

Cooking Class

Sinatra's Pasta

Mrs. Assunta Pugliese

September 2015

"Start spreading the news..." Sinatra's Pasta cooking class will explore the history of some of Italy's regional cuisine. Students will learn how the diverse geographic features influenced and shaped the development of particular dishes in the various areas of Italy. They will understand how climate and terrain dictated the types of ingredients grown and produced in various locations throughout the country.

The class will first focus on kitchen/cooking hygiene and safety. The importance of sanitary conditions for wholesome, healthy and safe cooking will be paramount.

The students will have quizzes and tests, as well as a mid-term and final exam. They will be assigned research and practical culinary projects to afford the students opportunities to demonstrate their newly acquired skills and knowledge.

Requirements for the class are:

- A fee of \$200.00 for the purchase of ingredients
- A notebook and folder
- An apron and dish towel for cooking days
- Enthusiasm and interest in the culinary arts