



COMPREHENSIVE INSTITUTE "G. MARITI" MIDDLE SCHOOL
FAUGLIA (Pisa) - Italy

Pupils of
CLASS 3 D
present

A winter Tuscan menu





Project

MY INTERNATIONAL FRIEND

Pupils of CLASSE 3D

**Bruno, Jacquelyne, Giulia B., Lorenzo B., Francesco, Lisa C.,
Alessia C., Federico, Alessia G., Lisa G., Lorenzo L., Mathilde,
Aurora, Lorenzo N., Francesca, Chiara, Filippo, Giulia P.,
Alessandra, Emanuele, Ibraihim, Vitalina.**

Teresa De Vito
English Language teacher

TEACHERS INVOLVED

Lorenza Biasci
Art teacher

APPETIZER

CROUTONS OF BLACK CABBAGE



ingredients



- Stale bread
- Two bunches of black cabbage (or curly cabbage)
- Two cloves of garlic
- Extra virgin olive oil
- Salt
- Pepper

ingredients



first step

Clean the leaves of cabbage, remove the hard central stalk boil the leaves in hot and salted water.



Drain, squeeze and chop the cabbage. Warm a frying-pan with oil and the garlic, cook the black cabbage for 3 minutes.



second step

Toast under the grill some rounds of bread. Rub a cut clove of garlic over each piece. Spoon the seasoned cabbage into bread.



Pour a trickle of oil and finish with some ground pepper and serve.



By: Jacquelyne Benedetti

Lorenzo Lami

Chiara Olivieri



FIRST COURSE

TOMATO SOUP



ingredients

- 500 gr of tomatotes
- 2 cloves garlic
- 1/2 red pepper.
- some leafes of basil
- 300 gr stale homemade bread
- 1l vegetable broth
- 4 soup spoons of extra-Virgin olive
- sal
- pepper



ingredients



PROCEDURE

Peel and crush the garlic cloves . Put the olive oil in a pan and let them slightly fry for a few minutes.They should soften but not brown

Add the tomatoes cut in quite big pieces together with the red pepper and the leaves of basil . Cook for ten minutes. Add the bread cut in slices and stir well.

When the bread will have absorbed the tomato sauce pour a large quantity of boiling vegetable stock, season with salt and pepper.

Simmer for about 10-15 minutes covering with the saucepan lid and stir occasionally during the cooking, add more stock if necessary.

Turn off the heat. Allow to rest for about an hour stir with care in order to mash the bread completely.

Serve the pappa lukewarm pouring a trickle of oil and some basil leaves on top.

