

## LA COLAZIONE ALL'INGLESE

Oggi 16 febbraio l'aula d'inglese si è trasformata in una fantastica sala da tè. Abbiamo preparato una colazione all'inglese con dolci cucinati da noi alunni come "apple-pie", i "plum-cake" e i "biscotti d'avena".

Non poteva mancare il tè che, infatti, è stato preparato dalla prof Sassi.

Questa è una tradizione che in Inghilterra viene praticata alle 10:30 a.m. (vale a dire del mattino) ed è chiamata "break-time".

Questa colazione è stata organizzata per approfondire meglio una delle tante tradizioni inglesi. Alla colazione hanno partecipato anche il preside e la prof Zappellini e tutti si sono congratulati con noi alunni di 2A per l'organizzazione, la collaborazione e soprattutto nell'impegno di noi ragazzi nel realizzare ricette di dolci inglesi.

E' stato divertente oltre che istruttivo!!!!

Sara e Luana



Ecco i dolci preparati da noi alunni per la colazione inglese!!!!  
I dolci che vedete nell'immagine sono: BISCOTTI D'AVENA,  
APPLE-PIE, PLUM-CAKE.



Una nostra compagna ha tagliato questa squisita torta, APPLE-PIE, a fette .....



.....e l'ha distribuita a noi alunni. Oh! Che buona!



Questa immagine rappresenta la distribuzione del PLUM-CAKE



Qui la professoressa Sassi ha distribuito il tè, fatto da lei, ai suoi alunni.



Alla nostra colazione hanno partecipato il Preside e la professoressa Zappellini.

## TRUFFLES

### Ingredients:

10 chocolate sandwich cookies  
1 cup roaste, unsalted cashews  
1/2 cup confectnioners sugar, divided  
3/4 cup (1 1/2 sticks) unsalted butter, softened and divided  
1 cup Nutella  
non-stick cooking spray

### To make Nutella Truffle Cups:

Line 2 mini-size muffin pans (12 count each) with mini baking cup paper liners, and spray with non-stick cooking spray.

Put sandwich cookies in food processor fitted with metal blade. Pulse until finely ground, about 30 seconds (yields 1 cup crumbs). Alternatively, place cookies in resealable bag and crush to fine powder with rolling pin. Sprinkle each cupcake liner with 1/2 tablespoon cookie crumbs, gently pressing against cup sides with spoon to slightly adhere.

**Nutty truffle paste:** Wipe out food processor and fill with cashews and 1/4 cup confectioners sugar. Pulse until finely ground (about 30 to 45 seconds). Scrape down food processor sides with rubber spatula; add 4 tablespoons butter and purée to smooth paste (about 15 to 30 seconds). Set aside.

In a 2-quart saucepan, melt remaining 8 tablespoons butter with remaining 1/4 cup confectioners sugar and 2 tablespoons water, whisking until smooth. Remove pan from heat and carefully whisk in Nutella to fully incorporate. Fill each paper cup 1/3 full with Nutella mixture. Spoon 1/2 tablespoon cashew paste on top, pressing down slightly to immerse into Nutella mixture. Cover tops completely with remaining Nutella mixture.

Chill in refrigerator for 20 to 30 minutes. Serve chilled.

**Serving ideas:**

For an extra special touch, sprinkle each truffle cup's top with chopped cashews or 1/2 heart-shaped strawberry.

**Alternatives:**

For a different flavor combination, follow above directions, using one of the following instead of the nutty truffle paste:

**Mint truffles:** In medium microwaveable bowl, microwave on high 4 tablespoons butter and 4 tablespoons water for 1 minute or until completely melted. Stir in 2 cups confectioners sugar and 1/4 teaspoon mint extract to make paste. Substitute 1/2 tablespoons mint paste for 1/2 tablespoon cashew paste in each truffle.

## APPLE PIE

2 confezioni di pasta bresè, 1 kg di mele, 250 gr di zucchero, 4 biscotti secchi, 1/2 limone, qualche ricciolo di burro, un cucchiaino di cannella. Sbucciate e tagliate a pezzetti 1 kg di mele.

Mettetele in una terrina e irroratele con il succo di 1/2 limone. Aggiungete un pizzico di cannella e lo zucchero, tenendo da parte solo due cucchiaini che userete dopo. A questo punto stendete nella tortiera la prima sfoglia bresè con sotto la sua carta forno, bucherellatela, sbriciolate i biscotti e spargeteli sul fondo poi versateci sopra le vostre mele. Livellate per bene. Aggiungete lo zucchero avanzato e qualche fiocchetto di burro. Stendete il secondo foglio di pasta e ponetela sopra la tortiera come un coperchio, saldando i bordi pizzicandoli. Infornate per 30 minuti circa.

## ZUPPA INGLESE

Though Italian cookbooks wonder at the origins of this pudding's name, Zuppa Inglese really is an English trifle, in other words a pudding made by interlayering cake with cream and other ingredients. It's especially common in Tuscany, because the English who lived in the region a century ago often asked for it, but you will find it throughout the Peninsula. It can be served either chilled, or partially frozen, though if you take that route be careful lest it freeze solid. To serve 4-6 you'll need:

**Prep Time: 30 minutes**

**Cook Time: 40 minutes**

### Ingredients:

- 8 ounces (200 g) Savoiardi (see link below) or ladyfingers
- 3 cups (750 ml) milk
- 1/2 cup (50 g) flour
- 1/2 cup (100 g) sugar
- An ounce (30 g) bitter cocoa powder
- 4 yolks
- 1/2 cup of rum
- 1/2 cup Alkermes or other aromatic liqueur, for example Strega or Amaretto
- Whipped cream and maraschino cherries for decoration
- A deep, smooth-sided mold, lined with aluminum foil or oiled paper

### Preparation:

Put all but a half cup of the milk in a pot and set the pot over a very gentle flame. Beat the yolks in a deep bowl with 3/8 cup (75 g) of the sugar, and then sift in the flour, beating steadily so as to obtain a smooth, lump-free cream.

Put the remaining sugar in another pot and mix the cocoa into it, then stir a tablespoon or two of cold milk into the mixture and heat it over a low flame, being careful to avoid the formation of lumps.

Gently stir the remaining cold milk into the egg mixture, and then, stirring constantly and gently, add the hot milk to the cream. When the cream is well mixed, gently pour it back into the pot you used to heat the milk and return it to the slow burner. Heat, stirring, until it barely reaches a boil, and cook for two minutes, stirring gently. Remove the pot from the fire, pour half the cream into

a bowl, and gently stir the chocolate into the remaining half so as to obtain both pastry cream and chocolate cream.

Mix the rum and Alkermes with a quarter cup of water in a bowl, brush the Savoirdi with the mixture (don't soak them, or they will sweat out the excess later), and use them to line the pudding mold. Next, pour the pastry cream over the Savoirdi, cover it with a layer of brushed Savoirdi, and finish with the chocolate cream, followed by a final layer of brushed Savoirdi. Cover the pudding with aluminum foil and chill it in the refrigerator for at least 12 hours.

Come time to serve it, remove the foil, cover the mold with a serving dish and upend it, so the pudding comes to rest upon the serving dish. Remove the aluminum or oiled paper you used to line the mold, and decorate the zuppa inglese with dollops of whipped cream from a pastry sack, and maraschino cherries cut in half.