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EXTRA CURRICULA
ACTIVITIES IN OUR
SCHOOL

Smitten Kitchen – A Thyme to Eat



Project Code: 2018-1-UK01-KA229-047889_5

Smitten Kitchen: a Thyme to Eat

2018-1-UK01-KA229-047889

Action: KA229 - School Exchange Partnerships

Call: 2018

Osmosis and codfish

Osmosis:

movement of a solvent (such as water) through a semipermeable membrane (as of a living cell) into a solution of higher solute concentration that tends to equalize the concentrations of solute on the two sides of the membrane

Where did we see it?

....during the codfish processing visit in Riberales?

YEEESS!!

Let us understand OSMOSIS by talking about CODFISH

Codfish in salt

Codfish is covered with salt:

there is higher water concentration inside the fish as compared to the salt solution



and so, what happened
to the
codfish?

The codfish is
dehydrated....

Why?



Water passed out from the codfish to the salt and the codfish became dehydrated

Such a solution where there is lower water concentration outside the cell is called a hypertonic solution

In that way,
codfish can be
preserved and
stored in the
factory



Salt way

The salt routes were the ancient routes used by merchants.

The transport was carried out on the mules because the roads were very narrow and did not allow the wagons to pass. There was no single route of salt: the various peoples each had their own way to bring goods, mainly weapons and wool, to the sea and retrieve there the salt, then precious for the preservation of food (fish, meat...)



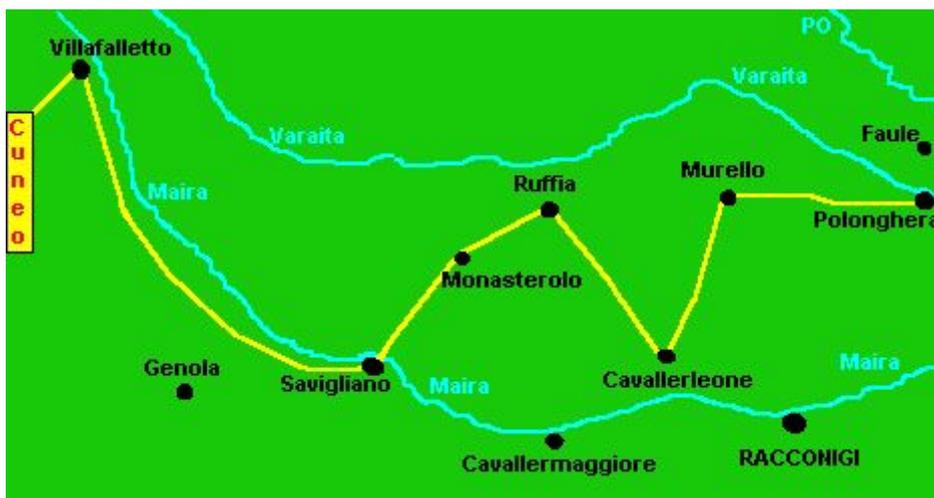
Anchovies in salt



Meat in salt

Salt has two actions:

- drain as much water as possible;
- eliminate bacteria.



By connecting the Po Valley with Liguria or the French territories of Provence, it allowed the trade of this precious material, which was difficult to find in the regions of the north of Italy, far from the sea.

The salt road crosses the village of Polonghera from which some of us come; Racconigi and Murello.

Today the streets of the salt are tourist routes.

Made by [Valentina](#), [Asya](#), [Cristina](#).

CARNIVAL

....with apples



Not only carnival floats...

