

Italian First Courses: Primi Piatti

Your Name:

1. What is the primary purpose of *primi piatti* in an Italian meal structure?

- ☐ A. To act as a side dish alongside the *secondo*.
 - ☐ B. To serve as a light appetizer before the main courses.
 - ☐ C. To be a substantial, hot dish that transitions between the appetizer and the main course.
 - ☐ D. To replace the *antipasto* in a simplified meal.
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2. *Primi piatti* are typically heavy meat-based dishes, showcasing the richness of Italian cuisine.

- ☐ A. True
 - ☐ B. False
-

3. Name three common types of *primi piatti* found in Italy.

4. In Lombardy, alla Milanese, flavored with saffron, is a well-known *primo piatto*.

5. Match the region with its signature *primo piatto*:

- | | | |
|----------|----------------------|----------------------------------|
| 1. | <input type="text"/> | A. Risotto alla Milanese |
| Lombardy | | |
| 2. | <input type="text"/> | B. Pasta alla Norma |
| Rome | | |
| 3. | <input type="text"/> | C. Cacio e pepe |
| Sicily | | |
| 4. | <input type="text"/> | D. Orecchiette alle cime di rapa |
| Puglia | | |
-

6. Which of the following best describes the role of seasonality in Italian primi piatti?

- ☐ A. Only winter dishes use seasonal ingredients.
 - ☐ B. Recipes are standardized, regardless of the season.
 - ☐ C. Lighter soups and vegetable-based pastas are favored in summer, while richer dishes are favored in winter.
 - ☐ D. Seasonality has no impact on the ingredients or styles of primi piatti.
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7. Although some recipes might include ham or anchovies for added flavor, *primi piatti* are generally meat-centered dishes.

- ☐ A. True
 - ☐ B. False
-

8. What is the main ingredient that gives Lemon Risotto its distinctive flavor?

9. Tagliatelle alla features cured fish roe, adding a rich, salty taste to the dish.

10. Match the ingredient with the dish it is primarily associated with:

1. Gorgonzola Cheese A. Potato gnocchi
 2. Clams B. Ravioli with Goat Cheese
 3. Hazelnuts C. Orecchiette
 4. Turnip tops (*cime di rapa*) D. Spaghetti alla Vongole
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11. When making Lasagna alla Bolognese, which sauce is typically layered between the pasta sheets along with the meat sauce?

- ☐ A. Bechamel
 - ☐ B. Alfredo
 - ☐ C. Pesto
 - ☐ D. Marinara
-

12. Spaghetti alla Vongole is traditionally made with a heavy, cream-based sauce typical of northern Italy.

- ☐ A. True
 - ☐ B. False
-

13. What kind of rice is typically used when preparing lemon risotto?

14. In the context of Italian cuisine, *secondi* refers to the

.....

15. Match the following Italian terms with their English translations:

1. Primo A. Main course

2. Antipasto B. Dessert

3. Secondo C. Appetizer

4. Dolce D. First course

16. Which ingredient is a key component of Zuppa di Broccoli, contributing to its flavor and nutritional value?

- ☐ A. Asparagus
- ☐ B. Spinach
- ☐ C. Broccoli
- ☐ D. Cauliflower

17. A crucial step of sautéing garlic in olive oil is essential to start cooking the Pugliese Orecchiette con Cime di Rape.

☐ A. True

☐ B. False

18. What does the term 'orecchiette' mean in Italian?

19. di Funghi features pasta tubes stuffed with mushrooms and cheese, being a delightful Italian dish.

20. Match the soup with its main ingredient(s):

1. Italian

Sausage

&

Tortellini

Soup

A. Cannellini beans and Swiss chard

2.

Cannellini

Bean

Soup

with

Sauteed

Swiss

Chard

B. Broccoli

3.

