

## YEAR 9 ITALIAN COOKERY AND CULTURAL WORKSHOP



18 August 2017

Dear Parent and Caregiver

As we are currently studying a unit in Italian food Culture for Year 9 Italian now, we will be having an incursion at the school and will be making a pasta dish and Italian biscuits. During the day, we will be discussing the ingredients used, where they are from and why they are used, and relating them to relevant regions of Italy according to the Slow Food theory.

The aim is to immerse students into a day of traditional Italian Cuisine and social values. The focus is to reinforce procedural and instructional technique as the students will be engaging in the Italian language by using associated words and phrases.

We will be using the St Mary's unit café and we have an Italian chef and Home Economics teacher coming in to facilitate the session. There are two classes of Year 9 Italian participating, one is on Thursday 31<sup>st</sup> August and the other is on Friday 8<sup>th</sup> September starting at 10.45am until the end of the day.

Below, you will see a list of ingredients, please contact me should there be an allergen problem.

Kind regards,

Flavio Zandona  
fzandona@cabra.catholic.edu.au  
Thursday (31<sup>st</sup> August)

Elena Guastella  
eguastella@cabra.catholic.edu.au  
Friday (8<sup>th</sup> September)

### **Pasta Ingredients**

Flour Tipo '00  
Whole egg  
Water  
Pinch of salt

### **Sauce ingredients (either 1 or the other)**

#### **Sauce Genovese**

Basil leaves  
Freshly grated parmigiana cheese  
Pine nuts or other available nuts  
Fresh garlic  
Pinch of salt  
Juice of half a lemon  
Pure olive oil (not extra virgin, it is too overpowering)

**Ragu Sauce**

- Chuck steak
- Onion
- Olive oil
- Salt
- Tomato passata
- Water

**Insalata**

Lettuce and a variety of seasonal vegetables

**Savoardi biscuits**

- eggs
- olive oil, not extra virgin
- Zest of 2 lemons
- vanilla essence
- self-raising flour
- icing sugar

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**CABRA DOMINICAN COLLEGE – PERMISSION SLIP**

**Year 9 Italian Cookery and Cultural Workshop Friday 8 September – Ms Guastella’s Class**

I give / do not give permission for my child \_\_\_\_\_ to attend this event

Does your child have a food allergy (please circle) YES / NO

Details of food allergy

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I authorise staff to obtain ambulance and medical assistance which they deem necessary, should an accident or illness occur, and agree to pay all medical expenses incurred on behalf of my child. I understand that the school will endeavour to contact a parent or guardian, should time and circumstances permit, before taking such action.

Parent/Guardian..... Date:.....Mobile(s).....

**Please return consent form to STUDENT SERVICES OFFICE by Friday 1 September**