..but also delicious

APPLE PANCAKES

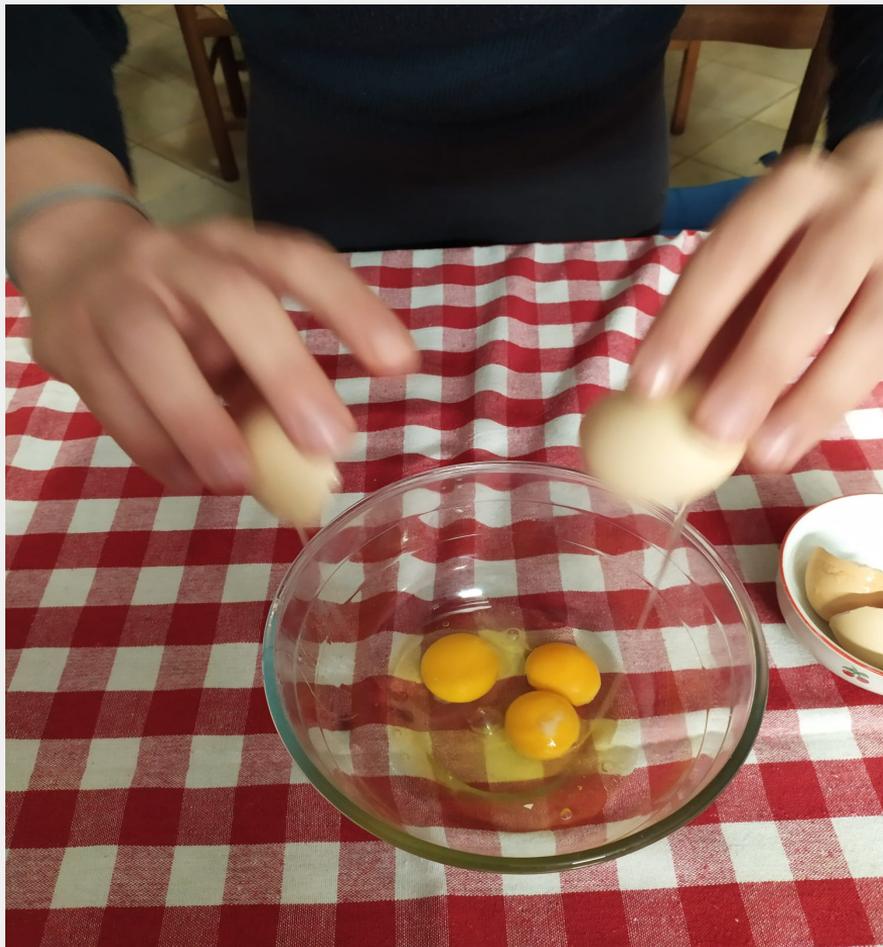


recipe and directions



The ingredients are:

- apples
- flour
- eggs
- sugar



Break 3 whole eggs in a bowl



Add 6 spoons of sugar and beat well



Add 5/6 spoons of flour little by little while mixing well with a whisk



Cut the apples into thin slices



Heat oil in a frying pan,
put spoonfuls of dough in and turn them when the
dough has solidified



After draining the pancakes, place them on a serving plate and sprinkle them with icing sugar.

Delicious!



CANTE'
J'EUV



Cantè j'euv (“singing for eggs”) is an old Piedmontese tradition. It was an eggs collection that people made at Easter time.

During Easter week, after dark, people used to go from house to house, led by a false friar. They woke up the house owners singing traditional “wishing well” songs in exchange for some eggs or other food



That was a mix of sacred and profane coming back from ancient rituals of the past when people thought that the earth had to be woken up from the winter deep sleep.



The eggs and the food collected were eaten on Easter Monday in a “community lunch”. It was the opportunity to resume the social life and to help people in needs.





IT'S EASTER
TIME!

