

Name: _____

Period: _____

Italy Study Sheet

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1. Much of Italy is mountainous. Name the mountain ranges.

Italian Alps- in the north

Apennines- middle of the peninsula

2. Name the areas that are suitable for agriculture located?

What is grown at each location?

North- Po Valley- most productive area for farming-wheat, corn, rice, sugar beets and flax. Raise dairy herds-largest cheese producing region

Central- mountainous and hilly- grains grapes and olives

South- poor soil- olives, tomatoes, and mozzarella cheese

3. What was the *Renaissance*?

A time of great rebirth in art, literature, and science. Italy led the rest of Europe during this time.

4. True or False: The *Latins* were farmers who gained power after the Greeks and Etruscans and made Rome their capital.

5. When did the Roman Catholic Church take over the government of Italy? And Why?

When civil rule declined in the Roman Empire the Roman Catholic Church gained power. It met the people's need for leadership and the structure of the church became more governmental.

6. How long did the *Renaissance* last?

It began in the 14th century and ended in the 17th century.

7. True or False: The *Renaissance* faded as a struggle for power occurred between the papacy and local rulers.

8. Where do olive trees thrive in Italy?

The grow in Southern Italy in the warm Mediterranean climate

9. How did Italian cooking become the “*Mother Cuisine*” throughout the Western world?
It became the source of many Western cuisines and during the Renaissance.

10. How often do most Italians shop for fresh fruits and vegetables?
They shop daily.

11. Italian cooks use many herbs, spices and seasonings. List 20
Parsley, marjoram, sweet basil, thyme, sage, rosemary, tarragon, bay leaves, oregano, mint, cloves, saffron, coriander, celery, onions, shallots, garlic, vinegar, olives, and lemon juice.

12. Why are many dishes prepared on top of the range by simmering and frying?
Because fuel is expensive and they use the oven as little as possible

13. Define pasta.
Pasta is any paste made from wheat flour that is dried into various shapes. It may be made with flour and water and may contain eggs.

14. How is pasta cooked?
“Al dente” slightly resistant to the bite or tooth.

15. List 5 each of fish and shell fish that is popular in Italy.

<u>Fish</u>	<u>Shell fish</u>
Sole	Oysters
Sea Bass	Clams
Anchovies	Mussels
Sardines	Spiny lobsters
Mackerel	Shrimp
Tuna	Crayfish
Eel	
Squid	
Octopus	

16. Because meat is relatively expensive, many Italian cooks rely on _____ Meat _____
_____ Extenders _____.

17. What are the best known Italian cheeses?
Parmesan, mozzarella, Romano, ricotta, provolone and Gorgonzola

18. Italians introduced ice cream to the rest of Europe. Describe these Italian ice creams.

- Granita- Light sherbet made with powdery ice and coffee or fruit flavored syrup
- Gelati- made with milk and resemble vanilla and chocolate ice cream

19. What is *caffè espresso*?

A rich dark flavorful coffee served throughout Italy made in a *caffettiera*. Use dark finely ground coffee beans.

20. What beverage usually replaces water at meals?

Wine- mild burgundy and Chianti

21. Describe the regional characteristics of the foods of Southern Italy and why is it so.

It is a region of poor quality land, sparsely populated with poor people. Therefore meat is very expensive and dairy products are rare. Foods are hearty, filling and economical. Use tubular pasta containing no eggs and olive oil for frying.

22. Describe the following Italian dishes:

Northern:

- A. *Mortadella*-Best known Italian sausage made of beef/pork & seasoned with pepper and garlic
- B. *Risottos*-rice dishes made with butter, chopped onion, stock or wine& parmesan cheese, meats or vegetables. North made with seafood.
- C. *Gnocchi*-dumplings- may be made of potatoes or wheat flour
- D. *Polenta*-side dish- a porridge made of cornmeal; sometimes combined with butter & cheese
- E. *Apfelstrudel*-apple streudel
- F. *Crauti*- saurkraut
- G. *Pollo alla cacciatore*-Chicken hunter style- prepared by simmering pieces of chicken with tomatoes and mushrooms
- H. *Minestrone alla Milanese*-soup made with onions, carrots, zucchini, celery, cabbage, rice or pasta, and seasonings. Served with parmesan cheese.
- I. *Ossobuco*-calf's leg between the knee and the hock- served with the marrow that fills the center of the bone. Eaten with rice
- J. *Zabaglione*-fluffy egg custard flavored with Marsala wine
- J. *Panettone*-sweet cake filled with fruits and nuts. Served at breakfast

Central

- A. *Spaghetti alla carbonara*-sauce contains eggs, pork, pepper and cheese
- B. *Crostata di ricotta*-early Romans made their cheese pie without and sweetening; contained flour, cheese and eggs. Today sweetened with sugar and flavored with candied fruits, almonds and vanilla

C. *Nel fiasco*- Prepare beans by cooking them in garlic, water and olive oil in an empty wine flask

D. *Bistecca alla fiorentina*-grilled steaks sprinkled with coarse salt and pepper

E. *Cenci*-deep fried pastry strips shaped into bows

F. *panforte*-honey cake flavored with cinnamon and cloves

Southern

A. *Fusilli*- pulled out spiral pasta

B. *Orecchietta*- little ears pasta

C. *Ricci di donna*- ladies' curls pasta

D. *Stuffed lasagna*- long wide noodles layered with cheese (ricotta, mozzarella and parmesan) and meats (sausage, pork, ham, or hard cooked eggs) and tomato sauce.

E. *pizza*- tomato sauce, cheese, crust mad from yeast dough

F. *Soffritti*- lightly floured onions and other vegetables mixed with a small amount of meat

G. *Eggplant Napoli*- eggplant layered with tomato sauce and cheese

H. *Zucchini Parmesan*- sliced zucchini and cubed tomatoes tossed with parmesan cheese

23. Describe the order of the largest meal of the day in Italy?

.....And when is this meal eaten?

Noon Meal-eaten in home

Antipasto- appetizer- salami, parma ham, anchovies, hard-cooked eggs, celery, radishes, pickled beets, black olives, marinated red peppers, and stuffed tomatoes.

Minestra- soup- common soup- *pasta in brodo*-simple broth with pasta

Main Course- meat, poultry, and fish- pasta with sauce, vegetable or salad

Fruit and Cheese-end the meal