



ITALIAN
CUISINE

MEAL STRUCTURE

- **Aperitivo** - Aperitif usually enjoyed as the opener to a large meal, eg: Aperol, Campari, Cinzano, Lucano, Prosecco, Spritz, Vermouth.
- **Antipasto** - “Before Meal”, hot or cold starters, eg: cold cuts (affettati), bruschetta, carpaccio, vitello tonnato, marinated vegetables.
- **Primo Piatto** - “First Plate”, usually consists of a hot dish like pasta, risotto, gnocchi or soup.
- **Secondo Piatto** - “Second Plate”, considered the main course, usually fish or meat served with contorni.
- **Contorno** - “Side Dish”, salad or cooked vegetables (verdure) served with secondo piatto.
- **Formaggio e frutta** - “Cheese and Fruits”, the first dessert. Cheese may feature in antipasto and contorno. Buffalo mozzarella and burrata are popular antipasti.
- **Dolci** - “Sweets”, cakes, torts, panacotta, gelati, and biscotti. (Tiramisu is a well know Italian dessert.)
- **Caffe'** - “Coffee”
- **Digestivo** - “Digestive”, help to digest a large meal, eg: amaretto, amaro, galliano, grappa, limoncello, nocino, sambuca, strega, tia maria.

Regional Foods of Italy continued...

- **Piedmont** – Truffles, agnolotti, Nutella.
- **Puglia** – Orecchiette.
- **Sardinia** – Spit roasted suckling pig and wild boar, Carasau bread, Casu Marzu cheese.
- **Sicily** – Seafood, arancini, caponata.
- **Trentino-alto Adige** – Speck, strudel.
- **Tuscany** – Ribollita, Bistecca Fiorentina, grilled meats, panforte.
- **Umbria** – Black truffles, game meats.
- **Valle d'Aosta** – Bread-thickened soups, cheese fondue, Fontina cheese.
- **Veneto** - Asparagus, radicchio, Piave and Asiago cheese, Tiramisu.

ITALY BY REGION ICONIC DISHES & LEADING WINES



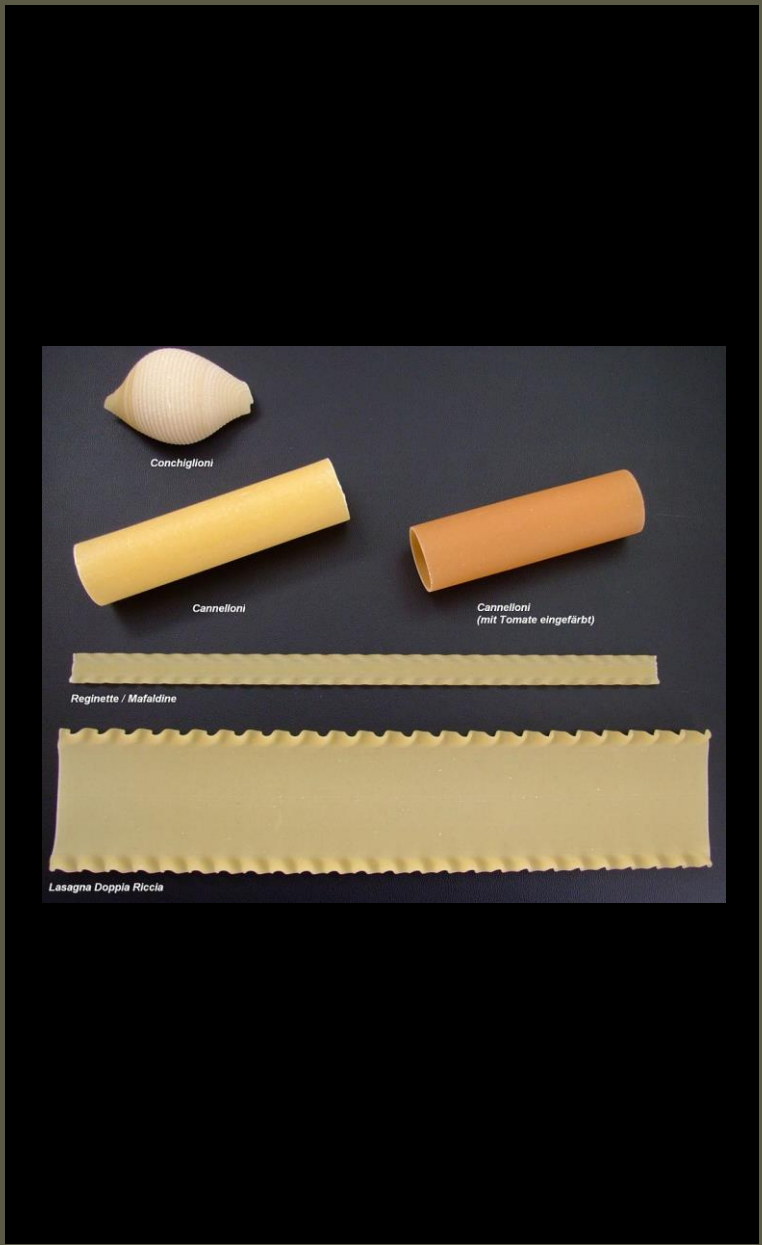
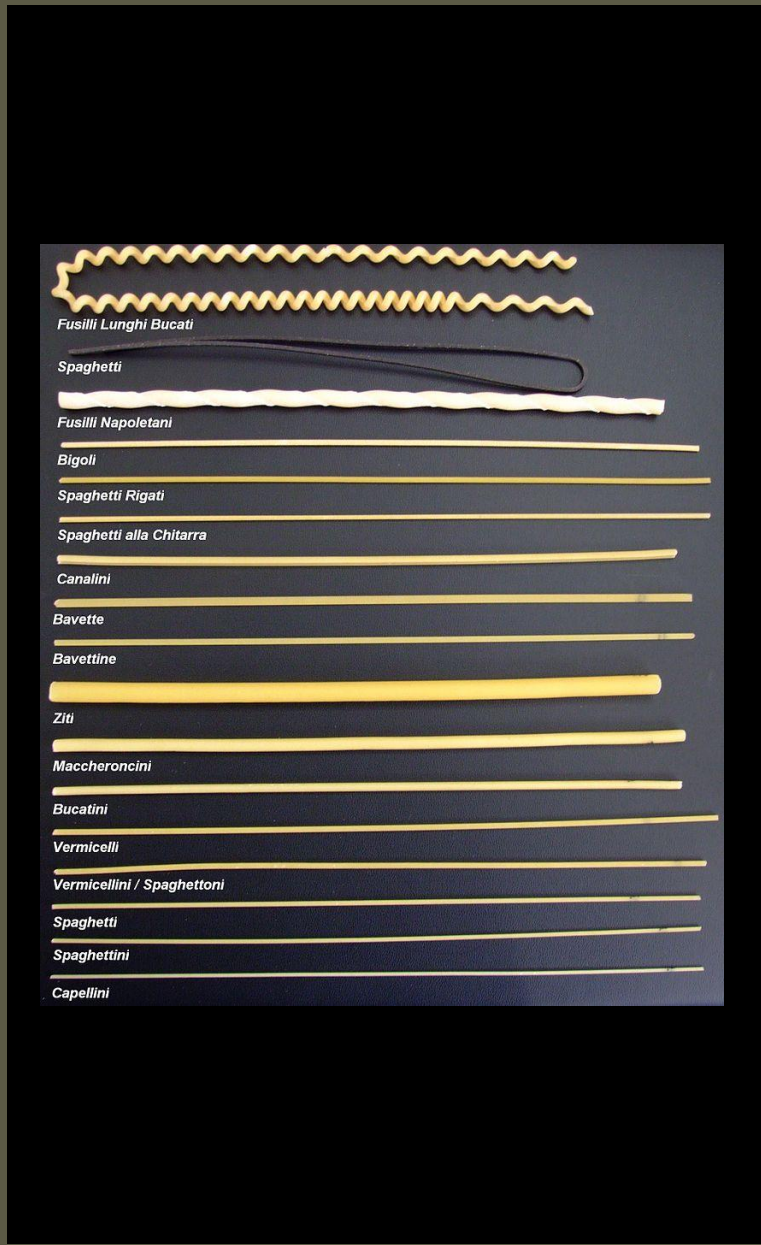


