



Culinary Institute  
of America

# Mediterranean Cuisine

Day 2: Southern Italy

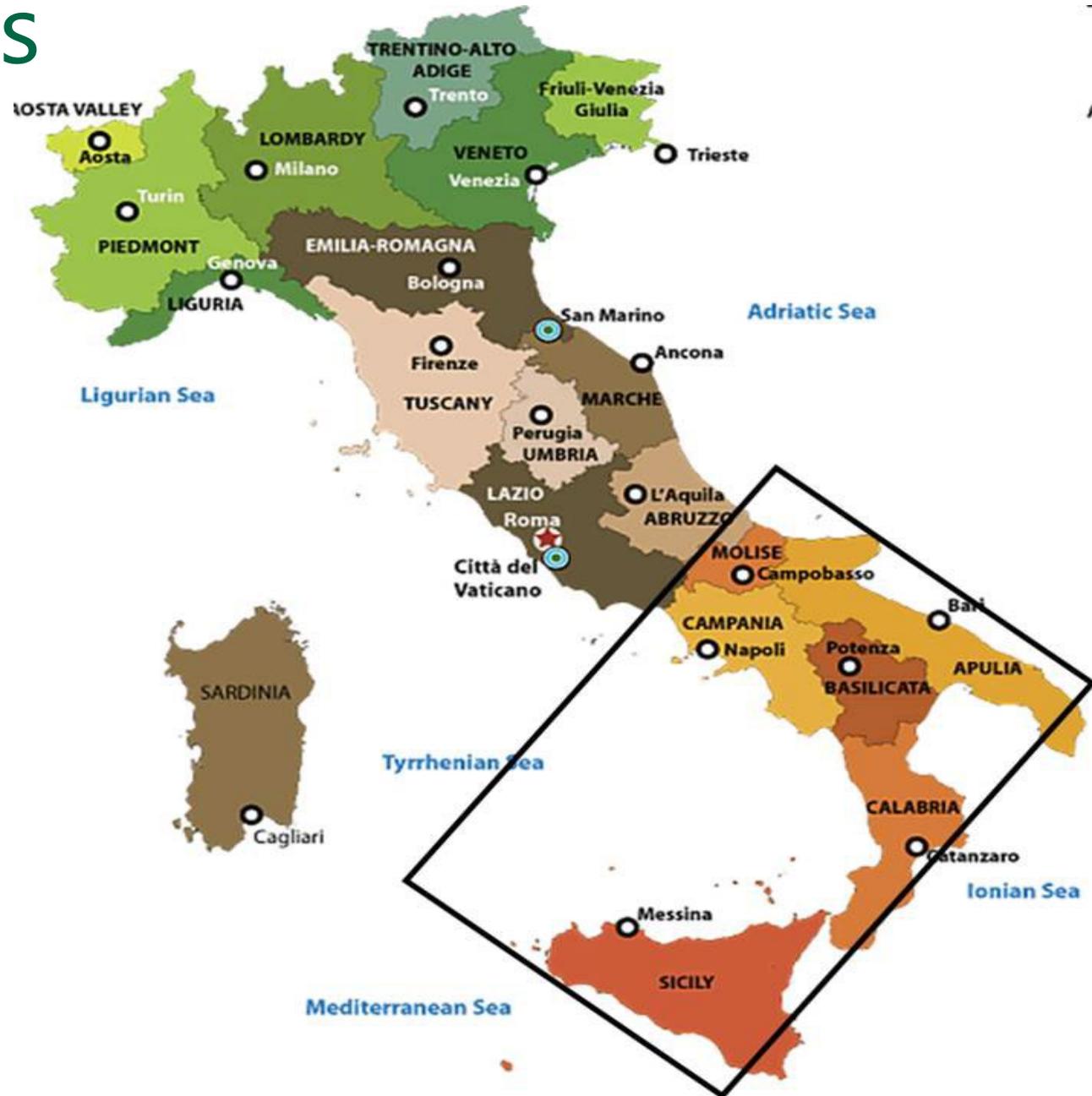


# Learning Objectives

- List the influences of geography and climate on Italian cuisine.
- List major agricultural products of Southern Italy.
- Describe the flavor profiles of Southern Italy.
- List common dishes particular to each of the five southern region of Italy.
- Define pasta and state its basic ratio.
- Differentiate between fresh and dry pastas and discuss their applications.
- List the appropriate sauce for various pastas.

