



Typical Italian Food

- PIZZA: Probably the most famous Italian dish, it was invented in Napoli/Naples around 1860
- CALZONE: Fold up pizza bread filled with tomatoes, ham, cheese and all kinds of filling
- PESTO: Thick green sauce with olives, herbs and olive oil, pine kernels and parmiggiano cheese.
- GELATO: Ice cream is an Italian invention
- LASAGNA: Layered pasta dish with tomato, mozzarella cheese and mince meat filling
- MOZZARELLA: Italian cheese balls, originally made from buffalo milk



EATING FISH IN ITALY: WHAT YOU NEED TO KNOW



In the Mediterrean, fish to avoid generally include salmon (*salmon*), red tuna (*tonna rosso*—a particular favorite of Italy’s illegal fishermen), eel (*anguilla*), scallops (*capasanta*), grouper (*cernia*), hake (*nasello*), skate (*razza*), tropical farmed shrimp (*gamberi tropicali allevati*), swordfish (*pesce spada*), date mussels (*datteri di mare*), and whitebait (*bianchetti*).

But there are fish you can still enjoy. Mediterrean seafood given the “green light” include anchovies (*acciughe* and *alice*), gray mullet (*cefalo*), mussels (*cozze*), shrimp (*gamberetto*), leer fish (*leccia*), cod (*merluzzetto*), oysters (*ostriche*), bonito (*sarda* or *palamita*), sea cicadas (*pannocchia* or *canocchia*), pollack (*pollack*), turbot (*rombo chiodato*), mackerel (*sgombro*), horse mackerel (*sugarello*), and squid (*calamaro* or *totano*).

It also helps to order fish that are adult, local, and in season. What does “in season” mean? Fish reproduce at certain times of year, so if you eat them

according to their season, it’ll give them the chance to reproduce. Here’s a quick guide to what fish to eat, when, in the Mediterrean, courtesy of Slow Fish—with Italian translations to help when you’re looking at a menu!

Spring: Horse mackerel (*sugarello*), mackerel (*scombro*), tub gurnard (*mazzole*, *capone gallinella*, *orgallinella*), sea bass (*spigola* or *branzino*), white sea bream (*sarago*), leerfish (*cerviola*, *cagnola*, *leccia orricciola*), bonito (*sarda* or *palamita*), sea bream (*occhialone* or *pagello*)

Summer: Horse mackerel (*sugarello*), sole (*sogliola*), gilthead sea bream (*orata*), greater amberjack/yellow tail (*acciola*, *aricciola* or *alice grande*), sea bass (*spigola* or *branzino*), tub gurnard (*mazzole*, *capone gallinella*, or *gallinella*), white sea bream (*sarago*), sardines (*sardine*), anchovies (*acciughe*)

Fall: Albacore/longfin tuna (*albacora*), sea bass (*spigola* or *branzino*), mullet (*triglia* or *muggine*), turbot (*rombo chiodato*), tub gurnard (*mazzole*, *capone gallinella*, or *gallinella*), dolphin-fish (*lampuga*)

Winter: Mullet (*triglia* or *muggine*), white sea bream (*sarago*), sardines (*sardine*), greater amberjack/yellow tail (*acciola*, *aricciola* or *alice grande*), anchovies (*acciughe*), monkfish (*rana pescatrice*), bonito (*sarda*), mackerel (*scombro*), carpet-shell clams (*vongole veraci*), turbot (*rombo chiodato*), octopus (*polpo*), cuttlefish (*seppia*), dolphin-fish (*lampuga*)

All year: Gray mullet (*cefalo*), striped sea bream (*mormora*), and saddled bream (*occhiatta*)

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SAUCES

Pasta.....

Spices of Italy

EATING FISH



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8 Spices of Italy

Spices are especially prevalent in Italian cooking, from meatballs to pizza. Aside from fresh produce and luscious olive oil, I would argue that Italian spices are the most important element of Italian cooking. What's taken a while to sort out, however, is which Italian spices to use in which dishes, and what combinations work best together. Luckily, I've done the research so that you don't have to. Here are the top Italian spices and when to use them to make your food taste almost as good as Grandma's.

Basil

is the number one herb in Italian cuisine. Its fresh, bright flavor goes well with Italian staples like cheese, tomatoes, and balsamic vinegar to make Caprese salad.

