

ITALIANO/Dialetto locale – INGLESE

Alcuni nomi e aggettivi sono riportati nella forma più comune (singolare/plurale/maschile/femminile). Al riguardo per approfondimenti grammaticali e lessicali si possono consultare i seguenti siti con audio:

da Google → [Indice audiogrammatica inglese](#) → [Grammatica inglese di base](#)

da Google → [Word Reference](#) → [Italian/English](#)

GLOSSARIO

a basso contenuto di grassi = light

a crema = creamed

a cubetti= cubed

a dadini= diced

a pezzetti= slivered

a purè= mashed, creamed

abbacchio= roast lamb

abboccato= sweetish

acacia= acacia

acciughe= anchovies

aceto balsamico= aromatic vinegar

aceto di mele= apple vinegar

acido citrico= citric acid

acido sorbico= sorbic acid

acqua= water

acqua minerale= mineral water

acqua non gasata = still water

addensante= thickening agent

additivo= additive

affettati= cold cuts, deli meats, cold meats

affogato= poached

affumicato = smoked

agliata= garlic sauce with mint

aglio= garlic

agnello= lamb
aguglia= garfish, needlefish
al dente= cooked *to the tooth*, not too soft
al forno= baked
al gusto di= with a flavour/flavor of
al sangue= rare, underdone
ala= wing
albicocche= apricots
albume, bianco dell'uovo= white
alcool= alcohol
alici= anchovies
alici a beccafico= sardines stuffed with breadcrumbs, tomato, capers, black olives and bay leaf
alla griglia= grilled
allo spiedo= on the spit
alloro= bay leaf
amarena= sour black cherry
amaretti= macaroons
amaro= bitter
amido= starch
ammoniaca= ammonia
anacardi= cashew nuts
analcolico= soft drink, non-alcoholic
ananas = pineapple
anatra= duck
anelli= rings
anellini= small rings of pasta
aneto= dill
anguilla= eel
anguria= water melon
anice (semi di anice)= aniseed
anice (liquore) = anisette
animella = sweetbread

antipasto= starter, hors d'oeuvre, appetizer, antipasto
aperitivo = (bevanda) aperitif, (bevanda e stuzzichini) appetizer
arachidi= peanuts
aragosta = lobster
arance= oranges
aranciata= orange juice, orange squash
arancini= small rice balls stuffed with provola, tomato and peas
aringhe = herring
aringhe affumicate= kippers, bloaters
aroma= aroma, (di vino) nose
aromi= herbs
arrosto di maiale= roast pork
arrosto di manzo= roast beef
asparagi= asparagus
astice= small lobster
avena= oat
avere sapore di= to taste like
avocado = avocado
babà al rhum= rhum baba
baccalà= dried salted cod
bacche= berries
bacio= nougat, brownie
baguette= long ciabatta, French loaf
banane= bananas
barbabietole= beetroots
barrique= barrique
basilico= basil
bastarduni= prickly pears
bastoncini di pesce= fish fingers
bavette= narrower version of *tagliatelle*
beccaccia= woodcock
ben cotto= well-done

bergamino= bergamot liqueur/licor

bergamotta= bergamot cake

bergamoto= bergamot

besciamella= b chamel

bianchetto= whitefish

bianco = white (colore e "albume")

bibita (analcolica)= soft drink, non -alcoholic drink

bicarbonato= bicarbonate

biologico= organic

birra alla spina= draught beer

birra amara= bitter

birra amara e limonata= shandy

birra bionda aspra= lager

birra dolciastra, secca, dal gusto pieno= stout

birra leggera= pale ale

birra non troppo forte= light, pale ale

birra pi  scura leggermente pi  dolce= brown ale

biscotti= cookies, biscuits

biscotti Umberto= rectangular biscuits to soak in tea or milk

bistecca= steak

bocconcini= nuggets (di pollo, carne)/(dolcetti)

