

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 31st August and the other is on Friday 8th 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 (31st August)

Elena Guastella
eguastella@cabra.catholic.edu.au
Friday (8th 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

CABRA DOMINICAN COLLEGE – PERMISSION SLIP

Year 9 Italian Cookery and Cultural Workshop Thursday 31 August - Mr Zandona'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 25 August, 2017