

# Food and drink in Calabria



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# . Glossary of food terms

|   |                                |
|---|--------------------------------|
| Abbacchio-lamb  | Capriolo-venison               |
| Aceto balsamic-Balsamic vinegar                       | Carbonara-cream and ham sauce  |
| Acqua-water   | Carciofini-artichoke hearts    |
| Affettati-sliced meats                                | Cardi-cardoons                 |
| Affumicato-smoked                                     | Carne-meat                     |
| Aglione-garlic  | Carpaccio-raw beef sliced thin |
| Al Forno-oven baked                                   | Cavolo-cabbage                 |
| Alici-anchovies                                       | Cavolfiori-cauliflower         |
| Amoretto-almond liquor                                | Cetrioli-cucumber              |
| Anatra-duck   | Ciambotta-vegetable stew       |
| Anice-anise   | Cipolle-onions                 |
| Anisette-aniseed liquor                               | Coda alla Vaccinara-oxtail     |
| Antipasto-appetizer course                            | Coniglio-rabbit                |
| Aragosta-rock lobster                                 | Costoletta-cutlets             |
| Arista-duck   | Cotto-cooked                   |
| Arrosto-roasted                                       | Cozze-mussels                  |
| Asparagi-asparagus                                    | Crostini-toasted bread         |
| Baccala-salt cod                                      | Crudo-raw                      |
| Basilico-basil  | Cucina-kitchen                 |
| Bel Paese-mild cheese                                 | Diavola-spicy sauce            |
| Bietola-swiss chard                                   | Dindie-turkey                  |
| Biscotti-cookies                                      | Dolce-dessert                  |
| Bistecca-steak  | Fagiano-pheasant               |
| Bocconcini-small mozzarella balls                     | Fagioli-beans                  |
| Bollito-boiled  | Farcito-stuffed                |
| Bolognese-meat sauce                                  | Fegato-liver                   |
| Braciola-chops  | Filanti-soft cheese            |
| Brasato-braised beef                                  | Filetto-tenderloin             |
| Brodetto-fish soup                                    | Finocchio-fennel               |
| Brodo-broth   | Focaccia-flat bread            |
| Bruschetta-bread topped with garlic, tomato and onion | Formaggio-cheese               |
| Bufalo-water buffalo                                  | Forno-oven                     |
| Burro-butter  | Freddo-cold                    |
| Cacciatore-hunters style                              | Fritto-deep fried              |
| Caffe-espresso  | Frutti de Mare-shellfish       |
| Calamari-squid  | Funghi-mushrooms               |
| Caldo-hot   | Gamberetti-shrimps             |
| Canestrelli-scallops                                  | Gorgonzola-blue cheese         |
| Cannellini-white bean                                 | Grana Padano-hard white cheese |
| Capperi-capers  | Granchio-crab                  |
| Caprese Insalata-mozzarella, tomato and basil salad   | Griglia-grilled                |
|   | Impanato-breaded               |
|   | Indiviana-endive               |

# . Glossary of food terms cont.

Insalata-salad  
Lardo-fat  
Latte Fritto-fried custard  
Lauro-bay leaf  
Lenticchie-lentils  
Lesso-boiled  
Lemoncello-lemon liquor  
Lemone-Lemon  
Lupo di Mare-lobster  
Maccarello-macherel  
Maiale-pork  
Mais-corn  
Manzo-beef  
Marinara-plain sauce  
Marsela-sweet wine



Marscpone-cream cheese  
Melanzane-eggplant  
Minestrone-vegetable soup  
Mortadella-pork sausage  
Moscato-nutmeg  
Mozzarella-rubbery soft cheese  
Nodini-veal chops  
Osso Bucco-braised veal shanks  
Ostriche-oysters  
Pancetta-bacon  
Panna-cream  
Parmesan-hard cheese from Parma  
Pecorino-hard sharp cheese  
Peoci-mussels

