

## ITALIAN CUISINE (ІТАЛІЙСЬКА КУХНЯ)

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*Розглянуто характеристику італійської кухні й найпопулярніші страви, які потрібно скуштувати в Італії.*

Italian cuisine is recognized not only as one of the best in the world, but also one of the most fashionable nowadays. Italy's cuisine includes a wide variety of foods: vegetables, fish, seafood, beef, lean pork, poultry, cheese, legumes, rice, fruits and berries. For cooking Italian chefs use many different spices and seasonings. And they prefer not to cook the products, but stew in their own juice or with the addition of olive oil and wine to best convey the aroma and specific taste of a product.

What to try in Italy? Italian cuisine can be described as “A thousand dishes of dough”. The main dishes from the test include varieties of dishes: pasta, lasagna, ravioli. In some regions of Italy there are many offers with risotto seafood – one of the most popular Italian dishes. Pasta can be spaghetti, bucatini, vermicelli, capellini. The main thing in the preparation is the sauce and grated Italian cheese, usually Parmesan cheese. There are many varieties of sauces and cooking options. An indispensable condition for cooking risotto is good quality rice. Soup is not an invention of the Italians, but the word is taken in them. Soup in Italian means something softened, something they drink. The most famous soup is minestrone. It is made from seven ingredients – seven types of vegetables, seven types of meat and seven types of condiments, which, according to legend, symbolize the seven virtues of Cardinal. Bruschetta is a traditional Italian snack. Prosciutto – Italian ham, made of ham, grated with salt and spices.

Italian cheeses are an indispensable element of the Italian meal. About 400 varieties of cheese are produced in Italy, the most popular being mozzarella, gorgonzola and parmesan. Each cheese has a specific application. Mozzarella is used for pizza, gorgonzola is added to cream sauce, desserts are made from gentle ricotta. And Parmesan is considered the king of cheeses, they are sprinkled with almost all dishes – pasta, omelets, salads and thinly sliced slices of marinated meat – carpaccio.

The king of all Italian desserts is Tiramisu. a multilayered dessert, which includes the following ingredients: mascarpone cheese, coffee, eggs, sugar and savoyard cookies. Now there are hundreds of varieties of ice cream in Italy – from fruit sherbet to garlic ice cream or ice cream flavored with parmesan cheese.

The latter are served as snacks. Alcoholic beverages. In Italy, it is accepted to eat aperitifs before eating. Aperitifs can be light white or sparkling wine. White and red wines are consumed with food. Eating may be followed by a digestion-enhancing drink, such as cognac, grappa or amara.