

Frutta Da Bere

Italian meal structure

cooked vegetables, which accompanies the second dish; seasonal fresh fruit (frutta) as dessert. Lunch is always served with bread. Meals, particularly lunch

Italian meal structure is typical of the European Mediterranean region and differs from that of Northern, Central, and Eastern Europe, although it still often consists of breakfast (colazione), lunch (pranzo), and supper (cena). However, breakfast itself is often skipped or is lighter than that of non-Mediterranean Europe. Late-morning and mid-afternoon snacks, called merenda (pl.: merende), are also often eaten.

Full meals in Italy contain four or five courses. Especially on weekends, meals are often seen as a time to spend with family and friends rather than simply for sustenance; thus, meals tend to be longer than elsewhere. During holidays such as Christmas and New Year's

Eve, feasts can last for hours.

Today, full-course meals are mainly reserved for special events such as weddings, while everyday meals include only a first or second course (sometimes both), a side dish, and coffee. The primo (first course) is usually a filling dish such as risotto or pasta, with sauces made from meat, vegetables or seafood. Whole pieces of meat such as sausages, meatballs, and poultry are eaten in the secondo (second course). Italian cuisine has some single-course meals (piatto unico) combining...

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