Italian food

Italian cuisine is food typical of Italy. It has developed through centuries of social and economic changes, with roots stretching to antiquity.

Significant changes occurred with the discovery of the New World and the introduction of potatoes, tomatoes, bell peppers, maize and sugar beet, this last introduced in quantity in the 18th century. Italian cuisine is known for its regional diversity, especially between the north and the south of the Italian peninsuola. It offers an abundance of taste, and is one of the most popular and copied in the world. It influenced several cuisines around the world, chiefly that of the United States.

Italian cuisine is generally characterized by its simplicity, with many dishes having only two to four main ingredients.Italian cooks rely chiefly on the quality of the ingredients rather than on elaborate preparation. Ingredients and dishes vary by region. Many dishes that were once regional have proliferated with variations throughout the country.

Italy produces the largest amount of wine in the world and is both the largest exporter and consumer of wine. Only about a quarter of this wine is put into bottles for individual sale. Two-Thirds is bulk wine used for blending in France and Germany. The wine distilled into spirits in Italy exceeds the production of wine in the entirety of the New World. There are twenty separate wine regions.

Do you know any Italians foods?



