

cuisine and culture a pdf

A cuisine is a style of cooking characterized by distinctive ingredients, techniques and dishes, and usually associated with a specific culture or geographic region. A cuisine is primarily influenced by the ingredients that are available locally or through trade. Religious food laws, such as Hindu, Islamic and Jewish dietary laws, can also exercise a strong influence on cuisine.

Cuisine - Wikipedia

Roman cuisine comes from the Italian city of Rome. It features fresh, seasonal and simply-prepared ingredients from Roman Campagna. These include peas, globe artichokes and fava beans, shellfish, milk-fed lamb and goat, and cheeses such as Pecorino Romano and ricotta. Olive oil is used mostly to dress raw vegetables, while strutto (pork lard) and fat from prosciutto are preferred for frying.

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