



## Main Italian Sauces

Cooking adventures that connect family, community, culture, math, science, language arts and social studies

Acciughe-- sauce of anchovies flavored with garlic, oil and parsley;

Aglione-- garlic, olive oil and parsley;

Alfredo-- butter, cream and freshly grated cheese served with fettuccine;

Amatricana-- sauce of fresh tomatoes, chopped bacon, onion and garlic, served with grated Pecorino Romano cheese;

Bolognese-- rich meat sauce flavored with chicken livers, wine, vegetables and nutmeg. Served with butter and grated cheese; sometimes cream is added to the sauce. Also called *ragu* in parts of Italy other than Bologna;

Burro-- butter and grated Parmesan cheese;

Cacciatore-- meat and vegetable sauce flavored with juniper;

Frutti di mare-- seafood sauce;

Funghi e piselli-- sauce of mushrooms, bacon and fresh green peas;

Marinara-- sauce of fresh tomatoes, olive oil, garlic and basil;

Noci-- pounded walnuts and pine nuts with oil, garlic and chopped parsley;

Pesto-- oil, grated cheese, pine nuts, basil and garlic pounded into a paste;

Pomodoro-- tomato sauce;

Romana-- meat and chicken sauce with chopped mushrooms;

Tartufata-- truffle sauce flavored with Marsala or white wine and garlic;

Umbria-- sauce of pounded anchovies, oil and garlic flavored with tomatoes and truffles;

Vongole-- clam sauce with onions, tomatoes, olive oil and garlic.

Ragu means "gravy".