# Italy: Southern Regions

- Known as the “Heel of the boot”
- Culturally disconnected from the rest of Italy
- **Regions:** Campania, Apulia, Basilicata, Calabria, Sicily, Sardinia



# Flavor Profiles



- Bold, spicy, earthy
- **Common combinations:**
  - Anchovies + capers + lemon juice
  - Anchovies + garlic + wine vinegar
  - Basil + garlic + olive oil
  - Basil + garlic + tomatoes

# Ingredients

**Preservation:** salting, curing, brining  
capers, anchovies, olives

**Herbs:** oregano, basil, mint, parsley,  
rosemary, thyme, bay leaves

**Spices:** black pepper, saffron,  
cinnamon, nutmeg, cloves, carraway,  
coriander

**Defining ingredients:** tomatoes, fish  
and shellfish, regional cheeses, citrus,  
chilis, olive oil



# Italian Cheeses



**Ricotta:** creamy texture, mild flavor

**Mozzarella:** pale ivory color, moist

**Caciocavallo:** semi-hard, stretched-curd

**Parmigiano Reggiano:** hard, dry texture

**Pecorino:** granular texture, strong & salty flavor

# Pasta

**Dried pasta:** typical pasta used

**Warmer, dryer, sunny climate:** durum wheat grown for flour

- Pastas dried using the sun: cheaper to produce

**Texture:** firm, chewy, dense, grainy, less tender

- Porous exterior: allows hearty sauces to grip better

**Flavor:** neutral, grainy, wheat forward

**Cook time:** 8-12 minutes

**Popular varieties:** spaghetti, penne, fusilli, rigatoni, orecchiette



# Pasta Cookery

1. Bring a large pot of salted water to a boil (about 4 qt. of water and 1-2 Tbsp. salt for every lb. of pasta). Add pasta. Stir occasionally.
2. Cook until slightly chewy and firm but with no taste of raw flour (*al dente*) Cooking times vary depending on whether the pasta is fresh or dried and the shape.
3. Drain. If not used immediately, lightly coat pasta with oil, spread in a single layer on a sheet pan, refrigerate until cooled.
4. To serve reheat in simmering water. Toss with sauce.

# Basic Pasta Ratio



**Flour:** 1 lb.

- Utilizes high protein flour such as bread, durum, or semolina

**Eggs:** 4 ea.

- Some pastas will use more eggs or water to produce a softer dough

**Oil:** 1 Tbsp. (optional)

**Salt:** 1 tsp.

# Pasta Shapes and Sauces

As the size of the pasta increases, so can the depth and heaviness of the sauce

## **Delicate pastas:**

- Angel hair, capellini, linguini, farfalle
- Pairs well with a light, creamy sauce

## **Robust pastas:**

- Trenette, fettuccini, pappardelle, penne
- Pairs well with a more hearty, thicker sauce





# Pasta Shapes and Sauces

## Flat pastas

- Will take an even coat of sauce
- Appropriate for smooth, light sauces

## Fresh pastas

- Softer and more absorbent than dried
- Better suited for smooth, light sauces, usually made from butter or cream



# Antipasti



- First course of a traditional Italian meal
- Can be served hot or cold
- Often accompanied by a glass of Italian wine
- **Traditional ingredients:** cured meats (salami, prosciutto, mortadella) & cheeses (mozzarella, provolone, gorgonzola)
- **Other ingredients:** marinated vegetables, olives, breads/ crackers, dips/ spreads

# Calabria Cuisine

- Rich tradition of preservation
- Rustic donut-shaped bread (*Pitta*) served at every meal
- **Spices:** many hot peppers (*peperoncino*)
- **Meats:** pancetta, capocollo, salsiccia, soppressata, spreadable pork sausage with chilis (*nduja*)
- **Seafood:** swordfish, anchovies, sardines, squid
- **Vegetables:** tomatoes, peppers, Tropea onions, eggplants, olives
- **Fruit:** bergamots, grapes, peaches, pears, citrus
- **Cheese:** Pecorino, Caciocavallo



# Popular Dishes



**Chili-Stuffed Eggplants**  
(*Melanzane Ripiene*)



**Spicy Pasta**  
(*Pasta alla Calabrese*)



**Swordfish with Tomatoes, Olives, Capers**  
(*Pesce Spada alla Ghiotta*)

# Basilicata Cuisine



- Historical peasant cuisine
- Simple recipes, local ingredients
- Large grain cultivation: ancient bread baking
- **Meat:** pork, sheep, lamb, no fish
- **Staples:** Senise peppers (*peperoni cruschi*), bulbs of tassel hyacinth plant (*lampascioni*)
- **Wine:** Aglianico del Vulture
- **Vegetables:** tomatoes, artichokes, peppers, eggplants, potatoes, onions
- **Fruits:** apples, pears, cherries
- **Cheese:** pecorino, ricotta



