

ITALIAN COOKING

Italian cooking is noted for its regional diversity. It is also characterized by its simplicity, with many dishes having only four to eight ingredients. Anyway there is a great variety of different ingredients which are commonly used, ranging from fruits, vegetables, sauces, meats, ect.

In the North of Italy, fish, potatoes, rice, corn, pork and different types of cheese are the most common ingredients.

Pasta dishes with use of tomato are spread all over Italy.

Cheese and wine are two important elements of the Italian cuisine, with many variations and Denominazione di origine controllata (DOC) regulated laws.

Coffee or better "espresso" is basic for Italians in the morning and at the end of each meal.

Given that Italian Cooking is very rich in variety, I focus on the region where I live that is Emilia Romagna.

Emilia Romagna is known for its home-made pasta (soft wheat flour with eggs) and filled pasta.

Romagna is known for its pasta dishes such as cappelletti, garganelli, strozzapreti e tortelli (filled past with ricotta cheese). We also have a very peculiar soft cheese called "squacquerone" DOP Denominazione di origine Protetta (Protected Designation Origin).

Polenta, a maize-based dish, is common both in Emilia and in Romagna.

Bologna is notable for pasta dishes such as tortellini, lasagne, gramigna and tagliatelle with Bolognese sauce or "ragù".



Mortadella Bologna IGP, a salami sausage, only made with pork lard cooked and high quality. In addition to the characteristic cylindrical shape, what allows us to recognize it easily is the intense aroma, slightly spicy and the color that has become a symbol: pink.

The celebrated balsamic vinegar is made only in the Emilian cities of Modena and Reggio Emilia.

The balsamic vinegar is suitable for many preparations. It goes well with every course from appetizers to desserts.



Parma is known for its famous and delicious ham.



"Parmigiano Reggiano" cheese is produced in Reggio Emilia, Parma and Bologna and it is much used in



cooking.

Parmigiano-Reggiano is commonly grated over pasta dishes, stirred into soup and risottos, and eaten on its own. It is often grated over other dishes and even in salads. Slivers and chunks of the hardest parts of the crust are sometimes simmered in soup. They can also be roasted and eaten as a snack.



Regional desserts include zuppa inglese (custard-based dessert made with sponge cake and Alchermes



liqueur) and panpepato (Christmas cake made with pepper, chocolate, spices and almonds).

Mark the correct answer

Buon Appetito
a
tutti

Where was mortadella born?	a) Bologna b) Parma c) Naples
What is Tagliatelle made of?	a) Eggs and flour b) Water and flour c) Maize and eggs
Parmigiano Reggiano cheese is	a) soft cheese b) not a cheese c) hard cheese
Where is the balsamic vinegar produced?	a) Rome b) Modena c) Piacenza

Sources: www.prosciuttodiparma.com
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www.parmigianoreggiano.it
www.consorziobalsamico.it
www.mortadellabologna.com

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THE ITALIAN CUSINE

Hi, my name is Simone and I live in Italy. In my country, there is a big and important culture on food: in fact, it is known worldwide for its tasty food. Statistics show off that Italy stands at the fifth position in the ranking of countries where people eat better. But often eating well doesn't mean eating healthy food, in fact Italy stands only at the 15th position of the "healthiest countries", probably because of the many ingredients of some recipes.

Let me show you some of the best Italian dishes:

1. LA-
SA-
GNA



2. TORTELLINI



3.

SPAGHETTI

4. MAC-



CHERONI

These are just some of the most famous Italian delicacies, their success has been so great that their names are known in Italian all around the world.

Another important piece of Italian cuisine is wine. Italian wine is very famous worldwide and some of the best “vitigni” (wine



variety) of wine such as Chianti, Sangiovese, Lambrusco and Duemani are drunk abroad too.



Sources:

New York Times Cookery

Respiro News

Foxlife

Winepassion

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