

QuaMMELOT



Cooking

The learning goal:

This activity aims at discover the cultural background of foreign pupils and to improve their language skills of the host country.

They will learn to prepare dishes and typical food of the host or of the country of origin on their choice, working in group and with their teacher. With the help of culinary experience, they will not only learn cultural and culinary habits, but also socialize with other pupils and enrich language terminology related to different foods and dishes. At the end of the session they will taste the food all together having an amusing time together.

The cuisine

The local cuisine makes every country something special, tells something about its inhabitants and their environment. Through cooking, people tell a story about themselves, about their nature, soil, agriculture, climate, tastes, festivals and traditions, and even what foods are processed in individual areas. The variety of culinary practices of individual countries certainly contributes to the understanding of the culture there.

The pupils are expected to expand their vocabulary by learning and understanding the main concepts of the different cultures and the relevant words related to food preparation. They will improve their soft and language skills.

The session:

1) INTRODUCTION

Time indicator: 60 minutes

The teacher proposes to the pupils some games to break the ice and to socialize among the participants

a) Spices and Herbs – a guessing game

- The participants were blindfolded and the teacher/tutor offer them different spices and herbs (thyme, rosemary, parsley, sage, lavender, oregano, basil) to identify them only by using their senses of smell, taste and feel. When they round off with a single spice, the participants can remove the blindfold and they record their findings on the sheet (**ATTACHMENT 1**).
- At the end of the game, the teacher encourages a discussion on spices and herbs, the pupils talk about their origin, in which dishes they use them.

b) Traditional dishes and festivals

- From the conversation about spices the teacher go to traditional dishes in pupils' countries and local surroundings. Many special dishes are related to certain festivals, celebrations and events.
- The teacher may ask the participants if they already know any festivals/holidays and related traditional food in the society of the host country, and he/she may give them some more information about that first orally and then also in writing (**ATTACHMENT 2**)
- Pupils go home and ask to their parents/family if they can provide information on typical dishes and recipes they know and use. They can write down the recipe and bring it at school to prepare the dish with the other pupils. If more recipes are available, the pupils and the teacher can choose them or prepare more than one.

Equipment needed/practicalities:

A blind fold, spices or herbs provided by the teacher/participants, sheets printed out, pens

2) RECIPES

Time indicator: 60 minutes

The teacher explains the pupils that they will talk about recipes and cooking, and also prepare some traditional dishes from different countries. Together they select some of the most representative countries of origin of the pupils in the class and if necessary, they search for recipes or write them down from memory. The participants from the same country may work together.

Then they talk about the dish they are about to make, about the recipe, the ingredients, preparation, and so try to revise and enrich the vocabulary related to food and cooking in the target language. The teacher may even prepare some more focused and varied exercises for that, or simply start with talking and presenting her/his own recipe for a traditional dish (**ATTACHMENT 3**).

The aim is that the participants get some basic and some specific vocabulary which will help them talk about their own recipe and dish.

Equipment needed/practicalities:

Booklet with recipes of the host/origin country, websites with traditional recipes, paper sheet and pen

3) COOKING

Time indicator: 120 minutes

The teacher and the groups decide to prepare one or more than one traditional dishes following the recipes they chose. They may use the kitchen of the school or other rooms equipped for the purpose.

They must work together with a joint design and implementation. Everybody does everything, e.g. one is reading the recipe, a group is providing the ingredients, a group is cooking, etc. In the end the final dish is decorated and served.

All the dishes prepared are photographed, printed and glued in a special booklet, where there may be more photos and comments about how one dish is prepared, including the recipes.

Equipment needed/practicalities:

Ingredients for the recipes, an oven or a microwave, some pots and bowl, dishes.

Smartphone with camera, printer and paper.

4) LUNCH/DINNER

Time indicator 60 minutes

The groups all together taste the dishes prepared, they can invite other pupils and/or teachers from other classes.

ATTACHMENT 1

Spices and herbs: **Which is which?**



1. *Smell, taste and feel the spice or herb and try to identify it. Write it into the table.*

	Name of the spice/herb	Where do you use them?
Spice/herb 1		
Spice/herb 2		
Spice/herb 3		
Spice/herb 4		
Spice/herb 6		
Spice/herb 7		
Spice/herb 8		

ATTACHMENT 2

Read the texts. Which festivals or events do they describe?

In Livorno every summer there is a festival in the popular Eighteenth century quarter "Venice". The name is due to its feature similar to Venice for the canals, small bridges and squares, whose atmosphere recalls the Italian city on the water. Along the canals people can buy handicraft and eat the typical fish dishes and finger food.

_____ [The festival is "Venice Effect"] _____

The most famous dish in Livorno is the "cacciucco". It's a soup fish with different seafish species cooked all together with tomato and eaten with roasted bread. A festival in June allows to taste this typical dish in three days of events, cooking shows, a contest among chef, arts and culture tours.

_____ [the "Cacciucco Pride"] _____

After Christmas and at the beginning of the new year a famous drum festival has been organized by the Abéné community of Casamance. The best attraction for people coming from all Africa are the drummer and djembe players, but also the traditional dancers and fighters.

_____ [Abéné Festival] _____

It's the most famous rally in the world. It links the France to the Senegal and it runs for a week on January since 1979. The drivers who go past the finish line by cars or motos need to be brave and resistant and the winners are celebrated as heroes.

_____ [The Paris-Dakar rally] _____

What is happening every summer in the "Venice" quarter?

What food is eaten in the cacciucco soup?

What is the main attraction of the music festival at the end of the year in Senegal?

Which is the famous rally from Europe to Senegal?

Name the dishes and events. Which festivals and foods are they characteristic for?