bollito= boiled

bomba calabrese= chili pepper p t 

bombolone = doughnut

bouquet= bouquet

branzino= sea bass

breasaola = dried, salted beef sliced thinly and eaten cold

brioche= bun

bruschetta= slices of bread topped with garlic, tomato and onion

brut = variety of dry spumante

bucalaci= snails

bucatini= hollow spaghetti

buccia= zest

burrini= caciocavallo with a butter center

burro= butter

burro di cacao= cocoa butter

buzzonaglia di tonno= tuna marrow

cacao= cocoa

caciocavallo= sharp seasoned cheese

caffè= coffee

caffè con latte= white coffee

caffè decaffeinato = decaffeinated coffee

caffè espresso= espresso

caffè macinato= ground coffee

caffè pizzicato= coffee with cream

caffelatte= white coffee, cappuccino

calamarata= wide ring shaped pasta

calamaro = squid

calzone = folded pizza with tomato and mozzarella inside

cannella= cinnamon

cannellini= haricot beans

cannelloni= large stuffable pasta tubes

cannolicchio= small *cannolo*

cannolo= tube-shaped shell of fried pastry dough, filled with sweet ricotta

cantina= winery

cantuccini= hard almond-flavored biscuit to dip into wine

capasanta= scallop

capelli d'angelo= the thinnest round-rod pasta suitable for soup

capesante= scallop

capicollo= brawn

caponata= a cooked vegetable salad made from chopped fried aubergine and celery seasoned with sweetened vinegar, and capers

capperi= capers

cappuccino= cappuccino, steamed milk and coffee

capretto= suckling kid

caramella = sweet, toffee

carciofi = artichokes

carne = meat

carote= carrots

carpa= carp

carrubba = carob

carta musica= crispy and unleavened thin-layered bread

castagne= chestnuts

castagni mundalori = peeled and dried chestnuts

castagno= chestnut tree

caviale = caviar

cavolfiore= cauliflower

cavolini di Bruxelles= Brussels sprouts

cavolo rosso= red cabbage

ceci= chick peas

cedro= citron

Cerasuolo =wine from Scilla, small town in the province of Reggio Calabria

cereali= cereals

cernia= grouper

cervello= brains

cetrioli= cucumbers

cetriolini= gherkins

champagne = champagne

champignons = champignons

chele di granchio= crab claws

chinotto = chinotto

chiodi di garofano= cloves

ciabatta (di pane)= ciabatta, flat bread loaf

cialde= waffles

ciambella= ring-shaped cake

ciambelline= doughnuts

cicoria= chicory

cicoria amara selvatica= wall rocket, wild arugula

ciliegie= cherries

cinesino= round biscuit pastry with chocolate cream or custard

cinghiale= boar

cioccolata= chocolate

cioccolata al bergamotto= bergamot chocolate

cioccolata al latte= milk chocolate

cioccolata bianca= white chocolate

cioccolata fondente= plain chocolate, dark chocolate

cioccolatino= chocolate

cipolla= onion

cipolla di Tropea= Tropea onion

cipolline= spring onions, scallions

ciuciulena = sesame, til

coca cola= coke

cocco= coconut

cocktail= cocktail

cocktail di gamberi= prawn cocktail

coda di bue= oxtail

colla di pesce= gelatin

colorante= colouring agent

con ghiaccio= on the rocks

con ripieno liquido= liquid centre/center

con un gusto di= with a flavour/flavor of

concentrato di pomodoro= tomato concentrate

conchiglioni= jumbo shell pasta

condimento = seasoning

condipasta= pasta seasoning

congelato = frozen

cono= icecream cone

conservante= preservative

contiene solfiti= it contains sulphites

contorno = side dish

cornetto= cornetto, croissant

corposo= full-bodied (vino), robust

coscia di pollo= chicken drumstick

cosciotto= haunch

costardelle= saury pike

costoletta= cutlet

costoletta di maiale = pork chop

cotoletta di vitello= veal cutlet in breadcrumbs

cotto a vapore= steamed

couscous = couscous

cozze = mussels

crapettu= suckling kid

crema pasticcera = custard,

crema reggina= pink icecream with rum, candied fruit, chocolate pieces and carob seeds

crème caramel= caramel pudding

cremino= chocolate cream

crêpes= crêpes

crispeddi = well-leavened dough fried in olive oil and sprinkled with sugar or stuffed with anchovies/dried tomatoes/ricotta

