made either using an espresso machine or a moka pot, but traditionally made using a cloth drip, usually served in cups made for the purpose (called "tazitas de pocillo"). It is widely-drunk in Latin America, usually as an afternoon or after-dinner coffee. The defining feature is the size, usually half size to a quarter size of the usual ~8 US fluid ounces (240 ml) coffee cups. There are a number of small-sized drinks that use *tazitas de pocillo*, including sweetened (such as *café cubano* and *café cortado*), but these are usually not called a *pocillo*; rather, the Spanish diminutive suffix "-ito" is usually added to the name of the drink wanted in a *pocillo* size cup. For example, a *pocillo*-sized *cortado* is usually called a *cortadito*.

## 75.56 Red eye

A red eye is dripped coffee with a single shot of espresso. This drink is also known as a “shot in the dark” .

## 75.57 Red tie

A traditional Thai iced tea, which is a spicy and sweet mixture of chilled black tea, orange blossom water, star anise, crushed tamarind, sugar and condensed milk or cream, with a single shot of espresso.

## 75.58 Ristretto

Ristretto is traditionally a short shot of espresso made with the normal amount of ground coffee but extracted with about half the amount of water.\* [14] Since ristrettos are essentially the first half of a full length extraction, the faster-to-extract compounds predominate in a ristretto. The opposite of a ristretto is a *lungo*, which is typically double the shot volume. *Ristretto* means “limited” or “restricted” in Italian whereas *lungo* means “long.”

Straight ristrettos—shots that are traditionally drunk from a demitasse and not diluted into a larger cup containing milk or water—could be described as bolder, fuller, with more body and less bitterness. These characteristics are usually attributed to espresso in general but are more pronounced in a ristretto. Diluted into a cup of water (to make an *Americano* or *long black*) or milk (e.g. latte and cappuccino), ristrettos are less bitter and exhibit a more tamed “espresso” character.

## 75.59 Rüdesheimer kaffee

Rüdesheimer kaffee is an alcoholic coffee drink from Rüdesheim in Germany invented in 1957 by Hans Karl Adam. It is made with Asbach Uralt brandy with coffee and sugar, and is topped with whipped cream.

## 75.60 Turkish coffee



Beans for Turkish coffee are ground or pounded to the finest possible powder, finer than for any other way of

preparation. Preparation of Turkish coffee consists of immersing the coffee grounds in water which is most of the time hot but not boiling for long enough to dissolve the flavour some compounds. While prolonged boiling of coffee gives it an unpleasant “cooked” or “burnt” taste, very brief boiling does not, and bringing it to the boil shows without guesswork that it has reached the appropriate temperature. In Turkey, four degrees of sweetness are used. The Turkish terms and approximate amounts are as follows: sade (plain; no sugar), az şekerli (little sugar; half a level teaspoon of sugar), orta şekerli (medium sugar; one level teaspoon), and çok şekerli (a lot of sugar; one and a half or two level teaspoons). The coffee and the desired amount of sugar are stirred until all coffee sinks and the sugar is dissolved. Following this, the spoon is removed and the pot is put on moderate heat; if too high, the coffee comes to the boil too quickly, without time to extract the flavour. No stirring is done beyond this point, as it would dissolve the foam. Just as the coffee comes to the boil the pot is removed from the heat. It is usually kept off the heat for a short time, then brought to the boil a second and a third time, then the coffee is poured into the cups. Getting the thickest possible layer of foam is considered the peak of the coffee maker's art. One way to maximize this is to pour slowly and try to lift the pot higher and higher as the pouring continues. Regardless of these techniques, getting the same amount of foam into all cups is hard to achieve, and the cup with the most foam is considered the best of the lot.

Slight variations to this coffee exist in neighboring countries most notably: Greek coffee and Cypriot coffee.

## 75.61 Vienna coffee

A Vienna coffee is the name of a popular traditional cream based coffee beverage. It is made by preparing two shots of espresso in a standard sized coffee cup and infusing the coffee with whipped cream (as a replacement for milk and sugar) until the cup is full. Then the cream is twirled and optionally topped off with chocolate sprinklings. The coffee is drunk through the cream top.

