

Chapter 1 : Classic Italian Pasta Salad | Wishes and Dishes

This is a list of Italian dishes and foods. Italian cuisine has developed through centuries of social and political changes, with roots as far back as the 4th century BC. Italian cuisine has its origins in Etruscan, ancient Greek, and ancient Roman cuisines.

History[edit] Italian cuisine has developed over the centuries. Although the country known as Italy did not unite until the 19th century , the cuisine can claim traceable roots as far back as the 4th century BCE. Food and culture was very important at that time as we can see from the cookbook Apicius which dates back to first century BC. Italian food started to form after the fall of the Roman Empire , when different cities began to separate and form their own traditions. Many different types of bread and pasta were made, and there was a variation in cooking techniques and preparation. The country was split. Regional cuisine is represented by some of the major cities in Italy. He wrote a poem that spoke of using "top quality and seasonal" ingredients. He said that flavors should not be masked by spices , herbs or other seasonings. He placed importance on simple preparation of fish. By the time *De re coquinaria* was published in the 1st century CE, it contained recipes calling for heavy use of spices and herbs. The Romans employed Greek bakers to produce breads and imported cheeses from Sicily as the Sicilians had a reputation as the best cheesemakers. The Romans reared goats for butchering , and grew artichokes and leeks. Medieval cuisine A restored medieval kitchen inside Verrucole Castle , Tuscany. With culinary traditions from Rome and Athens , a cuisine developed in Sicily that some consider the first real Italian cuisine. Meats and fish were smoked , dried, or kept on ice. Brine and salt were used to pickle items such as herring , and to cure pork. Root vegetables were preserved in brine after they had been parboiled. Other means of preservation included oil , vinegar , or immersing meat in congealed, rendered fat. For preserving fruits, liquor , honey, and sugar were used. Dishes include "Roman-style" cabbage *ad usum romanorum* , *ad usum campanie* which were "small leaves" prepared in the "Campanian manner", a bean dish from the *Marca di Trevisio*, a *torta*, *compositum londardicum* which are similar to dishes prepared today. Two other books from the 14th century include recipes for Roman *pastello*, Lasagna pie, and call for the use of salt from Sardinia or Chioggia. 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 , displaying Persian influences. His Florentine dishes include eggs with Bolognese *torta*, Sienese *torta* and Genoese recipes such as *piperata* sweets , macaroni, squash , mushrooms , and spinach pie with onions. Grains from Lombardy and Campania are mentioned as is honey from Sicily and Taranto. *Messisbugo* gives recipes for pies and tarts containing recipes with various fillings. The work emphasizes the use of Eastern spices and sugar. It contains over 1, recipes, with information on banquets including displays and menus as well as illustrations of kitchen and table utensils. This book differs from most books written for the royal courts in its preference for domestic animals and courtyard birds rather than game. Recipes include lesser cuts of meats such as tongue, head, and shoulder. The third volume has recipes for fish in Lent. These fish recipes are simple, including poaching , broiling , grilling , and frying after marination. Particular attention is given to seasons and places where fish should be caught. The final volume includes pies, tarts, fritters, and a recipe for a sweet Neapolitan pizza not the current savory version, as tomatoes had not yet been introduced to Italy. However, such items from the New World as corn maize and turkey are included. Originally from Modena , *Castelvetro* moved to England because he was a Protestant. The book lists Italian vegetables and fruits along with their preparation. He featured vegetables as a central part of the meal, not just as accompaniments. He also suggested roasting vegetables wrapped in damp paper over charcoal or embers with a drizzle of olive oil. 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. Waiters should not scratch their heads or other parts of themselves, or spit, sniff, cough or sneeze while serving diners. The book also told diners not to use their fingers while eating and not to wipe sweat with their napkin. At the beginning of the 18th century,

