

## Italian Cuisine A Great and Tasty Choice

Italy is one of the oldest countries in the world, and thanks to the geographical boundaries of the Mediterranean Sea and the Alps it has remained largely unchanged throughout history. Even during the Roman Empire, Italy was set apart. Legions that had been abroad always knew when they had returned to the mother country. Italian food history, however, reaches far beyond the country's borders.

The spread of Italian food diversity began after the fall of the Roman Empire when individual city states began to uphold separate identities and traditions. Each region began to display its own unique way of cooking, right down to the formation of a meatball to the characteristic cheeses and wine produced in a locale. The north developed Tuscan beef, while black truffles were very popular in Marches. Provolone and mozzarella cheeses developed in the south, as well as a host of interesting citrus fruits.

Even today, the history of this food continues to evolve. Much of the changes now, though, take place beyond the shores of Italy. In America, for example, chefs like Mario Batali have fused classic dishes with American cuisine to come up with dishes that combine the best of both worlds. In cities and towns all over the country, chefs are taking traditional ingredients and combining them in new ways. In what could perhaps be called a full circle journey for pasta, some Italian Asian fusion restaurants are even beginning to evolve.

No doubt that this food has captured the hearts of people around the world. People of this place have a gastronomical affair with food. Eating is a passion and an integral part of the culture in country. So when you are in this place, expect to add a few pounds to your frame. Italian cooking finds its roots back to different regions and is influenced by various factors. If you are looking for healthy and cheaper eating, then you must venture into South Italy.

The world famous and supremely popular Pizza was born in Campania along with tubular pizza and the various tomato based pizza and pasta sauces. Even if you are one of those few people who do not like pizzas, you should try one. The reason the pizza of place is popular is because of its simplicity and its fresh ingredients. Pizza margherita is the most popular pizza in Italy named after Queen Margherita.

No body can deny that, these dishes are some of the tastiest preparations in the world. Along with including various healthy ingredients like fresh vegetables and grains, a large number of recipes are served best with different types of specialized sauces and condiments. Among the rest, meat sauces, prepared in a variety of ways, form some of the most common parts of a variety of Italian recipes. From pastas and spaghetti preparations to lasagna and meatballs, meat sauces are served with a wide variety of the dishes. The desserts are probably the most unusual, at least to Americans. They include things with names like spumoni and tortoni. If you don't know what they are, find yourself a good Italian restaurant and experience them.

### About the Author

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