

Shopping in Tuscany

Bread – Pane

Italy has many kinds of bread. You can get everything from Baguettes to flat bread. The main bread of Tuscany is salt free. This was because of taxes imposed on salt in the old days. If you do not want *pane Toscana (nostrale)*, a great bread is *pane pugliese*. It has a nice hard crust and has salt in the bread.

You can also find *ciaccino* or *schacciata* which are like *focaccia*. *Ciaccino* can also be a type of pizza. It is a pizza without tomato sauce also known as a white pizza.

- Quale pane ha il sale? – Which bread is salted?
- Quale pane non ha il sale? – Which bread is unsalted?
- Pane salato – Salted bread (oftentimes called “pane Pugliese”)
- Pane toscano – Unsalted bread from Tuscano

Schiacciata – “squished” or “flat” bread, usually a bit oily, salted, great for panini (right top)

Rosette – Small rose bud shaped mini-loafs that can be used for panini (right second)

Ciabatta – Oval loaf of bread, light, salted, less oily than schiacciata (right middle)

Focaccia – Thicker schiacciata, fluffy, often served with tomatoes on top in the south (Right bottom)

Integrale – Wheat/whole wheat bread, sometimes with seeds

Cornetto – Italian word for croissant, often stuffed with:

- Albicocca – Apricot
- Nutella/ciocolato – Nutella or chocolate
- Crema – Vanilla-like cream filling
- Vuoto – Empty, nothing inside

Biscotti – General word for cookie (Side note: Our biscotti in America are called “cantucci” in Italy)

- Un etto – 1/10th of a kilo, aka 100 grams. 1kg =2.2 lb
- Due/tre/etc etti – Plural of etto, for more than 100 grams
- Grammi – Grams, you can also order in grams instead of saying etti
- Mezzo/a – Half the loaf



Salumi e Affettati – Cold Cuts:

- **Prosciutto** To begin, there are 2 different items that are considered *prosciutto*:
 1. **Prosciutto cotto**, which is, boiled ham and
 2. **Prosciutto crudo** which is what is translated into English as just *prosciutto* or Parma Ham. *Crudo* comes in 2 main variations, sweet or salty. Sweet is Prosciutto di Parma or San Daniele. Salty are the ones labeled *Nostrale* in Tuscany. *Nostrale* means ours by the way.
- **Speck** is like smoked *prosciutto crudo*. It is wonderful in cooking and on *ciaccino*.
- **Pancetta** is like bacon but not smoked (we do have smoked style and they call it bacon or *pancetta affumicata*). Wonderful as a base with *soffritto* in many Tuscan treats.
- **Bresaola**, is dry cured beef. Most times you will find it listed as *Carpaccio di Bresaola* on a menu.
- **Salame**. There are so many different types that it would take forever to list. Ones that are *Calabrese* or *Napolitano* are spicy and normally are a little red. *Finocchiona* is covered with fennel seeds. *Toscana* or *nostrale* is has large bits of fat and whole pepper kernels, *Milanese* is ground much finer so there are no big nuggets and it is also much larger.
- **Capocollo** is what is referred to as coppa in the States. Lovely with a hint of fennel and a lot of pepper.
- **Mortadella di Bologna** The Oscar Meyer stuff was a take off on *mortadella*.

Formaggio – Cheese

- **Pecorino** is the Tuscan specialty. There are 3 main types. New, normally with a yellow or cream colored rind, aged which normally has a red rind and very aged which is black. The more aged the drier the cheese.
- **Parmigiano**, well that is self explanatory but make sure you grate it or shave it yourself.
- **Pecorino Romano** is a peppery aged cheese that is the main cheese in *Carbonara* and can be substituted with *Parmigiano*.
- **Taleggio** is a wonderful soft cheese used on crackers or in cooking. Finish off a risotto with this.
- **Mozzarella**. There are 3 main types:
 1. Mozzarella di bufala is the traditional mozzarella. It is wonderful and should not be missed. Drizzled with olive oil and served with tomatoes and basil or kalamata olives, oh bliss.
 2. *Fior di Latte* or what most people just call (although incorrectly) mozzarella. This is made from cow milk.
 3. Mozzarella per pizza which is less watery and so the pizza doesn't get soggy
- **Stracchino** is a very runny fresh cheese. Great in pasta, risotto, on bread and of course on pizza.

- **Scamorza** is a firmer cheese and it is wonderful grilled. You can also find *scamorza affumicata* (smoked).
- **Ricotta**. Italians love ricotta and are notorious for getting it and adding marmalade (*marmalata*) to it and eating it like that. It is not cottage cheese. You can either get the fresh sheep or cow type.

When ordering meats and cheeses at a deli counter, they are ordered by the *etto* (1 *etto* is 100 grams or a little less than a ¼ pound). So *quattro etti* (4 *etti*) is almost a pound.

Latte – Milk

There is fresh or UHT (ultra high temperature). UHT is easier to keep around. As they do not need to be refrigerated until they have been opened. They sell fresh milk too; latte fresco. The 3 types of milk are:

1. *intero* which is whole milk,
2. *parzialmente scremato* which is low fat and
3. *scremato* which is non fat.