Italian culinary books began to emphasize the regionalism of Italian cuisine rather than French cuisine. Books written then were no longer addressed to professional chefs but to bourgeois housewives. As the century progressed these books increased in size, popularity, and frequency. It was believed by some that peasants ate poorly because they preferred eating poorly. However, many peasants had to eat rotten food and moldy bread because that was all they could afford. Nebbia addressed the importance of local vegetables and pasta, rice, and gnocchi. For stock, he preferred vegetables and chicken over other meats. It is so called because Pythagoras, as is well known, only used such produce. There is no doubt that this kind of food appears to be more natural to man, and the use of meat is noxious. Tomatoes are a typical part of Italian cuisine, but only entered common usage in the late 18th century. This book contained the first recipe for pesto. *La Cucina Teorico-Pratica* written by Ippolito Cavalcanti described the first recipe for pasta with tomatoes. Its recipes predominantly originate from Romagna and Tuscany, where he lived. Ingredients[edit] Pesto, a Ligurian sauce made out of basil, olive oil and pine nuts, and which can be eaten with pasta or other dishes such as soup. Italian cuisine has a great variety of different ingredients which are commonly used, ranging from fruits, vegetables, sauces, meats, etc. Pasta dishes with use of tomato are spread in all Italy. Basil found in pesto, nuts, and olive oil are very common. Olive oil is the most commonly used vegetable fat in Italian cooking, and as the basis for sauces, often replaces animal fats of butter or lard. In Tuscany, pasta especially pappardelle is traditionally served with meat sauce including game meat. 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. Most pastas may be distinguished by the shapes for which they are named—penne, maccheroni, spaghetti, linguine, fusilli, lasagne, and many more varieties that are filled with other ingredients like ravioli and tortellini. The word pasta is also used to refer to dishes in which pasta products are a primary ingredient. It is usually served with sauce. There are hundreds of different shapes of pasta with at least locally recognized names. Examples include spaghetti thin rods, rigatoni tubes or cylinders, fusilli swirls, and lasagne sheets. They are both traditional in parts of Italy. Pasta is categorized in two basic styles: Dried pasta made without eggs can be stored for up to two years under ideal conditions, while fresh pasta will keep for a couple of days in the refrigerator. Pasta is generally cooked by boiling. Under Italian law, dry pasta *pasta secca* can only be made from durum wheat flour or durum wheat semolina, and is more commonly used in Southern Italy compared to their Northern counterparts, who traditionally prefer the fresh egg variety. Durum flour and durum semolina have a yellow tinge in color. Italian pasta is traditionally cooked *al dente* Italian: Outside Italy, dry pasta is frequently made from other types of flour, but this yields a softer product. There are many types of wheat flour with varying gluten and protein levels depending on variety of grain used. Particular varieties of pasta may also use other grains and milling methods to make the flour, as specified by law. Some pasta varieties, such as pizzoccheri, are made from buckwheat flour. Whole wheat pasta has become increasingly popular because of its supposed health benefits over pasta made from refined flour. Regional variation[edit] Each area has its own specialties, primarily at a regional level, but also at provincial level. The differences can come from a bordering country such as France or Austria, whether a region is close to the sea or the mountains, and economics. Chili peppers *peperoncini* are typical of Abruzzo, where they are called *diavoletti* "little devils" for their spicy heat. Due to the long history of shepherding in Abruzzo and Molise, lamb dishes are common. Lamb is often paired with pasta. Best-known is the extra virgin olive oil produced in the local farms on the hills of the region, marked by the quality level DOP and considered one of the best in the country. Another liqueur is *genziana*, a soft distillate of gentian roots. The best-known dish from Abruzzo is *arrosticini*, little pieces of castrated lamb on a wooden stick and cooked on coals. The *chitarra* literally "guitar" is a fine stringed tool that pasta dough is pressed through for cutting. *Pizzelle* cookies are a common dessert, especially around Christmas. Pork is an integral part of the regional cuisine,[citation needed] often made into sausages or roasted on a spit. Famous dry sausages from the region are *lucanica* and *soppresata*. Wild boar, mutton, and lamb are also popular. Pasta sauces are generally based on meats or vegetables. Spicy *peperoncini* is largely used, as well as the so-called *peperoni cruschi* "crunchy peppers". *Capunti* are usually served with a hearty vegetable tomato sauce or various meat sauces.

Chapter 2 : Classic Pasta Dishes | Martha Stewart

Celebrate the delectable diversity of Italian cuisine with these 31 recipes, from rich, braised osso buco to comforting spaghetti carbonara, fresh caprese salad, and authentic Italian cocktails.

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Chapter 3 : Classic Pasta e Fagioli

Fresh Pasta with Clams and Hot Italian Sausage Rolling out and shaping this handmade pasta together is the fun part. Make the dough a day ahead, wrap in plastic, and keep chilled.

