

Massimo Maggini

Campionato d'italiano

livelli A2-B1

Glossario gastronomico in inglese





Campionato d'italiano A2-B1 si rivolge a studenti stranieri e a calciatori stranieri professionisti e non che vogliono approfondire la conoscenza della lingua italiana attraverso **il calcio, l'arte e la cucina italiana**.

Di seguito il **glossario** che spiega con definizioni alcune delle parole incontrate nelle unità del manuale. Le parole sono suddivise in **ordine alfabetico**.

Lessico gastronomico

A

Aglio:	garlic
Alloro:	bay tree (the leaves are used in cooking to flavour sauces, stews etc.).
Amalgamare:	to mix well, to combine (ingredients).
Amaretto:	a small, round almond biscuit. Also an almond-flavoured liqueur.
Antipasto:	the appetizer or starter course before a main meal.
Aroma:	aroma; the pleasant smell of herbs, spices, cooked food etc.
Aromatizzare:	to flavour, to add flavour to.

B

Basilico:	basil
Besciamella:	béchamel sauce; a savoury white sauce made.
Bietola:	Swiss chard
Bollire:	to boil.
Budello/budella:	intestines (of an animal).
Budino:	a custard-like dessert pudding made with milk, sugar, eggs, flour and baked in a mould.
Bufala:	female buffalo. The milk is used to make some dairy products such as buffalo mozzarella.

C

Cacciagione:	game, wild game (animals/birds).
Candito:	adj. candied, preserved in sugar syrup. / n. zucchero candito: a type of refined sugar.
Frutta candita:	candied fruit.
Cannella:	cinammon
Cappero:	caper
Caramello:	caramel
Carciofo:	artichoke





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Cetriolo:	cucumber
Chiara d'uovo:	egg white, albumen
Cialda:	wafer
Condire:	to season (with salt, pepper) / to dress (with oil, vinegar, a sauce).
Cotenna:	pork rind
Crocante:	crunchy, crispy
Crocchetta:	croquette; a small ball of food such as minced meat, fish or potato, fried in breadcrumbs.
Crosta:	crust

F

Farcire:	to fill, to stuff
Fassone:	a type of beef from the Piedmont region in Northern Italy.
Fettina:	escalope, a thin slice of meat (usually fried or grilled in a pan).
Focaccia:	a flat leavened oven-baked bread, often flavoured with different ingredients such as olive oil, rosemary etc. Also a round, sweet bread made with eggs, flour and sugar.
Friggere:	to fry.
Friggitoria:	a shop that prepares and sells fried foods.
Frittella:	ritter; a sweet or savoury batter often mixed with other ingredients and fried in a pan.

G

Gnocchi:	a type of pasta made from a mixture of flour and boiled potato, formed into small balls and boiled. Often served in a sauce.
Grappa:	a strong, alcoholic spirit. It is made by distilling the grape skins, seeds, stalks and pulp leftover from winemaking.
Griglia:	a grill
Guanciale:	cured pork cheek.

I

Impanare:	to coat in breadcrumbs.
Impasto:	dough / mixture
Ingrediente:	ingredient
Insaccato:	general term for sausages and salami.

L

Lardo:	lard
Legume:	bean, legume

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Lessare: to boil (food), to cook in boiling water.
Lievito: yeast

M

Macerare: to steep, to macerate (soften by soaking in liquid).
Mandorla: almond
Marinare: to marinate.
Marsala: a fortified wine produced in Sicily.
Marzapane: marzipan (sweet almond paste or dough).
Midollo: bone marrow
Milza: spleen

N

Nocciola: hazelnut
Noce: walnut

P

Padella: pan, frying pan
Pancetta: cured pork belly (similar to bacon).
Pan di Spagna: sponge cake
Pangrattato: breadcrumbs
Pasta frolla: shortcrust pastry
Pasta sfoglia: puff pastry
Pastella: batter
Peperoncino: chilli pepper
Pinolo: pine nut
Pistacchio: pistachio
Prezzemolo: parsley
Provola: a type of Italian cheese.

R

Ricotta: a soft white Italian cheese.
Ripieno: n. filling, stuffing. / adj. filled, stuffed
Rosmarino: rosemary





S

Salsa:	sauce
Salume:	cured meats (e.g. ham, salami, sausages etc.).
Sapore:	taste
Sbattere l'uovo:	to beat eggs.
Scorza:	citrus peel, zest.
Sedano:	celery
Semola:	semolina (coarse ground durum wheat).
Semolino:	fine ground wheat or other grains (corn, rice etc.). Also a soup made of semolino.
Sformato:	pie, any food cooked in a mould or oven dish.
Siero:	whey; the thin liquid that is left from milk after the curds have been removed.
Soffritto:	n. mixture of onions, celery, herbs etc. lightly fried in oil or butter. / adj. sautéed, lightly fried.
Spezia:	spice
Spiedino:	a skewer (of meat, fish, vegetables etc.), kebab.
Spiedo:	a skewer (metal, wood).
Stagionatura:	ageing (of food) / maturation.
Stampo:	a mould (for cooking or baking).
Stracotto:	n. a type of beef stew. / adj. overcooked.

T

Tavoletta:	a small, rectangular board. Also a rectangular bar or slab (e.g. of chocolate).
Teglia:	aking tray, baking tin.
Timballo:	timbale; a round mould for desserts, puddings and pies. Also a rice or pasta dish cooked in a mould.
Tritare:	to chop finely.
Tuorlo:	legg yolk

U

Umido:	stew, slow-cooked in a sauce.
Uva passa:	raisin
Uvetta:	raisin (seedless), currant.

V

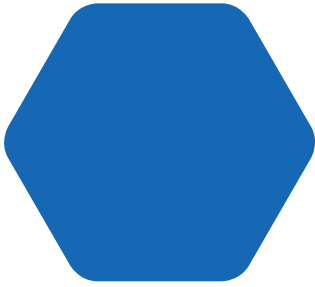
Vaniglia:	vanilla
Verza:	savoy cabbage



Z

- Zabaione:** zabaglione; custard-like dessert made from egg yolks, sugar and Marsala or other dessert wine.
- Zafferano:** saffron
- Zucca:** pumpkin, squash
- Zucchero a velo:** icing sugar





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Glossario gastronomico in italiano

Disponibili online in formato pdf:

- Glossario storico-artistico e architettonico in italiano;
- Glossario calcistico in italiano.

Nella sezione "*Risorse gratuite*" presente nel sito della casa editrice sono disponibili video di spezzoni di partite di calcio corredate da specifiche attività didattiche e sono riportati i materiali audio sugli inni delle squadre di calcio.

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