

FEATURES OF ITALIAN CUISINE (ОСОБЛИВОСТІ ІТАЛІЙСЬКОЇ КУХНІ)

Кардаш М.О., гр. ХТ-19

Наукові керівники: ст. викл. **І.І. Ков'ях,**

ст. викл. **О.М. Муравйова**

Харківський державний університет харчування та торгівлі

У доповіді йде мова про особливості страв італійської кухні, їх інгредієнти, регіональні варіації.

Italian cuisine is generally characterized by its simplicity, with many dishes having only two to four main ingredients. Italian cooks rely chiefly on the quality of the ingredients rather than on elaborate preparation. Ingredients and dishes vary by region.

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, potatoes, rice, corn (maize), sausages, pork, and different types of cheeses are the most common ingredients. Pasta dishes with use of tomato are spread in all Italy.

Traditional Central Italian cuisine uses ingredients such as tomatoes, all kinds of meat, fish, and pecorino cheese. In Southern Italy, tomatoes (fresh or cooked into tomato sauce), peppers, olives and olive oil, garlic, artichokes, oranges, ricotta cheese, eggplants, zucchini, certain types of fish (anchovies, sardines and tuna), and capers are important components to the local cuisine.

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.

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. Italian cuisine is also seasonal with priority placed on the use of fresh produce.

Italy is also famous for its best wines. Piedmont (Northwestern Italy) is famous for its red wines. Among Lombardian wines, sparkling wines produced in the regions of Franciacorta and Oltrepo Pavese are most famous. Corvina red grapes are the main variety for the production of Valpolicella and Bardolino wines.