

Your Own Italian Restaurant At Home

Delicious Italian Pasta Pasta is a foodstuff that is prepared from dough using ingredients like flour, eggs or water. This dough is shaped and it is then stored. These pastas are found in various shapes including spaghetti, macaroni and lasagna. The pastas are boiled before eating. The pasta could be called as a dish in which pasta products are found along with various sauces and seasonings. The Italian word pasta means dough or a small cake. However, today English word paste is also used for the Italian pasta. History of Pasta To begin with the long unraveled history of pasta, one can look back at the origin and some myths surrounding it worldwide. It was known to the children that Venetian merchant; Marco Polo brought pasta to Italy after his journey to China. However, another story says that the pasta was a rediscovery of Polo that was once in Italy in Etruscan also in the Roman times. Marco Polo did many fantastic things throughout his journey and bringing pasta to Italy was one of them. The Arabs invasions of the 18th century extremely influenced the Italian pasta. The dried noodle like product was introduced that is known as the dried pasta. Sicilian term for making this pasta is popularly known as macaroni today. Pasta became popular in 1300's for its long shelf life and nutrition. Thus, it became an ideal food for long ship voyages. The next advancement in the history of pasta was observed in the 19th century and then, it was combined with tomatoes.