## 75.62 White coffee

Ipoh white coffee is a popular coffee drink which originated in Ipoh, Perak, Malaysia. The coffee beans are roasted with palm-oil margarine, and the resulting coffee is served with condensed milk. The taste is smooth and sweet, and is often served iced.



A Wiener Melange

## 75.63 Wiener Melange

A Wiener Melange is a specialty coffee drink similar to a cappuccino. The difference is sometimes assumed to be that the *Melange* is made with milder coffee \*[15] but the Viennese coffee company Julius Meinl describes a *Wiener Melange* as “One small espresso served in a large cup of coffee. Steam milk and add milk foam to coffee (=small milk coffee).”\*[16] Cafe Sabarsky in Manhattan concurs.\*[17] At Cafe Sperl in Vienna, the *Melange* is 1/2 cup “black coffee” and 1/2 cup creamy milk, completed by milk foam.\*[18]

## 75.64 Yuanyang

Yuanyang, sometimes also called *Ying Yong*, is a popular beverage in Hong Kong, made of a mixture of coffee and Hong Kong-style milk tea. It was originally served at *dai pai dangs* (open space food vendors) and *cha chaan tengs* (cafe), but is now available in various types of restaurants. It can be served hot or cold. The name *yuanyang*, which refers to mandarin ducks, is a symbol of conjugal love in Chinese culture, as the birds usually appear in pairs and the male and female look very different. This same connotation of “pair” of two unlike items is used to name this drink.

## 75.65 See also

## 75.66 References

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- [13] “The 'Pharisäer made after the original recipe''. *Anwaltseiten 24* (in German). 2 April 2007. Retrieved 11 June 2013.
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- [16] Vienesse Classics- Julius Meinl
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## 75.67 External links

- Media related to Coffee by type at Wikimedia Commons

# Chapter 76

## List of cocktails

This is a **list of cocktails**. A cocktail is a mixed drink typically made with a distilled beverage (such as, gin, brandy, vodka, whiskey, tequila, or rum) that is mixed with other ingredients. If beer is one of the ingredients, the drink is called a beer cocktail.

Cocktails contain one or more types of liqueur, juice, fruit, sauce, honey, milk or cream, spices, or other flavorings. Cocktails may vary in their ingredients from bartender to bartender, and from region to region. Two creations may have the same name but taste very different because of differences in how the drinks are prepared.

This article is organized by the primary type of alcohol (by volume) contained in the beverage. Further organization details about the article are as follows:

- Cocktails marked with "  
IBA  
" are designated as "IBA Official Cocktails" by the International Bartenders Association, and are some of the most popular cocktails worldwide.
- Expanded articles are linked. Cocktails without separate articles are listed below, along with their primary ingredients and notable facts.\*[1]
- This article is *not* intended to be a comprehensive list of all cocktails or every variation thereof, and cocktails for which sufficient information is not available are not included.

### 76.1 Absinthe

See also: Absinthe and Category:Cocktails with absinthe

- Corpse Reviver #2
- Death in the Afternoon
- Earthquake
- Green Vesper
- The Modernista
- Moloko Plus

- The Monkey Gland
- Sazerac  
IBA

### 76.2 Beer

See also: Beer, Beer cocktail and Boilermaker (beer cocktail)

Cocktails made with beer are classified as beer cocktails.

- Black and Tan
- Black Velvet
- Boilermaker
- Gose
- Hangman's Blood
- Irish Car Bomb
- Michelada
- Porchcrawler
- Sake Bomb
- Shandy
- Brass Monkey
- U-Boot

### 76.3 Brandy or cognac

See also: Brandy, Cognac (drink), Pisco and Category:Cocktails with brandy or cognac

- B & B

*A caipirinha*

- Brandy Alexander  
IBA

- Brandy Manhattan
- Brandy Sour (Cyprus)
- Brandy Sour/Brandy Daisy
- Chicago Cocktail
- Curacao Punch
- Four Score
- French Connection  
IBA
- Hennchata
- Horse's Neck  
IBA

