

Italy

Country and food

Map



Typical food

- typical food is lasagne or spaghetti
- very popular is too some pasta
- typical drink is wine or cappuccino



Catering in Italy

- They have usually with every eat some fruit or vegetable
- Almost every meal they eat by hands, but some pasta with sauce or soups they eat with fork and spoon.

Dining paces

- To first they have appetizer or when is the appetizer warm so the first is the soup
- Second pace is usually soup or warm appetizer
- Next to second pace is Main course ,which is often some pastas or pizza
- The lastes pace is desser, which is the most often made from cream (for example tiramisu)



Is Italy food healthier than Czech ?

YES !

Recipe for Bologness sauce

- **Ingredients**

- 225g/8oz minced beef
- 2 tbsp olive oil
- 1 onion, peeled and finely chopped
- 1 carrot, peeled and finely diced
- 1 green pepper, seeded and finely diced
- 1 clove garlic, peeled and crushed
- 125g/4oz smoked bacon lardons
- 1 tbsp mixed dried herbs
- 400g/14oz tinned tomatoes
- 150ml/5fl oz red wine
- salt and pepper

- **Preparation method**

- Heat a non-stick frying pan and add half the mince. Cook over a high heat to colour the meat, breaking up any lumps with the back of a fork. Repeat with the rest of the mince and drain off any fat.
- Heat the oil in another large pan and cook the onion, carrot and green pepper until they start to soften.
- Stir in the garlic, bacon lardons and the herbs and cook for 2 minutes.
- Stir in the tomatoes and the wine and season well.
- Add the mince and simmer gently for 40-50 minutes until thick. Use to make lasagne or



Thank you for your attention
(Děkuji za pozornost)

Resources:

<http://www.mundo.cz/italie/kuchyne>

http://www.bbc.co.uk/food/recipes/bolognesesauce_1306

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