

IPPS De Lilla, Bari



Istituto Professionale di Stato per I Servizi Sociali "De Lilla", founded in 1961, is the only vocational school for social services in Bari, a picturesque town in the south-eastern area of the Puglia region, Italy.

Our school prepares students to become Social Services Operators and Technicians.

This qualification gives them abilities and competencies to enter public and private institutions providing community support.

Our objective is to teach in a friendly environment with a professional approach. Moreover, IPSS De Lilla is one of the few schools in our city where students can attend morning and evening classes. We cater also to adults attending the same types of courses as well as providing English, Computing (ECDL) courses and Italian for foreign students. Our school operates in a disadvantaged area (Southern Italy), in a zone of high unemployment. Our students, mostly female, are from disadvantaged backgrounds, and have lower socio-economic and cultural status. Twenty eight (28) students with disabilities and special needs are integrated in regular classes, where specialised teachers are included in the staff.

The current enrolment for the 2009/10 course is 709 (550 morning and 159 evening) students and there are 85 teachers and 21 other school staff. Our students' age range from 14 to 19.

De Lilla vocational upper secondary school allows the students to achieve the following qualifications:

- Certified qualification for Social Services Operator, after a 3 year-course;
- Certificate for Social Services Technician, after a 5 year course (Diploma).

The post-qualification 2 year-course is made up of 300 hours a year of training in social services (practical experience and vocational lessons)

After school our students can decide to go to the University or to start working at both private and public institutions in order to manage the basic needs of daily life of babies, senior citizens, immigrants including recreational activities, caring for their organization and assessment.

At IPSS De Lilla we believe that a co-operation between international partners enriches the education system, both for the teachers and the pupils. We already have school partnerships with the Lifelong Learning programme in progress. These include Comenius, Grundtvig, Leonardo da Vinci and also EU projects for key competencies. We are

particularly keen to increase the school's involvement in these areas in order to raise the young women's awareness of European issues. Sharing ideas and experience increases the pupils' knowledge in order to develop a better understanding of the world.

Principal: Ms Ester Gargano.

Coordinator of the project: Ms Eleonora Orlando.

Our Project Team:

Teachers: Ms Isabella Gigante, Vice Principal; Ms Felicia Ferrigni, Principal Assistant; Ms Carmela Panaro, teacher of English; Ms Maresa Craca, teacher of intercultural cooking.

Students: Rosa Alisi, Sara Apollonio, Claudia Buonamico, Irene Ciciolla, Jennifer de Serio, Rita Girone, Valentina Guerra, Luisa Iacobazzi, Luciana Inverardi, Antonella Lamanna, Angela Liberti, Marie Veronique Marina, Anastasia Monno, Stefania Musto, Ilaria Pontrelli, Laura Schiralli. Lorena Floro, Paola Leo, Francesca Pontrelli.

Bari Highlights



Bari is a city in southern Italy on the Adriatic Sea. Bari is the capital of the Bari Province and of the Apulia Region. It is the second economic centre of Southern Italy and is well known as a port and University City, as well as the city of Saint Nicholas. The city itself has a decreasing population of 328,458 over

116 km², while the fast-growing urban area counts 653,028 inhabitants over 203 km². 500,000 people live in the metropolitan area.

Bari is made up of four different urban sections. To the north, the old town, with the huge Basilica of Saint Nicholas, the Cathedral of San Sabino (1035 - 1171) and the Castello Svevo of Frederick II, is now also one of the major nightlife districts.

The Murattiano section to the south, the modern heart of the city, is laid out on a rectangular checkerboard pattern with a promenade on the sea, and the main shopping district. The more modern city surrounding this centre was the result of chaotic development during the 60's and 70's

Finally, the outer suburbs have been in rapid development during the 90's.

The city has a new airport named after Pope John Paul II, Karol Wojtyła Airport, with connections to several European cities.

The Swabian Castle of Frederik II is a heavily fortified building which defended people from the Normans, during the XI century.



The Basilica di San Nicola (Saint Nicholas) was founded in 1087 to receive the relics of this saint, which were brought from Myra in Lycia. It's a pilgrimage destination since then. The bones are kept safe in the

Roman-style Cathedral's crypt supported by 28 columns.

