



Gusto Italiano



Good Italian cooking is all about traditional, authentic, fresh ingredients that are simply prepared.

In our recipe book we have put together a selection of pasta dishes typical to the Salerno area of the Campania region in the South of Italy. We have complemented them with our tips and tricks allowing you to learn about our Italian products a little bit extra.

We hope this book will encourage you to try new recipes and produce delicious dishes.

Finally, remember the key secret of the Italian cooking is to enjoy it with family and friends!

Ernesto Coppola

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Our Pulcinella secret

- Traditional staple food products
- All-natural and high quality ingredients
- Nutritious and healthy
- Produced in Italy
- Passione

Gusto Italiano

Coppola is an Italian family business, with a long tradition of quality food products manufacturing and distribution. Our heritage dates back to 1908 when the Coppola family started serving and trading food and wine in Mercato San Severino, Salerno, Italy. In 1952, Ernesto Coppola began canning and selling for the export markets the ripe and flavourful San Marzano tomatoes grown in the area. Today, as the third generation of the Coppola family, we continue to be

passionate about food and deliver authentic Italian staples that are the cornerstones of the Mediterranean diet. All our products are produced in Italy, using only all-natural and high quality ingredients. Good Italian cuisine is about fresh and natural ingredients that are simply prepared. Our traditional Italian food products are the basis for real and authentic Italian cooking to be enjoyed every day with family and friends as part of a well-balanced lifestyle.



PRODOTTO IN ITALIA

COPPOLA

Salerno

Gusto Italiano



Italian Essentials

Along with fresh, seasonal ingredients, have these Italian staples on hand to make it easy to prepare healthy, authentic Italian meals.

In the cupboard

- Extra virgin olive oil
- Dried pasta
- Canned tomatoes (whole, chopped, cherry and pureed)
- Canned beans such as cannellini, butter and borlotti beans, chickpeas and lentils
- Balsamic vinegar
- Risotto rice such as arborio or carnaroli
- Canned tuna, packed in brine or olive oil
- Anchovies
- Capers, packed in salt
- Olives, such as small black olives for cooking and juicy pulpy olives for eating out of hand
- Spices and herbs such as sea salt, black pepper, chile flakes and oregano
- Dried porcini mushrooms
- Garlic and onions
- Wine, red and white; when buying wine remember, " life is too short to drink bad wine ! "
- Espresso coffee; a moka pot or caffettiera is a must in every Italian kitchen



In the fridge

- Parmigiano Reggiano and Pecorino cheeses
- Mozzarella cheese, imported buffalo mozzarella from Campania is the real thing, otherwise, use any fresh, cow's milk mozzarella
- Ricotta
- Assorted hams and salamis such as pancetta, prosciutto, speck
- Assorted fresh, seasonal vegetables such as asparagus, rocket (arugula), broccoli, carrots, cherry tomatoes, aubergine, fennel, mushrooms, sweet peppers, pumpkin, radicchio, spinach, tomatoes, and zucchini depending upon availability
- Assorted fresh herbs such as basil, thyme, parsley, rosemary and mint
- Lemons
- Assorted fresh seasonal fruits



Tomatoes



What to know

The tomato is one of the most versatile foods, and forms the backbone of much of Italian cooking.

Botanically, the tomato is a fruit or more precisely, a berry; however it is used as a vegetable in cooking because of its lower sugar content and savouriness.

Originally from South America, tomatoes appeared in Europe in the second half of the 16th century when they were brought back by Spanish explorers returning to Europe.

Initially considered to be poisonous, they were used for ornamental rather than culinary purposes; tomatoes were not used in cooking until about the 18th century.

Tomatoes quickly spread around the whole of the Mediterranean, where the growing climate was ideal. They did particularly well in the fertile land between Naples and Salerno, which is where the famous San Marzano tomatoes are grown.

The Italian word for tomato is pomodoro, which means "golden apple." The first tomatoes were probably yellow.

In Italy, peeled plum tomatoes must be made from oval shaped tomatoes wih length to width ratio is not less than 1,5.

Canned tomatoes produced outside of Italy usually contain a chemical called calcium chloride which adds artificial firmness to the fruit. This chemical can cause the tomatoes to resist "melting" when cooked into a sauce.