Pepe Verdi-green peppercorns  
Pepe-pepper  
Pesce-fish  
Pesto-basil, pine nuts, cheese and garlic  
Piselli-peas  
Polenta-corn meal  
Polipi-octopus  
Pollo-chicken  
Pomidori-tomato  
Porchetta=suckling pig  
Porcini-mushrooms  
Prezzemolo-parsley  
Prosciutto-cured ham  
Provola-soft cheese  
Provolone-sharp cheese  
Ricotta-creamy whey cheese  
Risotto-rice dish  
Robiola-creamy white cheese  
Rosmarino-rosemary  
Salami-cured sausage  
Sale-salt  
Salsicce-sausage  
Saltimbocca-veal with ham and sage  
Salvia-sage  
Sambucca-anise flavored liquor  
Sardi-sardines  
Scaloppinethin slice of meat  
Scologna-shallots  
Soppressa-dry sausage  
Spigoli-sea bass  
Spinaci-spinich  
Stracchino-goats milk cheese  
Stracciatella-chicken soup  
Taleggio-cow's milk cheese  
Timo-thyme  
Tommo-tuna  
Tortoni-liquor ice cream  
Totano-squid  
Trotta-trout  
Vitello-veal  
Vongole-clams  
Zabaglione-warm custard dessert  
Zafferano-saffron  
Zucchero-sugar  
Zucchini-squash

# . Drinks and local cocktails

Italy has done a huge part in reinforcing the appeal and glamour of cocktails. The cocktail trend really took off in the fifties, and Italy with its deep sense of fashion and design was perfectly suited to the ritual of cocktail preparation, the service in uniquely shaped glasses. Italians welcomed the latest drink trends freshly arrived from the States. But Italy also innovated with the creation of new cocktail recipes. Barmen and notable drinkers left their legacy to the next generations.

Here are ten of the best Italian cocktails, certainly the most iconic:

## 1. Americano

Category: Pre-dinner

Ingredients: 5/10 Vermouth rosso, 5/10 Bitter Campari, Soda Water

Preparation: Stir directly in an Old fashioned ice filled glass, top it up with soda water and garnish with a slice of orange

## 2. Negroni

Category: Pre-dinner

Ingredients: 1/3 Vermouth rosso, 1/3 Bitter Campari, 1/3 Dry Gin.

Preparation: Served on the rocks, you need to use a medium tumbler or a old fashioned glass, stir the ingredients directly in your glass and garnish with a half slice of orange and lemon peel.

## 3. Cardinale

Category: Pre-dinner

Ingredients: 5/10 Gin, 3/10 Vermouth dry, 2/10 Bitter Campari

Preparation: Also Cardinale fancies the Old fashioned ice filled glass, chilled.

Stir and serve

## 4. Bellini

Category: All-day

Ingredients: 3/10 Nettare di pesca (peach juice), 7/10 Spumante Brut (Prosecco is traditional)

Preparation: Build it directly in a Champagne flute, pouring peach juice first and then Spumante Brut. No decorations unless you feel very creative.. .

## 5. Rossini

Category: All-day

Ingredients: 3/10 Nettare di fragole (strawberry juice), 7/10 Spumante Brut

Preparation: It is a variation of the Bellini. Same preparation. Should you feel like experimenting further variations, we suggest you to try as well Mimosa (orange + brut), il Tiziano ("strawberry grapes" + Brut) ed il Puccini (mandarin + Brut)

## 6. Gin and It

Category: Pre-meal

Ingredients: 3/10 Vermouth rosso, 7/10 Gin

Preparation: Pour the ingredients in a mixing glass and serve in a cocktail cup with a red cherry.

## 7. Aperol Spritz

Category: Pre-meal

Ingredients: Aperol 2/10, Prosecco 8/10, Seltzer

Preparation: Fill a tumbler or a red wine glass with ice, pour Aperol, Prosecco and top it with Soda water. Garnish with a slice of orange.

## 8. Martini Cocktail

Category: Aperitivo

Ingredients: 8/10 Gin, 2/10 Vermouth dry.

