

Overview:

- This section specifically covers Italy and is NOT part of the Renaissance
 - Stepping stone to the Renaissance with many of the needed innovations for improvement
- Because the Pope was in France at the time and was barred from Italy by the Alps, he did not have control over Italy
 - In light of the Pope's absence, religion in Italy was not as predominant as before
 - Consequently, Italy consisted of individual city-states ruled by the wealthy merchant class (these wealthy merchants eventually became great patrons of the arts)
 - Venice, Florence, Siena, Pisa, and Rome were all powerful city-states who had their own armies and were constantly at war with one another
- Three factors that contributed to this style:
 - Early Christian Art
 - Byzantine Art
 - Gothic Art
- Artists were renowned for their specific art during this period rather than large groups of people creating landmark works
- Italians had an interest in antiquity in Ancient Rome and Greece, and looked back to the past for influence
 - **Humanism:**
 - Value the work of the ancients
 - Look at Classical past to solve modern problems
 - Roman forms most worthy of imitation
 - Renewed focused on Nature as art source
 - Two orders sprang out of this Humanistic view:
 - Franciscans:
 - Devoted to assisting the poor
 - St. Francis of Assisi
 - Saw God in Nature
 - Dominicans
 - Combating heresy
 - Dominic de Guzman
 - Valued Classical learning
 - Both built churches to sway the crowds and did not retreat to seclusion but rather engaged the world



ROAST LEG OF LAMB

Ingredients

Leg of Lamb
Clove of Garlic (sliced)
Several Sprigs of Fresh Rosemary
Salt and Pepper to taste
Olive Oil

Method

Cut all excess fat from the meat.

Stab the lamb all over with a small sharp knife.

Insert the slices of garlic and small sprigs of rosemary into the cuts.
Season the lamb well with salt and pepper and massage the oil in.

Place the lamb on a low wire rack into the oven at 200°C.

Cook for about 20 minutes, turn the meat, and reduce the thermostat to 180°C.

Cook the lamb for a further 60 minutes or until done to your taste.

Vegetables can be roasted around the meat during the last 45 minutes of cooking time.



EASY QUICHE

Ingredients

Frozen Short Crust Pastry
½ Cup of Milk
200g (7oz) Chopped Bacon
1 Tomato Slice
4 Eggs
1 Diced Onion
1 Tablespoon of Butter
Parsley, Basil, Salt and Pepper (according to taste)
Grated Cheese

Method

Preheat the oven to 220°C.

Defrost pastry, then roll out on a light floured surface and line a 23cm (9") well-buttered flan dish. Don't cut off the edges of the pastry yet.

Chill the pastry case in the fridge and then line the base of the pastry with baking parchment and fill it with baking beans.

Place on a baking tray and bake on the wire rack in the oven for 12 - 15 minutes.

Using oven gloves, carefully remove the beans and parchment and return to the oven for another 5 minutes to cook the base.

Mix all remaining ingredients together and pour into the hot pastry. Trim the edges off the pastry, and bake for 30 to 45 minutes at 175°C until set and golden brown.



EASY PIZZA

Ingredients

1 Frozen Pizza
(28cm (11") diameter or less or individual slices)

Method

Preheat the oven to 250°C for 6 minutes.

Place wire rack into bowl and place the pizza on top.

Place the elevated cooking rack upside on top of the pizza as the strong force of the oven will blow the toppings on the pizza around.

Keep the temperature at 250°C and cook the pizza for 5 - 7 minutes.