

ITALY

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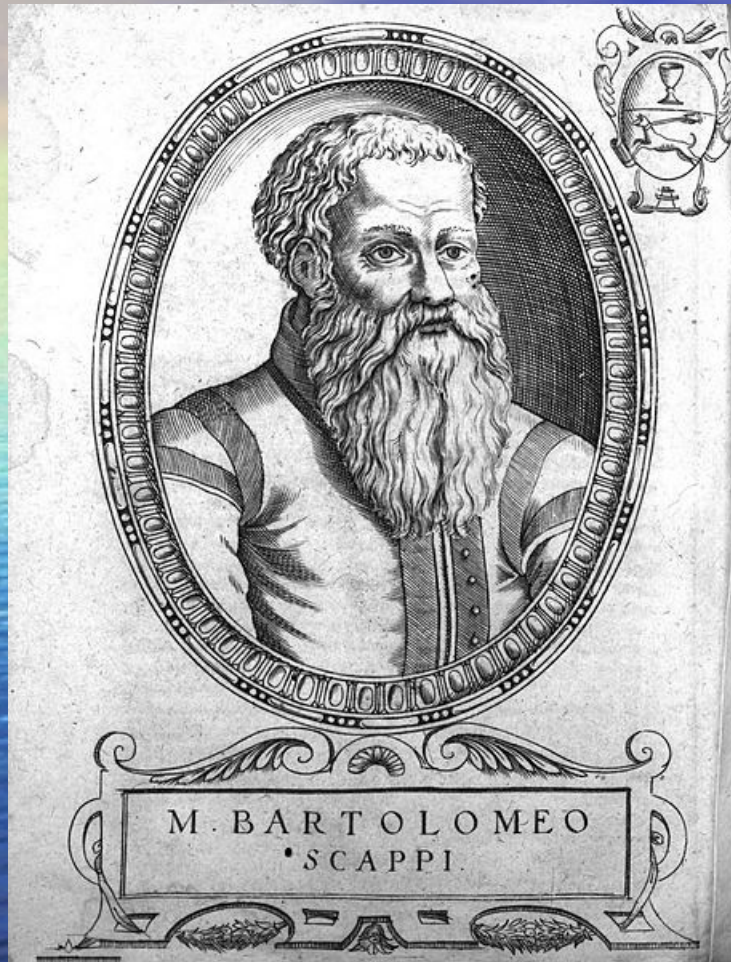
- **Italian cuisine has developed through centuries of social and political changes, with roots as far back as the 4th century BC.**
- **Significant changes occurred with the discovery of the New World with the introduction of items such as potatoes, tomatoes, bell peppers and maize .**
- **Italian cuisine is noted for its regional diversity, abundance of difference in taste, and is known to be one of the most popular in the world.**

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- In the 15th century, Maestro Martino was chef to the Patriarch of Aquileia at the Vatican. His *Libro de arte coquinaria* describes a more refined and elegant cuisine. His book contains a recipe for *Maccaroni Siciliani*, made by wrapping dough around a thin iron rod to dry in the sun. The macaroni was cooked in capon stock flavored with **saffron**, showing Arab influence.

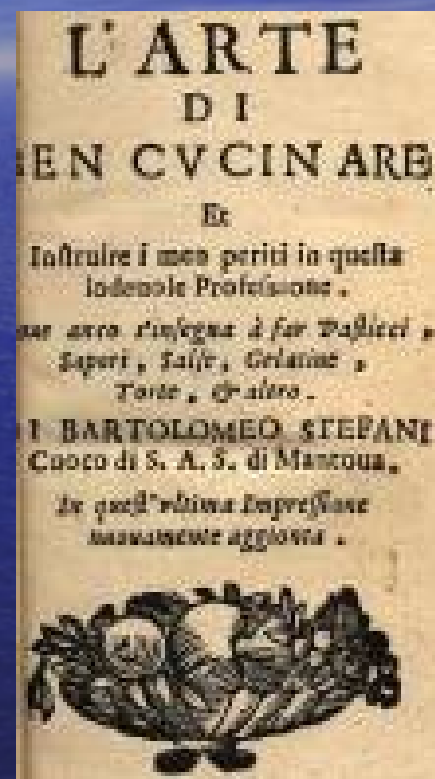
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- In 1570, *Bartolomeo Scappi*, personal chef to Pope Pius V, wrote his *Opera* in five volumes, giving a comprehensive view of Italian cooking of that period. It contains over 1,000 recipes, with information on banquets including displays and menus as well as illustrations of kitchen and table utensils.

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- In 1662, *Bartolomeo Stefani*, chef to the Duchy of Mantua, published *L'Arte di Ben Cucinare*. He was the first to offer a section on *vitto ordinario* ("ordinary food"). The book described a banquet given by Duke Charles for Queen Christina of Sweden, with details of the food and table settings for each guest, including a knife, fork, spoon, glass, a plate (instead of the bowls more often used) and a napkin.



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- **Italian cuisine has a great variety of different ingredients which are commonly used, ranging from fruits, vegetables, sauces, meats etc. In the North of Italy, fish (such as cod, or baccala), potatoes, rice, maize, corn, sausages, pork and different types of cheeses are the most common ingredients (tomato is virtually absent in most Northern Italian cuisines).**
- **Italian cuisine is also well known (and well regarded) for its use of a diverse variety of pasta. Pasta include noodles in various lengths, widths and shapes, and varieties that are filled with other ingredients like ravioli and tortellini.**

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- **Tiramisu** (literally "pull me up") is one of the most popular Italian cakes. It is made of biscuits (usually savoiardi) 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



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- ***Cotoletta alla milanese*** (*milanese* after its place of origin, Milan) is a fried cutlet similar to Wiener schnitzel, but cooked "bone-in". It is braised in clarified butter and traditionally uses exclusively milk-fed veal. It is often served with risotto alla milanese

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- ***Agnolotti*** is a kind of ravioli typical of the Piedmont Region, made with small pieces of flattened pasta dough, folded over with a roast beef meat and vegetable stuffing.

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- ***The Gianduiotto*** is a Piedmontese chocolate whose shape is similar to an upturned boat. Gianduiotti are individually wrapped in a tinfoil cover, usually gold or silver-colored.

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- ***Pizza*** is an oven-baked, flat, disc-shaped bread typically topped with a tomato sauce, cheese (usually mozzarella) and various toppings depending on the culture. Since the original pizza, several other types of pizzas have evolved.

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- ***Cassata***, a cake containing different nuts, raisins, ricotta, different liquers and candied fruits.

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- Traditional „*carasau*“ bread.

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- ***Cannoli*** originated in Sicily and are an essential part of Sicilian cuisine. They are also popular in Italian American cuisine and in the United States are known as a general Italian pastry.