Italians take their food and the lunch hour very seriously. A four-course meal is served with a variety of types of cheese. There are more than shapes of pasta produced across the world. Best Italian Recipes- Italian food is one of the few global cuisines that Indians are truly obsessed with. There are so many varieties to choose among Italian dishes in veg or non-veg, from when it comes to pasta - penne, lasagne , spaghetti, macaroni, tagliatelle and ravioli among others - that you can toss them in numerous sauces , herbs, vegetables and meats and enjoy a hearty meal. Home-made pizzas are also a favourite option for a quick meal during game nights or family get-togethers. A four-course meal is served with a variety of types of cheese, and every bite speaks of its origins from the 4th century BC. Did you know that Italians are known to take their food very seriously? The lunch hour is the most important meal of the day. It starts with antipasti before the meal like cheese , olives, salad etc. Caprese Salad with Pesto Sauce Nothing like a fresh tomato salad in summers! A great antipasto bite to start your meal with. It offers a twist to the classic caprese salad. Caprese Salad with Pesto Sauce is a fresh and distinct twist to a tomato salad. Panzenella Panzenella is a Tuscan bread salad, ideal for summer. This salad is great with a chilled glass of Prosecco and lots of sunshine! An ideal summer salad, panzanella has spices, herbs and veggies tossed together. Bruschetta An antipasto dish, bruschetta has grilled bread topped with veggies, rubbed garlic and tomato mix. A country bread sliced and topped with different toppings - the evergreen tomato-basil and an inventive mushroom-garlic. The classic Italian starter! Bruschetta is a classic Italian dish with generous garlic flavour and a cheesy, spicy, tomato topping! Focaccia Bread Fresh dough is topped with caramelized onions, olives, tomato slices, basil leaves, grated parmesan cheese and baked delicious! A delicious, fulfilling bread, baked to perfection! It was a pasta popular with the coal miners. Pasta Carbonara is the ultimate cheesy dish that you would love to indulge in! Margherita Pizza Fancy a piping hot pizza, fresh out of the oven? Create one at home! Margherita Pizza is to many the true Italian flag. One of the most loved Italian dishes, it just takes a few simple ingredients and you get insanely delicious results! Classic Margherita Pizza with oodles of cheese, need we say more? Mushroom Risotto A plateful of buttery risotto with the goodness of mushrooms. A healthy bowl of mushroom risotto has benefits more than you can think. A great source of protein, powerful antioxidant and even has cancer-fighting properties. This risotto recipe with mushrooms is a delicious recipe besides being easy and quick! Great to feed a hungry horde! Easy, quick and simply delicious, Mushroom Risotto is the perfect Sunday binge. Pasta Con Pomodoro E Basilico This is the most basic and simplest cooked pasta sauce, hence it is the benchmark of a good Italian home cook. The basic of all pasta recipes, you can cook this for dinner too. Owing to its caffeine kick it sure does! A soft, melt in the mouth dessert that you can pair with tea or right after the dinner. Lasagna The ultimate Italian dish has to be this recipe of Lasagna. A secret to the best lasagna recipe lies in the perfectly made, home made bolognese sauce and this bacon and lamb lasagna boasts of a delicious one! Loaded with parmesan cheese and layered with a mix of vegetables, bacon strips and minced lamb, this lasagna recipe is nothing short of perfect. This bacon and lamb lasagna is baked to perfection with layers of cheese and home made bolognese sauce. Pistachio Panna Cotta End your meals, the Italian way! Chilled and served with chopped pistachios garnishing. With just a handful of ingredients, you can have this Italian delicacy and relish away! Pannacota is a delicious treat to relish after a hearty meal. Enjoy your Italian cooking time and make the most of these recipes to surprise your friends and family.

Chapter 4 : Authentic Italian Recipes - www.nxgvision.com

Italian food has some of the most recognizable meals, whether it's the simple spaghetti with garlic and olive oil, or pasta with buttermilk fettuccine, there's an endless list of Italian classics.

Chapter 5 : The Fundamental Techniques of Classic Italian Cuisine - www.nxgvision.com

A crusty rosemary bread works nicely for this classic Italian salad. The bread - pulled into bite-sized pieces - tomatoes, cucumbers and red onions, are tossed with fresh herbs and just enough vinegar and oil to give them a nice glistening.

Chapter 6 : List of Italian dishes - Wikipedia

5 Classic Italian Dishes Savor traditional Italian flavors like piping hot marinara sauce, melted mozzarella cheese, and loads of garlic in these tried-and-true dinnertime favorites. More.

Chapter 7 : Italian cuisine - Wikipedia

La scienza in cucina e l'arte di mangiare bene (The Science of Cooking and the Art of Eating Well), by Pellegrino Artusi, first published in , is widely regarded as the canon of classic modern Italian cuisine, and it is still in print.

Chapter 8 : 12 Classic Italian Pasta Recipes Everyone Should Know How to Make | Martha Stewart

On Cooking Channel's Pizza Masters, Sal Basille and Francis Garcia, owners of NYC's Artichoke Basille's Pizza, embark on a mouthwatering exploration of Italian food across the country.

Chapter 9 : | Southern Living

Italian Food & Recipes Simple, rich and with a focus on high-quality ingredients, Italian cuisine is popular all over the world.