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For Immediate Release:

Great Chefs at Á La Carte!

By Danielle Caruthers and Andréa Miras, teachers

On December 14th, and January, 4th and 10th, Mrs. Caruthers' and Mrs. Miras' eighth grade Italian students cooked a sumptuous Italian meal at Á La Carte, the culinary school in Lynbrook. This trip focuses on two of the "5 C's" of foreign language education: Culture and Connections.

The students learned about the similarities and differences between the cuisines in northern and southern Italy, and had a hands-on experience creating different dishes within groups.

Á La Carte owner Polly Talbott explained the importance of cleanliness and how to avoid cross-contamination while cooking chicken. Ms. Talbott also discussed each recipe the students were going to prepare and its Italian region of origin. Then, the students were divided into groups to begin work at the five stations for cooking. The students in Station A prepared bruschetta (chopped tomatoes over crusty bread), the students in station B cooked gnocchi al pomodoro (potato dumplings with tomato sauce, the southern Italian way of serving gnocchi), the students in station C cooked polenta (corn meal, served mostly in northern Italy) served with broccoli di rape, group D cooked chicken piccata (thin slices of chicken prepared with a sauce consisting of lemon juice, chicken broth and butter - butter is a common ingredient used in preparing the sauces in northern Italy), and group E worked on the famous tiramisù dessert (translates as 'pick me up' because it's so light and heavenly, yet very rich in flavor).

It was a pleasure to see all the students working so well together. There was real teamwork as they read the recipes carefully and took turns sautéing the chicken, making the gnocchi, stirring the sauce and also whipping the milk and eggs for the dessert. The aroma from each station was incredible, and we all worked up a great appetite!

When all the food was ready, it was placed on beautiful serving platters, and the students set the tables and brought all the platters to the tables. Everything was absolutely BUONISSIMO.

"We look forward to this field trip each year," said teachers Danielle Caruthers and Andréa Miras. "It is a pleasure to watch the students work together to create such delicious meals. We knew the students enjoyed the food since they asked for the recipes to take home!"



Caption for field trip 2017 #1.png:
Eighth grade Italian students from Garden City Middle School working together to make homemade gnocchi.



Caption for FIELD TRIP 2017 #2.png:

Garden City Middle School students making broccoli di rape.



Caption for field trip 2017 #3.png:

Students made yummy chicken piccata.

