

ITALY



PART n. 2

ITALIAN TPIICAL FOOD AND DRINK



FIRST COURSE

SECOND COURSE

CHEESE

FOOD

SPECIALITY

DESSERT



WINE

DRINK

LIQUEUR

CAFFÉ



FIRST COURSES

PASTASCIUTTA

Pasta is a staple food of traditional Italian cuisine, now worldwide renowned and it comes in a variety of different shapes that serve both for decoration and as a carrier for the different types of sauce and foods.



There are hundreds of different types of pasta. All of you certainly know spaghetti, maccheroni, *fusilli* and lasagne.

LASAGNE

Lasagne is a wide and flat type of pasta and possibly one of the oldest shapes. The word also refers to a dish made with this type of pasta. Featuring layers of pasta, ragout and béchamel sauce.



RISOTTO ALLO ZAFFERANO



Risotto is rice cooked in broth to a creamy consistency. It is one of the most common ways of cooking rice in Italy.

Risotto is normally a *first cours* (*primo*) but *risotto alla milanese* is often served together with ossobuco alla milanese (marrow bone).



PIZZOCCHERI

Pizzoccheri are a type of short tagliatelle, cooked along with greens and cubed potatoes. This mixture is layered with pieces of Valtellina Casera cheese and ground Grana Padano or Parmigiano Reggiano, and dressed with garlic and sage that are lightly fried in butter together.

CASONCELLI

Casoncelli are a kind of stuffed pasta, typical of the culinary tradition of Lombardy. The shell typically consists of two sheets of pasta, pressed together at the edges. While the stuff can vary according to local traditions. They are typically served with *burro e salvia*: melted butter flavored with sage leaves.



SECOND COURSE

POLENTA E SPIEDO

Polenta, also known as corn omelette, is a dish made from boiled cornmeal. The word "polenta" is borrowed by English speakers from Italian.



The spit is a typical dish of the province of Brescia. It consists of birds, meat (pork, chicken or rabbit), potatoes, sage and served with polenta.



FIORENTINA

The **Tbone** and **porterhouse** are steaks of beef cut from the short loin and including a T-shaped bone with meat on each side: the larger is a strip steak and the smaller a tenderloin steak. Porterhouse steaks are cut from the rear end of the short loin and include more tenderloin, while T-bone steaks are cut from farther forward and contain less.

SPEZZATINO

Dish made of chopped meat into small pieces cooked in a stew. It is generally used for beef but can also be done with chicken, venison, wild boar or other.



SPECIALITY

PIZZA

Pizza needs no explanation.

Originating from the Neapolitan cuisine the dish has become popular in many parts of the world.





PIADINA

Piadina or **Piada** is a thin Italian flatbread, typically prepared in the Romagna region. It is usually made with white flour, lard, salt and water.



The dough was traditionally cooked on a terracotta dish, although nowadays flat pans or electric griddles are commonly used. The Piadina has been inserted into the list of the traditional regional food products of Italy of the Emilia-Romagna Region.

DESSERT

GELATO

Ice cream is a frozen dessert usually made from dairy products, such as milk and cream, and often combined with fruits or other ingredients and flavours. Most varieties contain sugar.



In some cases, artificial flavourings and colourings are used in addition to, or instead of, the natural ingredients. The mixture of chosen ingredients is stirred slowly while cooling, in order to incorporate air and to prevent large ice crystals from forming..



NUTELLA

Nutella is the brand name of a chocolate hazelnut spread. Nutella, manufactured by the Italian company Ferrero, was introduced on the market in 1963. The recipe was developed from an earlier Ferrero spread released in 1944. Nutella is now sold in over 75 countries

CANNOLI

Cannoli are Sicilian pastry desserts. The singular is *cannolo* meaning "little tube". Cannoli originated in Sicily and are an essential part of Sicilian cuisine. Cannoli consist of tube-shaped shells of fried pastry dough, filled with a sweet, creamy filling usually containing ricotta.



TORRONE

Torrone ,or nougat is a confection, typically made of honey, sugar, and egg white, with toasted almonds or other nuts, and usually shaped into either a rectangular tablet or a round cake. It is frequently consumed as a traditional Christmas dessert in Spain and Italy.



TIRAMISU

Tiramisu literally "pick me up", is an Italian cake and dessert. Tiramisu is made of sponge biscuits dipped in coffee, layered with a whipped mixture of egg yolks and mascarpone, and flavored with liquor and cocoa. The recipe has been adapted into many varieties of puddings, cakes and other desserts.



CHEESE

GRANA PADANO

Grana Padano is one of the most popular cheeses of Italy. The name comes from the noun *grana*, which refers to the distinctively grainy texture of the cheese, and the adjective *Padano*, which refers to the valley Pianura Padana.

Grana Padano is one of the world's first hard cheeses.



PROVOLONE VALPADANA

Provolone is an Italian cheese that originated in Casilli near Naples, where it is still produced in various shapes as in 10 to 15 cm long pear, sausage, or cone shapes. A variant of Provolone is also produced in North America and Japan. The most important Provolone production region is currently Northern Italy



ASIAGO

Asiago an Italian cow milk cheese that can assume different textures, according to its aging, from smooth for the fresh Asiago to a crumbly texture for the aged cheese of which the flavor is reminiscent of Parmesan.

MOZZARELLA DI BUFALA CAMPANA

Buffalo mozzarella is a mozzarella made from the milk of the domestic water buffalo. Apart from Italy, its birthplace, buffalo mozzarella is manufactured in many locations around the world.



PECORINO

Pecorino is the name of a family of hard Italian cheeses made from ewe milk. Of the four main varieties of Pecorino, all of which have Protected Designation of Origin (PDO) status under European Union law, Pecorino Romano is probably the best known outside Italy.



WINE

FRANCIACORTA WINE

Franciacorta is a DOCG wine whose production is permitted in the province of Brescia.

Features:

- _Color: straw yellow color with greenish or any golden
- _Scent: Bouquet of its fermentation in the bottle, fine, gentle, wide and composite
- _Taste: fruity, fresh, delicate and harmonious





LAMBRUSCO

BARBERA





LIQUEUR

LIMONCELLO



SAMBUCA MOLINARI

CAFFÉ

Coffee is a brewed beverage with a dark, acidic flavor prepared from the roasted seeds of the coffee plant. The beans are found in coffee cherries, which grow on trees cultivated in over 70 countries. Green coffee is one of the most traded agricultural commodities in the world. Coffee can have a stimulating effect on humans due to its caffeine content. It is one of the most-consumed beverages in the world. Coffee has played a crucial role in many societies.



BEST FAMOUS ITALIAN CHEFS

- Gualtiero Marchesi
- Moreno Cedroni



GUALTIERO MARCHESI

Gualtiero Marchesi is a renowned Italian Chef, considered the founder of modern Italian Cuisine.

Marchesi was born in 1930 in Milan, Italy. It was here that he had his first experiences in the kitchen.

At 17 he left school to work at the Hotel Kulm in St. Moritz. He then studied at a hotel school in Lucerne before returning to work at Albergo del Mercato. There he prepared traditional recipes for lunch but in the evening was given a free hand to experiment. He built a following for his avant-garde cuisine.



MORENO CEDRONI

Cedroni Moreno is considered one of the most creative Italian and international chefs. Cedroni was born in Ancona in 1964 and arrived at the restaurant world in 1984 when he opened the restaurant Madonna del Pescatore. He run the restaurant for six years, then, tired of being in the room, he decided to chance.