crispelle = pancakes

croquettes = croquettes

crostacei = shell fish

crostata= tart

crudo= raw

crusca= bran

cudduraci = pastry made of flour and honey decorated with hard-boiled eggs

cumino = cumin

cuore= heart

curcuci= residues of boiled pork

Cuvertà = red wine from Bagaladi small town near Reggio Calabria

da consumarsi preferibilmente entro il= best before end

da spremitura a freddo (di olio) = cold pressed, fresh pressed

dadi per brodo = stock cubes

daino = venison

danese= Danish

data di scadenza= best before end

datteri= dates

dentice= dentex

disossato= boned, boneless

ditali= very short pasta tubes

dito d'apostolo= glazed pound cake filled with white and chocolate cream

DOC= Registered Designation of Origin RDO

DOCG= controlled and guaranteed place name

dolce= (aggettivo) sweet, (sost.) dessert, cake

dolce al formaggio= cheese cake

dolce arrotolato con marmellata= jam roll

dolciastro = sweetish

DOP= protected designation of origin PDO

duro = tough

effervescente naturale (acqua) = natural sparkling

erba cipollina= chives

etichetta= label

fagiano= pheasant

fagioli= beans

fagioli bianchi= haricot beans

fagiolini= French beans, green beans

fagottino= small bag-shaped pastry with jam, marmalade or ricotta stuffing

faraona= Guinea fowl, Guinea hen

farina= flour, wheat

farina di castagne= chestnut flour

farina di ceci= chick pea flour

farina di cocco= coconut flour

farina di frumento = wheat

farro= emmer

fatto in casa = home-made

fave= broad beans

fecola di patate= potato flour

fegatini di pollo= chicken livers

fegato= liver

fermentazione= fermentation

fette biscottate= slices of crispy toast-like bread

fettuccine = variety of ribbon-shaped pasta

fichi= figs

fichi *mulingiana*= variety of black figs

fichi d'india= prickly pears

filetto = fillet

fiocchi d'avena= oat

fior di latte= plain icecream

fiori di zucca = courgette flowers, zucchini flowers

flambé= flambé

focaccia= flat bread

focaccina dolce= scone

formaggini= portions of processed cheese

formaggio fuso= soft cheese, processed cheese

forte (vino) = strong

fragole= strawberries

frappé= shake

frittata = omelette

fritte/i a fettine= deep fried

frittelle= fritters

frittelle di neonata/*nannata*= battered new-born fish , battered *nannata*

frittelle di fiori di zucca= battered courgette flowers, battered zucchini flowers

fritto= fried

frittole= boiled second-quality pork cuts (such as tongue, tail, ears)

frittura di pesce = fried fish

frizzante = (acqua) sparkling, carbonated, gas-added, aerated, (vino) semi-sparkling

frullato= shake

frumento= sweet wheat

frutta candita= candied fruit

frutta cotta= stewed fruit, compote

frutta di stagione= fruit in season

frutta martorana= marzipan

frutta sciroppata= fruit in syrup, preserved fruit

frutta secca= dried fruit

fruttato= fruity

frutti di bosco= soft fruit

frutti di mare= seafood, shellfish

funghetti = champignons

funghi = mushrooms

funghi coltivati = cultivated mushrooms

fusilli= pasta swirls

gallette di riso= rice wafer

gallina faraona= Guinea fowl, Guinea hen

gamberetti = shrimps

gamberetti di acqua dolce= crayfish

gamberi = prawns

gassata (acqua) = sparkling, aerated, gas-added, carbonated

gassosa= lemonade, fizzy lemonade

gateau/ *gattò*= mashed potato flan with provola or mozzarella, ham and hard-boiled eggs

gelatina= gelatin

gelato= icecream

gelato alla frutta= sundae

gelato alla nocciola= hazelnut icecream

germogli di soia = bean sprouts

ghiacciato = chilled

ghiotta= tomato sauce with potatoes, onion, olives and capers

gianduia= brownie, nougat

gin= gin

glassa= icing

glassato= glazed

glutine= gluten

gnocchi= potato dumplings, gnocchi

gorgonzola= soft cheese inoculated with mold spores

grana= sharp seasoned cheese to grate or chip

granella di nocciola= roughly ground hazelnuts

grano cotto= boiled grain

granturco= corn

grasso (aggettivo)= fatty

grasso (sostantivo)= fat

gratinato= au gratin

Greco = white dessert wine from Bianco, small city in the province of Reggio Calabria

