



TASTY ITALIAN STYLE

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ITALIAN CULTURE

THE FOOD IN ITALY:

**TYPICAL ITALIAN
MEALS...**



When you want to eat outside ...

Food and the art of cooking is certainly a very important part of Italian culture.

Thanks to regional cuisines and creativity, the number of Italian recipes can be defined almost unlimited.

Italians like to eat at home but when they decide to eat out, usually at the weekend or in the evening, they have many alternatives:

-the restaurant:

where you can choose from many varieties of dishes, but usually at a more expensive prices.



-the trattoria:

which is a family restaurant, with traditional variety of dishes, within a family atmosphere at more economic prices.



- the osteria:

attended by young people who want to eat, but mostly drink and spend little.



- the pizzeria:

where you can order any type of pizza.



Sources: <http://www.studiare-in-italia.it/php5/study-italy.php?idorizz=5&idvert=62>
<http://www.zanichellibenvenuti.it/wordpress/?p=681>
<http://cr.middlebury.edu/Italian%20Resources/progetto/culture/pasti.htm>



"Breakfast like a king, lunch like
a prince and dinner like a poor"
Italian meals-breakfast



In Italy there are three main meals: breakfast, lunch and dinner.

Traditionally Italian breakfast is not very elaborated; It consists of a hot drink (coffee, milk, tea), accompanied by something sweet (biscuits, bread, butter and jam, brioches). It is also very popular the habit of having breakfast not at home, but at the caffè, where you usually drink a "cappuccino", an "espresso" or a fruit juice with a "cornetto": a small cake similar to French croissants, usually filled with cream, jam or chocolate.



This is a typical breakfast in a cafe in Italy. 😊

We went to have breakfast and there were a lot of cakes!



Italian meals-lunch

Lunch time is around one o'clock.

The traditional lunch is a substantial meal although a lot of Italians ,because of the Working time, consume it quickly out, at a « bar », or at a « tavola calda ».

At home lunch consists of a first dish (often based on pasta) and a second dish of meat, fish or eggs with vegetables; finally fruit and coffee.

On special occasions (Sundays, for example) you can also eat cakes, like “pasticcini” or pies, generally home-cooked. In summer, you are more likely to finish the meal with an ice cream.

Italians love pasta! Here's Pasta's history

From 1000 BC to 1100

The history of pasta began when the man abandoned the nomadic life and became a farmer, he learned to sow and reap.



From 1100 to 1400

The first certain date in the history of pasta in Italy is 1154, when ,in a sort of tour guide, the Arab geographer Al-Idrin mentions "a food of flour in the form of thread" which was packaged in Palermo and it was exported in barrels throughout the peninsula.

The Arabs of the desert dessicated first pasta to be devoted to a long conservation, because in their wanderings they had not enough water to pack every day fresh pasta. For this reason they invented cylinders of pasta (driled in the middle) to allow rapid drying. This was discovered in the ninth century in a cookbook where it appears a very common dish among the Berbers and Bedouin's tribes, still known in Syria and Lebanon: the rista, dried macaroni seasoned in various ways, but especially with lentils.



From 1400 to 1500

The dry and windy climate of Liguria, Sicily favored the production of pasta which, for centuries, was left dry by simple exposure to air.

Then, in the North of Italy, where the climate was less favorable the carousel in wood was invented, it was formed by a central vertical axis to support the frames with the pasta.

The tomato arrived in Italy from Peru in 1554, but the large-scale cultivation began only in the seventeenth century.

In the seventeenth century there were so many shops of pasta that Urban VIII, to regulate the trade of pasta, in a papal bull in 1641 imposed a minimum distance of 24 meters between a shop and another one.

Until the second half of the eighteenth century, the mixture of flour with water was carried out with the feet. This method was successfully used until Ferdinand II, King of the Two Sicilies from 1830 to 1859. He asked the scientist Cesare Spadaccini to invent a mechanical process.

The first machine capable of performing all the parts of the production process was patented in 1933.



Source: <http://www.internationalpasta.org/index.aspx?idsub=53>

Do you know that in Italy there are nearly 200 kinds of pasta? We have prepared for you three kinds of pasta as an example!

The ingredients!



The preparation



We cooked pasta in boiling salted water



Then we seasoned the pasta with meat sauce and tomato sauce, finally we grated some Parmesan cheese on top

This was the result!



Italian meals–snack and aperitif

Mid-afternoon, «una merenda» a snack is a regular event for children; it may consist in a sandwich, a yogurt or some fruit (at around four – five p.m.)

The aperitif is for adults and it is an opportunity to meet and have a chat while enjoying something to eat and drink.

It's at about six p.m. and it can go on up to ten, ten thirty. A lot of Italian bars offer snacks to their customers when they drink wine or cocktails and sometimes these «aperitivi» can replace dinner.

WITH APERITIFS YOU CAN BE OFFERED SOME
LITTLE BITS OF PIZZA, PIADINE, TIGELLE AND
OTHER KIND OF TASTY SNACKS.

We tried to prepare some with the help of our
grandparents!

Pizza, ingredients:





In the bowl we put: flour, oil, salt and brewers yeast



Then we mixed and put the dough to rise for two hours or so.



After this time we iled the baking trays, we stretched the pizza on and we topped it with tomato sauce, oregano and oil.



