

Italian Secondi Piatti & Dolce

Your Name:

1. Which of the following best describes the role of 'secondi piatti' in a traditional Italian meal?

- ☐ A. The dessert course, featuring sweets and pastries.
 - ☐ B. A side dish, typically vegetables, served alongside the 'primo'.
 - ☐ C. A light appetizer served before the main course.
 - ☐ D. The main course, primarily consisting of protein-rich dishes like meat or fish.
-

2. In Italian cuisine, 'dolce' refers exclusively to chocolate-based desserts.

- ☐ A. True
 - ☐ B. False
-

3. Name three common ingredients often found in 'secondi piatti'.

4. The term 'saltimbocca' means in the mouth.

5. Match the following Italian dishes with their region of origin:

1.

Bistecca
alla
Fiorentina

A. Lombardy

2.

Ossobuco
alla
Milanese

B. Rome

3.

Saltimbocca
alla
Romana

C. Tuscany

6. What is 'gremolata', commonly served with Ossobuco alla Milanese?

- ☐ A. A type of pasta
- ☐ B. A creamy cheese sauce
- ☐ C. A slow-cooked meat sauce
- ☐ D. A topping of lemon zest, garlic, and parsley

7. Bistecca alla Fiorentina is typically cooked well-done to ensure tenderness.

- ☐ A. True
- ☐ B. False

8. Name two ingredients commonly used in Pollo alla Cacciatora (Chicken Cacciatore).

9. Parmigiana di Melanzane is a classic vegetarian dish made with slices of

10. Match the following Italian desserts with their primary ingredients:

1. Tiramisù A. Coffee-soaked ladyfingers and mascarpone cream

2. Cannoli Siciliani B. Cream and gelatin

3. Panna Cotta C. Ricotta cheese and pastry tubes

11. Which Italian dessert originates from Veneto and is known for its layers of coffee-soaked ladyfingers and mascarpone cream?

- ☐ A. Ricciarelli
 - ☐ B. Cannoli Siciliani
 - ☐ C. Tiramisù
 - ☐ D. Panna Cotta
-

12. Ricciarelli are hard, crunchy cookies, similar to biscotti.

- ☐ A. True
 - ☐ B. False
-

13. What is the main ingredient in Panna Cotta?

14. Cannoli Siciliani are crisp pastry tubes filled with sweetened

.....

15. Match the following regional Italian specialties with their region:

1.

Cacio

e

Pepe

A. Milan

2. Pizza

Napoletana

B. Rome

3.

Risotto

alla

Milanese

C. Naples

16. In which Italian region would you typically find Ragù alla Bolognese served with tagliatelle?

☐ A. Sicily

☐ B. Lombardy

☐ C. Emilia-Romagna

☐ D. Tuscany

17. Arancini are typically filled with a sweet cream.

☐ A. True

☐ B. False

18. What are the key ingredients in Cacio e Pepe?

**19. When cooking pasta, it is essential to cook it
....., meaning firm to the bite.**

20. Match the following Italian cooking tips with their description:

1.

Cook

Pasta

Al

Dente

A. Italian food shines with just a few, high-quality ingredients.

2. Don't

Overcomplicate

B. Prioritize quality and seasonality for maximum flavor.

3. Use

Seasonal

Ingredients

C. Firm to the bite, never overcooked.

21. According to the provided text, which of the following is NOT a recommended element of a simple homemade lasagna recipe?

- ☐ A. Meat sauce
 - ☐ B. Ricotta cheese
 - ☐ C. Mozzarella cheese
 - ☐ D. Béchamel sauce
-

22. It is recommended to slice lasagna immediately after taking it out of the oven for the best presentation.

☐ A. True

☐ B. False

23. What two types of cheese, besides ricotta, are typically used in lasagna?

24. Before baking the lasagna, it should be covered with for the first 45 minutes.

25. Match the Italian dishes with their key ingredients.

1. Chicken
Saltimbocca A. Chicken breast, prosciutto, sage

2.
Grilled
Octopus
(Polpo B. Octopus, fresh herbs, lemon
alla
Griglia)

3.
Mortadella
and
Pistachio C. Ground veal, mortadella,
pistachios
Veal
Meatballs

26. What does the Italian phrase 'polpo alla griglia' refer to?

- ☐ A. Baked cod
 - ☐ B. Grilled octopus
 - ☐ C. Seafood stew
 - ☐ D. Fried calamari
-

27. Chicken Saltimbocca is traditionally served cold.

- ☐ A. True
 - ☐ B. False
-

28. What two vegetables are used in Braised Beef with Shallots & Carrots?

29. I Secondi Piatti is a category of dishes focused heavily on
.....

30. Match the following descriptions with the correct Italian term.

- 1. Side dishes A. Dolce
 - 2. Main course (protein) B. Contorni
 - 3. Dessert course C. Secondo Piatto
-

31. Which of the following dishes is a savory pumpkin pie?

- ☐ A. Torta salata di zucca
 - ☐ B. Cannoli
 - ☐ C. Panna cotta
 - ☐ D. Tiramisu
-

32. Torta salata di zucca features ingredients that make it distinctly sweet.

- ☐ A. True
 - ☐ B. False
-

33. What other vegetable is paired with Lemon-Roasted Asparagus to create a fresh twist to an Italian meal?

34. Almond crusted is a delicious dish paired with tender asparagus and sweet peas.

35. Match each dish to a primary characteristic.

1. Osso

Buco

alla

Milanese

A. Made with eggs, pancetta,
Pecorino Romano, and black pepper

2.

Spaghetti

Carbonara

B. Braised veal shanks in white wine

3.

Risotto

alla

Milanese

C. Creamy and flavored with saffron

36. Which Italian cheese is commonly used in both Cacio e Pepe and Spaghetti Carbonara?

☐ A. Gorgonzola

☐ B. Pecorino Romano

☐ C. Ricotta

☐ D. Mozzarella

37. Biscotti are a soft, creamy dessert, perfect for those who prefer a smoother texture.

☐ A. True

☐ B. False

38. What is the main ingredient in pesto?

39. The original Neapolitan pizza includes San Marzano tomatoes,
....., and basil.

40. Match the advice to follow to keep homemade recipes authentic.

1. Fresh herbs A. Make the recipe pop

2. Seasonal ingredients B. Buy the highest quality seasonal ingredients

3. Always al dente noodles C. Cook firm noodles
