

ITALIAN COOKING

When you think about Italy, food is one of the first subject your mind recalls. It is one of the best in the world and it characterizes our country the most together with art, fashion and elegance.

Italian cuisine has developed through centuries of social and political changes, with roots stretching to the ancient Romans.

Italian cuisine is known for its regional diversity, variety of taste, and it is probably the most popular in the world.

This cuisine is characterized by its simplicity. Italian cooks rely chiefly on the quality of the ingredients rather than on elaborate preparation, but there can be very rich and refined dishes.

Pasta is distinguished by a lot of different shapes: penne, maccheroni, spaghetti, linguine, fusilli, lasagne and many more varieties of stuffed pasta such as ravioli and tortellini.

Italian people are used to have a large meal in special occasions as at Christmas, Easter, birthday party. The menu includes appetizer, first course, second course, vegetables, cheese to finish with the dessert, coffee and “ammazza caffè” (a strong drink).

For us Italians, the meal is important as it is an occasion to socialize and to bring the whole family together. In fact, nowadays in the busy life dinner is the only meal that brings the family together.

We don't always organize dinners at home, generally we go out to a pizzeria quite often and to restaurants as well.

Some typical dishes of my region:



Lasagne alla Bolognese



Tagliatelle Bolognese sauce (al ragù)

A very typical sausage of Bologna is
Mortadella



Well known is also the Parma Ham



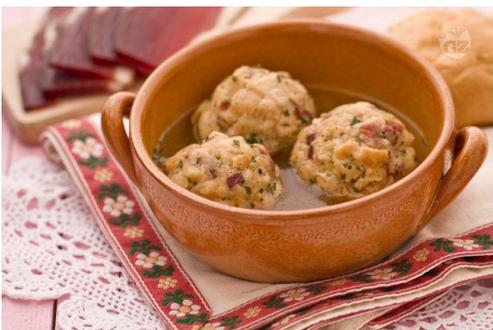
Parmigiano Reggiano of Modena

In Emilia we have Tortellini: home made pasta with meat filling



In Romagna this pasta is called Cappelletti, which can have two different fillings: either with meat or with cheese

A tour around Italy with typical dishes:



from Trentino, the typical dish: Canederli

In Florence we have the famous Fiorentina



This is the Pizza Napoletana

On the island of Sicily, we find the Cannoli



Sicilian

by Margherita R. 2^G



Italian cooking

One of my favourite dishes of pasta is Tortellini. Tortellini is a kind of fresh and filled pasta from Emilia Romagna.

There are several legends on the origin of this dish. One of these gives the birth of this dish in Castelfranco Emilia.

The creation of the owner of the inn "Corona", who, looking through the keyhole of the room of a noblewoman (a guest of his) was so struck by the beauty of her navel that he decided to reproduce it in a culinary preparation.

(<https://it.wikipedia.org/wiki/Tortellini>)



The recipe to make almost 250 Tortellini:

The ingredients for the pastry are: 4 eggs and 400 gr flour.

The ingredients for the filling are: Beef or veal (70 gr), pork loin (70 gr), ham (80 gr), mortadella (80 gr), parmesan cheese (150 gr), butter (20 gr), one egg, nutmeg, salt and black pepper.

This is the preparation:

First prepare the pasta: arrange the flour on a board, forming a large hollow in the center and add the eggs (1). With a fork, break the eggs and mix them to the flour (2) then knead with your hands until you have a smooth dough (3) that you will cover with foil and let it rest for about 30 minutes in one fresh place.

To prepare the filling: cut into chunks the lean veal (4) and the pork loin and set aside ; do the same with ham and mortadella (5-6) .



Melt the butter in a pan and add the meat pieces (7): cook for about ten minutes or until the juice is completely absorbed. Once ready, let it cool, and transfer the meat in a mixer along with the ham and mortadella (8) and blend until the mixture is fine and well blended. Add the Parmesan cheese (9), nutmeg, and pepper to taste and the egg (10) and mix to obtain a homogeneous mixture (11). Now that the filling is ready, get the dough and roll it out with the pasta machine or a rolling pin (12) into a thin sheet.



With a smooth wheel cutter, cut the pastry into small squares (13). On each square,



put a couple of grams of now cold filling (14) and fold the little square in a triangle. Then follow the pictures 17 and 18 to obtain the shape of tortellini.

Take the triangle of dough scored, bent upward the base of the triangle (16); now resting the dough obtained on the index finger, with the tip of the triangle facing upwards and with the help of the other hand, together the two ends of the base around the finger turning down slightly, trying to adhere well to the edges (17-18)

<http://ricette.giallozafferano.it/Tortellini.html>

It takes quite a long time to make tortellini. When all the little tortellini are ready, cook it in meat broth.