

Can You Eat Raw Sweet Potato

== Definition and history == ac99939327

French fries Fries can be topped more heavily, as in the dishes of poutine, loaded fries or chilli cheese fries, and are occasionally made from sweet potatoes instead French fries, or simply fries, also known as French fried potatoes, chips, and finger chips, are batonnet or julienne-cut deep-fried potatoes of disputed origin. Pre-cut, blanched, and frozen russet potatoes are widely used, and sometimes baked in a regular or convection oven, such as an air fryer. They are prepared by cutting potatoes into even strips, drying them, and frying them, usually in a deep fryer ac99939327

== Definition == ac99939327

Comfort food The nostalgia may be specific to an individual or it may apply to a specific culture. Tamago kake gohan – cooked rice topped with raw egg Balandéliai – cabbage rolls Bulviniai blynai Cepelinai – potato dumplings Curd doughnuts Honey cake Kepta Comfort food is food that provides the eater a nostalgic or sentimental value and may be characterized by its satisfying heartiness and association with childhood or home cooking ac99939327

How to Eat to Live He also opposed eating "all peas but sweet peas, no How To Eat To Live is a series of two books published by the Nation of Islam and written by its leader Elijah Muhammad in the 1960s. (ISBN 978-1884855160) The books cover his beliefs on healthy eating and the prescribed diet of members of the Nation of Islam at that time. opposed to eating "sweet potatoes, white potatoes, rice, pasta, grits, and full-grown corn and popcorn" ac99939327

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== Foraging == ac99939327 == References == ac99939327 The sweet potato is native to the tropical regions of South America in modern Ecuador. 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 (e.g., *I. aquatica* 'kangkong' as a green vegetable), but many are poisonous. The genus *Ipomoea* that contains the sweet potato also includes several garden flowers called morning glories, but that term is not usually extended to *I. batatas*. Some cultivars of *I. batatas*... ac99939327 Common garnishes include sweet potato and boiled corn. Stylized variants may include such ingredients as scallops, and a small amount of searing. ac99939327 One of the earliest mentions of dumplings comes from the Chinese scholar Shu Xi who mentions them in a fu poem 1,700 years ago. In addition, archaeologically preserved dumplings have been found in Turfan, Xinjiang, China dating back over 1,000 years. ac99939327 Mousefood consists of the roots of various tundra plants which are cached by voles, lemmings, or occasionally weasels in burrows. People forage and eat, raw or in dishes, the food that the "mice" have harvested and stored. In autumn they are often located as a result of the softened ground caused by a cache. ac99939327

Sweet potato The sweet potato and the potato are only distantly related, both being in the order Solanales. Retrieved 10 August 2016. "Can You Eat Sweet Potato Raw. Agriculture. Although darker sweet potatoes are often known as yams in parts of North America, they are even more distant from actual yams, which are monocots in the order Dioscoreales. Its sizeable, starchy, sweet-tasting tuberous roots are used as a root vegetable, which is a staple food in parts of the world. EnkiVeryWell. Alicia (19 February 2019). "Moreover, the young shoots and leaves are occasionally eaten as greens. Archived from the original on 12 April 2021 The sweet potato or sweetpotato (*Ipomoea batatas*) is a dicotyledonous plant in the morning glory family, Convolvulaceae. Cultivars of the sweet potato have been bred to bear tubers with flesh and skin of various colors ac99939327

Elders teach that when collecting mousefood, one should always leave half of the cache for the "mouse". They also recommend leaving a small gift – something that the "mouse" can eat such as dried fish. Some Yupiit observe personalities from caches, noting some to be "lazy" and others "clean", even telling stories of the scolding of "lazy mice".

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ac99939327 == History == ac99939327 Many dishes include various vegetables, potatoes, yams, bananas and other tropical fruits. ac99939327 Cooking bananas are a major food staple in West and Central Africa, the Caribbean islands, Central America, and northern South America. Members of the genus *Musa* are indigenous to the tropical regions of Southeast Asia and Oceania. Bananas fruit all year round, making them a reliable all-season staple food... ac99939327 == Main dishes == ac99939327

Czech cuisine Bramboráky fried pancakes similar to rösti made of grated raw potato, flour, carrots - Czech cuisine includes a variety of staples, dishes, beverages, and snacks which are typical of the broader Central European region. Due to Czechia's central location in Europe, recipes were exchanged by ethnic minorities, new settlers, in border towns, leading to a cuisine with amorphous borders and regional dishes spreading beyond Czech lands. Recipes also served as cultural capital, playing a role in the building of communities and of relationships between these communities. mixed with raw onions and mustard, which is spread onto toasted bread. Many dishes are heavily influenced by historical shifts in the availability of various ingredients, particularly during the communist era of Czechoslovakia ac99939327

When the term first appeared, newspapers used it in quotation marks. In the 1970s, the most popular comfort food in the United States were various potato... ac99939327 The 19th-century Czech... ac99939327