We have seasoned the pizza according to our taste, then we baked it for some time!!!!



Ready to be eaten!

The ingredients

Regarding tigelle and piadina, first we bought them, second we warmed them on the baking tray and then we stuffed them.





For the «bruschette» we warmed pieces of bread on the baking tray, then we cut the olives, tomatoes and mozzarella cheese. Then we rubbed the garlic on the bread and put some oil and added the chopped tomatoes and mozzarella.



BEFORE

AND

AFTER





Italian meals–dinner

At the end of the working day all the family gathers around the table talking about the most important events of the day. For dinner, we usually eat light food as soups, salad, cheese, vegetables and fruit. But if there is the occasion of eating out at the restaurant, dinner is not so light.....

The ingredients



To prepare the bechamel: melt some butter, add 6 spoons of flour, one with salt and add some milk (about one litre) a bit at a time.



The pastry sheets for lasagna are made of semolina flour and eggs, rolled out in thin sheets. Boil them for a few seconds and then deep them into cold water. Then place the sheets on a tea cloth to dry a bit.



Then start the layers: first some bechamel, then a layer of sheets, then meat sauce, bechamel, and again pasta, sauce, bechamel until you get the layers high up. You complete with grated cheese.



Bake everything for 20 minutes at 200° pre-heated oven



READY!

And after the meal...sweets!



Put in a container two whole eggs and three yolks, then beat the eggs with 5 tablespoons of sugar.
Crumble about 10 macarons and insert them into the dough.



Then insert 50g of sugar into the mold and let it caramelize as in the video alongside.



To whisk 500g of cooking cream and to add it to the mixture with the cocoa powder and the liquor.



To cover the mold and the hole in the middle with an aluminum foil.

To insert it in a pressure cooker for 30 minutes, then remove the pudding from the pot and let it cool for 20 minutes.



ENJOY YOUR MEAL!



To put in a container 4 eggs, 500g of mascarpone cheese, the liquor and 100g of sugar. We also added some chocolate chips.

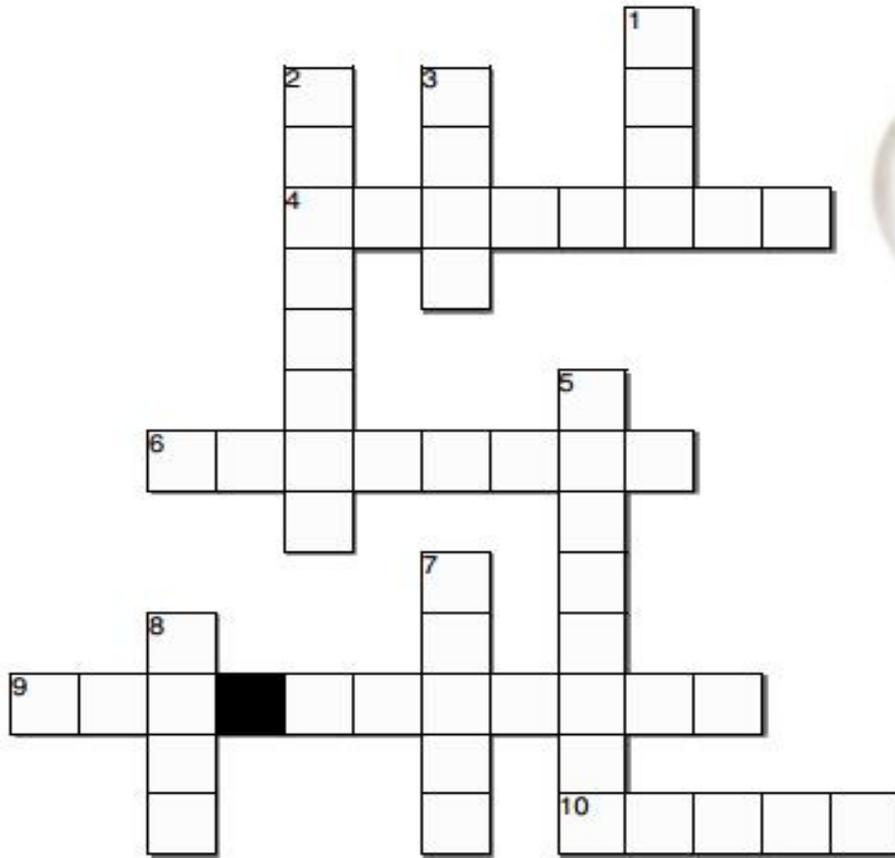


To spread the cream on the pan, to dip the ladyfingers in the coffee and to arrange them in order to fill the whole container. To make a lot of layers alternating the biscuits and the cream, finally to sprinkle everything with the cocoa powder.



DELICIOUS!

Complete the crossword below



Horizontal

4. A sweet similar to French croissants, usually filled with cream, jam or chocolate.
6. Young people sometimes come together to eat something before dinner. What are they going to do?
9. How many types of pasta exist?
10. People who dessicated first pasta to be devoted to a long conservation.

Vertical

1. Water and flour were mixed in the second half of the eighteenth century with that part of body.
2. One of the basic ingredients of lasagna made with butter, flour, salt and milk.
3. Place where it was imported tomato.
5. Place where you prepare and sell pizzas.
7. In which century it was discovered the first cookbook?
8. Breakfast like a king, lunch like a prince and dinner like a...