Oregano

Much better to use dried than fresh, since the pungent, spicy flavor comes out more after the herb has been dried. It’s traditionally used in southern Italian and Sicilian dishes. In everyday cooking, it works best in tomato-based pasta sauces.

Rosemary

is an extremely easy herb to grow for yourself so that you can have it fresh in your cooking. In traditional Italian cooking, it’s often used when roasting meats and for adding peppery but floral flavor to stocks.

Thyme

Is actually a member of the mint family and is used throughout the Mediterranean in a variety of dishes. Try adding it to vegetables, potatoes (such as this maple sweet potato dish), or meats before roasting.

Prezzemolo

Parsley is called in Italian, is one of the most commonly used herbs in Italian cooking. You’ll be hard-pressed to find a pasta, sauce, or soup recipe without it. Parsley comes in flat-leaf and curly-leaf varieties, but flat-leaf parsley is so much more common in Italian cooking that it is nicknamed Italian Parsley. Flat leaf has more robust taste for flavoring dishes as they cook, but curly leaf is better for fine chopping and garnishing. Parsley is most often used to complement spicy elements because of its natural ability to brighten other flavors in any dish. As an added bonus, it has lots of vitamins and minerals.

Sage

Around the world, sage is used for its health properties, which include anti-inflammatory and digestion aid. It’s often used in rich pasta dishes like gnocchi, risotto, and ravioli. That's because sage's natural warm fragrance brightens up heavy dishes.

Bay Leaves

Although you’ll rarely actually eat a bay leaf (they're pretty sharp and could hurt your throat), you’d be surprised to realize how many dishes feature bay. Dried bay leaves are often used to flavor soups, stocks, and stews along with braised meats and pickled vegetables. They add a complex spicy flavor to any dish.

Marjoram

Although close to oregano, is more mild, floral, and woodsy. It's used about equally in recipes fresh and dried, just make sure that you are adding what the recipe calls for. Dried herbs tend to be more potent than fresh in terms of flavor. It’s often found in salad dressing, marinade, and sauces.



SAUCES

- Acciughe: Sauce of anchovies flavored with garlic, oil and parsley
- Aglio e olio: Garlic, olive oil and parsley
- Alfredo: Butter, cream and freshly grated cheese served with fettuccine
- Amatricana: Sauce of fresh tomatoes, chopped bacon, onion and garlic, served with grated Pecorino Romano
- Bolognese: Rich meat sauce flavored with chicken livers, wine, and vegetable and nutmeg. Served with butter and grated cheese; sometimes cream added to the sauce. Also called ragu in parts of Italy other than Bologna
- Burro: Butter and grated parmesan cheese
- Cacciatore: Meat and vegetable sauce flavored with juniper
- Frutti di mare: Seafood sauce
- Funghi e piselli: Sauce of mushrooms, bacon and fresh green peas
- Marinara: Sauce of fresh tomatoes, olive oil, garlic and basil
- Noci: Pounded walnuts and pine nuts with olive oil, garlic and chopped parsley
- Pesto: Oil, grated cheese, pine nuts, basic and garlic pounded into a paste
- Pomidora: Tomato sauce
- Romana: Meat and chicken sauce with chopped mushrooms
- Tartufata: Truffle sauce flavored with marsala or white wine and garlic
- Umbria: Sauce of pounded anchovies, oil and garlic flavored with tomatoes and truffles
- Vongole: Clam sauce with onions, tomatoes, olive oil and garlic

Pasta.....



#162876 Pappardelle (Bolognese) #07191 Farfalle (Cold Pasta Salad) #13759 Shells (Stuffed and Baked) *Campanelle (Cheesy Sauces) #17247 *Bucatini (Casseroles) #07194 Angel Hair (Light sauces or broths)



Acini de Pepe (Cold pasta salad) #13876 Gnocchi (Rich sauces) Orecchiette (Heavier Sauces) #04117 Orzo (Soups) #07190 Penne (Most sauces) #13761 Ravioli (Put in ANYTHING!)

Popular Wines in Italy



- Sangiovese
- Montepulciano (the grape)
- Barbera
- Nero d’Avola
- Primitivo (aka Zinfandel)
- Valpolicella Blends
- Dolcetto
- Nebbiolo

VINO

Popular Vineyards in Italy



- Marchesi Di Barolo
- Antica Cascina Dej Conti di Roero
- Redaelli De Zinis
- Tenuta di Castelbuono
- Azienda Agricola Valentini
- Azienda Vinicola Contini
- Mastorberardino
- Librandi