# Popular Dishes



**Pasta with Tomato,  
Breadcrumbs,  
Anchovies**  
(*Mollicata*)

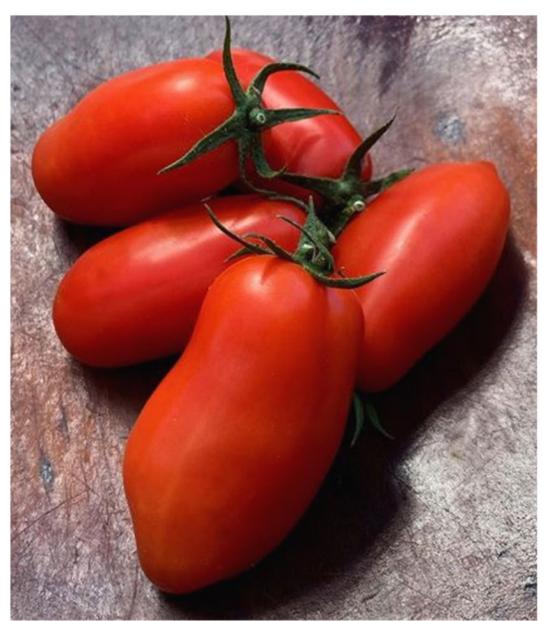


**Wide Pasta with  
Chickpeas**  
(*Lagane e Cicciori*)



**Bread with Peppery  
Broth, Poached Egg**  
(*Acquasale*)

# Campania Cuisine



- Birthplace of pizza: soft, chewy, thin dough + fresh ingredients
- Thriving coffee culture
- Seafood & lemons from the Amalfi Coast
- **Meat:** pork, beef, veal
- **Cheese:** buffalo mozzarella
- **Vegetables:** artichokes, eggplants, San Marzano tomatoes
- **Staples:** Sorrento olive oil, garlic, chestnuts
- **Wines:** *Aglianico, Fiano di Avellino, Greco di Tufo, Falanghina*