Preparation: This is a tricky one, Martini lovers get a bit emotional about the way they want it, bartenders sometimes can't keep up with them.. Anyway the original recipe says you have to pour in an ice filled mixing glass gin and vermouth dry, stir well and serve in a chilled cocktail glass. Please don't forget a green olive and lemon peel. There are many variations of this cocktail, here you can find some of them: Perfect Martini, Sweet Martini, Smoky Martini, Dirty Martini, Vodka Martini, Gibson, Martinez..

## 9. Angelo Azzurro

Category: After dinner (very...)

Ingredients: 6/10 Gin, 3/10 Triple Sec o Cointrau, 1/10 Blue Curacao

Preparation: Pour the ingredients in shaker, shake well and serve in a ice filled or a cocktail cup. No garnish

## 10. God Father

Category: After dinner

Ingredients: 3/10 Amaretto di Saronno, 7/10 Scotch Whisky

Preparation: Pour the ingredients in a ice filled Old fashioned glass and stir well.

From the States we got the female version of it, God Mother (3/10 Amaretto di Saronno, 7/10 Vodka)

Remember to drink responsibly and have a great time, these cocktails are powerful stuff so sit back and relax.

Happy boozing



# . The Calabrian menu—Explained

Calabria is one region in Italy that has remained true to it's roots. Unlike other areas of the country where you come across throngs of tourists, much of Calabria seems to have been ignored by time. Driving along it's rough roads, it is not unusual to come a cross a donkey loaded down with firewood, or a shepherd leading his flock, lazily across a "highway".

In small cities and towns across the region, old men spend hours playing cards at tables in the main piazzas, while grandmothers still dressed in black, sit on their doorsteps to gossip with those who pass by. The region's landscape, although very rugged, has something for everyone. Surrounded by water, it has miles of beautiful beaches, and seas that contain almost every kind of fish imaginable. Moving inland towards La Sila Grande, one finds an area unlike any other in Italy. It has snow capped mountains, lively streams and waterfalls, and miles of evergreen forests.

The food of Calabria, despite the abundance of fresh fish, is primarily a diet of simple fresh pastas, homegrown vegetables cooked in a myriad of ways, and meats, particularly pork. Although pasta is important to all Italians, in Calabria it is treated with an almost reverence. Each city or town has it's own pasta specialties, from chewy fusilli, to various types of lasagne. Calabrians seem to know by instinct, the best sauce to pair with each pasta to create the most delicious dishes. Sauces include many seafood and meats, as well as various vegetables, with tomatoes playing an important role. One rich, baked lasagne, consists of layers of delicate egg noodles blanketing a spicy tomato sauce. Spaghetti alle Vongole, the "white" version of pasta with clams, is also a popular dish commonly found in Calabria. Orecchiette con Cima, a

simple pasta made with broccoli rabe, is typical of Calabrian cooking, using just tasty, sautéed greens mixed with pasta.

Polenta is another important staple in the Calabrian diet, often replacing pasta at a meal. Polenta Verde Calabrese, is a wonderful dish served with cheese or sausages.

When it comes to meat, pork is particularly important, with every part of the pig being used. It is turned into sausages, made into hearty pasta sauces, or roasted whole over a spit. Black pepper and peperoncini are widely used as seasonings, explaining why Calabrian food is often described as "spicy". For a great recipe to make Calabrian style sausages, my Homemade Sausage recipe is a good choice. Roast Pork With Fennel, is another typical recipe one might find across Calabria.

The rich abundance of fresh seafood is another advantage to living in Calabria. Calabrians feel simplicity is important when preparing seafood, and often add very little to the dish to prevent masking the delicate flavor of the fish. Fish is often grilled whole as in my Grilled Whole Fish recipe, fried or roasted. Baccala, or dried cod is another important seafood staple that has been around since Roman times, when there was no easy way to transport seafood inland without refrigeration. This recipe for Baccala con Polenta is a great way to try salted cod for the first time. Seafood Salad is a recipe that is popular in Calabria every Christmas Eve, although it would be a nice start to any meal year round.