- Incredible Hulk
- Jack Rose
- Nikolaschka
- Orgasm
- Panama

- Paradise  
IBA
- Pisco Sour  
IBA
- Piscola
- Porto flip
- Savoy Affair
- Savoy Corpse Reviver
- Sidecar  
IBA
- Singapore Sling  
IBA
- Stinger
- The Blenheim
- Tom and Jerry
- Zombie

## 76.4 Cachaça

See also: Cachaça and Cocktails with cachaça

- Batida
- Caipirinha  
IBA
- Caju Amigo
- Leite de Onça
- Quentão
- Rabo-de-galo
- Royce

## 76.5 Champagne

See also: Champagne and Category:Cocktails with champagne

- Black Velvet
- Buck's Fizz

- French 75  
IBA

- Mimosa  
IBA

## 76.6 Gin



*A martini is a classic gin-based cocktail*

See also: [Gin](#) and [Category:Cocktails with gin](#)

- 20th Century

- Alexander

- Aviation  
IBA

- Angel Face  
IBA

- Bijou

- Bloodhound

- Bronx

- Casino  
IBA

- French 75

- Gibson

- Gimlet

- Gin Fizz  
IBA

- Gin buck (a Buck variant)

- Gin and tonic

- Gin pahit

- Gin Sour

- Hanky-Panky

- John Collins  
IBA

- The Last Word

- Lime Rickey

- Long Island Iced Tea  
IBA

- Joker

- Lorraine

- Marjorama

- Martini  
IBA

- Mickey Slim

- My Fair Lady

- Negroni  
IBA

- Old Etonian

- Pall Mall

- Paradise

- Pegu

- Pimm's Cup (incl. Nos. 1, 3, 6, and variants)

- Pink Gin

- Pink Lady

- Ramos Gin Fizz
- Royal Arrival
- Salty Dog
- Shirley Temple Black
- Singapore Sling  
IBA
- Tom Collins
- Vesper Martini  
IBA
- White Lady or Delilah
- Wolfram

## 76.7 Rum

See also: [Rum](#) and [Category:Cocktails with rum](#)

- Bacardi  
IBA
- Blue Hawaii
- Brass Monkey
- Bumbo (also called a Bombo or Bumboo)
- Bushwacker
- Caribou Lou
- Corn N' Oil
- Cuba Libre  
IBA
- Culto A La Vida
- Dark and Stormy  
IBA  
\*[2]
- Daiquiri  
IBA
- El Presidente
- Fish House Punch
- Flaming Dr Pepper
- Flaming Volcano



*This fruity, blended Piña Colada is typical of many rum-based cocktails.*



*A mojito served in Slovakia.*

- Fluffy Critter
- Grog
- Gunfire

- Havana Cooler
- Hurricane
- Jagertee
- Long Island Iced Tea  
IBA
- Macuá
- Mai-Tai  
IBA
- Mojito  
IBA
- Painkiller
- Piña Colada  
IBA



*Margaritas are commonly served cocktails at many Tex-Mex restaurants.*

- Planter's Punch  
IBA

- Royal Bermuda Cocktail
- Rum Swizzle
- Rum and Redbull
- Staten Island Ferry
- Sundowner
- Ti Punch
- Tom and Jerry
- Tschunk
- Zombie



*A Bloody Mary garnished with lemon, carrot, celery, and pitted manzanilla olives*

## 76.9 Tequila

See also: Tequila and Category:Cocktails with tequila

### 76.8 Sake

See also: Sake and Category:Cocktails with sake

- Ginza Mary
- Sake Bomb
- Tamagozake

- Bananarita
- Bloody Aztec
- Chimayó Cocktail
- El Toro Loco Patron and Redbull
- Long Island Iced Tea  
IBA

- Margarita  
IBA
- Matador
- Paloma —a Margarita made with white grapefruit juice (*jugo de toronja*), standard in Mexico
- Slammer Royale or Tequila Slammer
- Tequila Sour
- Tequila Sunrise  
IBA
- Tonic And Tequila
- Torito Tequila Cocktail
- Fizzy apple cocktail
- Flirtini
- Gimlet
- The Goldeneye
- Godmother  
IBA
- Greyhound
- Harvey Wallbanger  
IBA
- Harrogate Nights
- Hi-fi
- Kamikaze  
IBA