grigliata mista= mixed grill

grissini= breadsticks

guarnizione liquida = topping

hamburger= hamburger

hamburger al formaggio= cheeseburger

ha sapore di = it tastes like

imbottigliato/a= bottled

impanato= in breadcrumbs, breaded

in barattolo = potted

in bianco= seasoned with butter or oil and parmesan

in bottiglia = bottled

in camicia (uova)= poached

in crochette= croquette

in gelatina= jellied

in salamoia = soured

in salmì= jugged

in scatola= tinned, canned

in sformato= flan

in umido= stewed

in vasetto = potted
indivia= endive
ingrediente= ingredient
insalata = salad
insalata russa= Russian salad
kebab= kebab
ketchup=ketchup
krapfen = doughnut
lamponi= raspberries
lampreda= lamprey
lasagne= pasta sheets
latte= milk
latte acido= sour milk
latte condensato= condensed milk
latte in polvere= powdered milk
latte intero= whole milk, full-cream milk, full-fat milk
latte parzialmente scremato= partly skimmed milk
latte scremato= skimmed milk
latticini= dairy products
lattuga= lettuce
lattuga romana= cos, romaine
lauru = bay leaf
leggero = (di vino) light
lenticchie= lentils
lepre= hare
lievito= yeast, baking powder
lievito per dolci = baking powder
limetta= lime
limonata = lemonade
limoncello= lemon liqueur/licor
limone = lemon
lingua = tongue

linguine= narrow ribbon-shaped pasta

liquirizia= licorice/licuorice

liquore all'anice= anisette

liscia = (di acqua) still

lombata= loin

lumache= snails

lupo= bass

luppolo= hops

maccu= boiled mashed broad beans

maggiorana= sweet marjoram

magro= light

maiale = pig, (carne) pork

maltagliati= short wide pasta with diagonally cut ends

malto= malt

mandaranci= clementines, mandarin oranges

mandarini= tangerins, mandarins

mandorle= almonds

manzo= beef

margarina= margarine

marinato= marinated

marmellata= jam, marmalade (di agrumi)

marzapane = marzipan

mascarpone= fatty cream cheese

mattonella= brick-shaped block of icecream

mayonnaise= mayonnaise

mela cotogna= quince

mele= apples

melograno = pomegranate

melone giallo= canteloup

menta= mint

menù a base di pesce = sea-based menu

meringa= meringue

merluzzo= cod, haddock

miele= honey

minestrone= thick vegetable soup

mirtillo = blueberry

molluschi= seafood, shellfish

montone= mutton

more = (di gelso) blackberries, (di rovo) brambles

mortadella= bologna

morticeddi = fruit-shaped marzipan

mosto= must

mousse= mousse

mozzarella= soft fresh cheese

mozzarella di bufala= buffalo mozzarella

mozzarella in carrozza= breaded and fried sliced-bread sandwiches with mozzarella

muesli= muesli

mupo= variety of sea bream

mustaccioli = see *'nzuddi*

nannata = new-born fish

nasello= hake

naturale = ("non frizzante" riferito ad acqua) still, plain → still water = acqua naturale, non gassata

'nduja= creamy and very hot pork sausage

neonata= new-born fish

nespole = medlars

nocciole= hazelnuts

noce di cocco = coconut

noce moscata= nutmeg

noci= nuts, walnuts

non molto cotto= medium

'nzuddi = sweets made with flour and honey in various shapes according to the ritual

'nzuppavinu= biscuits with almonds and honey to dip into wine

occhialoni= variety of sea bream

olio= oil

olio di arachidi= peanut oil

olio di palma= palm oil

olio di semi= seed oil

olio di semi di girasole= sunflower oil

olio di semi di mais= corn oil

olio extravergine= extra-virgin olive oil

olive ascolane= olives stuffed with breadcrumbs, anchovies and capers

olive greche= Greek olives

olive infornate= baked olives

olive nere= black olives

olive ripiene = stuffed olives

olive schiacciate= crushed and stoned green olives seasoned with celery, garlic, oil, vinegar and oregano

olive verdi= green olives

orata = dory, gilthead

origano = oregano

orzo= barley

ossa= biscuits in the shape of dead man's bones with a flavour of cloves

ossobuco= marrow bone, veal knuckle

ostriche = oysters

paccheri= large pasta tubes

pagnotta= loaf

palermitana (pasticcino)= small sponge pastry with custard topped with a candied cherry

