



Italian cuisine

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Italian cuisine

- Italian cuisine is known and popular worldwide.
- Everybody knows pizza, pasta and ciabatta.
- But there are a lot of other delicious dishes.



Italian cuisine



- Italian cuisine is characterized by fresh food of the Mediterranean region, which significantly differs the original Italian cuisine from its simulation in the world.

Italian cuisine

- Typical products, used in Italian cuisine are:
 - different vegetables
 - wheat flour
 - cheese
 - olives and olive oil
 - spices
 - fish and seafood
 - beef
 - poultry
 - beans
 - fruits (lemons, oranges, peaches) and berries
 - white mushrooms
 - almonds
 - wine, Italian liqueurs, grappa



Italian cuisine



- Italian cuisine differs from region to region.
- Roman cuisine
- Sicilian cuisine
- Sardinian pastries
- Lazio cuisine.

Roman cuisine

- Cuisine of Rome is based on seasonal ingredients coming mainly from the Roman Campaign, and a fairly simple way of cooking.
- It is therefore important ingredients are vegetables, meat (lamb and goat meat) and cheese (Pecorino romano and ricotta).



Roman cuisine

- Typical dressing in the Roman kitchen serves Strutt - lard, served every winter.
- Widely used fat from prosciutto, while olive oil - only raw vegetables and sometimes when frying.



Sicilian cuisine



- The island of Sicily for centuries been under the domination of different cultures, so cuisine combines elements of different countries.
- From these cuisines Sicilian cuisine has adopted a love to spices, as well as to the "exotic" fruits and vegetables (melon, apricots, citrus fruits, sweet peppers).

Sicilian cuisine

- Sicilian cuisine can be broadly described in three words: pasta, fish and sweets.
- The most famous Sicilian dishes include arancini (rice balls with fillings), Pasta alla Norma, caponata.



Sardinian cuisine



- Sardinian cuisine is based on simple ingredients that originate pastushechih and peasant traditions: bread, cheese and meat.
- The central role in the kitchen Sardinia got tuna, eel, lobster and other seafood.

Sardinian cuisine

- The traditional
- Sardinian cuisine is famous for its desserts, many of which consist of honey, nuts and fruit.
- Pecorino sardo - one of the varieties of pecorino.



Lazio cuisine

- The capital of Lazio and the whole Italy is Rome, where the best restaurants and many famous cafes, specializing in ice cream are placed.
- Extensive use of lamb and veal are typical for regional cuisine and cooking of high quality products is simplified.



Lazio cuisine

- One of the typical dishes of Lazio is Suppli al telefono (means "Telephone line"), presenting risotto balls stuffed with hot melt mozzarella cheese.





- Italian cuisine is very popular all over the world, but there are a lot of different dishes, which you haven't tried yet.
- Try as many different Italian dishes, as you can, because it's worth it.





Bon Appetit!