

INTERNATIONAL FOODS FORMAT FOR COUNTRY WRITE-UP

At the conclusion of our unit of study each student will turn in several pages of clean neat paper containing all of the following information:

1. Title page with all necessary information (name, date, period, country studied).
2. Map of the country studied with pertinent land marks highlighted.
3. The definition of the word cuisine.
4. One paragraph of at least three sentences on each of the following topics:
 - a. the general characteristics of the country's cuisine.
 - b. the unique cooking techniques and tools of the cooking style.
 - c. the geography of the country and how it effects the country's cuisine.
 - d. a brief history of the country and how it effects the country's cuisine.
 - e. the culture and philosophy and how it effects the cuisine of the country.
 - f. your opinion of the country's cuisine, and one new bit of information you learned about it.
5. Copies of recipes prepared.
6. Bibliography of resources used.

International Foods
Italy Spelling Test
Spell words and write definition

Italian Foods

- 1) **Antipasto:** Means "Before the meal", This is the hors d' oeuvre or first course of an Italian meal and usually consists of a plate of assorted meats and cheeses, vegetables and fish.
- 2) **Cannoli:** Tubes of crisp pastry filled with sweetened ricotta cheese and often chocolate and candied fruit.
- 3) **Espresso:** A rich, strong coffee prepared by forcing pressured steam through darkly roasted finely ground coffee beans.
- 4) **Marinara:** "Sailor Style"; a well-seasoned sauce used in southern Italian cooking that includes tomato, garlic, onions, olive oil and oregano.
- 5) **Minestrone:** Vegetable soup containing pasta or sometimes rice.
- 6) **Panettone:** (Pah-neh-to-neh) Yeast cake containing candied fruits and raisins.
- 7) **Pasta:** Basically a dough of flour and water for making noodles or macaroni. It is the generic term for all macaroni products. There are over a hundred different varieties of pastas.

Italian Cooking Utensils:

- 8) **Garlic Press:** Metal tool to squeeze out garlic juices.
- 9) **Espresso Maker:** Used to make rich strong coffee.
- 10) **Pizelle Iron:** Used to cook the wafer like sweet cookies.
- 11) **Pizza Peel:** Large wooden paddle use to lift pizza.

Italian Cities:

- 12) **Rome:** The capital of Italy
- 13) **Milan:** The second largest city in Italy.
- 14) **Venice:** A port city located at the head of the Adriatic Sea. Famous for art museums, water canals and gondolas.
- 15) **Palermo:** The largest in Sicily
- 16) **Mt Etna:** Located in Sicily, it is the highest active volcano in the northern hemisphere.
- 17) **Mt. Vesuvius:** An active volcano in western Italy near Naples. This was the volcano that erupted and covered the city of Pompeii.
- 18) **Vatican City:** A sovereign papal state. It is an enclave of about 108 acres in the city of Rome.

ANTIPASTO SALAD

Serves 4

½ Cup Rotini Pasta
½ Cup Garbanzo Beans
8 Slices Pepperoni
2 T Sliced Ripe Olives
2 T Diced Sweet Red Pepper
2T Diced Green Pepper
1 Medium Fresh Mushroom, Sliced
½ Clove Garlic Minced
1 ½ tsp. Minced Fresh Basil, or ½ tsp. Dried Basil
½ tsp. Salt
½ tsp. Minced Fresh Oregano; or dash of dried Oregano
Dash of Pepper
Dash of Cayenne Pepper
¼ Cup Olive or Vegetable Oil
3 T Lemon Juice

1. Cook pasta according to package directions; drain and rinse with cold water. Place in large salad bowl.
2. Add the next 12 ingredients; mix well.
3. In a jar with a tight-fitting lid, shake oil and lemon juice. Pour over salad and toss.
4. Cover and refrigerate 6 hours or overnight. Stir before serving.

4-6
YIELD: ~~12~~ SERVINGS

CHEESY GARLIC BREAD

- ~~1/4~~ C BUTTER OR MARGARINE, SOFTENED
- ~~2~~ # GARLIC CLOVES, MINCED
- ~~1/8~~ # TSP. DRIED OREGANO
- ~~1/4~~ # LOAF FRENCH BREAD, HALVED LENGTHWISE
- ~~2~~ # TBS. GRATED PARMESAN CHEESE

1. IN SMALL BOWL COMBINE BUTTER, GARLIC AND OREGANO; SPREAD ON CUT SIDES OF BREAD.
2. SPRINKLE WITH PARMESAN CHEESE.
3. WRAP IN FOIL. PLACE ON UNGREASED BAKING SHEET.
4. HEAT IN 350 DEGREE OVEN FOR 10 TO 15 MINUTES.

