

# **Cookbook**

# Cookbook

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# Cookbook

Wikimedia Cookbook

*A collection of recipes from around the world*



Ossobuco in a Dutch oven

**Ossobuco**, when loosely translated from Italian, means hollowed bone; a reference to the large piece of marrow in the center of the veal shank bone.

[More Recipes »](#)



Uncooked brown basmati rice

**Rice** is the seed of a **monocot** plant *Oryza sativa*. As a **cereal grain**, it's the most important **staple food** for a large part of the world's human population, especially in Asia, the Middle East, Latin America and the West Indies. It's one of world's three most produced grains along with **wheat** and **maize** (corn).

[More Ingredients »](#)

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## Cooking Techniques Recipes

- [Baking](#)
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- Deep-fry
- Fermenting
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- Sushi
- Vegan
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- Easy Dinners
- Camping Recipes
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- Recipes In Metric Measurements

## Basic Food Groups      National and Ethnic Cuisines

- Dairy Products & Eggs
- Cereals & Grains
- Fruit
- Meat & Poultry
- Fats & Oils
- Nuts & Seeds
- Seafood
- Spices & Herbs
- Sweeteners
- African Cuisines
- British Cuisines
- Caribbean Cuisines
- East Asian Cuisines
- European Cuisines
- Mediterranean Cuisines
- Middle Eastern Cuisines
- Pacific Cuisines
- North American Cuisines

- Vegetables
- South American Cuisines
- South Asian Cuisines
- South-East Asian Cuisines

## Special Diets

- Low-carb (Atkins, Zone, etc.)
- Gluten-Free
- Healthful Eating
- Halal
- High Protein
- Kosher
- Low-Calorie Diet
- Low-GI Diet (Diabetic)
- Vegan
- Vegetarian

## Nutrition

- Antioxidants
- Calories
- Carbohydrates
- Fats
- Fiber
- Minerals
- Organic
- Protein
- Vitamins

## Ingredients

- Alcohol
- Baking Soda
- Beans & Other Legumes
- Bread
- Grain
- Chiles
- Chocolate
- Coffee
- Eggs
- Flour
- Herbs

## Equipment

- Bakeware
- Utensils
- Appliances
- Kitchen Tools
- Pots & Pans

- [Jams & Jellies](#)
- [Milk](#)
- [Pasta](#)
- [Peppers](#)
- [Potatoes](#)
- [Rice](#)
- [Salt](#)
- [Spices](#)
- [Sugar](#)

## References

- [Aesthetics](#)
- [Equivalency Chart](#)
- [Ethics](#)
- [History of Food and Cooking](#)
- [How to Read a Recipe](#)
- [International Food Terms](#)
- [Seasonality](#)
- [Substitutions](#)
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