## 76.10 Vodka

See also: [Vodka](#) and [Category:Cocktails with vodka](#)

- Agent Orange
- Apple Martini or Appletini
- Astro pop
- Batida (traditionally made with cachaça)
- Bay Breeze
- Black Russian  
IBA
- Bloody Mary  
IBA
- BLT cocktail
- Bull Shot
- Blue Lagoon
- Caesar
- Caipivodka or Caipiroska
- Cape Cod
- Chi-Chi
- Colombia
- Cosmopolitan  
IBA
- Kensington Court Special
- Kremlin Colonel
- Lime Rickey
- Link Up
- Long Island Iced Tea  
IBA
- Moscow Mule
- Mudslide
- Orange Tundra
- Paralyzer
- Red Lotus
- Red Russian (cocktail)
- Rose Kennedy Cocktail
- Salmiakki Koskenkorva
- Salty Dog
- Screwdriver  
IBA
- Sea Breeze  
IBA
- Sex on the Beach  
IBA

- Vesper
- Vodka Gimlet
- Vodka Martini or Kangaroo.
- Vodka McGovern
- Vodka Sundowner
- Vodka Sunrise
- White Russian
- Woo Woo
- Yorsh

## 76.11 Whiskey

See also: Whiskey, Irish whiskey, Scotch whisky, Tennessee whiskey, Bourbon whiskey, Canadian whisky and Category:Cocktails with whisky



A classic 2:1 Manhattan, made with Canadian whisky, sweet vermouth, bitters, and a cherry

- Irish Coffee  
IBA
- Jack and Coke
- Jungle Juice
- Lynchburg Lemonade
- Manhattan  
IBA
- Mint Julep  
IBA
- Missouri Mule
- Nixon
- Old Fashioned  
IBA
- Rob Roy
- Rusty Nail  
IBA
- Sazerac  
IBA
- Seven and Seven or 7 & 7
- Three Wise Men
- Ward 8
- Whiskey sour  
IBA
- Whisky Mac

## 76.12 Wines

- Amber Moon
- Blue Blazer
- Bobby Burns
- Bourbon Lancer
- Brooklyn
- Churchill
- Farnell
- Four Horsemen

### 76.12.1 Cocktails with fortified wines

The following drinks are technically cocktails because fortified wines are distilled.

- Port wine: Cheeky Vimto

### 76.12.2 Wine cocktails

See also: Category:Cocktails with wine, Wine cocktail § List of wine cocktails and Wine cooler



A Champagne cocktail with a Raspberry garnish

### Wine variation cocktails

The following drinks are not technically cocktails unless wine is secondary by volume to a distilled beverage, since wine is a fermented beverage not a distilled one.

- Agua de Valencia
- Black Velvet
- Death in the Afternoon
- Flirtini
- Prince of Wales
- Sangria

### Sparkling wine cocktails

- Bellini  
IBA
- Rossini

**Champagne cocktails** See also: Champagne Cocktail

- Buck's Fizz
- Mimosa  
IBA
- Kir Royal
- Ruby Dutchess



Mulled wine steeping (Swedish glögg)

### Red wine cocktails

- Kalimotxo or Calimocho or Rioja Libre
- Tinto de Verano
- Mulled wine (Glögg)
- Zurrapote

### White wine cocktails

- Kir  
IBA
- Spritzer

## 76.13 Cocktails with a liqueur as the primary ingredient

### 76.13.1 Chocolate liqueur

Chocolate Martini Duo and trio cocktails#List of Duos and Trios

### 76.13.2 Coffee liqueurs

Coffee-flavored drinks

- B-52  
IBA  
(and related B-50 series cocktails)
- Baby Guinness
- Black Russian
- Blow Job
- Bushwacker



A B-52

- Dirty Mother
- Dirty White Mother
- Duck Fart
- Jamaican Coffee
- Oatmeal Cookie
- Orgasm
- White Russian

### 76.13.3 Cream liqueurs

*A liqueur containing cream, imparting a milkshake-like flavor*

- B-52  
IBA  
(and related B-50 series cocktails)
- Baby Guinness
- Buttery Nipple