PROCEDURE



By: Lorenzo Bindi

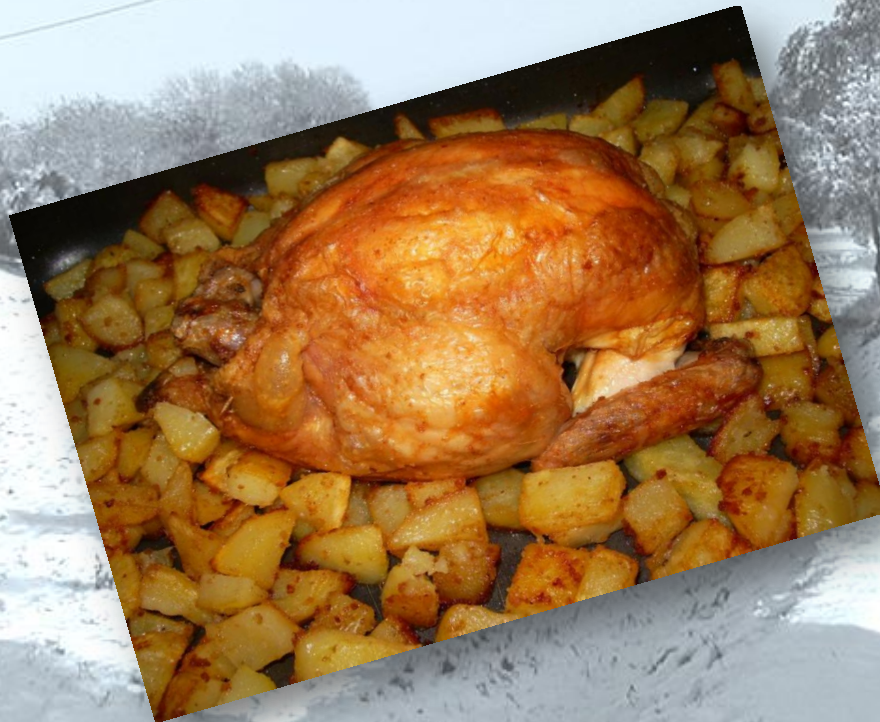
Lisa Gojer

Giulia Pesola



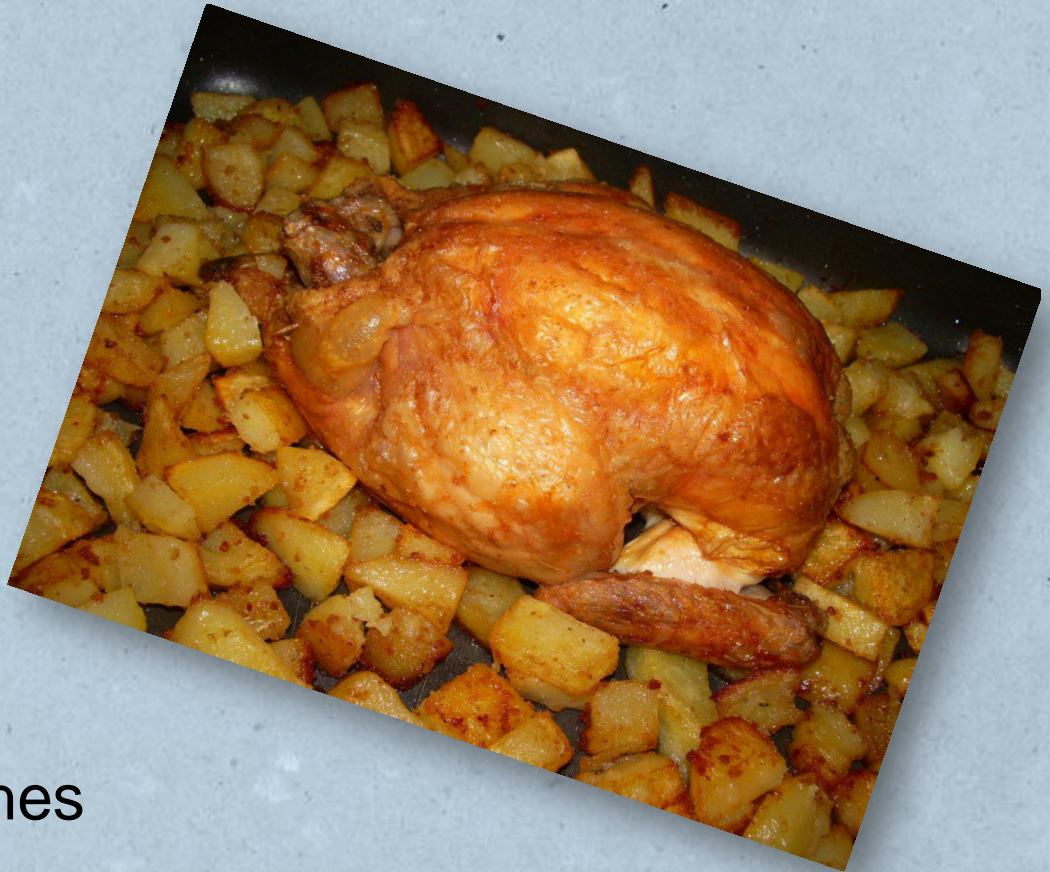
**SECOND COURSE
AND SIDE DISH**

CHICKEN WITH POTATOES

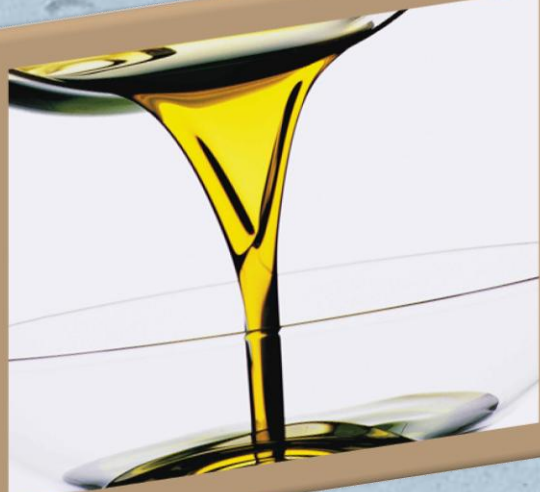


ingredients

- A spring Chicken
- Rosemary branches
- Potatoes
- Oil
- Salt
- Pepper



ingredients





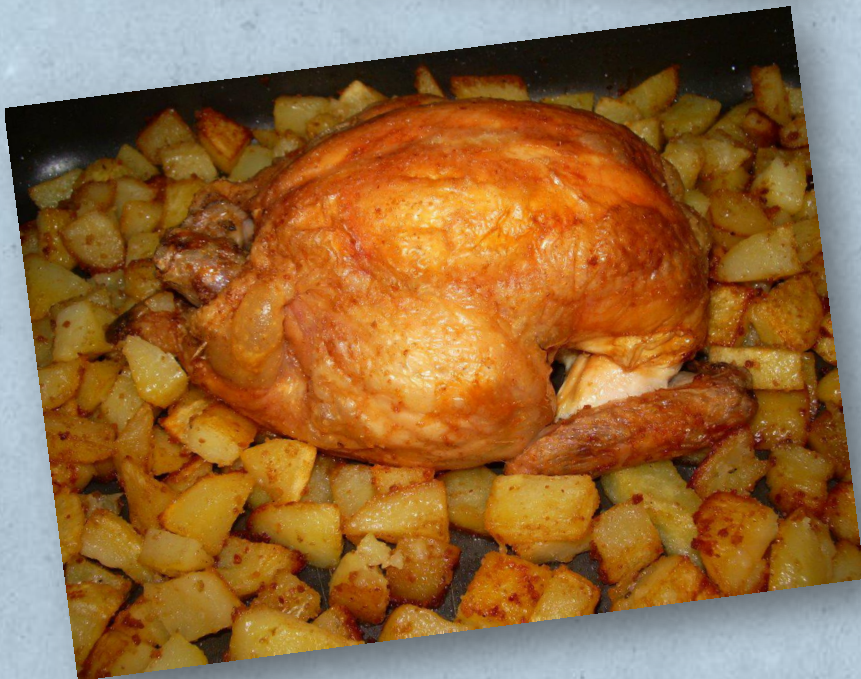
PROCEDURE

Peel And cut the potatoes in cube shapes,boil in some hot water,with oil,and chopped rosemary..

Put the potatoes in a roasting pan and bake it at 200° for 20 minutes.

Prepare a mix of oil,salt,pepper and a fresh rosemary leaves. Rub the mixture on and inside the chicken; bake it at 200° for 20 minutes.

After 20 minutes cut the chicken into pieces and pour them in the potatoes pan , the dish is ready to be eaten.



By: **Lisa Cerri**

Lorenzo Nannicini



DESSERT

CASTAGNACCIO

It is typical tuscan chestnut flour cake.



ingredients

- 300 gr. sweet chestnut flour
- 40 gr. Of pine seeds
- 40 gr. Of walnuts
- Rosemary leaves
- ½ l. water
- One spoon of oil
- A pinch of salt



PROCEDURE

Sieve the chestnut flour and pour in a bowl add the cold water, so to get a rather fluid mixture without any lumps. Add a spoon of olive oil a pinch of salt and raisins previously softened in lukewarm water ; stir well; pour the mixture into an oiled baking tray .

Sprinkle the surface with pine nuts, grounded walnuts and some leaves of rosemary and bake it in preheated oven at 200 degrees for about half an hour.

The chestnut cake is cooked when the surface is crisp and cracked.

first step



second step



third step



fourth step



fifth step



By: **Giulia Bertonati**

Aurora Morelli

Francesca Notaristefano





eTwinning

Edited by: **Alessia Colizzi**

Alessandra Polzella