



**ITALIAN
CUISINE**

GENERAL FEATURES

- A wide variety of produce thanks to favourable climatic conditions
- Cereals in the north, citrus fruits in the south, sheep and cattle farming in the interior, and seafood in the coastal regions
- The coffee capital
- Wine
- Cheese
- Ice cream
- French cuisine with Italian influences
- The history of Italian cuisine dates back to the Roman era



GEOGRAPHY

- The north and south have different geographical features and climates.
- The northern region of Italy consists of the Alps and the Po Valley.
- In the Po Valley, the cultivation of cereals, particularly rice, maize and wheat, is widespread.
- In the south, the hot climate limits plant diversity.
- However, the production of beans, wheat, olives and grapes is widespread.
- Sicily is the largest of all the Mediterranean islands. On this island, which has rugged terrain, the cultivation of wheat and beans, as well as livestock farming, is widespread.
- Tropical fruit trees grow in the shadow of the active volcano, Mount Etna.
- Mount Etna, Stromboli and Vesuvius are the best-known volcanoes.
- Italy is one of the most important agricultural nations within the European Union.



CULINARY CULTURE



- The ingredients of Italian cuisine generally consist of Mediterranean produce.
- Cornmeal is widely used in the south, whilst rice is common in the north.
- Pork and beef are widely consumed.
- Pasta is common in every region. Chicken, duck and other poultry are also consumed.
- There is a high demand for fish and seafood. Grouper, tuna and sardines are the most popular fish varieties. Additionally, seafood such as octopus, squid, prawns and mussels are also widely consumed.
- Fruits grown include citrus fruits, melon, watermelon, strawberries, apples, figs, pears and peaches. Vine-growing and grape cultivation are also widespread. In this respect, it is a centre for liqueur and wine production. Olives are primarily grown for their oil. Vegetables such as tomatoes, potatoes, lettuce, rocket, courgettes, artichokes, onions and garlic are staple ingredients in every kitchen. Cheeses made from sheep's and buffalo's milk are famous.
- Roman stews, Florentine eggs, Genoese vegetable dishes
- Tarts and pies



MAKARNALAR



***Pennette Rigate
(Farro e Lenticchie)***



Penne (Integrale)



Fusilli (5 Cereali)



Penne Rigate (Reis)



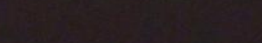
Fusilli (Reis)



***Tortiglioni
(Orzo e Grano Saraceno)***



Penne Mezzi Ziti Corte



Fusilli Bucati Corti



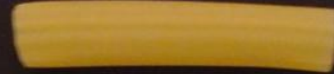
Farfalle Tonde



Mini Tortiglioni



Mini Penne Rigate



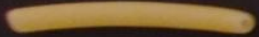
Tortiglioni Doppia Rigatura



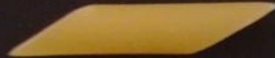
Fusilli Spirale



Fiocchi Rigati



Maccheroni



Mezze Penne Rigate



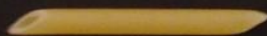
Penne Doppia Rigatura



Fusilli Doppia Rigatura



Sedanini Rigati



Pennette Lisce



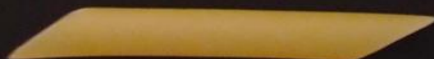
Fusilli Doppia Rigatura



Farfalle



Sedani Rigati



Penne Lisce



Canneroni



Girandole



Tortiglioni



Pennette Rigate



Mezze Maniche Rigate



Mini Fusilli



Farfalle



Rigatoni



Penne Rigate



Pennoni Lisci



Fusilli



Mini Farfalle

SAUCES

- Boscaiola: Tomatoes, oil, cheese, mushrooms, olives, garlic.
- Bolognese: Minced meat and tomato sauce.
- Carbonara: Olive oil, cheese, eggs, ham.
- Diavola: Chilli tomato sauce.
- Pesto Genovese: Basil, pine nuts, garlic, olive oil.
- Marinara: Seafood, garlic, parsley.
- Napoletana: Fresh tomatoes, garlic, basil.
- Novella: Tomatoes, anchovies, cheese.
- Puttanesca: Tomatoes, black olives, chilli peppers, garlic, capers.
- Quattro Formaggi: Four-cheese.
- Siciliana: Aubergine sauce

PENNE



LINGUINE



FUSILI



MACHERONI



TORTELINI



RAVIOLI



PAPARDELE



PIZZA

- 1. Pizza Margherita; it is said that this pizza was created in 1899 when Queen Margherita visited Naples to escape a cholera outbreak in northern Italy. Its main ingredients are tomatoes, mozzarella cheese and basil. It represents the colours of the Italian flag.
- 2. Pizza Marinara; a pizza originating from the Naples region, made with oregano, anchovies and garlic.
- 3. Pizza Alla Napoletana (Naples); made with tomatoes, mozzarella and anchovies.
- 4. Pizza Capricciosa; made with mushrooms, artichokes, olives and a boiled egg.



- 5. Pizza Pugliese; made with local capers, regional olives, tomatoes, mozzarella and onions.
- 6. Pizza Veronese; a type of pizza topped with mushrooms.
- 7. Sicilian Pizza; made with green olives, seafood, boiled eggs and peas.
- 8. Italian Tuna; a pizza variety made with olive oil, anchovies and shellfish.
- 9. Pizza Focaccia; made with tomatoes, cheese, olive oil, caramelised onions and other spices.



RISOTTO



TIRAMISU & ICE CREAM



- Italians do not drink cocktails, but they sometimes have a glass of sparkling white wine or a type of vermouth as an aperitif.
- They usually start the meal with wine and continue drinking it throughout the meal.
- Both courses typically consist of a starter (antipasto) made up of meat dishes.
- The first course (primo) consists of risotto, soup or pasta, provided it is not served alongside the main course.
- The second course (secondo) is the main dish, consisting of meat or fish. Cooked vegetables or salad (contorno) are served either with the secondo or afterwards. This is usually followed by a single type of cheese, and then dessert or fruit. If there is no cheese, fruit is always served.
- Dessert is more commonly served on special occasions. The meal is concluded with a small cup of espresso. To aid digestion after the meal, one may drink either an amaro or grappa liqueur, or a neat whisky on the rocks.

- Before a long meal, aperitifs such as Campari, Cinzano, Prosecco, Aperol and Spritz are served.

