

Italian food



At the heart of Italian cuisine are historically established centuries-old traditions with cultural influences of the Romans, Greeks, Arabs and other peoples who ever inhabited Italy.



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Italian cuisine is characterized, in particular, by an abundance of fresh products from the Mediterranean region, which significantly distinguishes the original Italian cuisine from attempts to imitate it all over the world.



Italian food spread and popular all over the world, thanks to dishes such as pizza and pasta.



One of the most popular Italian dishes is pasta.

There are different types of pasta: extra long, long and short, they are made from rye, buckwheat, soy, rice flour, but most often pasta is made from wheat flour.

In this latter case, there is also a certain distinction: for pasta made from durum wheat flour, soft varieties, and finally products made from mixed varieties, most often found.



Pizza dishes in the form of a thin round cake made of yeast dough, baked on top of a filling of tomato sauce, pieces of cheese, meat, vegetables, mushrooms and other products.

There are also pizza desserts: chocolate, strawberry, and with different fruits and berries, waffle and others.



The Italian breakfast is very different from the Russian breakfast.
Be sure to have a cup of natural coffee made in a special coffee maker, and fresh pastries.



Thanks for your attention

