

Essentials for Tuscan Cooking



EXTRA VIRGIN OLIVE OIL

This is the best oil to use uncooked on salads, fettunta, pinzimonio (to dip raw vegetable on extra virgin olive oil). It is also the best for cooking.

BREAD

Tuscan people use unsalted bread and never throw it away. Look for recipes which use old stale bread.

PARMESAN CHEESE

Read the label: Buy it fresh and then grate it on the pasta.

Grana padano is from Padova - Parmigiano Reggiano is the best, from Parma.

HERBS

Use fresh: Rosemary, basil, sage, mint, parsley.

AL DENTE

Pasta must be “al dente” firm to the bite it should never be overcooked and gluey

PECORINO TOSCANO

This cheese is made with sheep’s milk and is considered a fine eating cheese when it has matured at least 30-60 days ranging from the soft to the more mature harder kind.

Buon Appetito!

Please send recipes, comments and suggestions to

recipes@lasocietaitaliana.org

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