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Plunge Your Tastebuds with Appetizers from Italian Restaurants in Mumbai, Delhi and Bangalore by Preeti

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Known to be one of the most popular in the world, Italian cuisine is famous for its regional diversity, abundance of difference in tastes and flavor. The main characteristic feature of Italian food is its extreme simplicity, with most dishes having remarkably few ingredients. Thus, it turns out that quality becomes more valuable than elaborate preparation. And that is also why it is simply the most suited for home cooking. Italian recipes are increasingly becoming popular around the world.

Italian cuisine is well known for its many varieties of pasta. Whether it is spaghetti or macaroni, it is usually served with sauce. Coffee, cheese, and wine are unavoidable. Common ingredients in Italian food are tomatoes, olive oil, potatoes, rice, maize, corn, sausage, seafood, meat and cheese.

Meals in traditional Italy consist of usually three to four courses; the first is usually a filling dish like pasta. Usually, it may consist of all in one single course. Italian coffee or expresso has many varieties using milk, cream, chocolate and sugar. Popular alcoholic beverages are wine and beer.

The aperitivo starts a meal and usually consists of appetizers like beverages or food like olives, nuts, crisps, cheese etc. Next serving is antipasto which includes starter courses like cold meat or ham, sandwiches or cheese. The primo is the first course and consists of hot non-meat or fish like foods. The secondo is the heartiest and the main course of the meal and includes fish, sausage, pork, chicken, steak, stew, beef, turkey etc. and includes side dishes called contorno which is raw or cooked hot or cold, vegetables.

The third course is dolce or dessert. It includes dessert dishes, cakes, pies, and even ice cream. The fourth course is the frutta which includes fruits eaten with nuts or cheese, to accompany it. It is usually followed by drinks like coffee, fruit or herbal drinks, to conclude the meal and is called digestivo. Italian meal structure is typical European one with a breakfast, lunch, mid-afternoon snack and dinner, and is pretty much the same type we have in India.

Italian tastes are served widely in India. Indiaâ€™s infatuation with Italian food is particularly evident due to the fact that it is the most popular and successful western cuisine in the country. Exclusive Italian restaurants in Mumbai like â€˜Villa 39â€™, â€˜Prontoâ€™, and â€˜CafÃ© Mangiiâ€™ are immensely popu food is the most favored in multi cuisine restaurants too. Some prominent Italian restaurants in Delhi are â€˜Spaghetti Kitchenâ€™, â€˜Slice of Italyâ€™, â€˜Toninoâ€™, â€˜Stoneâ€™ etc. which serve Italian â€˜Toscanoâ€™, â€˜The Osteriaâ€™, â€˜Lavignaâ€™ and â€˜Firefliesâ€™ are some of the famous Italian

The restaurants believe that the passion for Italian food in India is due to the fact that the cuisines of both countries are based on carbohydrates, rice and wheat here; while there, it is rice and pasta, seasoned with a highly flavored sauce. Italian ingredients like balsamic vinegar and pasta crowd our groceries and Italian recipes and cookbooks crowd cookery bookshelves. Italian cuisine contains a lot of vegetarian options too.

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