pan di Spagna= sponge cake

pancarrè= sliced bread

pancetta= bacon

pandoro = dome-shaped sponge cake traditionally eaten at Christmas

pane a cassetta= sliced bread

pane allo zenzero= ginger bread

pane di grano= brown bread

pane di segale= rye bread

pane di semola= semolina bread

pane greco= pitta bread

pane integrale= wholemeal bread

pane tostato= toast

panettone = dome-shaped cake with sultanas and candied fruit traditionally eaten at Christmas

panforte = nougat-like spicy delicacy from Siena

panna da cucina= single cream

panna montata= whipped cream

pannocchia di granturco= corn on the cob

panzerotti= filled bag-shaped pastries

pappa reale= royal jelly

pappardelle= ribbon-shaped pasta

paprica= paprika

parmigiana= flan made of eggplants layers with tomato sauce, cheese, parmesan and hard-boiled eggs

parmigiano = parmesan

passata di pomodoro= tomato soup

pasta= pasta, noodles, (impasto) dough, (involucro di pasta per dolci) pastry

pasta al forno= macaroni cheese

pasta alla Norma= pasta with tomato sauce, eggplant and fresh or baked cheese

pasta con le sarde= pasta with fresh sardines, pine nuts, wild fennel seed and olive oil

pasta frolla= short cut pastry

pasta reale= Sicilian marzipan

pasta sfoglia= flaky pastry, puff pastry, filo pastry

pastella= batter

pasticcino= pastry

pasticcio= pie

pastiera = sweet ricotta cheese flan with boiled grain and candied fruit

pastina= miniature-shaped pasta suitable for soups

pastina in brodo = noodle soup

patate= potatoes

patate al cartoccio= jacket potatoes

patate dolci = sweet potatoes

patati i 'zzuccuru= sweet potatoes

patatine fritte a bastoncino= chips, French fries

patatine fritte a foglie= crisps

pâté= pâté

pecorino= semi-soft or seasoned sheep milk cheese

penne= variety of short tube-shaped pasta

pennette= small *penne*

pepe= pepper

peperonata= peppers cooked in olive oil with onion, tomato and garlic

peperoncino= chili/chilli pepper

peperoni= peppers

pere= pears

pesce persico= perch, bass

pesce stocco= stockfish, dried cod

pesche= peaches, (dolce tipico di Reggio Calabria) variety of big doughnut with white cream covered with sugar

pesto= sauce made of crushed basil, garlic and pine nuts

petrali = pastries filled with chopped dried figs with a chocolate or sugar icing

péttina= small sole-like fish

petto di pollo= chicken breast

piadina= thin flatbread

piccante= hot, spicy

pignolata= little gnocchi made of flour, sugar and eggs, fried then covered with honey or coated with chocolate or sugar icing

pinoli= pine nuts

piparelli= *stomatico* biscuits

piscistoccu a 'gghiotta= pesce stocco cooked in a tomato sauce with olives, capers and potatoes

piselli= peas

pitta = pitta bread

pizza = oven-baked, flat, generally round bread that is often covered with tomatoes or a tomato-based sauce and mozzarella cheese. Other toppings are added according to region, culture, or personal preference.

pizza ai quattro formaggi= pizza covered with several varieties of cheese

pizza alla Norma= pizza topped with tomato sauce, eggplant and fresh or baked cheese

pizza capricciosa= pizza covered with various ingredients such as olives, artichokes, and champignons

pizza margherita= pizza covered with tomato sauce, mozzarella and basil

pizza napoletana= pizza covered with tomato sauce, mozzarella and anchovies

pizza ortolana= pizza covered with vegetables

pizza quattro stagioni= pizza covered with various ingredients such as olives, ham, artichokes, and champignons

