



ITALIAN CUISINE

one of the two most popular European cuisines next to
French cuisine.

2023-1-PL01-KA121-SCH-000117151

- ◎ **Italian cuisine** is characterized by the use of a large amount of vegetables and spices such as oregano, basil, pepper, tarragon, thyme, rosemary, as well as using Parmesan. Olive oil, tomatoes and onions are also commonly used in this cuisine and garlic, as well as olives. Italian cuisine has specialized especially in flour dishes and fish and seafood.
- ◎ **Italian cuisine is very diverse.** In the north, rice is eaten and more commonly used butter, in the south there are countless kinds of pasta and olive oil. Each of the 20 regions and many cities have their own culinary specialties. Emilia-Romagna is the homeland stuffed dumplings, Sicily and Siena are famous for their desserts, the Valle d'Aosta area with fondue, Florence prides itself on beefsteak and many other meat dishes, Turin chicken, Bologna with meat sauce (bolognese) and Naples with traditional pizza.



- ◎ Many dishes such as spaghetti, pizza and risotto became very popular first in USA, and then together with the "export" of American culture in most countries from Korea to Argentina.
- ◎ A traditional Italian meal consists of antipasto (appetizer), pasta (flour dish) or soup); The main dish is fish, meat or poultry enriched with risotto or salad. Such The meal ends with dessert.



SPAGHETTI

- It is a specifically Italian dish and at the same time the name of a special type of pasta, which is its basis.
- Legend has it that **spaghetti** was invented in China, from where Marco Polo brought it to Venice. From there, it spread throughout Italy.
- A typical spaghetti dish consists of a portion of freshly cooked pasta mixed with a suitable sauce and topped with cheese (usually Parmesan or pecorino).
- In the Naples region, spaghetti is eaten with a spoon and fork, in the rest regions of Italy use a knife and fork.



LASAGNA

- ◎ is both a type of **pasta** in the form of large, rectangular sheets and a dish prepared on the basis of this pasta. The pasta is previously cooked or dry stacked (*ready-made, commercially available*) in a rectangular dish, alternating with layers of stuffing and baked. Most often, the stuffing consists of layers of tomato sauce with meat, béchamel and cheese.



PIZZA

- ◎ An **Italian dish** that is now widespread around the world. Often considered fast food. In the basic version, it is a flat cake made of savoury dough Yeast spread with tomato sauce, sprinkled with grated mozzarella cheese and herbs, baked in a very hot oven.
- ◎ There are many varieties of **pizza** with very different toppings. These can be: mushrooms, onions, tomatoes, olives, pineapple, cold cuts, seafood, ketchup, mayonnaise, and even sweet fruits and sauces.



TORTELLINI

- ⦿ a traditional Italian dish. These are **dumplings** with meat and mushroom filling or cheesy, served with tomato sauce at the end the whole thing is sprinkled with grated cheese (usually Parmesan cheese).



RISOTTO

- ◎ **Risotto** is a popular Italian dish, adopted by many European cuisines, made from rice fried in fat (*beef marrow, butter, sometimes olive oil*) together with onion and/or garlic, cooked with wine or other dry alcohol, and after evaporation cooked in broth with the addition of saffron and salt. Once cooked, the rice is mixed with grated cheese (Parmesan), butter, cream, yogurt, or other ingredients that give it a velvety texture.



PIADINA

- ⦿ a thin pancake made of wheat flour with filling, served warm, originating from the province of Emilia-Romagna in northern Italy.
- ⦿ **Piadina** can be filled with virtually any stuffing, most often these are: tomato sauce, meat or cold cuts, mushrooms, arugula, spinach, but also chocolate or jam.
- ⦿ **Traditional piadinas** were baked on terracotta plates, called teggia, placed on a fire. Today A barbecue is commonly used.



TIRAMISU

- ◎ **Tiramisu** (wake up, wake up) is a dessert that consists of a layer of sponge cake soaked in very strong espresso coffee and sherry-like marsala wine, on which a layer of mascarpone cream, eggs, sugar and cream is applied, and the whole thing is sprinkled with a layer of coarsely ground dark chocolate flakes.
- ◎ This dessert is served very chilled and is usually eaten with **espresso coffee**.



CHIANTI

- ◎ **Chianti** – the most famous Italian wine, intensely red, dry, with an alcohol content 11,5-12,5%. It takes its name from the Chianti hills in Tuscany, where it is formed.
- ◎ **Chianti** is often poured into the characteristic bulbous bottles placed in the braids, called fiasco.



Thank you for your attention !



The project has been funded with support of European Commission. This publication reflects only the views of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.