- Golden Cadillac
- Grasshopper
- Irish Car Bomb
- Irish Coffee
- Oatmeal Cookie
- Orgasm
- Pink Squirrel
- Quick Fuck
- Slippery Nipple
- Screaming Orgasm
- White Russian



A grasshopper

### Crème de menthe - Green

*An intensely green, mint-flavored liqueur*

- Grasshopper  
IBA

### Crème de menthe - White

*A colorless mint-flavored liqueur*

- Stinger

#### 76.13.4 Fruit liqueurs

**Orange-flavored**



*A cosmopolitan*

*One of several orange-flavored liqueurs, like Grand Marnier or Triple Sec*

- Cosmopolitan
- Golden Dream
- Golden Doublet
- Kamikaze
- Long Island Iced Tea
- Margarita
- Moonwalk
- Skittle Bomb
- Zombie

**Curaçao - Blue**

*A clear, blue-colored, orange-flavored liqueur*

**Apple-flavored**

**Manzana verde**

*A clear apple-flavored liqueur*

**Other fruit flavors**

**Midori liqueur**

*A clear, bright-green, melon-flavored liqueur*

- Japanese Slipper
- Midori Sour
- Nuclear Iced Tea (aka Tokyo Tea)

#### 76.13.5 Berry liqueurs

**Flower liqueurs**



*An Aviation*

**Crème de Violette**

- Aviation

**Crème Yvette**

**St. Germain (liqueur)**

**Parfait d'Amour**

#### 76.13.7 Herbal liqueurs

**Anise-flavored liqueurs**

- Ouzo

*Licorice-flavored liqueurs Sambuca*

**Galliano**

- Harvey Wallbanger

**Herbsaint**

- Herbsaint Frappé



*A Harvey Wallbanger*

### Pastis

- Mauresque
- Perroquet
- Tomate
- Rourou

### Other herbal liqueurs

## 76.14 Fernet Stock Original

### 76.14.1 Bavorák (FSO + Tonic)

### 76.14.2 Nut-flavored liqueurs

#### Almond-flavored liqueurs

- Alabama Slammer
- Blueberry Tea
- French Connection
- Godfather
- Godmother
- Orgasm
- Screaming Orgasm

### 76.14.3 Whisky liqueurs

- Rusty Nail

### 76.14.4 Other liqueurs

- Backdraft (also a Pepperdraft variation)
- Carrot Cake
- Common Market
- Flaming Sambuca
- Grasshopper  
IBA
- Jägerbomb
- Pucker Up
- Snowball —Advocaat and soda lemonade

## 76.15 Less common spirits

See also: Category:Cocktails and Category:Mixed drinks



*A Pisco Sour*

### 76.15.1 Bitters (as a primary ingredient)

- Americano  
IBA
- Brut Cocktail

### 76.15.2 Schnapps

- Appletini
- Fuzzy Navel
- Polar Bear
- Redheaded slut

### 76.15.3 Pisco

- Pisco Sour  
IBA
- Mango Sour
- Jazmin Sour
- Aguaymanto Sour



*A Ramos Gin Fizz*

## 76.16 Other

- Agua loca
- Karsk

## 76.17 Historical classes of cocktails

- Bishop
- Cobbler —a traditional long drink that is characterized by a glass 3/4 filled with crushed or shaved ice that is formed into a centered cone, topped by slices of fruit
- Collins —a traditional long drink stirred with ice in the same glass it is served in and diluted with club soda, e.g. Tom Collins
- Crusta —characterized by a sugar rim on the glass, spirit (brandy being the most common), maraschino liqueur, aromatic bitters, lemon juice, curaçao, with an entire lemon rind as garnish

- Daisy —a traditional long drink consisting of a base spirit, lemon juice, sugar, grenadine. The most common daisy cocktail is the Brandy Daisy. Other commonly known daisies are the Whiskey Daisy, Bourbon Daisy, Gin Daisy, Rum Daisy, Lemon Daisy (the non-alcoholic variant), Portuguese Daisy (port and brandy), Vodka Daisy, and Champagne Daisy.
- Fix —a traditional long drink related to Cobblers, but mixed in a shaker and served over crushed ice
- Fizz —a traditional long drink including acidic juices and club soda, e.g. Gin Fizz
- Flip —a traditional half-long drink that is characterized by inclusion of sugar and egg yolk
- Julep —base spirit, sugar, and mint over ice. The most common is the Mint Julep. Other variations include Gin Julep, Whiskey Julep, Pineapple Julep, and Georgia Mint Julep.
- Negus
- Punch
- Sangria

