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Further activity:

Groupwork: Recipes

MUESLI

(Serves 3)

2oz (or 4 heaped tablespoons) rolled oats

1oz (or 1 rounded tablespoon) soft brown sugar

2 tablespoons wheat germ

2 tablespoons bran

2 tablespoons seedless raisins

1 tablespoon chopped roasted hazelnuts

TO REMEMBER FOR ENGLISH RECIPES:

1 ounce (oz) = 28 grams;

1 pound = 453 grams;

1 pint = approx ½ litre.

You only need a bowl and a measuring spoon for this. If you want to make up and keep your own muesli you will need a container with a tight fitting lid to keep it fresh. Serve muesli for breakfast in place of ordinary cereal. Measure all the ingredients in the bowl and mix well. To use-measure out 3 tablespoons of the mixture into each serving bowl. Top with grated dessert apple, sliced banana or any stewed fruit that you like. Eat with milk or natural yoghurt.

CHOCOLATE MOUSSE

(Serves 4)

- 4oz plain chocolate

-1/2 oz butter

- 4 eggs

Find a large saucepan and a mixing basin. A second basin will be required for whisking the egg whites. Set out four individual serving glasses for the finished mousse. Half fill the saucepan with hot water and set the mixing basin

over the top. Break the chocolate into the basin. Stir occasionally until the chocolate has melted, then add the butter and stir well to mix. Separate the eggs, putting the whites into the second basin

Add the yolks to the chocolate mixture. Stir the yolks and chocolate together thoroughly and then remove the bowl from the heat. Whisk the egg whites until stiff. Then using a metal spoon fold them gently into the chocolate mixture. Pour the chocolate mousse into the serving glasses. Chill in the fridge until the mousse is quite firm. –about 2-3 hours.

CHOCOLATE CAKE

(Makes about 10 slices)

150g plain chocolate, chopped

115g butter, chopped

115g ground lightly toasted hazelnuts

50g fresh grated rind of 2 oranges

60ml chopped hazelnuts, to decorate

115g sugar

4 eggs, separated

30ml marmalade, warmed

For the icing:

150g plain chocolate, chopped

50g butter, chopped

1. Preheat the oven to 180°C. Butter a 23cm round cake tin and line the base with greaseproof paper.
2. Put the chocolate into a small bowl placed over a saucepan of hot water, leave until beginning to melt, then stir until smooth. Remove the bowl from the heat.
3. Beat the butter and sugar together until light and fluffy, then gradually beat in the egg yolk, beating well after each addition. Beat in the chocolate, then fold in the hazelnuts and orange rind. Whisk the egg whites until stiff but not dry, then fold into the chocolate mixture. Transfer to the cake pan and bake for 40-45 minutes, until just set in the centre.

4. Remove from the oven, then transfer to a wire rack until cold.
5. To make the icing, place the chocolate and butter in a bowl over a pan of hot water and stir until smooth. Leave until cool and thick . Spread the cake with marmalade, then spread over the icing. Scatter over the nuts, then leave to set.

PLUM CAKE

125 g butter or margarine

125 g sugar

2 eggs + 1 yolk

100 g currants

50 g candied fruit

2 spoons of rum

125 g flour

Grated peel of a lemon

Mix softened butter and sugar. Add the eggs, dried and floured currants, candied fruit, rum, the grated lemon peel, and finally the flour. Pour the mixture in a well buttered plum-cake tin and put it into the oven (180°C) for about 45 minutes, till the surface is golden and the inside dry.

NUTTY CARROT CAKE

(Makes 8-10 slices)

225g butter

4 eggs, separated

15ml lemon juice

175g self- raising flour

50g ground almonds

225g brown sugar

Grated rind of 1 small orange

115g walnut pieces

5ml baking powder

350 grated carrots

1. Preheat the oven to 180°C. Grease and line a 20cm round cake tin with greaseproof paper. Beat together the butter and sugar until light and fluffy, then beat in the egg yolks one at a time, beating well after each addition.
2. Stir the orange rind and lemon juice into the butter mixture, followed by the flour, baking powder, ground almonds, carrots and walnuts.
3. Whisk the egg whites until stiff but not dry, then lightly fold into the carrot mixture. Transfer to the tin, make a slight hollow in the centre, then bake for about 1 hour, until risen and golden; cover the top if it becomes too brown.
4. Leave the cake in the tin to cool slightly, then turn out onto a wire rack. Remove the lining paper and leave to cool completely.

SCONE RECIPE

For about 18 scones:

400 g of flour

120 g of butter

3 tea-spoons of baking powder¹

160 g of sugar

An egg

A glass of lukewarm² milk

Half tea-spoon of salt

A little butter and flour for the oven *baking pan*³

50 g of butter to eat with the scones

Drinks: tea or coffee according to the British tradition

Mix the flour with the baking powder and the salt. Put them in a bowl. Beat the egg and let the butter melt. Mix them with the sugar, the flour and the milk with a wooden spoon kneads the pastry, then roll it out to two centimetres thick. Cut the pastry in eighteen small round pieces. Butter

¹ Lievito in polvere

² Tiepido

³ Teglia

and dredge⁴ the oven baking pan. Put the scones (not too close to each other on the baking pan and directly in the warm oven for fifteen-twenty minutes. When they are ready, take them out of the oven . Cut them and serve them with butter, jam or honey. They are delicious with tea, obviously!

PUMPKIN PIE: A TYPICAL AMERICAN DISH

For the pastry: 200g of flour, 100g of butter, a pinch of salt, 1 egg yolk, 2-3 spoonfuls of cold water.

For the filling: 1 kg of pumpkin; 150g of sugar; 3 eggs, one spoonful of flour, 1 teaspoonful of ground cinnamon, half teaspoonful of ground ginger, a pinch of nutmeg, a pinch of ground cloves⁵ 1dl of milk, 2 amaretti biscuits, the grated peel of one lemon.

Preparation: (For the pastry) Quickly mix the flour, the butter (cut into pieces), the egg yolk, the salt and the water. Wrap the mixture in a piece of cling film⁶, and place it in the least cool part of the fridge for about one hour.

Peel the pumpkin, and cut it into slices of about 3cm, cook it in a pre-heated oven at 200° for about 30 minutes. Remove from the oven, and pass it through a sieve⁷; add the sugar, the flour, the ginger, the nutmeg, the ground clove, the ground cinnamon, the grated lemon peel, then add the eggs and milk.

Roll out the pastry and line a cake tin, which you have greased with butter, and dusted with flour. Prick the pastry several times with a fork, and scatter the broken up amaretti biscuits over it. Pour the pumpkin mixture onto the pastry, and put the pie into a pre-heated oven at 180°, to cook for 50 minutes. When cooked, remove from oven, leave to cool, and decorate with strips of candied pumpkin and piped cream⁸.

⁴ To dredge = infarinare

⁵ Chiodi di garofano in polvere

⁶ Pellicola per alimenti

⁷ Passaverdure

⁸ Ciuffetti di panna