platessa = plaice

polenta= maize porridge, polenta

pollame= poultry

pollo= chicken

pollo arrosto= roast chicken

polpette di carne= meatballs

polpettine di pesce= fishcakes

polpettone= meatloaf

polpettone ripieno= stuffed meatloaf

pomodori secchi= dried tomatoes in oil

pomodorini Pachino= sweet small round tomatoes

pompelmo = grapefruit

porchetta = porchetta

porri= leeks

precotto= precooked

prezzemolo= parsley

primo = (portata) first course

prodotti macrobiotici= macrobiotic products

profiteroles= profiteroles

prosciutto cotto= (cooked) ham

prosciutto crudo= raw ham, cured ham

prosciutto di Parma = Parma ham

prosciutto S. Daniele= S. Daniele ham

provola= semi-soft cheese

provolone= seasoned cheese

prugne= plums

prugne secche= prunes

puffo (icecream flavor) = plain blue icecream

punte d'asparagi= asparagus tips

quaglie= quails

radicchio= radicchio

ragù= meat sauce, gravy, gravvy

rana pescatrice= angler

rape= turnips

ravanelli= radishes, rapes

ravioli= small square packets of pasta stuffed with pork, ham, Parmesan and nutmeg/ ricotta and spinach.

ravioli di ricotta= ricotta *ravioli*

retrogusto = aftertaste

ribes= currant

ricoperto di= coated with

ricotta= fresh cream cheese made from sheep or cow milk

ricotta di pecora= sheep milk ricotta

ricotta vaccina= cow milk ricotta

rigatoni= small pasta tubes with ridged sides

ripieno= stuffing, filling

riserva = reserve

riso= rice

riso soffiato= rice crispies

rognoni= kidneys

rollè= filled roll

rollè alla marmellata = jam roll

rosmarino= rosemary

rosso = (colore) red, (tuorlo) yolk

rucola= rocket, arugula

rustici= fried salties such as small pizzas, sandwiches, *mozzarelle in carrozza*

sa di= it tastes like

sa di tappo (di vino) = the wine is corked

salame = salami

salamoia = brine

salatini= salties, savouries

salato= salty

sale= salt

salmone = salmon

salmone affumicato = smoked salmon, kipper

salmoriglio = seasoning with oregano, garlic, oil and lemon juice

salsa barbecue= barbecue dip

saltato= sautéed

salumi, affettati= cold meats, cold cuts

salvia= sage

Sangria= a sort of punch made from red wine along with sugar, orange, lemon and peach

sanguinaccio= custard made with pig blood, almonds, chopped nuts and raisins

saraghi = white sea bream

sarde = sardines

sardella= spicy Calabrian caviar made of new-born fish

sardine = sardines

Savoardi= soft biscuits

scaglie (di parmigiano, di grana)= scales (Parmesan scales, grana scales)

scalogni= shallots

scaloppina= escalope

scamorza= scamorza

scarola= prickly lettuce, escarole

sciuriddi= courgette flowers, zucchini flowers

scorza = rind, zest

scorzetta= rind, zest

secco = dry (vino, spumante), dried (che è stato ad essiccare al sole)

secondo (portata) = main course

sedano = celery

seghere= drumhead lettuce

sella= saddle

selvaggina, cacciagione= game

semi di carrubba = carob seeds

semifreddo= semi-frozen dessert (mixture of icecream and cream)

semolino= semolina

senape = mustard

senza glutine= gluten-free, gluten-less, without gluten

senza spine= boned, boneless

senza zucchero= sugar-free

seppie =cuttlefish

sesamini= sesame-coated biscuits, til-coated biscuits

sesamo= sesame, til

sfilatino, filone, filoncino (di pane)= French loaf, flat loaf

sfoglia= small puff pastry

sformato = flan

sgombro = mackerel

sgroppino= lemon sorbet served as digestif

sgusciate = shelled

sgute = see *cudduraci*

sidro= cider

snocciolate= pitted, stoned

soda= soda

solfiti= sulphites

soppressata= brawn

sorbe selvatiche = Rowan berries

sorbetto = sorbet

sorbi = Rowan berries

sospiro di monaca= glazed pound cake with white cream filling

sott'aceto= pickled

sott'olio= in oil

sottaceti =pickles

soufflé= soufflé, flan

spaghetti *aggddhiu e ogddhiu*= spaghetti with garlic, oil and chili peppers

spaghetti aglio, olio e peperoncino= spaghetti with garlic, oil and chili peppers

spalla= shoulder

speck= speck

spiedino= kebab

spigola= bass

spinaci= spinach

spremitura a freddo= cold pressing, first pressing

spremuta= squash

spremuta di arance= orange squash

spumante= variety of sparkling wine

stagionato= seasoned

stinco di maiale= pork hock

stoccafisso= stockfish, dried cod

stomatico= tasty gingerbread made with flour, almonds and caramelised sugar and spiced with cloves and caramel

