



# ***Italian cuisine***

**Presnyakov Nikita  
Mokrinskaya Dasha  
Paramonova Ekaterina**

# 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.



A top-down view of a white rectangular plate. On the left side, there is a large bunch of fresh, vibrant green basil leaves. In the center, there is a pile of uncooked, light-colored spaghetti. On the right side, there is a neat arrangement of approximately 20 bright red cherry tomatoes, organized into four rows of five. The text "Bon Appetit!" is superimposed in the center of the plate, overlapping the spaghetti and tomatoes.

***Bon Appetit!***