All about our ingredients



How to use

Different recipes call for different tomato products:

- Peeled plum tomatoes: Pasta sauces, meat dishes and recipes that require long cooking times.
- Chopped tomatoes: Oven baked pasta dishes and chunky tomato sauces; add a fresh flavour when used with red meat or fish.
- Cherry tomatoes: An alternative to classic peeled plum tomatoes, bring extra brightness and flavour to any dish, especially suited to fish based sauces.
- Pureed tomatoes: Shellfish based sauces as well as vegetable stews like ratatouille or caponata; also used to season fresh filled pasta or gnocchi or added to meatballs or meat escalope after cooking.

Homemade tomato sauce is simple and quick. It can be made in the same time it takes to cook the pasta. The only ingredients necessary are canned tomatoes, olive oil, a clove of garlic and your own taste.

- Use enough olive oil to just cover the bottom of a saucepan, adding more to taste for a richer sauce.
- Sauté a garlic clove (or cloves, to taste) in olive oil until just lightly browned, remove from the pan.
- Crush whole tomatoes with fingers before adding them to the saucepan, or crush them with a fork or the side of a wooden spoon as they cook.
- Simmer until thickened to taste, as little as 10 minutes for a lightly cooked sauce, 20 to 30 minutes for a traditional, thicker sauce.
- Salt and pepper to taste.
- Many variations can be made from this basic sauce. Add vegetables, meat or fish before adding the tomatoes, then adjust simmering time accordingly.
- If using delicate herbs like basil or parsley, stir these into the sauce just before serving with pasta. Grated cheese is also a delicious, traditional finish to simple tomato sauce.



Health Benefits

- Tomatoes are rich in Vitamin C and contain Vitamin A, potassium and iron.
- The red pigment in tomatoes is called lycopene. Various researches suggests that lycopene can help prevent prostate cancer and acts as an antioxidant that slows the cell ageing process.
- Tomatoes maintain their nutritional value even after processing. In fact, cooking, crushing and processing tomatoes increases the concentration of lycopene available for absorption. Cooking tomatoes in extra virgin olive oil also improves lycopene absorption.



Legumes



All about our ingredients



What to know

Legumes are an essential ingredient of the Mediterranean diet.

Cooks throughout Italy use legumes in various dishes.

Canned legumes are nutrient rich and high in fibre.

Affordable and high in protein, vitamins and minerals, legumes were known as 'the meat of the poor' as they were often substituted for more expensive protein sources.

Beans, lentils and chickpeas are all legumes and can be used fresh, dried, canned or frozen.

Unlike some other canned vegetables, legumes maintain their valuable nutrients and dietary fibre when canned.

Health Benefits



Legumes are among the most versatile and nutritious foods available.

They are typically low in fat, contain no cholesterol, and are high in folate (B Vitamins), potassium, iron and magnesium.

They also contain soluble and insoluble fibre. Fibre is the undigestible part of the plant that helps to lower blood cholesterol, control blood sugar levels, and maintain regularity.

A good source of protein, legumes can be a healthy, affordable low-fat and low-cholesterol substitute for meat.



How to use

Canned legumes have been pre-cooked, so simply drain and rinse, then add to favourite hot or cold dishes.

Draining and rinsing in cold water removes starchy packing water, excess salt if added and makes legumes easier to digest.

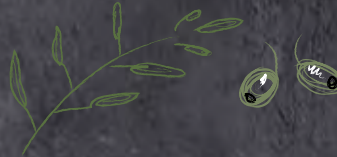
Beans, chickpeas and lentils are remarkably versatile and can be enjoyed either on their own or as a side dish and in soups, broths and sauces:

- Add to salads, toss with other vegetables or use on their own; simply season with extra virgin olive oil, salt, pepper, garlic and rosemary or a pinch of oregano.
- Incorporate into soups or stews.
- Add to pasta sauces or puree and use as a sauce on their own.
- Puree by blending legumes with garlic, lemon juice and extra virgin olive oil to produce dips and spreads like hummus, cannellini rosemary spread or bean walnut pâté.
- Use as a substitute for meat in vegetarian dishes.
- Avoid boiling beans if they are not to be used in soups as they will crack and break.
- Skim off the foam that rises to the top when cooking beans in soups or broths

Olive Oil



All about our ingredients



What to know

Olive oil was introduced to Italy by Greeks around the eighth century B.C. Romans planted olive trees everywhere throughout the empire. Even today, Europe remains the primary producer of olive oil with Spain, Italy and Greece leading the way.

Italy is the largest consumer of olive oil in the world; Italians consume an average of 12l of olive oil per person, per year.

Read labels carefully; just because an oil is bottled in Italy does not mean that the olives have been grown there.

