

## Italian Cooking in American Kitchens

Most of us have found some sort of Italian cuisine that has become a favorite for our families and ourselves. Unfortunately, far too many of us discount the possibility of bringing Italian cooking into our very own kitchens for fear that many of the recipes are far too difficult. The truth is that learning to cook Italian food just might make your home the favorite drop in dining spot for friends and family all over.

Believe it or not, most great Italian recipes have an easier version that can be made with very similar effects when it comes to flavor and aroma. Also, despite the commercials of old, all Italian cooking does not require an entire day of simmering in order to achieve great flavor. Though you do not have to let your friends and family in on that little secret. Be a martyr for flavor and they will love you even more. You do not have to let anyone in on your best-kept secrets when it comes to preparing these often simple dishes.

The biggest challenge that most Americans face when it comes to Italian cooking is basically learning a new set of essential ingredients. The cheese, meats, or grains that are used in their creation most often identify or define Italian cuisine. It's the combination of these primary ingredients that create some of the most distinctive flavors on earth. Learn about these ingredients. Identify the flavors and study the combinations of flavors and you should be able to not only follow many great Italian recipes but also to invent a few of your very own Italian inspired recipes.

The greatest thing when it comes to cooking Italian food is that most of these dishes are rather difficult to destroy. This of course does not indicate that it cannot be done, only that it isn't as simple as with some of the more delicate cuisines around the world. Italian food is durable and flavorful but for the most part not too terribly delicate when it comes to flavor. You can go a little heavy with some spice or cheese without completely ruining the dish in most instances. If you are anything like me, this is a regular occurrence when cooking and one of the reasons I enjoy cooking Italian food so much.

Whether you are a beginner when it comes to the culinary arts or a seasoned pro there is something that will provide the appropriate challenge for you when it comes to Italian cooking. Take a look around there are recipes in abundance across the Internet, at your local library, in specialty cook books, and even in your favorite block buster best selling novels.

Another thing you should keep in mind when cooking Italian food is that nothing seems to bring out the flavor of Italian food better than a good bottle of wine

to match. Perhaps this is the reason that it is difficult to ruin an Italian meal, no matter how bad it is, the good wine paired with it, will erase all ill will and tastes in very short order. You will want to spend a little time researching and studying the science (though some will argue that this is truly an art form) that goes along with pairing a good bottle of wine with the right flavor combination when it comes to Italian cooking. Once you've mastered this, there is nothing to prevent you from being the diva of all things Italian when it comes to food preparation.

The most important thing for you to remember when cooking Italian food is not to take the cooking too seriously. Good Italians know that the enjoyment of the meal is far more important than the process of preparing the meal. Make your meal an event with plenty of time for pleasant conversation and enjoyment of your company in between courses. You should also never rush a good Italian meal or you will find that all your efforts cooking Italian will be for naught as the true pleasure of Italian cuisine has been lost somewhere in translation.

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