

News monitored for: Yum! Restaurants

## Hindu - MetroPlus Weekend

# Beating Italy to it

**FOOD** A delightful Italian spread was laid out at Chef's table

**B**arring the occasional forays in pastas and risottos, pizzas are the most commonly available representation of Italian food across the world. Luca Ciano, the executive chef at Barilla, an Italian firm that manufactures Italian processed food contends: "Very few people manage to make authentic Italian pizza. The pizza is supposed to be crispy and not heaped with seasonings and toppings. The addition of more toppings makes it softer and often results in the taste going down a few notches." Luca and Chef Ariyo Banerjee, head chef of Pizza hut whipped up a host of authentic Italian culinary delights ranging from the crunchy bruschettas as starters, moving on to chewy pastas and culminating with liberal helpings of tiramisu, topped up with chocolate powder. All this was at the Chef's table, an event held at the Pjizza Hut outlet at Forum mall in the city.

Luca contends that good Italian food is not necessarily made in Italy, but across the world. "I am based in Sydney and feel that some joints in that city make better pastas and pizzas than outlets in Italy. If you get the ingredients and combinations right, you can be assured

of a good preparation. Most Italian dishes are very easy to make but can go completely wrong in an instant." Luca was initiated into the kitchen when he was a boy of ten. "I was fascinated by the smell of the preparations at my family house in Italy. It soon turned into a passion for food and I became a chef," he quips.

It's not just about food that Luca knows, he can tell you the history and geography of each dish on the table. Every process is explained in detail, garnished with many anecdotes that help you in appreciating the food more. Talking about the cheese used in Bruschetta, he says, "Most Italians do not enjoy cheese from cow's milk. They yearn for fresh cheese made from buffalo milk. It is chewier and high on fat as compared to regular cheese."

With lifestyle diseases on the rise, green vegetables and salads are becoming popular especially in corporate lunches. A simple summer salad, comprising of leafy vegetables, cherry tomatoes etc garnished with a hint of wine and olive oil. Before making the pasta, one volume of pasta must be soaked in ten volumes of water. "It helps remove the starch and en-



**HIGHER TASTE** Chef Luca: 'Some joints in Sydney make better pastas and pizzas than outlets in Italy'

sures that the pasta does not stick to each other. It is also important to ensure that the pasta does not crumble. If it gets soft and soggy, then it defeats the purpose of having pasta."

In preparing caseretecece pasta

with egg plant and shell fish sauce, prawn shells are used to create the stock. The preparation is excellent and topped with cheese. The meat pieces are soft and the pastas are thick and cheesy.

We finish the meal with portions

of tiramisu, with a sprinkling of chocolate. It is a delightful end to the meal and one would tend to gorge on it, despite a full stomach. All the dishes are available at Pizza Hut outlets.

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