Olive oil is made by pressing the pulp of the olive, the fruit of the olive tree.

Extra virgin olive oil, the highest grade of olive oil, is extracted from the fruit purely by cold pressing, without the use of heat or chemicals.

Extra virgin olive oil may not have an acidity of more than 0.8%. Acidity indicates the percentage of free fatty acids expressed in oleic acid; the lower the value, the better the quality of the oil. Acidity does not affect the flavour of the oil.

Olive oil is judged on its smell, taste, and colour. The olive variety, location, terrain, climate and harvesting methods and times all affect the quality of the oil.

Olive oil should be kept away from light and heat. Once opened, a bottle of olive oil should be used within two months. Several factors affect the shelf life of olive oil:

- Light: Prolonged, direct exposure to light, especially sunlight, causes the decomposition of olive oil, leading to an alteration in the colour (from yellow-green to yellow-orange) and to the development of rancid flavours. Store olive oil in dark, dry cupboards, protected from light.


- Temperature: The ideal temperature for storing olive oil is between 15-25°C (room temperature). Prolonged storage at temperatures over 25°C may trigger oxidation, resulting in a disagreeable taste. Storage at temperatures below 10°C is also not recommended as extreme cold may induce crystallisation, resulting in a cloudy appearance. Although not visually appealing, the cloudiness does not compromise the product quality and after a few days at room temperature the oil will clear.

- Air: Contact with air triggers oxidation and leads to deterioration. Close the bottle after each use.

- Time: Olive oil does not improve with age and is best consumed fresh. The fresher the oil, the better its quality. Olive oil may develop an off taste as soon as eighteen months after bottling.



Olive Oil



All about our ingredients



How to use

Olive oil adds body and depth to a dish and helps carry flavour throughout. Olive oil also balances the acidity in high-acid foods such as tomatoes, vinegar, wine, and lemon juice.

Olive oil can be used as cooking oil or as a condiment or topping; it is particularly good for dressings and sauces, drizzled over food, used to grill, roast, pan-fry or sauté:

- Drizzle it directly over salad or use it in dressings like a vinaigrette made by adding vinegar and lemon juice to extra virgin olive oil.
- Drizzle directly over cooked pasta before serving or use to make pasta sauces.
- Use instead of butter as a healthy dip for bread; add a few splashes of balsamic vinegar to the oil.
- Make garlic bread by drizzling over toasted bread rubbed with a cut clove of garlic.
- Drizzle over boiled, steamed or grilled vegetables to enhance flavours.
- Replace butter with olive oil in mashed potatoes or on baked potatoes.
- Use in tasty, dips or dipping sauces such as hummus, mayonnaise, pinzimonio or bagna càuda.

- Use in marinades or sauces for meat, fish, poultry, and vegetables; oil penetrates nicely into the first few layers of the food being marinated.
- Brush it on meats before grilling to help create a crispy exterior or add at the end of cooking for a burst of flavour.
- Use when baking by substituting extra virgin olive oil for butter; this dramatically reduces the amount of saturated fat and cholesterol in baked goods. Generally, substitute olive oil for 2/3 to 3/4 the amount of butter required for the recipe.
- For a delightful, unexpected treat, drizzle over ice cream and sprinkle with a little sea salt.


Not all olive oil tastes the same. Different oils should be used for different purposes. Strong, robust oil is used for marinades, cooking fish and meat, or to drizzle on strongly flavoured ingredients like peppers or garlic. Medium intensity, well-rounded oil is great on mozzarella or for bread dipping, and lighter, more mellow oil is ideal for baking a cake or making mayonnaise.

Do not use extra virgin olive oil for frying or deep frying; use a lesser quality olive oil, or even vegetable or sunflower oils. When heated to a high temperatures, extra virgin olive oil burns easily, changing its flavour and compromising its healthy properties.

When cooking with olive oil, do not exceed a temperature of 180°C. At this temperature olive oil begins to smoke. Any oil that reaches its smoke point begins to degrade and partially hydrogenate, creating unhealthy trans fats. If oil begins to smoke, carefully discard it and start over with fresh oil.

Old oil can contaminate fresh, good quality olive oil. Always use the original packaging, or empty, wash & dry your oil cruet before refilling.