Origin of Pasta

- While we do think of **pasta** as a culturally Italian food, it is likely the descendent of ancient Asian noodles. A common belief about **pasta** is that it was brought to Italy from China by Marco Polo during the 13th century.
- The legend of Marco Polo introducing it to Italy is unlikely true as **Pasta** is a staple food of traditional Italian cuisine, with the first reference dating to 1154 in Sicily.
- The word "pasta" comes from Italian *pasta*, in turn from Latin *pasta* latinisation of the Greek *παστὰ* (*pasta*) "barley porridge".

Types of Pasta







Pasta Recipe

- 100 grams of “Tipo 00” flour
- 1 large egg

- To produce approximately 500 grams of pasta 300 grams of “Tipo 00” flour and 3 eggs are required.

- 500 grams of pasta feeds approximately 4-6 people depending on serving size.



Pasta Puttanesca

Ingredients

- 3-4 cloves of garlic
 - 1 small handful of black olives
 - 2 Tablespoons of capers
 - 400 grams very ripe cherry tomatoes
 - 2 fresh red chillies (optional)
 - ½ a bunch of fresh basil , (15g)
 - olive oil
 - 3-6 anchovy fillets
 - Parmesan cheese
- (Quantities for sauce are based on 400 grams of pasta)



Pasta Puttanesca

Method

- Bring a large pan of salted water to the boil. Meanwhile, peel and finely slice the garlic, destone the olives, and halve the cherry tomatoes. Slice the chillies and pick the basil leaves.
- Add the pasta to the pan of boiling salted water and cook until al dente.
- Place a large frying pan over a medium-high heat, drizzle in a good lug of olive oil, add the garlic, capers and chilli, then tear in the anchovies and olives and stir for 2 minutes, or until the garlic starts to turn golden and the anchovies melt into the base.
- Add the cherry tomatoes and passata. Cook for 3 to 4 minutes, or until the cherry tomatoes start to cook down slightly. If sauce is a little dry add a good splash of the pasta water.
- Drain the pasta, reserving a cupful of cooking water. Add the basil to the sauce along with the pasta and a splash of the reserved cooking water, to loosen.
- Have a taste and season, if needed. Transfer to a serving platter and top with a good shaving of fresh Parmesan.