- Shrub
- Sling —a traditional long drink prepared by stirring ingredients over ice in the glass and filling up with juice or club soda
- Smash
- Sour
- Toddy

## 76.18 See also

- Vermouth cocktails
- Highball
- Beer
- Beer cocktails
- Cocktail garnishes
- Drink mixers
- Drinking game
- Drinkware
- Flaming beverages
- Glassware
- List of alcoholic beverages
- List of liqueurs
- List of national liquors
- List of vodkas
- List of whisky brands
- Mixed drink shooters and drink shots
- Mixed drinks
- Non-alcoholic mixed drinks
- Wine cocktails

## 76.19 References

- [1] IBA Official Cocktail. International Bartender Association. Retrieved March 24, 2007.
- [2] “IBA Official Cocktails” . Retrieved 30 July 2012.

## 76.20 External links

- Cocktails at Wikibooks
- Media related to Cocktails at Wikimedia Commons
- Media related to Drinkware at Wikimedia Commons

# Chapter 77

## Outline of wine



A glass of white wine and another of red wine.  
See also: [Glossary of wine terms](#)

The following outline is provided as an overview of and topical guide to **wine**:

### 77.1 What is wine?

- **Wine** – alcoholic beverage typically made of fermented grape juice.\*[1] The natural chemical balance of grapes is such that they can ferment without the addition of sugars, acids, enzymes or other nutrients.\*[2] Wine is produced by fermenting crushed grapes using various types of yeast. Yeast consumes the sugars found in the grapes and converts them into alcohol. Different varieties of grapes and strains of yeasts are used depending on the type of wine being produced.

#### 77.1.1 What type of thing is wine?

- **Drink** – liquid which is specifically prepared for human consumption. In addition to fulfilling a basic need, drinks form part of the culture of human society.
  - **Alcoholic beverage** – a beverage containing alcohol.

#### 77.1.2 What is wine made of?

Wine includes the following ingredients:

- **Ethanol** – the type of alcohol found in alcoholic beverages. It is a volatile, flammable, colorless liquid. It is also a psychoactive drug and one of the oldest recreational drugs.
- **Fermented grape juice** – what wine is made from
  - **Fermentation** – catalyst function that turns grape juice into an alcoholic beverage. During fermentation yeast interact with sugars in the juice to create ethanol, commonly known as ethyl alcohol.
  - **Grape** – non-climacteric fruit that grows on the perennial and deciduous woody vines of the genus *Vitis*. Grapes can be eaten raw or used for making jam, juice, jelly, vinegar, wine, grape seed extracts, raisins, and grape seed oil.

- Juice – the liquid that is naturally contained in fruit or vegetable tissue.

## 77.2 Types of wine

### 77.2.1 Wine styles

- Dessert wine –
- Fortified wine –
- Fruit wine –
- Ice wine –
- Mead –
- Orange wine –
- Red wine –
- Rosé –
- Sparkling wine –
- Straw wine –
- Table wine –
- White wine –

## 77.3 Grape varieties

Main article: List of grape varieties

Below are some examples of grape varieties from which wine is made, arranged by variety:

### 77.3.1 International varieties

#### White

- Chardonnay –
- Chenin blanc –
- Gewürztraminer –
- Muscat –
- Riesling –
- Sauvignon blanc –
- Sémillon –
- Cabernet Sauvignon –
- Merlot –
- Pinot noir –
- Syrah/Shiraz –

### 77.3.2 Regional varieties

#### White

- Albariño –
- Aligoté –
- Arneis –
- Assyrtiko –
- Furmint –
- Garganega –
- Grüner Veltliner –
- Marsanne –
- Müller-Thurgau –
- Pinot blanc –
- Pinot gris/Pinot grigio –
- Prosecco –
- Ribolla Gialla –
- Roussanne –
- Silvaner –
- Torrontés –
- Ugni blanc/Trebbiano –
- Verdejo –
- Verdicchio –
- Vermentino –
- Viognier –