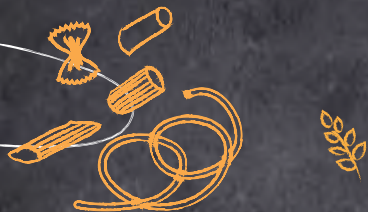
Health Benefits



Olive oil is rich in monounsaturated fatty acids, in particular oleic acid, which helps keep the cardio-circulatory system in good health. Monounsaturated fats help maintain the arteries' elasticity unlike saturated fats, which are mainly solid at room temperature. These monounsaturated fats do not increase cholesterol and can positively affect "good" cholesterol levels.

Extra virgin olive oil is the only cooking oil rich in phenolic compounds (polyphenols) which act as natural antioxidants. These compounds protect the polyunsaturated fats in olive oil from oxidation, contributing to its preservation. Polyphenols also protect us against "free radicals", helping to fight the cell ageing process.

Pasta



All about our ingredients



What to know

There are hundreds of different shapes and varieties of pasta in Italy, some are unique to a region or town, some are so local that they can only be found in one particular village and some are known around the world.

Contrary to popular belief, Marco Polo did not bring pasta to Italy from China. Evidence suggests that pasta was actually introduced to southern Italy, specifically Sicily, by the Greeks or Arabs. Marco Polo probably brought back different shapes of pasta not yet being used in Italy.

Pasta may be dried or fresh. Dried pasta is deceptively simple, yet there is a huge difference between poor-quality dried pasta and pasta that has been carefully made, producing a pasta with superior flavour.

Dried pasta must be made with the hardest variety of wheat, durum wheat. Durum wheat has a high gluten content which gives pasta its unique texture and "bite" when cooked.

Fresh pasta is often egg-based and used in dishes like lasagne, or filled, as in ravioli or tortellini.

By law, all dried pasta made in Italy must be made with durum wheat. Pasta made outside of Italy may contain softer, lower-quality blended flours.

Pasta is extruded through Teflon or Bronze plates. Bronze plates are traditional and produce the highest quality pasta. The bronze extrusion produces a rough surface, which leaves a little starch on the pasta and allows the pasta to absorb liquids and the flavours of sauces.

Pasta can be combined with vegetables, fish and meat. In Italy, each type of pasta is traditionally used with a particular sauce.

The shape of the pasta dictates the type of sauce that will complement it best. Always consider the type of pasta being used, then determine the best sauce for that shape.


Long pasta, such as spaghetti or linguini, is usually served with oily or delicate sauces, short tubular pasta, such as penne is better with tomato or cheese sauces. For pasta salads, select short, thick tubes, not egg pasta or fresh pasta. For casseroles, select tubes with thick walls or sturdy shapes such as penne. Cook the pasta for two-thirds of the recommended cooking time in water first, and then finish cooking in the casserole.

Different sizes and shapes of pasta cook at different rates, so select shapes of similar sizes if you're combining pastas.

Don't freeze cooked pasta unless it's in a baked casserole.



Pasta



All about our ingredients



How to use

Perfectly cooked pasta is al dente, an Italian term meaning “to the tooth.” Well-cooked pasta is cooked through, yet still firm enough to offer some resistance to your bite.

It's important to use a pot large enough to hold at least 1l of water for each 100g of pasta. A common mistake is to use too small pot or not enough water, which results in sticky pasta.

Season the cooking water generously with salt (10g for each litre) as soon as it comes to a boil, then add the pasta when the water returns to a boil. The pasta will not be too salty, but will be properly seasoned.

Do not add oil to the pasta water.

Stir occasionally to make sure that the pasta doesn't stick together. Do not cover the pot again.


Test for doneness early and often. Pasta should feel firm and slightly resistant when you bite into it, but if it sticks to your teeth when you chew it, it's not ready.

Before draining the pasta, save some of the cooking water to add to the sauce. This adds extra starch to the sauce, emulsifying it, and helping it to cling much better to the pasta.

Drain pasta 1 or 2 minutes before the indicated cooking time and finish cooking in the pan with the sauce.

Use a colander to drain the pasta. Do not rinse after draining, this washes away the flavourful starches that will help sauces cling to it later.

Health Benefits



Pasta is a food rich in carbohydrates, key for healthy eating and a staple of the Mediterranean diet. The pasta production process helps slow the digestion rate of carbohydrates, increasing its nutritional benefits. Slow-release carbohydrates may have benefits for healthy longevity as well as physical and cognitive performance.

Pasta is usually eaten with other healthy foods, including olive oil, tomatoes, vegetables, cheese, beans, lean meats and fish, which result in a delicious, convenient and affordable way to deliver balanced, healthy meals. Healthy-sized portions of pasta served with other nutritional ingredients can easily be part of a healthy diet.

