

Italian Food

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Italian cuisine is extremely varied: the country of Italy was only unified in 1861, and its cuisines reflect the cultural variety of its regions

and its diverse history (with culinary influences from Greek, Roman, Norman and Arab civilization). Italian cuisine is regarded as a prime example of the Mediterranean diet, and is imitated all over the world.

To a certain extent there is really no such thing as Italian cuisine in the way that we understand national cuisines to be. Each area has its own proud specialities, primarily at Regional level, but also even at Provincial level.