Panna – Cream

Again, more than one type. Here you also have fresh and UHT. Fresh is *panna fresca* and is kept in the refrigerator section. UHT is either *Panna da cucina* for cooking or *Panna da dolce* or *da montare* for whipping cream. The UHT *panna da cucina* is much thicker, about twice as thick as whipping cream. To use, cut the top off and stir it first as the water separates out, then adjust with a bit of milk to thin it if needed.

Burro – Butter

Normal butter here is sweet not salty. If you prefer salted butter, **Lurpack** is a great butter made in Denmark and sold at most larger grocery chains.

Zucchero – Sugar

- **Zucchero semolato** is granulated. It is a courser grind than US sugar so if making sweets you may want to grind it finer (that is if you have a cuisinart type machine which is called a robot with a silent t).
- **Zucchero al velo** is powdered sugar. Main problem here is that it is normally *vanigliato* which means vanilla has been added to it.
- **Dolcificante – Sugar Substitute** - Dietor is what we use instead of Sweet & Low and Equal. Some places do have Sweet and Low but it isn't the same.

Bicarbonato di Sodio – Baking soda

Lievito in Polvere – Baking Powder

Be careful here as some have vanilla added.

Sale – Salt

Grosso is like kosher salt, *fino* is normal salt, *marino* is sea salt

Fagioli – Beans

- *ceci* which are chick peas or garbanzo beans,
- *borlotti* which are used mainly for soups (almost like kidney beans) and
- *cannellini* beans or white beans

Verdure – Vegetables

Almost everything here is seasonal. Of course, some places are importing items from other countries to change this but try to buy just seasonal items. You will notice the difference.

When purchasing veggies at supermarkets, you will need to first put on a glove (provided next to the bags) and then bag and weigh each item. When you weigh them you will have a machine and you will need to select the correct item from the screen. Then a tape will be printed with the item's name, the weight, per kilo price and the total amount. Stick this to the bag and continue on.

TOILETRIES:

- *Balsamo* – Conditioner
- *Dentifricio* – Toothpaste
- *Deodorante* – Deodorant
- *Grassi* – for oily hair
- *Lacca* – Hair Spray
- Shampoo or *Sciampoo* – Shampoo
- *Trattati* –for treated hair
- *Rasoi* – Razors
- *Schiuma da Barba* – Shaving Cream

MEAT & POULTRY (types and cuts):

- *Agnello* – Lamb
- *Ali* – Wings
- *Anatra* or *Anitra* – Duck
- *Coscia* – Leg

- *Fegato* – Liver
- *Manzo* – Beef
- *Oca* – Goose
- *Petto* – Breast
- *Pollo* – Chicken
- *Sovracoscia* – Thigh
- *Tacchino* – Turkey
- *Vitello* – Calf or Veal
- *Vitellone* – Beef

FRUITS & VEGETABLES:

- *Aglio* – Garlic
- *Albicocca* – Apricot
- *Arancia* – Orange
- *Barbabetola* – Beets
- *Bietola* – Swiss Chard
- *Carciofi* – Artichokes
- *Carote* – Carrots
- *Cavolfiore* – Cauliflower
- *Cavolo* – Cabbage
- *Cavolo di Broccoli* – Broccoli
- *Cipolla* – Onion
- *Clementina* – Seedless Tangerine
- *Funghi* – Mushrooms
- *Limone* – Lemon
- *Mandarina* – Tangerine
- *Mela* – Apple
- *Melanzana* – Eggplant
- *Peperoncini* – Spicy peppers
- *Peperoni* – Bell Peppers
- *Pesca* – Peach
- *Pomi* – Persimmon
- *Pomodori* – Tomatoes
- *Prezzemolo* – Parsley
- *Rucola* – Arugula
- *Sedano* – Celery
- *Spinaci* – Spinach
- *Uva* – Grapes

STAPLES:

- *Acciughe* – Anchovies
- *Aceto* – Vinegar
- *Aceto Bianco* – White Wine Vinegar
- *Amido di Mais* – Corn Starch

- *Bicarbonato di Sodio* – Baking Soda
- *Capperi* – Capers
- *Farina “0”* – Bread flour
- *Farina “00”* – All purpose Flour
- *Lievito di Birra* – Yeast for Breads
- *Lievito in Polvere* – Baking Powder
- *Maionese* – Mayonaise
- *Mais* – Corn
- *Miele* – Honey
- *Olio di Arachidi* – Peanut Oil
- *Olio di Mais* – Corn Oil
- *Olio di Semi* – Seed Oil
- *Senape* – Mustard
- *Tonno* – Tuna
- *Uova* – Eggs

SPICES/HERBS:

- *Bacche di Ginepro* – Juniper Berries
- *Dragoncello* – Tarragon
- *Maggiorana* – Marjoram
- *Raffano* – Horseradish
- *Rosemarino* – Rosemary
- *Salvia* – Sage
- *Timo* – Thyme

CLEANING SUPPLIES:

- *Ammorbidente* – Fabric Softener
- *Candeggina* – Bleach
- *Carta da Cucina* – Paper Towels
- *Carta Igenica* – Toilet Paper
- *Guanti* – Gloves
- *Sacchi per spazzatura* – Garbage Bags
- *Sapone per Lavastoviglie* – Dishwasher Soap
- *Sapone per Lavatrice* – Washing Machine Soap
- *Sapone per Piatti* – Dish Soap
- *Spugna* – Sponge