RECIPE FROM SENEGAL: Thiebou dien

The national dish in Senegal is considered the Thiebou dien: it's white or red rice cooked in a sauce where has been previously cooked fish with garlic, onion, tomato sauce, hot spices and different kind of vegetables (carrots, aubergines, cabbage, manioc). Many traditional dishes are based on rice, the most used grain in Senegal.

Ingredients

- 2 1/8 cups chopped onion (from 3 medium)
- 1 1/4 cups peanut oil
- 5 large garlic cloves (2 cloves finely chopped and 3 cloves chopped)
- 1/4 cup plus 2 tablespoons tomato paste
- 3 1/2 cups reduced-sodium chicken broth (28 fl oz)
- 1 1/2 lb fresh cassava (also called yuca)
- 1/8 lb eggplant
- 3 medium carrots, cut crosswise into 1/2-inch pieces (1 1/4 cups)
- 2 medium turnips, cut into 1-inch pieces (2 1/2 cups)
- 1/8 lb cabbage, cored and cut into 1-inch pieces (4 cups)
- 8 small fresh or frozen okra (2 oz)
- 1 (2-oz) piece dried fish such as stockfish (optional), broken into 2 or 3 pieces
- 4 cups water
- 2 1/4 teaspoons salt
- 1 1/2 teaspoons cayenne
- 1/8 cup loosely packed fresh flat-leaf parsley leaves
- 3 (1-lb) whole white-fleshed fish (each about 12 inches long) such as red snapper, cleaned, leaving head and tail intact
- 2 cups long-grain white rice (1/8 lb)

Special Equipment

a large nonreactive roasting pan (16 by 13 by 3 inches; see cooks' note, below).

Preparation

Put oven rack in middle position and preheat oven to 450°F.

Cook 2 cups onion in 1/4 cup oil in a 12-inch heavy skillet over moderately low heat, stirring occasionally, until softened, 4 to 5 minutes. Add finely chopped garlic (from 2 cloves) and cook, stirring, until fragrant, about 1 minute. Add tomato paste and cook, stirring constantly, until caramelized, about 1 minute. Add broth and bring to a boil, stirring until tomato paste is incorporated, then remove from heat.

Trim ends of cassava, then halve crosswise and peel, removing all waxy brown skin and pinkish layer underneath. Quarter each half lengthwise, then cut away and discard thin, woody core. Cut cassava crosswise into 1-inch pieces. Cut eggplant into 1-inch pieces.

Put cassava, eggplant, carrots, turnips, cabbage, okra, and dried fish (if using) in roasting pan, then straddle pan over 2 burners and add broth mixture (reserve skillet), water, 1 teaspoon salt, and 1 1/4 teaspoons cayenne. Bring to a boil, stirring occasionally, then transfer to oven and braise, uncovered, stirring twice, until vegetables are just tender, 20 to 25 minutes. Season with salt and pepper.

While vegetables are braising, pulse together parsley, chopped garlic (from remaining 3 cloves), 1/8 teaspoon salt, remaining 1/8 cup onion, and remaining 1/4 teaspoon cayenne in a food processor until finely chopped.

Lay 1 fish on its side with gutted side facing you. Holding a sharp paring knife at a 30-degree angle from fish, cut 3 evenly spaced (2 1/2-inch-long) slits across center of fish's side to make shallow pockets. (Start at side farthest away from you; be careful not to cut through bone.) Turn fish over and cut 3 slits across center of other side in same manner,

then repeat with remaining 2 fish. Pat fish dry, then stuff slits with parsley mixture (some mixture will come out of slits).

Clean skillet and wipe dry, then heat remaining cup oil in skillet over moderately high heat until hot but not smoking. Brown fish, 1 at a time (fish will not lie flat in skillet), turning over once carefully using tongs and a metal spatula, until golden, about 2 minutes per fish. Transfer as browned with tongs and spatula to a shallow baking pan.

Arrange fish over vegetables and braise in oven, without stirring, until fish is just cooked through, 5 to 10 minutes (test for doneness in thickest part of fish). Transfer fish using tongs and spatula to a platter, then transfer vegetables with slotted spoon to a large bowl and keep warm, covered with foil.

Pour cooking liquid from roasting pan into a 1-quart liquid measure and add enough water to total 4 cups liquid.

Bring liquid (4 cups), rice, and remaining 1/2 teaspoon salt to a full rolling boil in a 4-quart heavy pot, then cover and reduce heat to low. Cook, undisturbed, until liquid is absorbed and rice is tender, about 20 minutes. Remove from heat and let stand, undisturbed, 5 minutes. Fluff with a fork.

Spoon vegetable mixture into center of a very large platter, then spoon rice around vegetables. Arrange fish on vegetables.

Cooks' note:

Stainless steel, glass, and enameled cast iron are nonreactive, but avoid pure aluminum and uncoated iron, which can impart an unpleasant taste and color to recipes with acidic ingredients in them.

Other recipes and foods from Senegal: <https://www.sunugal.it/pubblicazioni/ricette.pdf>

RECIPE FROM LIVORNO: chickpea pie (very simple recipe)

Ingredients:

1lt of water

300 gr. chickpea flour

3 spoons of sunflower seeds or peanuts oil

salt on choice

Preparation:

Put the flour in a bowl and mix it with the water, pay attention to mix them without doing any clumps. Cover it with a plastic film and let rest for a minimum of 3 hours outside the fridge.

Then pour the oil and the salt, and mix again all together. After oil a baking tray and pour the liquid on it, pay attention that it has the same thickness. Put in the lower part of the oven for 10 minutes at 250 degrees, and then in the upper part for maximum 15 minutes at 220 degrees, to give the chickpea pie a good gold-brown colour.

A typical video of recipes and kitchen from Livorno: www.ilboccatv.com