Sconcigli with whelks



Sconcigli con gli sconcigli

Ingredients for 4 people

- 350g of Sconcigli
- 1 can / 400g of Pomodorini (Cherry Tomatoes)
- 100% Italian Extra Virgin Olive Oil
- 1,500g of whelks
- 1 garlic clove
- parsley
- black pepper
- half a glass of white wine



Boil the whelks in salted water for about half an hour. Drain and keep a little of the cooking water, allow to cool and then remove the whelks from shell with the help of a small knife.

Keep some whelks with the shell to use as decoration of the dish.

In a pan sauté the garlic in **Italian extra virgin olive oil**, pour the clean whelks, add white wine to evaporate.

Add **pomodorini** and parsley and cook for 5 minutes, adding, if necessary, the whelks cooking liquid.

Cook the **sconcigli** al dente in plenty of salted water.

Drain and toss in a pan with the sauce prepared.

Decorate with the whelks previously kept on the side.

Penne candela with ragù



Penne candela al ragù

Ingredients for 4 people

- 400g of Penne Candela
- 2 bottles of 680g of Passata
- 100% Italian Extra Virgin Olive Oil
- 700g of pork loin
- 700g pork chops
- 400g of onion
- 50g of pancetta (or bacon as an alternative)
- 1 glass of red wine
- parmigiano reggiano or pecorino romano



Chop the onions and the pancetta and sauté in a few tablespoons of **100% Italian extra virgin olive oil** over low heat, stirring occasionally, in a very large pot. Add the pork loin tied with a string and the pork chops. Cover and let simmer, adding, if necessary, a scoop of water. When the onions are golden, add the red wine, stir well, allowing it to evaporate.

Allow to cook for another half an hour, add the **passata** and cook for an hour. Stir often to avoid the sauce sticking to the bottom of the pot and if needed add a scoop of water.

Remove the meat from the sauce and serve it separately.

Cook the **penne candela** in plenty of salted water. Once drained season with the ragù sauce, and as desired, with grated parmigiano or pecorino.

Elicoidali with sardines



Elicoidali con sardine

Ingredients for 4 people



- 300g of Elicoidali
- 200g of Peeled Plum Tomatoes
- 100% Italian Extra Virgin Olive Oil

- 300g of fresh sardines
- 1 clove of garlic
- parsley

In a saucepan, sauté garlic in **100% Italian extra virgin olive oil** until golden, add the clean sardines (without bone, tail and head).

Simmer for few minutes, add the **peeled plum tomatoes**, parsley and cook for another 5 minutes.

Cook the **elicoidali** in plenty of salted water, drain when al dente and complete the cooking with the sauce. Serve hot.

Paccheri with gravy



Paccheri al sugo di carne

Ingredients for 4 people

- 400g of Paccheri
- 680g of Passata (sieved tomatoes/tomato puree)
- 100% Italian Extra Virgin Olive Oil
- 500g of minced meat
- 50g of pancetta
- 1 onion, - 2 carrots
- 2 ribs of celery
- 1 glass of red wine
- 100g parmigiano or pecorino romano
- black pepper



Chop the onion, celery, carrots and pancetta and fry in a few tablespoons of **100% Italian extra virgin olive oil**.

Add minced meat, red wine and let it to evaporate. Add **passata**, salt, cover and cook for one hour.

Cook the **paccheri** in plenty of boiling salted water, drain and dress with the sauce, adding grated cheese.

Fusilli with chilli pepper, olives and tuna



Fusilli con peperoncino,
olive e tonno

Ingredients for 4 people



- 350g of Fusilli
- 1 can of Chopped Tomatoes
- 100% Italian Extra Virgin Olive Oil
- 150g canned tuna in oil
- 100g of black olives
- 1 clove of garlic
- 1 chilli pepper
- parsley

In a frying pan sauté the garlic and the chilli in a few tablespoons of **100% Italian extra virgin olive oil**.

Add **chopped tomatoes**, season to taste and cook for 10 minutes.

Add the tuna and olives and simmer for a few more minutes.

At the meantime, cook the **fusilli** al dente, drain and pour into the pan with the sauce.

Allow to simmer, add the chopped parsley and serve hot.

