

Moscow state independent professional educational institution «Moscow Educational Complex named Victor Talalikhin»

Comparative characteristics of cuisines British and Italian cuisine

THE AUTER:
The teacher

General features

British cuisine

Traditional British dishes are fish and chips, potato casserole with meat and mashed potatoes.

Italian cuisine

the traditional cuisine of Italy, widespread and popular all over the world, thanks to dishes like pizza and spaghetti

National Dishes

British cuisine

fish with fried potatoes, shepherd's pie, roast beef or oxtail soup. Among the local population of great popularity has Cumberland sausages, sausages with mashed potatoes, casserole of veal kidneys. These days, many Britons are addicted to junk food, which came to them from the USA. In Wales on holidays on the table lamb served with mint sauce in England eat steaks, in Scotland, oatmeal with spices and meat. Interesting dishes are the eggs highland, Lancashire stew, pudding on the renal fat, Yorkshire pudding. Modern cooking requires many dishes served with sauces.

Italian cuisine

Fish are traditionally added to stews, pasta dishes, cakes, risotto and pizza, or just served fried, baked or lightly fried in olive oil with vegetables. Poultry, especially chicken, is also regularly appears on the table. Eggs are a common ingredient in many Italian dishes such as Frittata, regularly consumed in food, but in small quantities

Meat

British cuisine

Lamb chops with vegetables
Pork with zucchini
Meat casserole English
Beef Burgundy
Lasagna with minced meat
Leg of lamb
Chicken Kiev
Breast of chicken in caramel sauce
Goose with apples
Chicken fillet with mushrooms.
Chicken cutlets in lemon sauce
Homemade burgers

Italian cuisine

Bolognese ragu
Roasted saddle of lamb in garlic sauce
Grilled sausages with vegetables
Grilled sausages with tomatoes, peppers and onions
Zrazy Venetian
Pork with apples and herbs
Meatballs with tomato sauce
Liver with onions Venetian
Christmas spiced pork
Pork tenderloin in garlic sauce
Pork tenderloin with Apple stuffing
Pork with fennel
Pork chops in balsamic vinegar
Pork chops with nduja and honey
Pork rolls
Tagliata

Dairy

British cuisine

England is famous for its dairy products, including cheese. The most famous English cheese – cheddar, from the village of Cheddar, in the West of England

Italian cuisine

Dairy products have become an integral part of our diet. And no matter if you have children or not, sour cream, butter, yogurt, curd, cheese and much more, always have in our fridge. Almost daily we cook at home various dairy soups, or milk porridge, especially if you have children. Kashi cereals, noodles, vegetables, milk and sour cream sauces, cheese, yogurt, etc., all these dishes from dairy products not only delicious, they are also very useful.

Fish and Seafood

British cuisine

Bonito
Salmon
Macray
Masago
A few whiting which might serve
Swordfish
Red sea bream
Sea bass (Suzuki)
Sea perch (tatkin)
Conger (anago)
Crabs
Shrimp
Scallops
Oysters
Octopus (tako)

Italian cuisine

anchovies
acne
Omar
cod
seabass
squid
mullet
mussels
mussels
gurnard

Fruits and Vegetables

British cuisine

garnet
watermelon
tomato
apples
strawberry

Italian cuisine

strawberry
watermelon
orange
persimmon
melon
apples
melon
peaches
grapes
plum

Spices, Seasonings, Souces

British cuisine

vanilla
Baraga
anise
Zira
hyssop
sesame
curry

Italian cuisine

balsamic vinegar
fennel
sage
mint
cinnamon
pepper
nutmeg

Drinks and Sweets

British cuisine

*Tea, cider, gin, sherry, Whisky, Gordon's gin
candy cakes ice cream cakes biscuits
chocolate marshmallow halvah, baklava
pretzels donuts marmalade*

Italian cuisine

***Biancosarti, Campari, Cinzano, Martini,
Negroni , Punt e mes, Fernet Branca, Cynar,***
*wine, beer. Chocolate cream paste, Torrone
(hazelnut nougat), Croccante and Tartufo
(roasted nuts), Italian marmalade.*

Conclusion