

## HEALTHY COOKING

**Skills targeted:** Practical thinking: measuring, weighting, comparing, solving problems, Following procedures, Communicating

**Aims and description:** plan and organise making, use a range of techniques to measure, prepare, peel, chop, slice and combine material, take account of working characteristics of materials, eg. thickening of sauces, work safely and hygienically.

### **Cross curricular dimensions**

**Creativity and critical thinking:** trialling and prototyping, recipe development

**Sustainability:** making good use of locally available produce

**Community participation:** developing ideas, working as a group

**Technology and the media:** using the Internet for research, discussing and presenting ideas in groups and to the class

**Enterprise:** making wise food decisions

**Healthy lifestyles:** applying healthy eating principles

**Identity and cultural diversity:** taking account of the food needs and preferences of others.

Following two recipes of typical Italian food (pizza and sbrisolona cake), the students prepared the food explaining every step of the procedure and giving reasons for the decisions taken.



## PIZZA MARGHERITA RECIPE

### Ingredients for the dough:

400g of wheat flour 00  
250ml of warm water  
a beer yeast bag  
10g of sugar  
2 table spoons of olive oil  
salt as needed

### Ingredients for the sauce:

400g of tomatoes in small pieces  
250g of mozzarella cheese  
8 table spoons of olive oil  
oregano as you like

### Procedure:

Sift the flour in a mixing bowl, add the beer yeast and mix. In the center of the flour make a hole and pour sugar, salt and two tables poons of olive oil. mix everything with a fork adding warm water slowly. Add some flour on the working table and put the dough on it, then knead it for at least 10 minutes by spreading it with punches and beating it on the table. Put the dough in the mixing bowl with some flour and cover it with a wet dish cloth/towel. leave it rest until its volume is doubled. Cover the baking tray with baking paper. Spread out the dough and distribute tomatoes and mozzarella cheese on it. Sprinkle oregano on it. cook for about 15/20 minutes in the preheated oven at 200°C.

## SBRISOLONA CAKE

### Ingredients:

200g Wheat Flour 00  
200g Corn Flour  
150g Blanched Almonds  
50g Whole Brown Almonds  
200g Sugar  
100g Butter  
100g Lard (Or Butter)  
One Lemon Peel To Grate  
2 Egg Yolks  
1 Vanilla Pod

### Procedure:

To prepare sbrisolona cake, pour blanched almonds in a mixer and grind them not too finely. Pour the lard and butter in a mixing bowl, then add the chopped almonds. Then pour corn flour, wheat flour, the grated lemon peel and mix briefly. Add vanilla seeds, then  $\frac{3}{4}$  of sugar dose then mix again manually and very quickly to avoid heating the dough. Finally pour the egg yolks and mix manually very fast to incorporate them. Grease a cake pan of 32 cm diameter and distribute  $\frac{2}{3}$  of the dough like rain drops and try to crumble it as much as possible: the dough must not be compact on the pan. Add the whole brown almonds to the remaining part of the dough and mix the blend quickly. distribute the remaining sugar and cook the sbrisolona cake in the preheated oven at 180°C for about 50 minutes. once cooked, take out of the oven and leave it cooling.