Since Calabria has a history of being an impoverished region, many poor Italians





depended on gardens to help supplement their food source, which led to them having an affinity for preparing vegetables in various, delicious ways. Tomatoes are one of the most popular vegetables grown, and it is indeed now difficult to imagine southern Italian cuisine without the tomato. Tomatoes are in fact a staple, grown throughout the summer, then canned

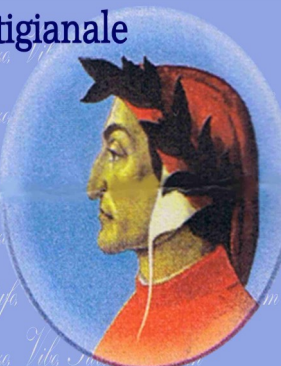
for sauce the rest of the year, or sun-dried and packed in oil. Anyone can prepare tomatoes for canning year round as the Calabrians do, by following the simple instructions in my Canned Tomato Sauce recipe. Despite the importance of the tomato, the eggplant can be considered the queen of Calabrian vegetables. Eggplants are grilled, fried, roasted or stuffed to name just a few methods of preparation. One of my favorite Eggplant recipes, obtained from a Calabrian friend is my recipe for Polpetta di Melanzane (Eggplant Croquettes). A great way to preserve eggplant to enjoy it year round is this recipe for Melanzane Marinata (Marinated Eggplant).

Desserts are an indulgence after a full meal, and like most Italians, in Calabria one would most likely be served seasonal fresh fruit rather than a rich dessert. Calabria is famous for both it's citrus fruits, and figs, both fresh and dried. Typically elaborate sweets are saved for holidays and special occasions. Often, a sliver of a rich buttery tart, made with nuts or jam will be enjoyed with mid-afternoon coffee, and cookies, or biscotti are eaten for breakfast. One simple biscotti recipe that would be delicious any time of day is Pignoli Biscotti. Another Calabrian cookie made for holidays throughout the year, is the dense, honey sweet Mostaccioli. At Easter, a traditional sweet bread that is enjoyed is Ciambellone.

Family life in Calabria centers around the dining table, where food is considered more of an expression of love and tradition than it is for simple nourishment. I hope you now have a better understanding of the foods of Calabria, and that you'll try a few of the recipes offered.

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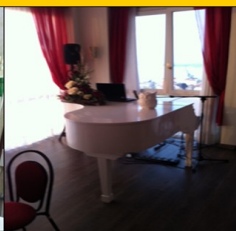
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## • Speciality foods of the region

**ALICI** - Fresh anchovies; much loved throughout the South.

**ALICI A SCAPECE** - Fresh anchovies, boned, dipped in flour, and fried, then marinated in a mixture of vinegar, herbs and spices.

**CAPRESE** - Salad of freshly sliced tomatoes interleaved with slices of mozzarella (preferably bufala), torn basil leaves, and dressed in extra-virgin olive oil.

**FRISELLE FRISEDDE OR FRISE** - Hard twice-cooked bread roll (often, like a split doughnut), first soaked in water, then dressed with tomatoes, oregano and extra-virgin olive oil - a delicious snack with a glass of wine.

**MELANZANE** - Eggplant is one of the favorite and characteristic foods of Southern Italy, eaten regularly and in enormous quantity, as an antipasti (marinated, fried, or baked), on pasta, and as a main course.

**NOVELLAME\* \* \* ROSAMARINA OR MUSTICA** - Known as "il caviare del Sud" - the caviar of the South - this distinctive and pungent specialty consists of the small fry of anchovy salted and conserved in a fiery peperoncino sauce, to be spread on bread to eat as an antipasto.

**PANZAROTTI** - Little semi-circles of deep-fried dough filled with a variety of mixtures, including meat, cheese and tomato, anchovies and parsley.

