

Italian cuisine

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INTRODUCTION

First of all, I'd like to admit that food differs in different countries and different cultures. The reasons for it are different climate and natural conditions and different needs of organisms of people of different races. Today I'd like to say a few words about the Italian cuisine.



History



Italian cuisine has developed over the centuries. Although the country known as Italy did not unite until the 19th century, the cuisine can claim traceable roots as far back as the 4th century BC. Through the centuries, neighboring regions, conquerors, high-profile chefs, political upheaval and the discovery of the New World have influenced its development.

Ingredients

Olive oil, an indispensable food ingredient in much of Italy.

Pesto, a Ligurian sauce made out of basil, olive oil and nuts, and which is eaten with pasta.

The tomato, perhaps the most common ingredient found in Italian cuisine.



Risotto is very popular in Italy, its main ingredient is rice.

Gianduiotto chocolate, with its distinctive shape, is a speciality of Turin.

Traditional Piedmontese agnolotti.

Polenta served with rabbit meat, a traditional peasant food of Veneto.

Spaghetti alla puttanesca is a popular dish made with olives, tomatoes, anchovies, capers, chili peppers and garlic.

Pizza has become popular in many different parts of the world

Lasagne is very popular too. Main ingredients of it are eggs, meat and cheese

National dishes



Drinks



Italian style coffee (also known as espresso) is made from a blend of coffee beans.

Italy produces the largest amount of wine in the world and is both the largest exporter and consumer of wine. Very popular drinks are beer, limoncello, (a traditional lemon liqueur from Sicily and Southern Italy) and others.