Alberobello is a UNESCO world heritage site, famous for its "trulli"- cone shaped houses. Alberobello is the most important example in Europe of a special building technique which dates back to pre-history.

Even nowadays the "Trulli" – houses characterized by cone-shaped roofing – keep on being built according to the technique of dry stones, deprived of lime mortar, with lime stones pebbles found in the surrounding fields.

The word "trullo" comes from the Greek "troullos", meaning dome.

Castel del Monte: "Castel del Monte is of outstanding universal value in its formal perfection and its harmonious blending of cultural elements from Northern Europe, the Muslim world and classical antiquity. It is a unique masterpiece of medieval military architecture reflecting the humanism of its founder: Frederick II of Hoenstaufen".

With these words, in 1966, the UNESCO Committee for the World Patrimony included the castle, built about 1240 by Frederick II of Hohenstaufen, in the World Heritage List.

This Romanesque castle, was built by Frederick II of Swabia as a hunting lodge. Its location, the mathematical accuracy of its design and the perfection of its form mirror Emperor Frederick II's ambition for a symbolic order. He ordered the building of this castle in the south of Italy in the XIII century.

Is pasta healthy or fattening?

Pasta, like many foods high in carbohydrates, often gets a bad reputation for being fattening; however, this does not have to be true. Carbohydrates are actually necessary to keep your body and mind running smoothly. When carbohydrates are broken down they provide a major source of glucose. Glucose is the primary source of energy for your body and the only source of energy for your brain.

Consuming too many carbohydrates can be fattening, but pasta itself is not fattening; cooked pasta has only about 200 calories per dish.

Where you really get into trouble is with your pasta sauce. Pasta sauces that contain high calorie fatty meats, creams, cheese and other fattening ingredients can really make a pasta dish fattening. Tomato pasta sauces are usually not very fattening at all!

Pasta meals are easy to prepare, economical, and always delicious. And something more: they're a great way to get many healthy, nutritious foods into your diet. If you choose healthy partners, watch portion sizes and be careful with the sauce, you'll find it's not that hard to scale the new food pyramid. Healthy accompaniments include: Vegetables, Fish, Olive oil, Tomato sauce, Legumes (beans, chickpeas, lentils) low-fat cheese (ricotta).

So it's best to eat a reasonable portion of pasta – about 1 to 2 dishes cooked, which has around 200 to 400 calories, and little or no fat. Dress it up with a tomato- or olive oil-based sauce and toss in some healthy “partners,” and you'll enjoy a good-for-you pasta meal. A two-cup portion dressed with a tomato- or olive oil-based sauce, and combined with healthy “partners” is the traditional and authentic Italian way of serving a healthy pasta meal.

Along with being fattening, pasta has been criticized for being a simple carbohydrate and lumped into the same category as cake, pastries and white bread. The problem with all of these simple carbohydrates is that they spike your blood sugar resulting in excess insulin being secreted which encourages weight gain and a subsequent energy crash. Simple carbohydrates have a high Glycemic Index (GI) which is a number used to measure how quickly the body's blood sugar level rises after the ingestion of a food. The good news is that Pasta has a GI of 41, which is similar to pears and lower than many types of bread. And one easy way to lower the GI of pasta is to cook it like the Italians - “al dente”. Due to the special protein structure of pasta dough, all pasta has a low GI value, ranging from 30 to 60. Eating low-GI-value foods – such as pasta – may help you stay healthier and live longer, and may play a key role in preventing chronic diseases, such as obesity, diabetes, coronary heart disease, and certain cancers.

Most pasta today is made from semolina flour obtained from durum wheat. This creates a firm dough which in turn also lowers the GI, while also providing a good source of nutrition. Homemade and dried pasta contain plenty of B vitamins, folic acid and iron. It's low in sodium and, despite a prevalent myth, pasta is not high in cholesterol. The vitamin, mineral and fiber content of the pasta is important. Fiber is another nutrient often lost in modern diets, but fiber is necessary for digestive health, hormonal balance and the prevention of certain types of cancers. So go ahead and enjoy your pasta without guilt, just remember to go easy on the fattening meats and sauces and enjoy your pasta in moderation, especially orecchiette, those typical homemade ear-shaped pasta from Apulia!

