

Italy food cultures and science

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According to the essay findings, it can, therefore, be said that the preparation methods of common foods are inherently simple due to Italian's peasant roots. The most common techniques include;

Pan Frying

It involves cooking food quickly in a small quantity of hot vegetable or butter oil. However, Italians cook some dishes in large amounts of oil especially when deep-frying.

Braising

In this technique, food is fried to attain a brown color before being cooked in a small quantity of fluid to keep in moist.

Grilling

Italians quickly cook their food over the embers of charcoal or hardwood. Usually, they use the technique when tendering small cuts of beef and pork, game birds and some types of seafood.

Simmering or Boiling

This technique entails cooking food in hot water. Foods such as vegetables, rice, and pasta are commonly prepared using the method.