

French and Italian Cuisine Passport

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Part of the *Let's Eat Out!* Series

Kim Koeller & Robert La France



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“If I have helped just one person in exploring a new location, be it in the city or country side, within their own country and/or on foreign lands, I will feel as though I have succeeded.”

—Ralph Waldo Emerson

Passport Introduction

Overview

As part of the *Let's Eat Out!* Series, the *French and Italian Cuisine Passport* is the first pocket reference guide dedicated to eating outside the home by respective cuisine while managing 10 common food allergens including: corn, dairy, eggs, fish, gluten, peanuts, shellfish, soy, tree nuts and wheat. This pioneering effort focuses on what you can eat by providing allergy considerations for 60-plus sample menu items from these two international

cuisines. The contents of this passport are based on years of personal experience, extensive research, proven results and the collaborative efforts of many individuals and organizations around the world. This light-weight passport is designed to facilitate a safe eating experience whether you are traveling around the corner from your home or around the world.

Passport Approach

The passport is organized in a manner that allows you to use the information in a number of different ways. One of our key guiding principles was to develop an easy-to-use guide that is succinct and flexible to meet an individual's needs. It can be read cover to cover as a reference guide or if you prefer, you can skip around depending upon what cuisine or menu items you are most interested in learning about. For example, if you're planning to go to a restaurant, you may want to learn about the cuisine, potential menu items, associated guidelines and how to navigate through the restaurant menu. If you just need to re-familiarize yourself on possible choices or want a "cheat sheet" to bring with you to help guide your choices, you can view the *Quick Reference Guides*. It's all about your

needs, preferences and areas of concern during that particular moment of the day.

Design and Methodology

The format is standardized across the cuisines, allowing you, the reader to easily recognize each section of information. The *Dining Considerations* outline how menus may be presented as well as relevant cultural customs and service styles for each cuisine. The *Sample Cuisine Menus* identify the name of each dish in its native language with the English equivalent. In our global research, we discovered that international cuisines often present each menu item in the language of the country you are in, as well as the native language. We researched cuisine menus and recipes from all over the world to determine which items are most commonly found in each cuisine. Once established, we reviewed each menu item to determine which dishes had the highest likelihood of being gluten/wheat-free. We further narrowed the selection by determining which menu items had the highest likelihood of not including the eight other common food allergens discussed in this passport.

Cuisine Menu Item Descriptions summarize each dish's ingredients and the culinary preparation

techniques involved in its creation. We determined what areas of food preparation had to be confirmed with the restaurant to ensure each dish was gluten/wheat-free, what other common food allergens could be potentially included and the areas of food preparation that must be questioned to ensure an allergy-free dining experience. After each description, we outline the following concerns:

Gluten-Free Decision Factors:

- “Ensure” an ingredient is not present as part of the food preparation
- “Request” an item is not included or inquire about a substitution

Food Allergen Preparation Considerations:

- “Contains” an allergen from an ingredient in alphabetical order
- “May contain” an allergen from an ingredient in alphabetical order

The *Cuisine Quick Reference Guides* are designed to give you easy access to information discussed in the menu item descriptions. It provides an overview of each item in the sample menus and

indicates whether a dish “typically contains” or “may contain” an allergen. These guides highlight what you need to be aware of to order applicable menu items, avoid specific allergens and adhere to your specialized diet at a glance.

About the Authors and Additional Products outlines background details and product information.

This passport can be used as a daily resource, a reference guide, an educational tool or a training manual depending upon your perspective. We hope it meets your diverse needs and empowers you with the knowledge to achieve your desired gluten and allergy-free objectives.

And remember,

**“Life loves to be taken by
the lapel and told,
‘I am with you kid. Let’s go!’”**
– Maya Angelou