

food news



The Art of the Aperitivo

This world-famous Italian ritual combines the lightheartedness of drinking, good food and conviviality. In the 5th century BCE, history's first mixologist — Greek physician Hippocrates — would prescribe *Vinum Hippocraticum* to his patients suffering from a loss of appetite. The white wine remedy had been steeped in dittany flowers, wormwood and rue. Today, 70% of Italians (blissfully) enjoy an aperitivo with some degree of frequency. The U.S. has a penchant for this, too. According to *USA Today*, 45% of millennials prefer low-alcohol drinks. The latest trend? "Green" cocktails mixed with healthful, environment-friendly ingredients. And no more plastic straws — *Forbes* shared that 88% of bartenders choose recyclable products.

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