Zuppa

di

Broccoli

C. Italian sausage and tortellini

21. What role does enjoying a meal slowly play in the Italian dining experience?

- ☐ A. It is seen as inefficient and impractical.
 - ☐ B. It minimizes the appreciation of the meal's flavors.
 - ☐ C. It is a central aspect, enhancing moments to savor every taste.
 - ☐ D. It is only relevant during formal events, not daily meals.
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22. Pasta con Crema di Zucchini strictly suits the winter menu because of its heavy and rich components.

- ☐ A. True
 - ☐ B. False
-

23. Name one popular dessert (dolce) that often concludes an Italian meal.

24. Branzino is a type of dish often enjoyed as a *secondo* in Italian cuisine.

25. Match each pasta type to its best-suited sauce:

- | | | |
|-------------|-------------|---|
| 1. | <div></div> | A. Vegetable-based such as cime di rapa |
| Orecchiette | | |
| 2. | <div></div> | B. Creamy sauce |
| Spaghetti | | |
| 3. | <div></div> | C. Chunky vegetable sauce |
| Fettuccine | | |
| 4. | <div></div> | D. Tomato sauce |
| Penne | | |
-

26. Which region in Italy is best known for its hearty steak called Bistecca alla Fiorentina?

- ☐ A. Sicily
- ☐ B. Puglia
- ☐ C. Tuscany
- ☐ D. Veneto
-

27. The 'contorno' in an Italian meal refers to the dessert course.

- ☐ A. True
- ☐ B. False
-

28. What is 'caffè latte' often accompanied by during *merenda*?

29. In Sicily, di pesce is a dish reflecting North African influences.

30. Match the Italian term to its English equivalent:

1. Minestrone A. Vegetable soup

2. Pasta e fagioli B. Pasta and beans

3. Pappa al pomodoro C. Tomato and bread soup

31. Which of the following best sums up the essence of *Primi Piatti* in Italian cuisine?

- ☐ A. A quick filler before the main course.
 - ☐ B. A representation of Italy's regional ingredients and culinary artistry.
 - ☐ C. An isolated serving lacking regional influence.
 - ☐ D. Just a simple pasta selection.
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32. Famous culinary experts, like Lidia Bastianich, do not generally produce cookbooks centered on authentic 'Primi Piatti'.

- ☐ A. True
 - ☐ B. False
-

33. Mention an ingredient that commonly flavors dishes in primi piatti of Southern Italy.

34. A classic espresso coffee or
is often enjoyed after a good Italian meal.

35. Match the following descriptions to either an Italian First Course
or Second Course:

1.
Typically
a meat
or fish
dish

--

A. Second Course

2.
Typically
pasta,
polenta,
or
risotto
based

--

B. Second Course

3. Often
features
spaghetti
alla
vongole

--

C. Italian First Course

4.
Follows
the
primi
piatti
on the
menu

--

D. Italian First Course

36. How is Cannellini Bean Soup often enriched in its preparation, according to the provided content?

- ☐ A. By adding tortellini and broth, to provide heartiness and boost flavors
 - ☐ B. By incorporating saffron threads, to infuse a luxurious taste.
 - ☐ C. By sautéing Swiss chard for vibrant flavor
 - ☐ D. By using cream as its base to enhance smoothness.
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37. Although Italian meals vary regionally, the arrangement of courses from beginning (antipasti) to end (dolce) is fairly standard across the country.

- ☐ A. True
 - ☐ B. False
-

38. What implement might be employed beyond classic recipes to ensure online activities or data are safe?

**39. The use of olive oil, capers,
....., and sun-ripened vegetables is
prevalent in Southern Italian cuisines.**

40. Pair the flavor profile with the best matching dish:

1.

Salty
and
rich
due
to
cured
fish
roe

A. Tagliatelle alla Bottarga

2.

Creamy
and
tangy
with
fresh
citrus

B. Lemon Risotto

3.

Earthy
and
bitter
with
pasta

C. Orecchiette con Cime di Rape