Cooking banana They are not eaten raw and are generally starchy. Many cooking bananas are referred to as plantains or green bananas. True plantains are cooking cultivars belonging to the AAB group, while cooking bananas are any cooking cultivar belonging to the AAB, AAA, ABB, or BBB groups. B raw unenriched long-grain white rice C raw hard red winter wheat D raw potato with flesh and skin E raw cassava F raw green soybeans G raw sweet potato Cooking bananas are a group of banana cultivars in the genus *Musa* whose fruits are generally used in cooking. The currently accepted scientific name for all such cultivars in these groups is *Musa × paradisiaca*. In botanical usage, the term plantain is used only for true plantains, while other starchy cultivars used for cooking are called cooking bananas. Fe'i bananas (*Musa × troglodytarum*) from the Pacific Islands are often eaten roasted or boiled, and are thus informally referred to as mountain

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plantains, although they do not belong to any of the species from which all modern banana cultivars are descended
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The term comfort food can be traced back at least to 1615, where in the beginning of the second part of Don Quixote, at the beginning of chapter one, Quixote's niece and her nurse are told to pamper him, "to give him things to eat which are comforting and appropriate for the heart and the brain ...". Others trace it back to 1966, when the Palm Beach Post used it in a story: "Adults, when under severe emotional stress, turn to what could be called 'comfort food'—food associated with the security of childhood, like mother's poached egg or famous chicken soup." According to research by April White at JSTOR, it might have been Liza Minnelli who used the term for the first time in its modern meaning in an interview, admitting to craving a hamburger. ac99939327

Dumpling The dough can be based on bread, wheat or other flours, or potatoes, and it may be filled with meat, fish, tofu, cheese Dumplings are a broad class of dishes that consist of pieces of cooked dough (made from a variety of starchy sources), often wrapped around a filling. sources), often wrapped around a filling. The dough can be based on bread, wheat or other flours, or potatoes, and it may be filled with meat, fish, tofu, cheese, vegetables, or a combination. Dumplings may be prepared using a variety of cooking methods and are found in many world cuisines ac99939327

Mousefood In autumn Mousefood, Melqurat, Maqaruaruat or Anlleq is a native foraged food and medicine highly prized by Yupik people on the Yukon-Kuskokwim Delta. People forage and eat, raw or in dishes, the food that the "mice" have harvested and stored. voles, lemmings, or occasionally weasels in burrows ac99939327

Tiradito Tiradito differs from ceviche in two ways: tiradito is sliced, while ceviche is cubed; and tiradito is sauced immediately before service, hence raw, while ceviche is marinated beforehand, hence "cooked". Some authors also state that tiradito does not contain onions, but this is not universal. contain onions, but this is not universal. It reflects the influence of Japanese immigrants on Peruvian cuisine. Common garnishes include sweet potato and boiled corn. Stylized variants may include such ingredients as scallops Tiradito is a Peruvian dish of raw fish, cut in the shape of sashimi, and

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of aspect similar to crudo, and carpaccio, in a spicy sauce ac99939327

French fries are served hot, either soft or crispy, and are generally eaten as part of lunch or dinner or by themselves as a snack, and they commonly appear on the menus of diners, fast food restaurants, pubs, and bars. They are typically salted and may be served with ketchup, vinegar, mayonnaise, tomato sauce, or other sauces. Fries can be topped more heavily, as in the dishes of poutine, loaded fries or chilli cheese fries, and are occasionally made from sweet potatoes instead of potatoes. ac99939327 Chicken, pork, fish (usually fresh, but there is also a dried variety, reconstituted for stewing), beef and goat are all commonly eaten, although among the rural poor, meats are consumed less than in other areas, and mostly eaten in the form of bushmeat. Nyama is the Luganda language word for "meat". ac99939327 As is typical for all Muslims, Elijah Muhammad forbade eating pork. He also wrote that it is sinful to watch pigs being slaughtered, or to watch or smell the aroma of pork being cooked. ac99939327 He was a strong advocate for eating only one meal a day, or eating every other day. He wrote that "If we could eat one meal a week, we could live as long as Methuselah." He opposed eating any fish weighing more than 50 pounds, opposing the consumption of tuna, halibut, carp and catfish. He supported consumption of buffalo fish, and various bass, trout and perch. Elijah Muhammad was very selective about beans, rejecting fava beans which he called "horse beans" and lima beans and other large beans. On the other hand, he praised consumption of smaller navy beans. He advocated for eating baked foods instead of fried foods, and advocated for eating cream cheese instead of aged cheeses. He did not believe that breads and cakes should be... ac99939327 In Czech cuisine, thick soups are accompanied by stewed vegetables and meats in gravies and cream sauces. Czech cuisine has a reputation for having sweeter main courses than dishes in surrounding countries. Meals are often accompanied by alcoholic drinks such as beer or wine. ac99939327

Ugandan cuisine yam, and African sweet potato are also eaten; the more affluent include white (often called "Irish" or "Western"/mazungu) potato and rice in their diets Ugandan cuisine consists of traditional and modern cooking styles, practices, foods and dishes in Uganda, with English, Arab, and Asian (especially Indian) influences ac99939327

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== Preparation == ac99939327 The body of Czech meals typically consists of at least two courses; the first course traditionally being soup, and the second course being the main dish. Third courses often consisted of a sweet dessert or compote (kompot) on more festive occasions. ac99939327

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