Northern Italy comprises eight regions: Liguria, Valle D'Aosta, Piemonte, Lombardia, Trentino-Alto Adige, Veneto, Friuli Venezia-Giulia, and Emilia Romagna. All eight have their own culinary styles.

Northern Italy is the most populated and industrial region of Italy. It is responsible for most of Italy’s economic output.

Northern Italian cuisine is distinguished from that of the rest of the country by the predominant use of butter, cream, cheeses, rice, potatoes, baccalá (dried salted codfish), polenta (corn mush), wines used for cooking, hams, sausages, beef, chicken, and venison.

Northern Italy favors mild-tasting, creamy, meat-rich, and nutritious dishes. Desserts are creamy and rich instead of sweet.

Portions are relatively small—what’s important is the variety of dishes, not the amount!

Northern Italian Cuisine is heavily influenced by that of France and Austria.