Black Mussels au Gratin

Ingredients

1 kg black mussels
5 eggs
breadcrumbs
parsley
extra virgin oil
salt
pepper



Preparation

Scrub the mussels and open them with a pointed knife. Discard half of the shell and leave the content in the other. Moist the bottom of a baking pan with a few tablespoon salted water and lay the mussels flat. Season with breadcrumbs, chopped parsley, olive oil, salt and pepper. Bake in a moderate oven. At the end of baking, pour the eggs mix on the mussels, season with salt and pepper and serve.



Italian, Spanish and German students in Alberobello (Italy)

Cozze Gratinate

Ingredienti

1 kg di cozze
5 uova
Pangrattato
Prezzemolo
olio extra vergine di oliva
sale
pepe



Preparazione

Lavate bene le cozze e apritele utilizzando la punta di un coltello.

Lasciate il frutto in metà valva.

Inumidite il fondo di una teglia con qualche cucchiaio di acqua salata e disponetevi le cozze.

Conditele con pangrattato, prezzemolo tritato, olio sale e pepe.

Infornate la teglia e, a cottura quasi ultimata, versate sulle cozze le uova sbattute e condite con sale e pepe.

*Trullis in
Alberobello
(Italy)*



Seasoned Frise

Ingredients

frise made of durum wheat
cherry tomatoes
a clove of garlic
extra virgin olive oil
oregano
salt



A legend says that Enea took here friselle when he got to Porto Badisco: They are crisp rings of bread, cut in two halves, horizontally by a thread and cooked for a second time in a tepid oven; once frisella was the typical meal of our peasants who flavoured it with fresh tomato, rocket and extra virgin olive oil.

Preparation

Take frise and rub on the rough part a clove of garlic (if you don't like it, you can avoid this phase).

Now put them in a plate filled with some water for 30 seconds more or less - otherwise they could be too tough to eat.

Pull them back and, in order, put on them some oil, salt, some tomatoes cut and spread in order to make the seeds go out and, in the end, oregano.

Eat them together, with some olives and some pieces of fresh cacioricotta.

In 2 minutes you can obtain a poor dish but really special.

Frise Condite

Ingredienti

Frise di grano duro
Pomodorini ciliegini
Uno spicchio d'aglio
Olio extra vergine di oliva
Origano
Sale



Una leggenda narra che le “friselle” sono state portate da Enea quando sbarcò a Porto Badisco: si tratta di ciambelle di pane biscottate, tagliate a metà, trasversalmente, da un filo, e cotte una seconda volta a forno tiepido; una volta la frisella era il pasto tradizionale dei nostri contadini che la condividevano con pomodoro fresco, rughetta e olio extravergine di d’oliva.

Preparazione

Prendete le frise e sfregate sulla parte più ruvida uno spicchio d'aglio (se non vi piace saltate questa fase). Ora dovete ammollele (altrimenti sarebbero troppo dure da mangiare) e quindi in un piatto mettete due dita di acqua e immergetevi le frise (sempre dalla parte più ruvida) per 30 secondi circa. Ritiratele e in ordine stendete olio, sale, pomodorini tagliati e spalmati sopra in modo da far uscire i semini e per ultimo l'origano. Accompagnatele con delle olive e qualche pezzo di caciocotta fresco. In due minuti avrete un piatto povero ma eccezionale.

Grilled Gilthead

Ingredients

4 small giltheads - cleaned and scaled
4 tablespoons olive oil
juice of a lemon
1 sprig parsley - chopped
fine breadcrumbs
salt and pepper



Preparation

Mix together the olive oil, lemon juice, parsley, salt and pepper in a dish. Add the fish and make sure it is well coated in the marinade. Leave to marinate for 3 hours.

Drain the fish and reserve the marinade. Sprinkle with the breadcrumbs, pressing them on with your fingers.

Cook under a preheated grill, turning two or three times and basting with the marinade, so that it doesn't dry up.

It takes about 15 minutes.