# Popular Dishes



**Neapolitan Pizza**  
(*Pizza Napoletana*)



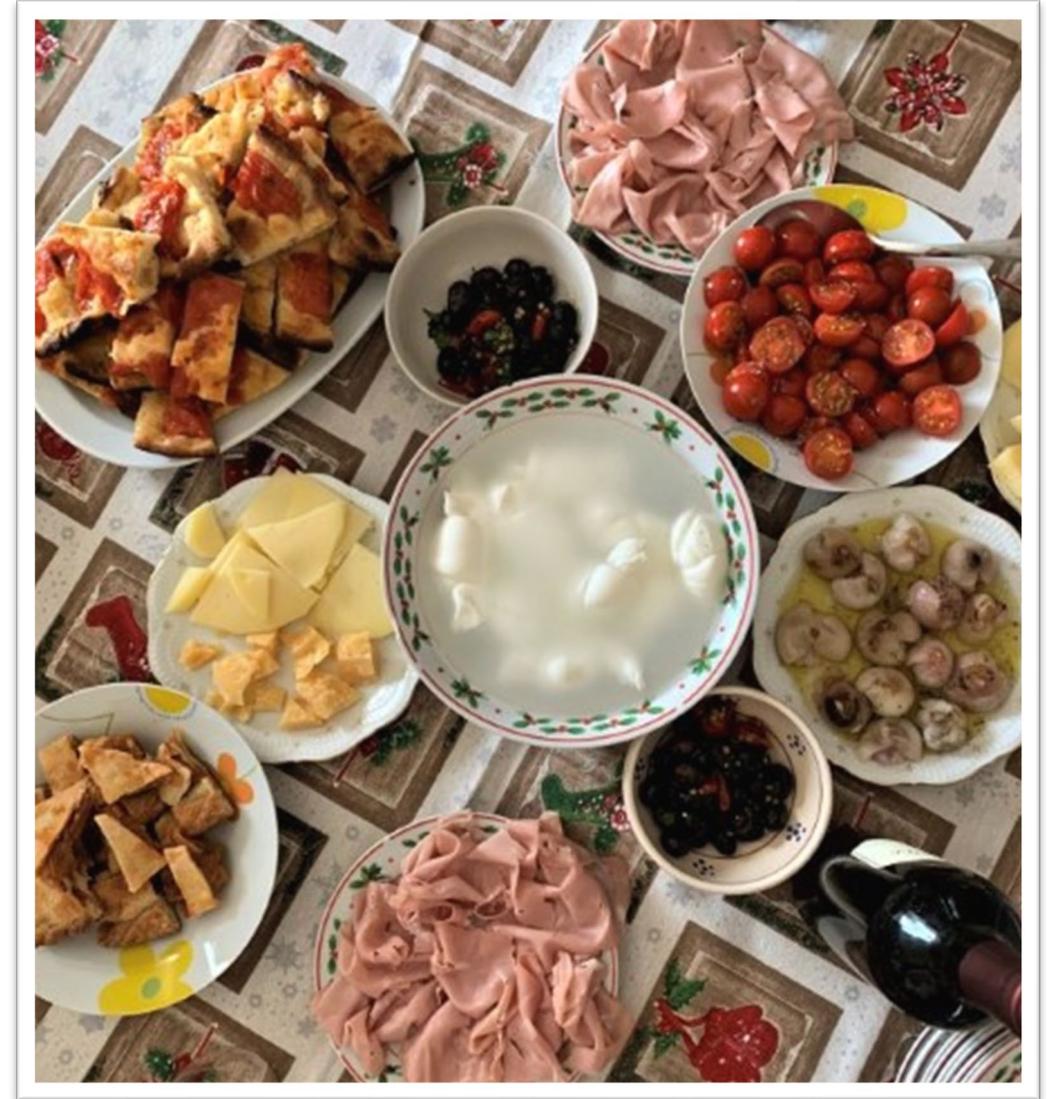
**Pasta with Fish Sauce**  
(*Spaghetti con Colatura di Alici*)



**Caprese Salad**  
(*Insalata Caprese*)

# Apulia Cuisine

- Emphasis on raw materials, agricultural
- Simple flavors, home-country inspired
- 40% of Italy's olive oil, Coratina
- **Durum wheat:** pasta, breads
- **Meat:** sheep, lamb
- **Seafood:** mussels, clams, fish
- **Vegetables:** tomatoes, artichokes, fava beans, chicory, turnip greens
- **Fruits:** figs, apples, grapes, almonds
- **Cheese:** *burrata*, *caciocavallo*
- **Wine:** *Negroamaro*, *Primitivo*



# Popular Dishes



**Pie with Tomatoes,  
Onions, Anchovies**  
(*Calzone di Cipolla*)



**Pasta with Broccoli  
Rabe**  
(*Orecchiette con Cime di  
Rape*)



**Durum Wheat Bread  
with Tomatoes**  
(*Friselle Salentine*)

# Sicilian Cuisine



- Greek, Spanish, African, Jewish, Arab influences
- Starters (*antipasti*) are central
- Abundance of fish & seafood
- *Pantelleria* island famous for capers
- **Nuts:** pistachios, almonds, pine nuts
- **Fruits:** figs, apples, grapes, peaches, lemons
- **Cheese:** *Pecorino*, ricotta
- **Vegetables:** tomatoes, olives
- **Wine:** *Nero d'Avola*
- **Other:** sardines, raisins, honey

# Popular Dishes



**Stuffed Fried  
Risotto**  
(*Arancini*)



**Pasta with Eggplant,  
Tomatoes**  
(*Pasta alla Norma*)



**Eggplant, Olive,  
Tomato Salad**  
(*Caponata*)

# Sardinian Cuisine

- Diverse mix of cultures, like Sicily
- Mediterranean coast, fishing towns
- **Wheat production:** crispy flatbread (*pane carasau*), whole grain bread
- **Staples:** fresh seafood, cured fish roe (*bottarga*), olives, herbs
- **Fruits:** citrus fruits (*pompia*), figs
- **Vegetables:** tomatoes, eggplants, onions, artichokes, fava beans
- **Wine:** *Vermentino*
- **Other:** honey



# Popular Dishes



**Crispbread with  
Tomato Sauce, Egg**  
*(Pane Frattau)*



**Small, Toasted Pasta**  
*(Fregola)*



**Roast Pig**  
*(Porcheddu)*



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Any Questions?