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Pasta restaurants- Offering Italian food in all its diversity by [Robert Duce](#)

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Identified to be one of the most well-liked in the world, Italian food is well-known for its regional variety, plenty of variation in flavors and tastes. The major distinguishing characteristic of this food is its tremendous simplicity, with the majority of dishes having surprisingly a small number of ingredients. Therefore, it turns out that quality turns out to be more important than complicated preparation.

Italian cuisine is famous for its many diversities of pasta. Whether it is spaghetti or macaroni, it is generally dished up with sauce. Coffee, cheese, and wine are indispensable. Regular items in Italian food are tomatoes, olive oil, potatoes, rice, maize, corn, sausage, seafood, meat and cheese.

Serving of food in traditional Italy are composed of generally three to four courses; the most preferred dish is generally a heavy one like pasta. Usually, it might comprise all in one single course. Italian coffee or espresso has lots of varieties via milk, cream, chocolate and sugar. Well-liked alcoholic beverages are wine and beer.

The aperitivo starts a meal and generally comprises appetizers like beverages or food like olives, nuts, crisps, cheese etc. then serving is antipasto which consists of starter courses like cold meat or else ham, sandwiches or cheese. The primo is the first course and is composed of hot non-meat or fish like food. The secondo is the heartiest and the main course of the meal and consists of fish, sausage, pork, chicken, steak, stew, beef, turkey etc. and comprises side dishes identified as contorno which is unprocessed or cooked, hot or cold vegetables.

The third course is dolce or else desserts. It consists of dessert dishes, cakes, pies, and even ice cream desserts. The fourth course is the frutta which consists of fruits consumed with nuts or cheese to go with it. It is generally followed by drinks like coffee, fruit or herbal drinks, to finish the meal and is called digestivo.

Any pasta restaurant considers that the craze for Italian food in India is because of the fact that the food of both countries is derived from carbohydrates: rice and wheat in India; while in Italy, it is rice and pasta, seasoned with extremely flavored sauces.

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