CALZONE

Versatile pizza dough can be rolled and used to make savory turnovers called calzone. Plum or roma tomatoes are a good choice for the filling, they are meaty rather than juicy and add flavor without making the pastry soggy.

YIELD: 3 to 4 servings

Pizza dough, uncooked
1 cup shredded mozzarella cheese
2 oz. salami, cut into thin strips
1/4 cup ricotta cheese
2 tbs. snipped fresh basil
1 Italian plum tomato, chopped
pepper to taste
1/2 egg, slightly beaten

1. Prepare pizza dough. Heat oven to 375 degrees.
2. Divide dough into 3 to 4 equal parts. Roll each part into a 6 or 7 inch circle on a lightly floured surface.
3. Mound some of the mozzarella, salami, ricotta cheese, basil and tomato on half of each circle to within 1 inch of the edge.
4. Sprinkle each with pepper. Carefully fold dough over filling; pinch edges to seal securely.
5. Place calzones on greased cookie sheet; brush with egg.
6. Bake until golden brown, about 25 minutes.

PIZZA ITALIAN FOCACCIA

FOCACCIA is as flavorful as a simple country bread can get. Olive oil and fresh Rosemary give this yeast - raised flatbread its glorious Italian flavor.

1 pkg. active dry yeast = $2\frac{1}{2}$ tsp
1 cup warm water
~~2 to 3 tablespoons snipped fresh rosemary~~
3 tablespoons olive oil
2 teaspoons salt
2 1/2 to 3 cups all-purpose flour
olive oil
Coarsely ground pepper (optional)

Dissolve the yeast in warm water in a large bowl. Stir in rosemary, 3-tablespoons oil, the salt and enough flour to make dough easy to handle. Turn the dough onto lightly floured surface; knead until smooth and elastic, 5 to 10 minutes. Place in greased bowl; turn greased side up. Cover; let rise in warm place until double, about 1 hour. (dough is ready if indentation remains when touched.)

Heat oven to 400 . Punch down dough. Press in oiled 12 inch pizza pan. Make depressions, with fingers about 2 inches apart, on top of dough. ~~Brush with oil, sprinkle with pepper.~~ Let rise uncovered 30 minutes. Bake until golden brown for about 20 to 25 minutes. Brush with additional olive oil. Serve warm.

yield: 1 focaccia (12 pieces)

Notes on Rosemary

~~Rosemary is an herb used both fresh and dried. Unlike many herbs, even in its dried form rosemary has powerful flavor; crush the dried leaves in your fingers before adding it to foods to release even more. It is hugely popular around the Mediterranean and is as delectable with olives and olive oil as it is with poultry, fish and countless vegetables. The long, narrow, dusky green leaves are pretty. Sprigs of fresh rosemary make a fragrant, handsome garnish.~~

SICILIAN CHEESE AND CHOCOLATE CAKE

(Cassata alla Siciliana)

This cream-filled layer cake is in the best tradition of Sicilian pastry chefs, renowned for their way with sweets. The Italians often mix ricotta with morsels of chocolate and chopped candied fruit as a filling for baked goods.

YIELD: 12 to 14 servings

Sponge cake (separate recipe)

16 oz. dry ricotta cheese

1/4 cup sugar

2 tbs. milk

~~2~~ ^{1 1/2} tbs. orange-flavored liqueur

1/4 tsp. salt

1/3 cup semisweet chocolate chips, chopped

1/3 cup finely chopped mixed candied fruit

Chocolate Mocha Frosting (recipe follows)

1. Prepare sponge cake.
2. Beat ricotta cheese, sugar, milk, liqueur and salt in small mixer bowl until smooth, 2 to 3 minutes.
3. Stir in chocolate chips and candied fruit.
4. Cut cake into 4 rectangles, 10 1/2 by 3 3/4 inches.
5. Alternate layers of cake and ricotta filling, beginning and ending with cake.
6. Frost with Chocolate Mocha Frosting.

CHOCOLATE MOCHA FROSTING

2 1/2 cups powdered sugar

1/3 cup margarine or butter, softened

2 squares (1 ounce each) unsweetened chocolate, melted and cooled

2 tsp. instant coffee

3 tbs. hot water

1. Beat powdered sugar, margarine and chocolate in small mixer bowl on low speed.
2. Dissolve instant coffee in water. Add coffee to sugar mixture gradually; beat until smooth and creamy.
3. If necessary, stir in additional water, a few drops at a time.