Orata alla griglia

Ingredienti

4 piccole orate, pulite e squamate
4 cucchiaini di olio di oliva extravergine
Il succo di un limone
Prezzemolo tritato
pangrattato
sale e pepe



Preparazione

Mescolare insieme in un piatto olio d'oliva, succo di limone, prezzemolo, sale e pepe. Aggiungere il pesce assicurandosi che sia ben coperto dalla marinata. Lasciarlo per tre ore. Scolare il pesce e conservare la marinatura. Cospargerlo di pangrattato, facendolo aderire bene premendo con le dita. Cuocere in forno preriscaldato, girandolo due o tre volte, irrorandolo con la marinata, affinché non si secchi. Occorrono circa 15 minuti.

*Castel del Monte
(Italy)*



Octopus Salad

Ingredients

1 large Octopus (at least 500 g) - cleaned
parsley - chopped
olive oil
white wine vinegar
1 clove Garlic - finely chopped
salt and pepper



Preparation

Put the octopus in a large saucepan and cover with cold water. Bring to boil and cook over a medium heat until tender - about 25 minutes.

Let it cool down in the cooking liquid.

Cut into bite size pieces, dress with vinegar and garlic and let it marinate for at least a couple of hours.

When you are ready to serve, adjust the seasoning and dress with olive oil and parsley.

Variation: Substitute lemon juice for the vinegar.

Insalata di Polpo

Ingredienti

Un grosso polipo (almeno 500 grammi) pulito
Prezzemolo tritato
Olio extravergine di oliva
Aceto di vino bianco
Uno spicchio di aglio finemente tritato
Sale e pepe



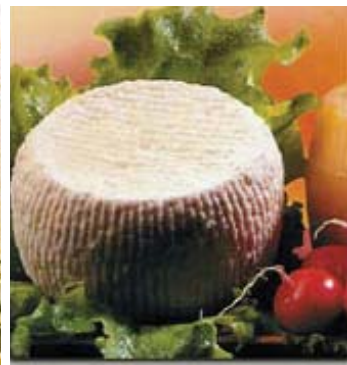
Preparazione

Mettere il polpo in una pentola larga e coprirlo di acqua
Portarlo a ebollizione e cuocerlo a fiamma media finchè diventa tenero – 25 minuti circa
Farlo raffreddare parzialmente nel liquido di cottura
Tagliarlo in pezzi, condirlo con aceto e aglio e lasciarlo marinare per almeno un paio di ore.
Al momento di servirlo, completare il condimento con olio di oliva, pepe e prezzemolo tritato.
Variazione: si può sostituire l'aceto con succo di limone.

Orecchiette Pasta and Cacioricotta

Ingredients

400 g of orecchiette pasta or cavatelli
500 g of peeled tomatoes
1 onion
fresh cacioricotta
leaves of basil
extra virgin olive oil
salt



Preparation

Prepare a sauce frying with oil half onion cut in small slices.
Add the peeled tomatoes and some salt and let them cook.
Pasta will be cooked “al dente” separately.
At this point mix pasta and sauce and a lot of fresh cacioricotta.
Garnish with some leaves of basil.

Cacioricotta is the typical cheese of Puglia made of milk of sheep through a particular process which, during the manufacture, both the rannet and the flakes of ricotta appear on the surface at the right time. So we have a product which contains both the casein (that is in cheese too) and the albumin (which is present in ricotta). The result is a product with a strong taste and a solid paste even if it has a seasoning of few months. The strong taste made it like the roman pecorino. It is used basically grated on sauces for starters.

Orecchiette con Cacioricotta

Ingredienti

400 g di orecchiette
500 g di pelati di pomodoro
1 cipolla
cacioricotta fresco
foglie di basilico
olio extravergine di oliva
sale q.b.



Preparazione

Preparate un sughetto facendo soffriggere in olio mezza cipolla tagliata a fettine sottili. Aggiungetevi i pelati e un pizzico di sale e lasciate cuocere. A parte avrete già cotto la pasta, che scolerete al dente. A questo punto condite la pasta con il sugo e con una grattata abbondante di cacioricotta fresco. Guarnite con qualche foglia di basilico.

