

ITALIAN COOKING

Italian cooking is known for its regional diversity, abundance in taste, sauces and dressings. It is well known.

I have selected some of the many recipes presenting one for each Italian region, but I think they just give a slight idea of what the richness of our cuisine.



Valle d'Aosta: "Gnocchi alla bava" the most famous recipe of this region. The taste of fontina well combine with the taste of potato dumplings.



Piedmont: "Agnolotti" is a typical dish of Piedmont's cuisine. A kind of filled pasta with pork or beef. This dish of pasta is served with a sauce made with butter and sage or with Bolognese sauce (ragù).



Liguria: "Pesto" is a cold sauce, symbol of whole Liguria, which is known all over the world. It is usually served on pasta. It is made of garlic, basil, pine nut and olive oil + grated parmesan cheese.



Lombardy:

"La polenta" (cornmeal mush) is a dough of water and corn flour. It is served with different kinds of sauce, but it can also be fried and served with soft cheese.



Trentino Alto- Adige: “Crauti”(sauerkraut) is a typical and tasty side dish of Trentino. It is arranged with bacon, onion and seasoning, they can go with wurstels



Veneto: “I bigoli” another kind of pasta with a sauce of onion and anchovies. I bigoli look like big spaghetti with porous surface



Friuli-Venezia Giulia: “Chifeletti” is a dough of potatoe, flour, butter and eggs, which is then fried in oil



Emilia-Romagna: “Capelletti” is another filled pasta. There are different kind: cappelletti have a filling of soft cheese and parmesan cheese, tortellini have a filling of pork meat and parmesan cheese.



Tuscany: “Pappa al pomodoro” is arranged with bread, tomatoes, garlic, basil and oil



Umbria: “Spaghetti col rancetto” made with tomatoes, pecorino, bacon and marjoram

Marche: "Olive all'ascolana" preserved in a brine flavored with fennel seeds and aromatic herbs and filled with three kind of meat like pork, beef and chicken



Lazio: "Penne all'arrabbiata" short pasta (similar to maccheroni) with a sauce made of tomatoes, garlic, chili pepper and pecorino



Abruzzo:



"Arrosticini" is a dish of little pieces of lamb on sticks.

Molise: "Zuppa di cardi" is a rich and tasty soup of cardoon (a kind of vegetable)



Campania: "Impepata di cozze" mussels in a delicious sauce made of garlic, parsley and black pepper to give more taste.



Puglia: "Cozze alla tarantina" a perfect soup of mussels with tomatoes and hot crunchy bread



Calabria: "Morzello" is a soup of meat and entrails of veal.



Basilicata: "Lagane e ceci".

Lagane is pasta of whole wheat meal and water; it looks like large tagliatelle. It is served with chickpeas



Sicily: “Arancini di riso”
they are little timbales filled
with pork meat and peas or
ham and mozzarella



Sardinia: “Lasagne di pane
carasau” it is a variety of the
famous lasagne. The layers are of
slices of carasau bread, flavoured
with sauce of pork
meat and mushrooms.

www.Wikipedia.com (*Italian cuisine*)

www.GialloZafferano.com

by Chiara 2^G