**POLIPI SOTT'ACETO** - Boiled octopus cut in pieces and marinated in vinegar and garlic; a popular antipasto nibble.

**I PRIMI PIATTI** (first dishes)

**LAGANE AND CECI\* \* \*** - Hand-cut, rather wide, ribbon noodles served with chickpeas cooked in broth.

**MACCHERONI** - This word may be used to signify any one of a number of different types of pasta.

**SPAGHETTI ALGIO OLIO OR AJO E OJO** - Simplest of pasta dishes - spaghetti

dressed with sizzling olive oil and plenty of chopped garlic and chilis.

**SPAGHETTI ALLE VONGOLE** - Spaghetti served with clams on the shell sautéed in olive oil with garlic, with wine added. The best and tastiest clams are designated vongole veraci.

**I SECONDI PIATTI** (second dishes)

**AGNELLO AL FORNO** - Lamb, or more usually mutton, baked with wine and herbs.

**CAPRETTO ALLA SILANA\* \* \*** - Hearty stew made from cubes of kid, cooked slowly with onions, potatoes, tomatoes and wine.

**POLLO OR CONIGLIO ALLA CACCIATORE** - Chicken or rabbit stewed with tomatoes, olives, garlic and herbs.

**COSTOLETTE D'AGNELLO ALLA CALABRESE** - Fried lamb or mutton chops simmered in a tomato sauce flavored with onions, peppers and olives.

**PARMIGIANA DE MELANZANE** - Slices of eggplant first fried, then layered with tomato sauce, hard-boiled eggs, slices of mozzarella, and topped with grated parmesan cheese, then baked in the oven.

**PESCE SPADA ALLA GRIGLIA\* \* \*** - Thick swordfish steaks grilled over charcoal and seasoned with olive oil and garlic.

**PESCA SPADA ALLA BAGNARESE\* \* \*** - Gently steamed with olive oil, lemon juice, capers and oregano.

**SCAMORZA ALLA GRIGLIA** - Thickly sliced scamorza cheese grilled briefly and served as an alternative to meat.

**I CONTORNI** (side dishes)

**CIAMBOTTA OR CIANFOTTA** - Typical Southern vegetable stew combining eggplants, zucchini, tomatoes, bell peppers, onions, celery, potatoes, olives and garlic, simmered in olive oil.

## • Speciality foods of the region cont.

**CICORIA** - A wild chicory, a characteristic bitter salad vegetable.

**FIORI DI ZUCCHINE** - Zucchini flowers usually dipped in batter and fried.

**IROMAGGI** (cheeses)

**BOCCONCINI** - Tiny balls of "mouthfuls" of mozzarella.

**CACIOCAVALLO** - Large, pear-shaped cheese tied together in pairs and slung over a piece of wood known as the "cavallo" or horse (saw-horse). Like scamorza and provolone, cacciocavallo is sometimes smoked.

**PECORINO** - Ewe's milk cheese for both eating and grating. Calabrese pecorino is often coated with hot red pepper.

**PROVOLONE** - Perhaps the most characteristic cheese of the South; made in a process similar to scamorza, but formed into any number of different shapes, including

long, fat sausages, little pigs, melons, and pears. Provolone dolce, the mildest version, is aged for up to a year, provolone affumicato is lightly smoked for about a week, then aged for a further three months.**R**

**ICOTTA** - This fresh, mild soft cheese is made from the left-over whey from the milk of cows, sheep, goats and buffaloes; generally eaten with sugar or salt, and used widely in cooking.

**RICOTTA SALATA** - Ricotta cheese, usually made from ewe's milk, conserved in salt, then left to age until hard. Pleasantly salty yet creamy in flavor. A favorite for grating over pasta.

**SCAMORZE** - Important regional pasta filata cheese. It is made by first slicing curd's from cows milk into strips with a mezzaluna (two-handled crescent-shaped knife), leaving them to ferment and develop flavor for at least a few days, then cooking the curds in boiling water, forming large balls that are tied up a one end (or placed in nets), then soaked in brine. Scamorza is sometimes smoked.