Il cacioricotta e' il tipico formaggio pugliese ottenuto dal latte di pecora attraverso un particolare procedimento produttivo grazie al quale, durante la lavorazione, si raccoglie non solo il caglio ma anche i fiocchi di ricotta che vengono opportunamente fatti affiorare. Si ottiene così un prodotto che contiene sia la caseina (presente nei formaggi) che l'albumina (presente solo nella ricotta). Il risultato e' un prodotto dal sapore deciso e dalla pasta molto compatta e consistente, anche se ha una stagionatura di pochi mesi. Il sapore molto forte lo avvicina al pecorino romano. Viene utilizzato prevalentemente grattugiato con condimento di primi piatti di pasta.

Pasta and Baked Tomatoes

Ingredients

500 g of maccheroni
700 g of tomatoes
2 cloves of garlic, chopped
parsley
basil
oregano
breadcrumbs
grated parmesan
extra virgin olive oil
salt, pepper



Preparation

Wash and cut the tomatoes into thick slices, lay them in an oiled baking tin; cover with garlic chopped parsley, basil, oregano, breadcrumbs, grated parmesan, salt and pepper to taste. Splash with oil and bake in oven at 230 °C for ½ hour.

Meanwhile cook the macaroni in salted water.

Strain and mix everything in baking tin and serve hot (if necessary add 2 tablespoon of the hot pasta cooking water).



Students from Bari and Teningen cooking in Bari school kitchen

Pasta con i Pomodori al Forno

Ingredienti

500 g di maccheroni
700 g di pomodori
2 spicchi di aglio
prezzemolo
basilico
origano
pangrattato
parmigiano grattugiato (meglio Rodez)
olio di oliva extravergine
sale, pepe



Preparazione

Lavate e tagliate a fette spesse i pomodori ben maturi, disponeteli in una teglia capiente unta di olio; ricopriteli con l'aglio e il prezzemolo tritati, basilico, origano, pangrattato, formaggio grattugiato e quindi regolate di sale e pepe. Irrorate con olio extra vergine d'oliva e infornate a 230 °C per circa mezz'ora. Nel frattempo avrete lessato la pasta in abbondante acqua salata. Scolatela al dente e versatela nella teglia. Mescolate il tutto e servite ben caldo (se necessario aggiungete 2 cucchiaini di acqua di cottura della pasta).

Tiella of Rice, Potatoes and Mussels

Ingredients

300 g of rice
500 g of potatoes
1 kg of mussels
parsley
1 clove of garlic
onion
extra virgin olive oil
pepper



Preparation

Clean and brush well the mussels in sufficient amount of water. Put them in a pan with minced garlic and let them open over the heat. Discard half of the shell and leave the content in the other. Filter their liquid; clean, peel and cut the potatoes; put half of them on the bottom of a pot, already greased with oil, season them with pepper, parsley and the minced onion.

Cover everything with the rice, add the mussels and the other potatoes. Add some pepper and oil, cover with water in addition to the cooking one of the mussels.

Put the pot into the oven already hot and let them cook on a moderate heat for 45 minutes more or less.

You don't need to salt them because the cooking water of the mussels is already salted.

Tiella di Riso, Patate e Cozze

Ingredienti

300 g di riso
500 g di patate
1 kg di cozze
1 spicchio di aglio
cipolla
prezzemolo
olio extra vergine di oliva
pepe



Preparazione

Lavate e spazzolate bene le cozze in abbondante acqua; ponetele in un tegame, insieme all'aglio tritato, e lasciatele aprire sul fuoco. Eliminate metà dei gusci lasciando il contenuto nell'altra. Filtrate il loro liquido. Lavate, sbucciate e affettate le patate; con una metà ricoprite il fondo di una teglia, già unto di olio; conditele con pepe, prezzemolo e cipolla tritate. Ricoprite il tutto con il riso, aggiungete i molluschi e le patate rimaste assieme al trito di cipolla e prezzemolo restante. Pepate e aggiungete un po' d'olio e ricoprite il tutto con acqua oltre a quella di cottura delle cozze. Ponete la teglia in forno già caldo e fate cuocere, a fuoco medio, per circa 45 minuti. Non occorre mettere il sale poichè l'acqua di cottura delle cozze è già salata.



Blessed Easter Starter

Ingredients

boiled eggs
soppressata salami
slices of orange
ricotta cheese
fried artichokes

an olive branch to bless the dish

Preparation

Put all ingredients in every dish. Before starting Easter meal, the head of household (usually the father) blesses the meal with a branch of an olive tree, symbol of peace. Eggs are symbol of rebirth, salami is symbol of richness.



