Europe: A continent in the Northern Hemisphere.

Mediterranean Countries: Those countries that surround the Mediterranean Sea.

Geographical Features: Places are jointly characterised by their Human and Physical Geographical features. Human Geographic features could include language, religion, economic activities and population distribution. Physical features could include climate, soil and landforms such as mountains.

Geographical Region: An area that has definable characteristics.

Capoluogo: The Italian word for the administrative capital of a region.

Renaissance: A period in European history marking the transition from the Middle Ages to Modernity; covering the 15th and 16th Centuries. Renaissance is a French word, meaning ‘rebirth’.

Leonardo da Vinci: Italian artist from the Renaissance. However, his work extended to far more than art.
How to Make Fresh Pasta

Fresh pasta can be made with or without eggs. Here are two recipes that we will be using to make our own pasta. The sauce you add to the pasta should be influenced by the shape you choose to give your pasta. Both recipes can be made using gluten-free flour.

**Egg Pasta Recipe**

**Ingredients:**
- 300g ‘00’ flour
- 3 eggs
- 2 tablespoons olive oil

**Method:**
1. Place the flour in a large bowl and make a well in the centre. Beat the eggs and oil in a separate bowl.
2. Pour the egg and oil mixture into the well and use a wooden spoon to bring in the our from around the edges.
3. When it becomes too hard to stir, flour your hands and knead to form a dough.
4. Turn out onto a lightly floured work surface and knead for 5-10 minutes until smooth and elastic.
5. Enclose in plastic wrap and chill for 30 minutes.
6. Cut the dough into smaller pieces and roll each piece out separately. This will make it easier to roll out the dough until it is very thin.
7. Cut the pasta into the desired shape.
8. Leave the pasta to dry for 15 minutes to stop it sticking in the pan.
9. Drop into a pan of boiling water and cook for 3 minutes then drain with a colander.

**Egg-free Pasta Recipe**

**Ingredients**
- 300g semolina
- 150g ‘00’ grade flour
- A pinch of salt
- Approx. 300ml warm water

**Method**
1. Place the semolina, flour and salt into a bowl and make a well in the centre.
2. Slowly add small amounts of water, mixing it in with your finger. Keep adding the water until the flour mixture comes together in a ball— a wet, sticky dough means you have added too much water.
3. Follow instructions 3-9 from the egg pasta recipe.

This pasta is not be as soft as egg pasta and benefits from a sauce to cook it further.

**Types of flour**

Flour is graded by how finely it has been ground. ‘00’ Grade means the flour has been ground to a fine powder. It is usually made from durum wheat. The gluten in durum wheat tends to bind together strongly but without much elastic. This means our pasta should have ‘bite’ without being chewy.

**Leonardo Da Vinci**

Leonardo Da Vinci—an Italian artist, working during the Renaissance period.

**What is he famous for?**

Many things! Drawing, painting, sculpting, mathematics, science, architecture and even inventing machines!

Da Vinci loved maths and he used geometry to make his drawings and paintings, more realistic. He gave his images depth, using the techniques of **perspective** and **tonal shading**; the flat image looks 3 dimensional!

He painted the iconic artwork, ‘Mona Lisa’.

Da Vinci was one of the first artists to use science investigations, to study the human body, so that he could make his art as realistic as possible!

Renaissance Art: A Brief History

**When:** 15—16th centuries

**Where:** Italy (where it originated)

**Famous Renaissance Artists:** Leonardo Da Vinci, Donatello, Michelangelo and Raphael.

**Style:** Paintings looked realistic, by using: perspective, light, shading and clever composition.

**Famous Renaissance art:**
- ‘The Last Supper’ by Da Vinci
- ‘Creation’ by Michelangelo