

Use these notes to help you with the quiz! Answers below.

- G – Foods from “the New World”** Potato – Incas in Peru, 8,000 BCE
- Maize and corn – Mayans and Olmecs, Mexico, 8,000 BCE
- Cacao (cocoa=theobroma=food of the gods) – Mayans; Spain, France 1600’s
- Tomato – Central and South America; *pomme d’amour*, *pomi d’oro*
- Beans – widely cultivated in pre-Columbian Americas
- Peppers – Mesoamerica, 5,000 BCE

H - Weird Italian Foods



Coda alla vaccinara=cow tail stewed for hours in a savory tomato sauce. **Trippa (cow stomach)** inspires strong feelings. It has a particular texture; soft, almost spongy, and a tad bit fatty. In Rome, tripe is eaten after it has been cooked in tomato sauce. Florence is another city that is fond of tripe, where it’s called *lampredotto* and is cooked in a white sauce and served as a hot sandwich.

Mule’s balls (Umbria, Marche, Lazio, Abruzzo) The strangeness is only in the name: it’s actually a salami with two pieces of lard inside, and the animal’s poor family jewels have nothing to do with it.

Pork blood cake Pork blood, with milk, Parmesan cheese, breadcrumbs, butter, eggs and diced bacon. Also added: potatoes, pine nuts, fennel, ricotta, intestines.

K - Cucina di ricupero Reusing leftover food is a practice that has always existed in Italy and with the pandemic has taken on new meaning and importance.

Bread cake: the countryside sweet, **Macaroni omelet:** the Neapolitan beach lunch **Frittatina di pasta:** a medallion of spaghetti stuffed with cooked ham, besciamella and peas., **Canederli or knödel:** typical Trentino gnocchi made of stale bread, flour, eggs, speck, parsley and parmesan cheese. **Pastry leftovers.**



Picchiahò (translates to “beat up just a little”), typical Roman *cucina povera* dish uses leftovers, namely *bollito*, specifically boiled beef. An excellent fridge-cleaner, *pasta al forno* can employ vegetables, cured meats, cheese, eggs, mushrooms. anything! **Pallotte cacio e ova:** the meatballs of Abruzzo, are made with dry bread, eggs, salt, black pepper and grated cheese, usually pecorino.

D - Foreign influences on Italian cuisine



Tepsi, puff pastry with spinach, onion, and pine nuts, a variation of Albania’s own *byrek*. **Cannoli** (Arab) **Cotoletta**, Schnitzel (Austria) Some may argue!

A - Foods of Campobasso, Molise The varied landscape lends itself to the cultivation of potatoes, grapes, olives, zucchini, wheat, and legumes: chickpeas, fava beans, lentils, and other beans, mushrooms (gallinaccio, porcini), truffles. Molise is among the leading producers of white and scorzone truffles



J - Vatican City Foods: - Yellow fin tuna, eggplant parmigiana (shown on quiz.



Tofu insalata **Zucchini with rich ricotta**
Tuna: this is one of the tastiest dishes you can try in Vatican City, usually served with lemon wedges. **Eggplant parmigiana:** slices are dipped in batter, egg and spices, and breadcrumbs then simmered in olive oil. They are arranged like a ratatouille and covered with a puree of tomato and lots of cream cheeses.
Tofu Insalata: A tofu salad that you can eat as a main dish with lots of green veggies and the most famous organic olive oil. **Zucchini:** one of the Pope’s favorites, grown organically on Vatican farms and transferred directly to churches.

F- Geography and Climate – Influences on Italian Cuisine (see separate sheet)

E - According to legend, San Marino was founded in 301 AD when Marinus (lit. *from the sea*), a **Christian** stonemason, emigrated in 297 AD to help reconstruct the walls of Rimini. He was accused by an insane woman of being her estranged husband, whereupon he quickly fled to **Monte Titano** to build a chapel and monastery and live as a **hermit**. The State of San Marino would bud from this monastery. **Pope Clement XII** on 5 February 1740, now the feast day of patron **Saint Agatha**, recognized San Marino’s rights, assuring its independence At the **2020 Summer Olympics**, San Marino became the smallest country to earn a medal, as **Alessandra Perilli** and **Gian Marco Bert** won silver in the mixed trap shooting event.



C- Prosciutto di Parma

In 100 BCE, Cato, the “Censor”, marveled at the extraordinary flavor of the air-cured ham made around the town of Parma. The ham is produced only using specially bred pigs, sea salt, air and time. It is 100% natural cured ham without any additives, preservatives, hormones, gluten or coloring agents



B – Cod: merluzzo, “stocfisi” stoccafisso (air dried), baccalà (salted and air dried)

In 1431 a Venetian merchant ship captained by Piero Querini sailing to Flanders was blown far off course by a fierce storm and the Gulf Steam. 11 of the 68 sailors survived the shipwreck landing on 6 January 1432 close to Røst on the Norwegian archipelago Lofoten, a center of the stockfish industry, the rich, nutritious, intensely flavored cod jerky used by Vikings for over a thousand years. The survivors were nursed back to health and experienced life in this isolated fishing community. (An opera ‘Querini’, written by Henning Sommero and performed by professional musicians and a chorus of islanders from Røst, tells their story.) They would eventually depart for Venice, bringing back with them 60 barrels of stockfish. Although not an immediate hit in Venice, it found its way to Treviso and into regional dishes all over the country. An improbable new trade route was born, linking the Renaissance city states then comprising Italy with the lonely windswept isles of Røst (which boasts the highest per capita number of millionaires in Norway). Italy is second to Portugal in exports and a collective of 22 stockfish producers now headquartered in Milano was recently awarded Denomination of Origin status, enjoying the same legal protections as Parma ham and French champagne.



vicentina mantecato ven. arrancato Molise deep fried

Answer key: 1-D, 2-H, 3-E, 4-G, 5-F, 6-C, 7-J, 8-K, 9-B, 10-A **Auguri!**