

Italian Cuisine and Cuisine

Cuisine - term commonly used to denote a style of cooking with distinctive foods, preparation methods, and techniques of eating

Six components

- 1. Foods chosen for use*
 - Staple foods - wheat, millet, maize, potato, rice*
 - Wild foods (not deliberately cultivated/domesticated) - grasses, insects, tubers, rodents, fungi, dandelions, termites, deer*
- 2. Meal patterns (events) - structure*
- 3. Methods of preparation - add or detract from nutritional value*
- 4. Recipe Repertoires*
 - Origins*
 - Cookbooks*
 - Techniques of eating*
- 5. Rules governing meal behavior*
- 6. Flavor principles*

Italy

- 1. Staples*
- 2. Meal patterns/structure*
 - Antipasto - something to nibble on*

- *Primo* - first course usually pasta
- *Secondo* - main course
- *Contorno* - platter of vegetables
- *Dolce* - sweets

3. *Ingredients*

- *Pasta*
- *Cheeses* - mozzarella, fontina, gorgonzola, mascarpone, parmesan, pecorino and ricotta
- *Garlic and onions*
- *Herbs* - fresh
- *Anchovies, capers and olives*
- *Olive oil*
- *Vinegar* - balsamic
- *Tomatoes*

4. *Cooking Tools/techniques*

5. *Unusual foods*

6. *Regional variations*

a. *Northern*

b. *Southern*

c. *Rome*

d. *Tuscany*

e. *Veneto*

f. *Campania - Naples*

g. Lombardy - Milan

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