stracchino= low-fat cream cheese

stracciatella= plain icecream with roughly ground dark chocolate

stracette= biscuits with almonds and candied fruit

strapazzate (uova)= scrambled

strascinati= variety of home-made pasta

strozzapreti= variety of maccheroni rolled across their width

struncatura= variety of home-made brown pasta

strutto= lard

stufato = stewed

stuzzichini= salties, savouries

succo d'acero= maple syrup

succo di frutta = fruit juice

suffrittu = pork or veal lights with lots of chilli peppers and tomatoes

sugo = sauce, gravy, gravvy

surgelato= frozen

surici= variety of small fish

susine= plums

susumelle= bread dough with dried fruit, covered with a chocolate glaze

tacchino= turkey

tagliate a bastoncini (patate)= chips

tagliate a fette e fritte = deep fried

tagliatelle= ribbon-shaped pasta

tagliuzzato= chipped

tapioca= tapioca

tartufo = (fungo e gelato) truffle

tartina = little cake

tè= tea

tè deteinato = deteinated tea

testa di maiale= pig's head

tè verde= green tea

texture= texture

timballo= pie

timo = thyme

tiramisù = dessert made of coffee-soaked savoiardi biscuits, eggs, cream, mascarpone cheese and cocoa

tisana= herb tea

tonno = tuna fish

torroncino = brownie, nougat

torroni = nougats, brownies; sweets made with toasted almonds, honey, sugar and egg whites

torrone gelato= trunk-shaped block of confectioner sugar nougat with almonds and candied fruit, coated with dark chocolate

torta = cake, pie

torta della nonna= pastry cake with custard and toasted almonds

torta di mele= apple pie

torta millefoglie= puff pastry cake with cream, custard and chocolate cream

torta mimosa= sponge cake with white cream and fruit pieces

torta Saint' Honoré= cake with white cream and cream puffs

tortellini =small navel-shaped packets of pasta stuffed with pork, ham, parmesan and nutmeg

tortiera= pie

tostato= toasted

totano / i= squid

tramezzino= sandwich

treccia (mozzarella)= mozzarella plait

treccia (sfoglia)= puff pastry plait

trenette= thin ribbon pasta ridged on one side

trifolato = sliced thinly and coke with olive oil, parsley and garlic

triglie= red mullet

trippa= tripe

tritato= minced

trofie= variety of pasta

trota= trout

tuorlo, rosso d'uovo= yolk

uova di lompo = lump-fish eggs

uovo alla coque = boiled egg

uovo sodo = hard-boiled egg

uva= grapes

uva passa= raisins, sultanas, currants

uva sultanina= currants, sultanas

vaniglia= vanilla

varietà di uva= grape variety

vaulauvent= canapé of salted puff pastry

vellutata= purée

ventriceddi= stuffed stomachs of stockfish

vermicelli= a round-rod pasta

vigna = vineyard

vin brulé= mulled wine

vin' i Pedduru = Pellaro wine (Pellaro is one of Reggio Calabria neighbourhoods)

vino= wine

vino abboccato= sweetish wine

vino da tavola= jug wine, table wine

vino liquoroso da dessert= dessert wine

vino marsalato = fairly sweetish wine

vino trasfigurato= wine poured into terracotta jugs and smoked (Seminara municipality)

vino vintage= vintage wine

vitello= veal

vitigno = vine

vongole= clams

vongole sgusciate= shelled clams

vongole veraci= clams in shell

yogurt = yogurt

zafferano= saffron

zampa, cosciotto= leg, hock

zampone = pig's trotter

zenzero= ginger

zeppole= sort of *crispeddi* with custard or ricotta

zeppole di san Giuseppe = small soft pastries with custard

zippuli = sort of *crispeddi* with custard or ricotta

ziti= long, narrow hose-like pasta tubes

zucca= pumpkin, marrow

zuccherato= with sugar

zucchero= sugar

zucchero a glassa = iced sugar

zucchero a velo= icing sugar, confectioner's sugar

zucchero a zollette= lump sugar, cubed sugar

zucchero vanigliato= icing sugar

zucchine= courgettes, zucchini

zuppa = soup

zuppa inglese= trifle, trifle pastry (pasticcino)