**Red**

- Aglianico –
- Barbera –
- Blaufränkisch –
- Bobal –
- Cabernet Franc –
- Carignan –
- Carmenère –
- Cinsaut –
- Corvina –
- Dolcetto –
- Frappato –
- Gamay –
- Grenache/Garnacha –
- Lagrein –
- Malbec –
- Mencía/Jaen –
- Mourvèdre/Monastrell/Mataro –
- Nebbiolo –
- Negroamaro –
- Nero d'Avola –
- Petite sirah/Durif –
- Petit verdot –
- Pinot Meunier –
- Pinotage –
- Poulsard –
- Sagrantino –
- Sangiovese –
- Tannat –
- Tempranillo –
- Touriga Nacional –
- Zinfandel/Primitivo –

**77.4 Wine by country and region**

Main articles: List of wine-producing countries and List of wine-producing regions

- Argentina
  - Mendoza – Prominent for Malbec, Cabernet Sauvignon, and Tempranillo
  - San Juan – Argentina's second largest wine producer, with Syrah, Bonardo, sherry-style wines, brandies, and vermouth.
  - La Rioja – The small region produces Moscatel de Alexandrias and Torrontés made from a local sub-variety known as Torrontés Riojano.
  - Northwestern regions –
  - Patagonia – The source for much of Argentina's sparkling wine
- Australia
  - New South Wales –
  - South Australia –
  - Tasmania –
  - Victoria –
  - Western Australia –
  - Queensland –
- Chile
  - Central Valley –
- France
  - Alsace –
  - Bordeaux –
  - Burgundy –
  - Chablis –
  - Champagne –
  - Corsica –
  - Jura –
  - Languedoc-Roussillon –
  - Loire –
  - Provence –
  - Rhône –
  - Savoy –
  - South West –

### 77.4.1 Appellations

Main article: Classification of wine

- Alsace Grand Cru AOC(France) –
- American Viticultural Areas –
- ονομασία προελεύσεως ελεγχομένη (Greece) –
- Appellation d'Origine Contrôlée (France) –
- Australian Geographical Indications –
- Bordeaux Wine Official Classification of 1855 (France) –
- Classification of Graves wine (France) –
- Classification of Saint-Émilion wine (France) –
- Denominação de Origem Controlada (Portugal) –
- Denominación de Origen(Spain) –
- Denominazione di Origine Controllata (Italy) –
- Districtus Austria Controllatus –
- Label Integrity Program or LIP (Australia) –
- List of Appellation d'Origine Contrôlée wines (France) –
- Protected Designation of Origin (European Union) –
- Qualitätswein bestimmter Anbaugebiete (Germany) –
- Vintners Quality Assurance (Canada) –
- Wine of Origin (South Africa) –

## 77.5 Wine industry

### 77.5.1 Wine professions and qualifications

- Vintner –
- Master of Wine –
- Winemaker –

### Wine packaging

- Types of wine packages
  - Box and bag –
  - Jug –
  - Bottle –
- Wine label –

### 77.5.2 Trends and impacts

- Globalization of wine –
- Global warming and wine –

## 77.6 Wine production

- Winery –
- Vineyard –
- Viticulture –
  - Annual growth cycle of grapevines –
  - Ripeness in viticulture –
- Winemaking –
  - Harvest –
    - Mechanical harvesting –
  - Pressing (wine)
    - Wine press – device used to extract juice from crushed grapes during wine making.
    - History of the wine press
  - Must – freshly pressed fruit juice (usually grape juice) that contains the skins, seeds, and stems of the fruit.
    - Pomace – solid remains of grapes, olives, or other fruit after pressing for juice or oil. It contains the skins, pulp, seeds, and stems of the fruit. In winemaking, the length of time that the pomace stays in the juice is critical for the final character of the wine.
  - Fermentation –
    - Co-fermentation –
    - Maceration –
    - Malolactic fermentation –
    - Oak in wine production –
  - Storage of wine –
  - Aging of wine –

## 77.7 Wine selecting

- Wine competitions –
- Wine tasting –
  - Blind tasting of wine –
  - Vertical and horizontal wine tasting –