Il benedetto di Pasqua

Ingredienti

uova sode
fette di soppressata
fette di arancia
ricotta fresca
carciofi fritti

un ramoscello di ulivo per benedire il piatto



Preparazione

Disporre tutti gli ingredienti nei piatti. Prima di iniziare il pranzo di pasqua il capofamiglia benedice il piatto con un ramoscello di ulivo simbolo di pace. Le uova sono il simbolo della rinascita, il salame simbolo di ricchezza.



EASTER MENU

Baked Lamb with Peas

Ingredients

1 kg lamb
1 sliced onion
olive oil
500 g fresh shelled peas (or frozen)
3 eggs
parsley
pecorino cheese
salt
pepper
white dry wine

Preparation

Cut about 1 kilo of lamb, still with the bone, into pieces and fry them lightly in a baking tray with some tablespoons of oil and 1 sliced onion. When fried, moisten it with dry white wine and put it in a hot oven. After about half an hour, add 500 g of fresh shelled peas, salt, pepper, and cover the pot with a sheet of grease-proof paper. Break 3 eggs into a bowl, add 1 handful of chopped parsley, grated "pecorino" cheese and some pepper to them and, when the lamb is done, add this mixture to it without stirring and put the lot again in the oven to bake for 3 minutes. Serve hot.



Agnello al Forno con Piselli

Ingredienti

1 kg di agnello
1 cipolla affettata
Olio di oliva
500 g di piselli freschi (o surgelati)
3 uova
Prezzemolo
Pecorino
Sale
Pepe
Vino bianco secco



Preparazione

Tagliare a pezzi con l'osso circa un kg di agnello e rosolarli in un contenitore da forno con alcuni cucchiai di olio e una cipolla affettata. Una volta rosolati, sfumare con vino bianco secco e porre in forno caldo. Dopo circa mezz'ora, aggiungere 500 grammi di piselli, sale, pepe e coprire il tegame con carta forno. Sbattere 3 uova in una coppa con una manciata di prezzemolo tritato e pepe e, quando l'agnello è cotto, aggiungere il composto di uova senza mescolare e rimettere in forno per 3 minuti, servire caldo.

Scarcella (Easter Cake)

Ingredients

500 g of flour
100 g of sugar
70 g of extra virgin olive oil
2 eggs
½ sachet of baking powder
some icing
1 sachet of vanilla
small coloured hundreds
and thousands



Preparation

Put the flour on the table like a crown. In the middle put the sugar, the eggs and work altogether.

Add the vanilla, the oil, the baking powder and mix, helping, if necessary, with some milk.

Grease a baking tin with oil and sprinkle it with flour.

Take the dough with the hand greased with oil and put it in the tin giving it the shape you want.

Make it in the oven and when the cooking is ended, cover the sweet with icing.

Before putting it in the oven, it is typical, in some areas, to put on it 1 or 2 boiled eggs stopped with 2 strips of the same dough put on the eggs like a cross. Sprinkle the surface of the dough with a egg yolk and decorate scarcella even with small coloured hundreds and thousands.

Scarcella di Pasqua

Ingredienti

500 g di farina
100 g di zucchero
70 g di olio extra vergine di oliva
2 uova
1/2 bustina di lievito per dolci
Glassa
1 bustina di vaniglia
Confettini colorati



Preparazione

Mettete la farina a corona sul tavolo da lavoro. Nel centro mettete lo zucchero, le uova e impastate. Aggiungete la bustina di vaniglia, l'olio, il lievito per dolci e amalgamate il tutto servendosi, se necessario, di un po' di latte. Ungete una teglia con olio e spolveratela con la farina. Prendete l'impasto con le mani unte d'olio, e posizionatelo nella teglia dandogli la forma desiderata. Infornate e a cottura ultimata ricoprite il dolce con la glassa.

Prima di infornare il dolce è tipico, in alcune zone, porre sul dolce 1 o più uova sode fermate con due fascettine della medesima pasta messi in croce. Con un tuorlo d'uovo cospargete la superficie della pasta e decorate la scarcella anche con piccoli confetti colorati.