

ITALIAN COOKING

As you all know, Italy is famous all around the world for its traditions, culture, art, cinema and naturally cooking that delight the palates and the senses of the gourmets with simple and genuine ingredients.

So, before continuing, complete this table with the Italian specialities you know. (It is a very simple exercise to test your knowledge in this field!)

Well, now we can start to tell about the Italian specialities. We have a list and obviously a classification.

First place: PIZZA

PIZZA is an Italian speciality, born in the city of Naples during the XVI century although some documents attest its presence many years before, nearly in the X century. The classical pizza called MARGHERITA is flavour with tomato juice, mozzarella, basil and extra virgin olive oil. It is tasty and a masterpiece of the Italian cooking. Today many different types of pizza exist such as “alla mozzarella di bufala”, “4 Seasons”, “Marinara” etc. and many others will be created in the future because pizza is always in evolution.



We do love Pizza

Second place: PASTA

PASTA is a food that can't be away on the Italian table. It is made from an unleavened dough of a durum wheat flour mixed with water or eggs and formed into various shapes, then cooked by boiling. It was born when the man became sedentary and started to cultivate the fields and the grains, improving in the centuries the processing techniques. Today many type of pasta exist and they're different depending on the various regions for example: "Tagliatelle", the speciality of Emilia-Romagna, "Cavatelli" of Molise, "Orecchiette" of Puglia, etc.



TAGLIATELLE

CAVATELLI

ORECCHIETTE

Third place: PARMIGIANO-REGGIANO

PARMIGIANO-REGGIANO is a cheese of high quality produced in Emilia-Romagna and Lombardy, exactly in the provinces of Parma, Reggio Emilia, Bologna, Modena and Mantua . Its origins dated back to the XII century when the Benedictine monks started its production in their monasteries. Its making is too long and includes different phases such as the milking, the addition of the rennet, its fragmentation, the cooking, the branding of the cheese and the aging. In Italy, we use it like condiment to flavour the dishes.



Fourth place: ICE-CREAM

The ICE-CREAM is a famous Italian speciality tasted all around the world for its goodness and its simple and genuine ingredients. Everybody know and love it in the hot summer days. Its origins are ancient: in the XI century BC in the city of Athens, the Greeks mixed pomegranate juice, lemon and honey with snow or ice to obtain fresh drinks but the real ice-cream was born in Florence thanks to Headmaster Bernardo in the XVI century A.D. Later with the addition of water, milk and cream, in the XX century, Fabbri spread out this product all around the world.



Fifth place: MOZZARELLA di BUFALA

BUFFALO MOZZARELLA is an Italian speciality produced in Campania and in the rest of the south of this country. It's a fresh cheese made from Italian buffalo milk by the pasta filata method. It's a healthy food consumed in the hot season and recommend for the diets. Its origins are ancient in fact the Greeks were the first to raise female buffalos. The spread of this product happened only in the XX century.



These are the best and the tastiest Italian specialities

Other information about Italian cooking

The main characteristics of the Italian cooking are its simplicity and the quality of the ingredients that build a perfect equilibrium. Normally the meals of an Italian are four:

- Breakfast: we eat biscuits with milk or tea, fruit and cereals

- Lunch: In general, we eat pasta with the various condiments like the tomato juice, the tuna fish, the cheese etc.
- Snack (fruit, cakes, bread...)
- Lunch: we eat fish, meat (in general of pig and chicken), eggs and vegetables

SOURCES:

- [Storia della pasta - International Pasta Organisation](#)
- [Le paste fresche italiane regione per regione - Agrodolce](#)
- [Parmigiano Reggiano - Il sito ufficiale del Consorzio del Formaggio ...](#)
- [La storia del gelato artigianale | Fabbri 1905](#)
- [Mozzarella Fatta in Casa - My-personaltrainer.it](#)
- [Pizza: ricette, idee e consigli | Agrodolce](#)

Now: LET'S PLAY WITH **THE ITALIAN COOKING!!!**

-Answer these questions:

1. Do you like pizza? What is your favourite taste? Write three names of pizza that you know.
2. Have you ever eaten "Tagliatelle" with ragu? Are they a speciality of Campania?
3. Do you use Parmigiano-reggiano cheese to flavour your dishes? In which ones?
4. Make a research about Fabbri. Who was? What food can we connect him with?
5. Have you ever eaten BUFFALO MOZZARELLA? Do you like it?

-Connect each Italian speciality with its region

- a. PIZZA
- b. CAVATELLI
- c. BUFFALO MOZZARELLA
- d. ORECCHIETTE
- e. PARMIGIANO-REGGIANO
- f. ICE-CREAM
- g. TAGLIATELLE

- 1. *Emilia-Romagna*
- 2. *Campania*
- 3. *Tuscany*
- 4. *Molise*
- 5. *Puglia*

a. b. c. d. e. f. g.