**TRECCE** - Braided string of mozzarella or scamorza cheese weighing up to a kilo or more.

**I DOLCI** (sweets)

**BISCOTTI DI MANDORLE** - Hard, twice-cooked biscuits made with almonds similar to (Tuscan cantuccini).

**CUMPITTU** \* \* \* - Soft nougat made with honey, almonds, and sesame seeds.

**FICHI RIPIENI ALLA SIBARITA** - Dried figs stuffed with almonds or walnuts, covered in concentrated grape must, and cooked in the oven. Very sticky and delicious - wooden boxes of this treat make a good gift to take home.



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**Sardinia**  
 Monti

## Italian wine areas

### Trentino-Alto Adige

South Tyrol, known alternatively as Südtirol (in German) or Alto Adige (in Italian)  
 Trentino

### Emilia-Romagna

Sangiovese Superiore di Romagna  
 Trebbiano di Romagna  
 Colli Cesenate[citation needed]

### Tuscany

Chianti, Chianti Classico  
 Scansano, Montalcino  
 Parrina,

Pitigliano, Valdinievole  
 Colli Apuani  
 Bolgheri, Val di Chiana  
 Colli Etruria Centrale  
 Elba, Montescudaio  
 Colline Lucchesi  
 Val di Cornia  
 San Gimignano  
 Valle di Arbia

### Piedmont

Asti, Alba, Monferrato  
 Barolo, Acqui  
 Colli Tortonesi, Ovada  
 Langhe, Gattinara  
 Ghemme, Gavi

### Veneto

Arcole, Bagnoli, Bardolino  
 Bianco di Custoza  
 Breganze  
 Colli Berici

### Cannonau Vermentino di Gallura

Nuragus, Cagliari, Ogliastro

### Umbria

Montefalco, Orvieto, Torgiano

### Marche

Conero, Piceno, Castelli di Jesi, Lombardy, Franciacorta  
 Oltrepo Pavese

### Apulia

Bianco di Locorotondo e Martina Franca  
 Primitivo di Manduria

### Sicily

Pantelleria, Etna, Noto,

# . Restaurant customs and hints

## House Wine

In many Italian restaurants, you can get a low-cost house wine (usually one white and one red selection) in carafes of 1/4, 1/2, or a full litre. In some places this is a decent though not stellar local wine, in others it will be something completely unrelated to the area. Personally, I'd try something local, even if you have to buy a whole bottle – local wines are part of the authentic Italian food experience. And sometimes the house wine is very special indeed.

The house wine does not necessarily have a lower alcohol content than what you get in bottles; it has whatever alcohol content is normal for that type of wine.

## Is a Pizza a Meal?

A normal Italian pizza is just right for one hungry person to eat – the size of a 12-14" plate. True Italian pizza, at least in northern Italy, bears little relation to the huge thick globby thing they call pizza in the US and, for my money, the Italian version is a lot better. It's a thin crust with a thin layer of tomato sauce and mozzarella (usually) plus whatever else you order on it – every pizzeria has a long list of options from the classic to the bizarre, but usually you can subtract ingredients just by asking. In the better *pizzeria*, pizza is cooked in a wood-fired oven. Don't settle for anything less.

Italians don't often drink beer with meals, except with pizza. Beer may be on tap or in bottles, and is served by volume (*piccola*, *media*, *grande*).

## About Water

*Aqua gassata* (pronounced "gazata") or *frizzante* ("fritz-antay") has bubbles, *naturale* or *non-gassata* does not. While tap water is safe to drink all over Italy, Italians usually drink bottled water because they prefer the taste (not because the restaurants are

looking for an excuse to make you pay more). You can insist on tap water, but be aware that in most parts of Italy it is very hard (lots of calcium), and you may not like the flavor. In some mountain locales where the local water is very good, they serve that in carafes for free. Anywhere else, it can be difficult to get tap water brought to your table, but, if you want to try, ask for *acqua del rubinetto*.

No, *gassata* is not the default choice, unless for some reason your waiter has preconceived notions about foreigners. The Italian population splits pretty evenly on the gas or no-gas preference, so why would any waiter assume otherwise?