## 77.8 Wine in culture

- Christianity and wine –
- Cocktails with wine, sparkling wine, or port –
- Comité Régional d'Action Viticole –
- Cult wines –
- Drinking culture –
- Dionysus –
  - Alcohol equivalence –

## 77.9 Wine and health

Main article: Wine and health

- Alcohol –
  - Short-term effects of alcohol –
    - Alcohol intoxication –
    - Alcohol and sex –
    - Blood alcohol content –
  - Long-term effects of alcohol –
    - Alcohol dementia –
    - Alcohol and cancer –
    - Alcohol and cardiovascular disease –
    - Alcohol and weight –
    - Alcoholism –
      - Alcohol abuse –
      - Alcohol dependence –
      - Alcohol withdrawal syndrome –
    - Fetal alcohol syndrome –
  - Recommended maximum intake of alcoholic beverages –
- French Paradox –
- Phenolic compounds in wine –
  - Polyphenol antioxidant –
  - Resveratrol –
- Red wine headache –

## 77.10 History of wine

Main article: *History of wine*

### 77.10.1 By period

- Ancient Greece and wine – The ancient Greeks pioneered new methods of viticulture and wine production which they shared with early winemaking communities in what are now France, Italy, Austria and Russia, as well as others through trade and colonization.
- Ancient Rome and wine –
- Champagne Riots –

### 77.10.2 By region

- Africa
  - History of South African wine
- Asia
  - Wine in the Middle East
- Europe
  - History of French wine
    - History of Bordeaux wine
    - History of Portuguese wine
    - History of Spanish wine
      - History of Rioja wine
      - History of Sherry
  - North America
    - History of American wine
      - History of California wine
      - History of Oregon wine production

## 77.11 Organizations and institutions

- Academie du Vin –
- American Society for Enology and Viticulture –
- APCOR (Portugal) –
- ASDW Association of Small Direct Wine Merchants (United Kingdom) –
- Australian Society of Viticulture and Oenology –
- Australian Wine Research Institute –
- Comite Interprofessionnel du Vin de Champagne –
- Comité Régional d'Action Viticole –
- Cool Climate Oenology and Viticulture Institute (Canada) –

- Garagistes (France) –
- Geilweilerhof Institute for Grape Breeding (Germany) –
- Geisenheim Grape Breeding Institute (Germany) –
- Institut National des Appellations d'Origine –
- L'Academie du Vin –
- Missouri Valley Wine Society –
- Wine Institute (California) –
- Wine Institute of New Zealand –
- Wine Research Centre (Canada) –
- Wine and Spirit Trade Association (United Kingdom) –

## 77.12 Publications

- Australian & New Zealand Wine Industry Journal –
- Wine Spectator –

## 77.13 Other

- Beaujolais Day –
- The Berthomeau Report –
- Fighting varietals –
- Wine Parkerization –
- Plan Bordeaux –
- Prohibition –
- Riesling Trail –
- Semi-generic –
- Sake –
- Super Tuscans –
- Temperance movement –
- Terroir –
- Wine defect –

## 77.14 Persons influential in the field of wine

Main article: List of wine personalities

- Oz Clarke –
- Antonio Galloni –
- James Halliday –
- Robert Mondavi –
- Robert M. Parker, Jr. –
- Jancis Robinson –
- Michel Rolland –
- Kermit Lynch –

### 77.14.1 Wine scholars

## 77.15 Wine-related films and television

- Falcon Crest –
- Mondovino –
- Sideways –
- Wine TV –
- Bottle Shock –

## 77.16 See also

- Wine producing countries
- Wine producing regions

## 77.17 References

- [1] “wine” . *Encyclopædia Britannica*. Encyclopædia Britannica Online. Retrieved 2008-06-25.
- [2] Johnson, H. (1989). *Vintage: The Story of Wine*. Simon & Schuster. pp. 11–6. ISBN 0-671-79182-6.

## 77.18 External links

- This outline displayed as a mindmap, at [wiki-mindmap.com](http://wikimindmap.com)
- *The Guardian & Observer Guide to Wine*
- The wine anorak by wine writer Jamie Goode

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