Seafood Linguine



Linguine ai frutti di mare

Ingredients for 4 people

- 300g of Linguine
- 400g of Peeled Plum Tomatoes
- 100% Italian Extra Virgin Olive Oil

- 500g of mussels
- 400g of clams
- additional seafood as liked
- 1 clove of garlic
- parsley



Wash the seafood in plenty of water. Cook them in a covered pan, over medium heat, in **100% Italian extra virgin olive oil**, until they are opened.

Drain the seafood preserving the cooking liquid. Shell half of it, leaving the other half with the shell for the final decoration of the dish.

In another large pan, sauté the garlic in **100% Italian extra virgin olive oil**, add the seafood and the **peeled plum tomatoes** and cook for 5 minutes, adding, if necessary, the cooking liquid of the seafood.

Cook the **linguine** al dente and toss with the sauce.
Decorate with the remaining shells and chopped parsley.

Gomiti rigati, beans and bottarga



Gomiti Rigati, fagioli e
bottarga di tonno

Ingredients for 4 people



- 200g of Gomiti Rigati
- 100g of Chopped Tomatoes
- 400g of Borlotti Beans
- 100% Italian Extra Virgin Olive Oil

- 50g of bottarga (tuna botargo)
- 1 clove of garlic
- celery

In a large pot sauté garlic and celery in 100% Italian extra virgin olive oil, when golden add the borlotti beans, chopped tomatoes and about a liter of water.

Bring to a boil, add the gomiti rigati and cook it all together. Pour into dishes and grate the bottarga before serving.

Glossary

Acciuga	Anchovy
Al dente	To the tooth, used to describe pasta cooked so it still has a little bite.
All' aglio e olio	A dish with this name is made with garlic and oil. A famous, easy-to-make pasta dish is spaghetti all'aglio e olio.
Al forno	In the oven.
Arrabbiata	A spicy tomato sauce flavoured with chilli.
Alla bolognese	In the style of Bologna, usually refers to a slow-cooked meat sauce with vegetables and tomato.
Bottarga	Intensely flavoured dried mullet or tuna roe, cut into thin shavings for use in salads and pastas.
Burro	Butter.
Caponata	A traditional Sicilian vegetable dish made with aubergine and tomato.
Alla Caprese	In the style of Capri, made with tomato, basil, olive oil and mozzarella cheese.
Ciliegine	Very small balls of fresh mozzarella cheese.
Ceci	Chickpeas.
Fagioli	Beans.
Formaggio	Cheese.
Frutti di Mare	Seafood.
Gamberi	Shrimp.
Alla Genovese	In the style of Genoa, made with basil, garlic and oil.
Marinara	Tomato sauce with garlic, olive oil and oregano.
Minestra	Soup.
Mozzarella di Bufala	Cheese made from the milk of water buffalo. Buffalo mozzarella should not be refrigerated. Mozzarella may also be made from cow's milk, in which case it is called Fiore di Latte. Both should be used as soon as possible after purchase.

Panzanella	A traditional salad made with stale bread, fresh tomatoes, cucumbers, basil and olive oil.
Parmigiano-Reggiano	A hard cow's milk cheese originally produced in and around Parma.
Pecorino	A hard sheep's milk cheese made in the area around Rome (called Pecorino Romano), as well as in Tuscany, Sardinia and Sicily.
Peperoncino	A hot chilli pepper used in Italian cuisine.
Pesto	A green sauce from Genoa made with basil, olive oil, pine nuts and pecorino, traditionally crushed and mixed in a mortar and pestle.
Pinoli	Pine nuts.
Pizzaiola	Fresh tomato sauce from Naples made with tomatoes, extra virgin olive oil, oregano and basil.
Polpetta	Meatball.
Polpo	Octopus.
Pomodoro	Tomato.
Porcini	A meaty mushroom that is used both fresh and dried in Italian cuisine.
Primo	The first course of a traditional Italian meal.
Provolone	A spicy cow's milk cheese.
Alla Puttanesca	A highly-flavoured tomato sauce containing capers and anchovies, and often olives, garlic and chilli flakes as well.
Ricotta	A fresh cheese traditionally made with whey that is drained off in the process of making another cheese. Ricotta salata is dried, salted ricotta cheese used for grating and shaving; it has a much longer shelf life than fresh ricotta.
Salsa	Sauce.
Scarpetta	Means to mop up the remaining sauce from a plate of food with a piece of bread.
Soffrito	A mixture of chopped vegetables, usually onion, carrot, celery and garlic, which forms the base of many Italian sauces, soups and stews.
Tartufo	A truffle, of which there are both white (bianco) and black (nero).