## Dining "al Fresco"

NB: To an Italian, *al fresco* is slang for being in jail!

Weather and facilities permitting, the waiter may ask if you prefer to sit indoors or outdoors. If you want to smoke with your meal, outdoors may be your only option nowadays. Prices should be the same for a sit-down meal no matter where you sit.

## Sitting or Standing

At many/most bars you will be charged more if you occupy a table, even if you fetch your drinks/snacks from the bar yourself. Bars care about rapid turnover, so they charge you more for table service. It's a conflict of interest between tourists wanting a place to sit down and rest their feet while enjoying the human scenery around them, and bars needing to make money from the space they're sitting in. The more desirable the location (e.g., Saint Mark's Square in Venice), the more ridiculous the price of a cup of coffee at a table. If you just want coffee, have it standing up at a



# . Explain what you want—in Italian

Whether you're on a short visit to an Italian-speaking country or you're planning to take up residence in Italy itself, knowing how to order food in Italian is essential. Eating out can be a lot of fun, especially if you know some basic vocabulary.

The Italian bar is really what Americans would call a café. There you can get breakfast (coffee and a pastry), snacks, sandwiches, and salty snacks to accompany your before-dinner drink.

assegno (ahs-seh-nyoh) [m] (check)

pagare (pah-gah-reh) (to pay)

soldi (sohl-dee) [m/pl] (money)

In Italian-speaking countries, as in most of the rest of the world, there are three meals a day: colazione (koh-lah-tsee-oh-neh) [f] (breakfast), pranzo (prahn-tsoh) [m] (lunch), and cena (cheh-nah) [f] (dinner).

The following phrases might help you when you're eating at a restaurant.

Vorrei prenotare. (I'd like to make a reservation.)

Per che ora? (For what time?)

Per quante persone? (For how many people?)

No, non abbiamo prenotato. (No, we don't have a reservation.)

Ci porti il conto, per favore. [Formal] (Bring us the check, please.)

Here are some food items you can order:

antipasti (ahn-tee-pahs-tee) [m] (appetizers)

carne (kahr-neh) [f] (meat)

cioccolata (choh-koh-lah-tah) [f] (chocolate)

formaggio (fohr-mahj-joh) [m] (cheese)

fragola (frah-goh-lah) [f] (strawberry)

frutta (froot-tah) [f] (fruit)

gelato (jeh-lah-toh) [m] (ice cream)

insalata (een-sah-lah-tah) [f] (salad)

pane (pah-neh) [m] (bread)

pesce (peh-cheh) [m] (fish)

riso (ree-zoh) [m] (rice)

sale (sah-leh) [m] (salt)

verdura (vehr-doo-reh) [f] (vegetables)

The following phrases can help you place your drink order.

Un caffè, per favore. (A coffee, please.)

Un bicchiere di latte caldo (A glass of warm milk)

Una cioccolata calda (A hot chocolate)

Tre birre (Three beers)

Un bicchiere di acqua minerale (A glass of mineral water)

Liscia o gassata? (Flat or carbonated?)

Un panino, per favore. (I'll have a sandwich, please.)

Lo scontrino, per favore. (Receipt, please.)

Due cappuccini, per favore. (Two cappuccinos, please.)

Here are some drink items you can order

acqua (ahk-koo-ah) [f] (water)

vino (vee-noh) [m] (wine)

bere (beh-reh) (to drink)

birra (beer-rah) [f] (beer)

caffè (kahf-feh) [m] (coffee)

latte (laht-teh) [m] (milk)

You might want to use the following adjectives to when giving your cameriere/cameriera (waiter/waitress) your food or drink order:

calda/o (kahl-dah/doh) [f/m] (warm; hot)

fredda/o (frehd-dah/doh) [f] (cold)

dolce (dohl-cheh) [m/f] (sweet)

grande (grahn-deh) [m/f] (big; tall; large)

piccola/o (peek-koh-lah/loh) [f/m] (small; short)



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