What is Italian Food?

by Julia Bennet

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What are the first things that pop into your mind when you think about Italian food ? Pasta ? Pizza ? Then itâ€™s time for you to you to expand your horizon about Italian food ! Italian cuisine is enriched with fresh ingredients and offers a very wide range of dishes. It is also a very diverse cuisine and it may vary from place to place within the country , as every region has its own specialty. While you will find the most exquisite range of seafood sourced from the deep blue water in the south of Italy , the northern part of the country boasts of the fresh mozzarella cheese or the carefully cured Parma ham.

The specialities of Italian food are endless and variations are incredible. Traditional Italian food ranges from the very best reserved- cured ham (Parma Ham) to the freshly manufactured cheese (like the buffalo mozzarella) and the different types of pasta (in terms of shapes and colours) and of course the wide range of pizzas. To add to these specialities, add the Italian biscuits or cakes, premium wines, olive oil, herbs , and the list goes on.

Uniqueness and simplicity are the two common and main factors of Italian food. A simple plate of pasta can be combined with a fresh Italian fish along with a sauce of your choice to make it a complete and healthy meal. The medium used for cooking is primarily Italian olive oil or extra virgin olive oil, which in fact is one of the most traditional and authentic Italian food items. Many of the Italian delicacies have one thing in common â€“ they all have a variety of fresh and handmade products which are processed in different parts of the country.

The manufacturing processes of the different Italian food items bring along with them lots of tradition and uniqueness- ones that have been preserved and mastered in different parts of the country over the centuries. For example, while the small local factories still produce the best quality buffalo mozzarella in Camapnia , the best cured hams are produced in and around the hills of Parma , each contributing towards the richness of traditional Italian food.

Apart from the cheeses and the meats and the sauces , vegetables form a very important part of a traditional Italian meal. The vegetables are served in almost every Italian dish. For example, a high carbo meal along with steamed vegetables and a few drops of extra-virgin oil and oregano as a topping can make your meal the ideal in terms of taste and health-benefits.

If the diversity and the tradition of Italian food have got you thinking and craving for authentic Italian ingredients you need to look into the different online Italian delis to source these . This can be a bit tricky particularly if you are ordering for the first time. At times, the sheer number of these online retailers makes it hard for you to decide which website to use for placing your order.

Considering a couple of factors can help you choose the best online Italian deli from the crowd . Ensure that your online Italian deli sources all its ingredients right from their birthplaces in Italy and at the same time offers an assured delivery schedule. For all Londoners who would like to buy premium quality Italian food, it can be simpler than what it may sound; Find a perfect Italian online deli channel and your premium Italian food items will be just a click away!

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If you are in London and looking for the best quality a Italian food ingredients ,specially sourced from Italy to retain their tradition and quality, you must visit www.nifeislife.com . This online deli offers more than 800 authentic Italian products that include the a Panettone, cheeses , ham , pasta , sauces just to name a few at the most affordable prices !

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