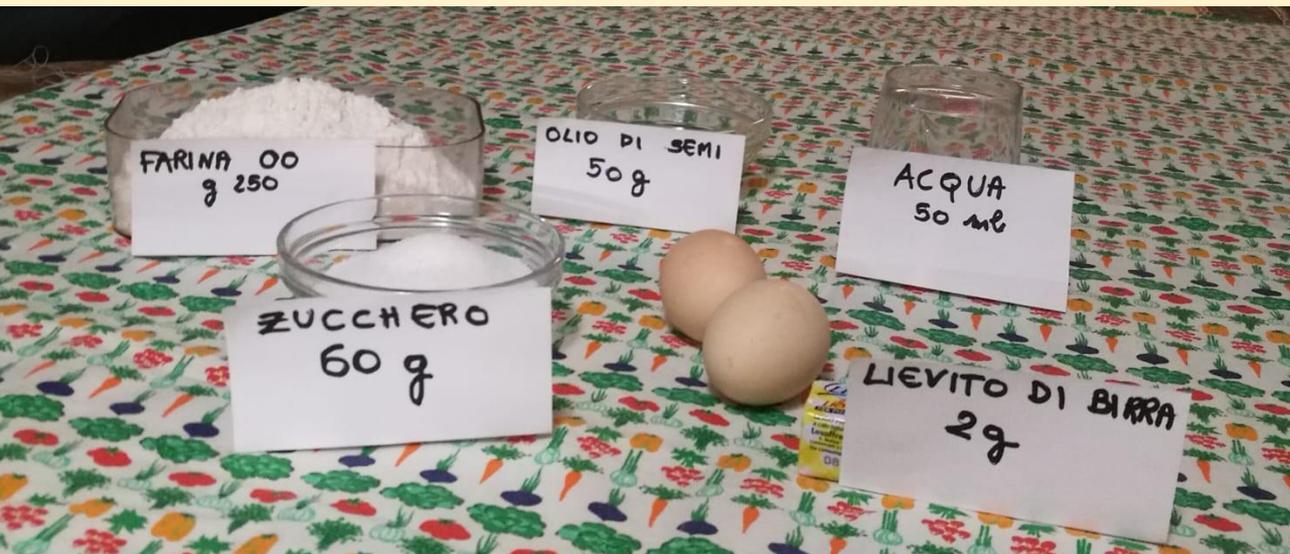
Easter Bunny, Easter eggs, sweets..

..but here in Piedmont we have a typical dessert coming from our rural tradition!

EASTER DONUTS



Our great-grandparents, who lived in the valleys of Piedmont, used to eat the Easter donuts for breakfast at Easter. They ate them with a beaten egg.



INGREDIENTS

(for about 6 donuts)

Flour "00" 250 g

2 eggs

Sugar 60 g

Seed oil 50 g

Water 50 ml

Brewer's yeast 2g

INSTRUCTIONS



1: dissolve the yeast in the water



2: add the sugar



3: add an egg yolk (keep the egg white)



4: add a whole egg

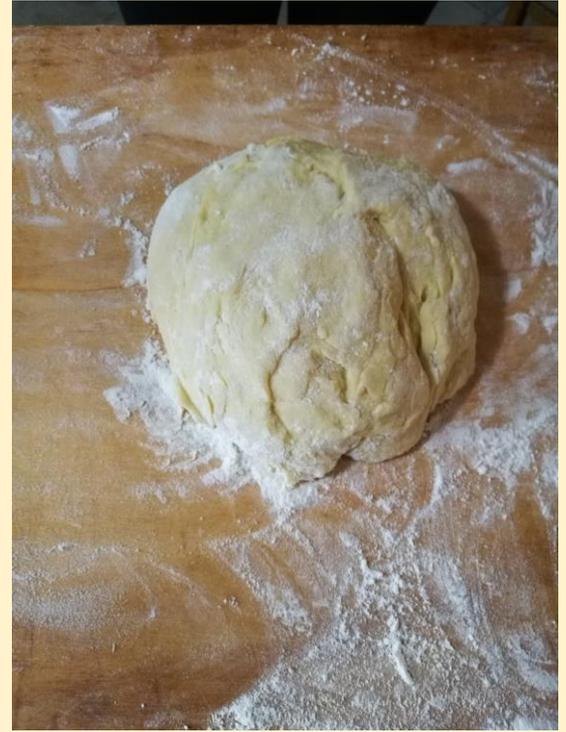


5: add the oil



6: add the flour little by little

7: knead until you get a smooth dough





8: cut the dough into strips, roll them with your hands, weave them two by two and match the ends



9: place them on the baking paper, then brush them with the egg white you set aside earlier

Final step: put the donuts in the oven for 15/20 minutes



...here they are, ready to be enjoyed!