SPONGE CAKE

3 eggs
1 cup granulated sugar
1/3 cup water
1 tsp. vanilla
3/4 cup all-purpose flour or 1 cup cake flour
1 tsp. baking powder
1/4 tsp. salt
Powdered sugar

1. Heat oven to 375 degrees. Line jelly roll pan, 15 1/2 by 10 1/2 by 1 inch, with aluminum foil or waxed paper; grease generously.
2. Beat eggs in small mixer bowl on high speed until thick and lemon colored, about 5 minutes.
3. Pour eggs into large mixer bowl. Beat in granulated sugar gradually.
4. Beat in water and vanilla on low speed. Add flour, baking powder and salt gradually, beating just until batter is smooth.
5. Pour into pan. Bake until wooden pick inserted in center comes out clean, 12 to 15 minutes.
6. Immediately loosen cake from edges of pan; invert on towel sprinkled generously with powdered sugar. Carefully remove foil or paper. Trim off stiff edges in necessary.
7. Cool on wire rack at least 30 minutes.

BISCOTTI WITH DRIED CRANBERRIES AND PISTACHIOS

- 1-3/4 cups all-purpose flour
- 1 cup sugar
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 1/2 cup dried cranberries (2-1/2-ounces)
- 4 Tablespoons cold, unsalted butter in 1/2-inch pieces
- 1 teaspoon vanilla extract
- 1-1/2 cups shelled unroasted pistachios (8-ounces approximately)
- 2 eggs, lightly beaten

1. Preheat the oven to 350 degrees Fahrenheit.
Lightly butter a large heavy baking sheet or line with baking parchment.
2. In a food processor, combine the flour with 1 cup of sugar, baking powder, and salt.
Process for a few seconds.
Add the dried cranberries and process until coarsely chopped.
Add the butter and vanilla.
Process until entire mixture resembles a coarse meal.
3. Add the pistachios and eggs and pulse 10 times to blend.
Scrape down insides of bowl, and pulse another 5 to 10 times until dough is evenly moistened.
4. On a lightly floured work surface, divide the dough into 4-equal pieces.
Roll each piece into an 8-inch log.
Transfer the logs to the prepared baking sheet, leaving 2-inches between each.
With your hand, flatten the logs to a width of 2-inches.
Bake for 25 minutes.
5. Transfer the logs to a work surface and allow to cool until they slice easily.
Using a sharp knife and a quick single motion, slice each log on the diagonal in 1/2-inch slices.
Return the biscotti to the baking sheet, cut sides down, and bake just until the first hint of golden brown appears. (This takes about 7 minutes.)
Transfer to a rack and let cool completely.

Chocolate Dipped Biscotti

- Melt 2 to 4 ounces of bittersweet chocolate.
- Dip cooked biscotti in melted chocolate as desired.

Makes about 5 dozen Biscotti cookies.

CALZONE WITH SPINACH, SUN-DRIED TOMATOES, AND FOUR CHEESES

Double recipe of Pizza and Calzone Dough
Olive oil to brush on dough

FILLING:

- 2 cloves garlic, minced and cooked briefly in a little olive oil.
- 1 bunch Swiss chard leaves (remove center rib), cooked, well-drained, and chopped
- 1/4 cup basil leaves, chopped
- 2 Tablespoons minced fresh parsley
- Salt, freshly ground pepper, and freshly ground nutmeg
- 1 cup grated provolone or Italian Fontina cheese
- 1 cup grated mozzarella cheese
- 1/3 cup Gorgonzola cheese or goat cheese
- 1/2 cup Parmesan cheese
- 1/2 cup sun-dried tomatoes; drained and diced
- Olive oil

1. Toss garlic, Swiss chard, herbs, seasonings, cheeses, and sun-dried tomatoes in a medium bowl and season to taste.
2. Punch dough down and divide into 2 to 4 portions.
Roll out on lightly floured surface and mound filling on one side of the circle you have created.
Fold your circle of dough over the filling to within 1/4-inch of the opposite edge.
Roll bottom edge up over top edge; pinch or crimp together to seal.
Brush with olive oil.
Repeat with other portions.
3. Transfer to a lightly greased baking sheet keeping dough a few inches apart.
With a sharp knife, make several slits in the top.
Bake in the lower third of the oven 15 to 20 minutes or until well browned.
Remove from the oven.
Brush with olive oil and sprinkle with freshly grated Parmesan cheese.
4. Allow the calzone to stand 15 minutes or longer before serving.
Serve warm or at room temperature.
Serves 4 to 6 people.

CLASSIC BAKED ZITI CASSEROLE

YIELD: 6 servings

1/2 pound ziti, uncooked
1/2 pound Italian sausage
26 oz. pasta sauce
2 cups shredded Mozzarella cheese
chopped parsley

1. Preheat oven to 350 degrees. Grease a 8x8 inch casserole dish.
2. Prepare pasta as package directs (cook in large amount of water for 12 to 14 minutes). Drain.
3. Brown sausage in skillet (remove casings), and drain.
4. In large bowl combine ziti, sausage, sauce and 1 cup cheese; mix well.
5. Spoon into greased pan; cover with foil.
6. Bake for 35 minutes or until hot and bubbly.
7. Uncover; top with remaining cheese and parsley.
8. Bake 8 additional minutes, or until cheese melts.
9. Refrigerate leftovers.

