

History of Italian Food

Amazed by the diversity and deliciousness of Italian cuisine?

Want to know more about how the Italian foods evolved through the ages?

Read on to find out as we trace the history of Italian food.





When you dig into the history of Italian food you realize that there is much more to it than cheese dripping pizza and heaped up piles of pasta. Italy expands over a sizeable piece of southern Europe and has many different regions each having their own special cuisine and eating habits.

Today the Italian cuisine features meals that retain the pre Roman era taste along with others that are strikingly different to the traditional cuisine of Italy.

The early origins



Tracing down the culinary history of Italy we find that it started to make its mark during the Roman Empire movement more than 2000 years ago. The Italians even have a cookbook dating back to the first century B.C which shows how important a place food had in society



This era was the time when the cuisine of Italy started developing its diversity that we find in it today. Each region developed its own distinctive style of cooking and a formalized menu based on the local ingredients and the lifestyle of the people living there. You would find great variance in the way similar dishes are prepared in different regions.



Regional Italian food

The south is credited for producing mozzarella cheese and provolone along with a rich growth of citrus fruits. There was great variance even amongst the most commonly consumed items in Italy such as the different types of breads and pastas. The southern part of Italy was into hard boiled spaghetti whereas the northern regions were more akin to consuming soft egg noodles. Pizza originated from Naples, tortellini from Bologna and Milan is famous for risotto.

