

Italian cuisine has spread throughout the world, and has become one of the most important distinctive cuisines in the world, due to its diversity and multiplicity of dishes, as each region in Italy has its own dishes, and its own cooking methods as well, and it is also distinguished by the fact that its ingredients are healthy, varied and delicious, and one of the most important elements is Food ingredients that are part of Italian cuisine: potatoes, corn, peppers, and many different types of cheese. Contrary to what some people think that Italian cuisine depends on quick-prepared foods, Italian cuisine is very diverse in what it offers, and different in cooking methods, and is interested in using meat, chicken, and fish in all meals, while also using many food ingredients, which makes Italian cuisine, A comprehensive and .diverse cuisine, across all ages., and grains from North Africa