Pizza

1 pkg. active dry yeast (2 1/4 tsp)
1 cup warm water
4 tablespoons olive oil
1 teaspoon salt
2 1/2 to 3 cups all purpose flour
olive oil

Dissolve the yeast in warm water in a large bowl. Stir in 4 tablespoons olive oil, salt and enough flour to make dough easy to handle. Turn the dough onto a lightly floured surface; knead until smooth and elastic, 5 to 10 minutes. Place in greased bowl; turn greased side up. Cover, let rise in warm place until double, about 1 hour. (dough is ready if indentation remains when touched.)

Heat oven to 400. Punch down dough. Press in oiled 12 inch pizza pan. Make depressions, with fingers about 2 inches apart, on top of dough. Brush with olive oil. Place toppings on pizza cheese, tomato sauce, basil, oregano and other desired toppings. Brush crust with olive oil. Let rise uncovered 30 minutes. Bake until golden brown for about 20 to 25 minutes. Serve warm.

Yield: 1 pizza (12 pieces)

SALAD DRESSING

1 cup balsamic vinegar

½ cup olive oil

3-6 cloves garlic

½ tsp. salt

½ tsp. pepper

¼ tsp. dry mustard

Walnuts

Feta cheese

\ PASTA WITH PESTO SAUCE

Genoa is said to be the birthplace of pesto, a fragrant sauce of olive oil, fresh basil, pine nuts, garlic and freshly grated Parmesan cheese.

YIELD: 4 servings

1/3 cup packed coarsely chopped basil leaves

1/4 cup grated Parmesan cheese

1/4 cup olive oil or vegetable oil

1 tbs. pine nuts or walnuts

1/4 tsp. salt

dash pepper

1 clove garlic

5 oz. spaghetti or noodles

1 tbs. margarine or butter

1. Place all ingredients except pasta and margarine in blender container. Cover and blend on high speed until mixture is of uniform consistency.
2. Cook pasta as directed on package; drain.
3. Toss pasta with basil mixture and the margarine. Serve with additional Parmesan cheese, if desired.

PESTO BRUCHETTA

INGREDIENTS: FRENCH BREAD, SLICED
CHOPPED TOMATOES
CHOPPED BASIL
SALT AND PEPPER TO TASTE
OLIVE OIL
FRESH GARLIC

PREPARATION:

SLICE BREAD-SPREAD EACH SLICE WITH OLIVE OIL (EXTRA VIRGIN).
TOAST LIGHTLY IN OVEN
RUB EACH SLICE WITH GARLIC
ARRANGE ON SERVING PLATTER OR IN A BREAD BASKET

CHOP TOMATOES, PLACE IN BOWL
ADD CHOPPED BASIL TO TASTE(2 LARGE TOMATOES WOULD REQUIRE
AT LEAST A TABLESPOON OF BASIL). IF YOU USE DRIED BASIL,
USE LESS. ADD SALT AND PEPPER TO TASTE. STIR. THIS CAN BE
SERVED RIGHT AWAY, OR IT CAN BE MADE AHEAD OF TIME FOR EVEN
MORE FLAVOR.

TO SERVE: LET EACH GUEST SPOON ON THEIR OWN TOMATO PESTO ON THE BREAD
YOU HAVE PREPARED WITH OLIVE OIL AND GARLIC.

LASAGNA (serves four)

- 6 lasagna noodles
- 1/4 tsp. dried oregano, crushed
- 13 oz. canned spaghetti sauce, with or without meat
- 1 cup cottage cheese
- 6 oz. sliced, or 2 cups grated mozzarella cheese

DAY ONE

1. Boil 4 cups of water in a sauce pan.
2. Add lasagna noodles to boiling water.
3. Boil according to package directions, or about 8 to 9 minutes.
4. Drain in colander.
5. Lay drained noodles flat on clean surface (clean towel).
6. Add oregano to spaghetti sauce.
7. Pour 1/4 cup spaghetti sauce in an 8 inch by 8 inch square baking pan.
8. Layer 1/2 noodles.
9. Layer 1/2 cottage cheese.
10. Layer 1/2 spaghetti sauce.
11. Layer 1/2 mozzarella cheese.
12. Repeat steps 8 to 11.
13. Cover with foil.
14. Label with names, period, and date.

DAY TWO

1. Preheat oven to 375 degrees.
2. Remove foil covering.
3. Bake prepared lasagna for 30 minutes.
4. Let stand 10 minutes before serving.
5. Serves four.

Work in groups of four. Divide the work so there are two cooks and two partners. Make sure the table is set appropriately before eating on day 2.