

16th Century Europe (Mannerism & Late Renaissance):

- **Mannerism** - a dramatic style of the Late Renaissance that easily evokes emotion

ART OF NOTE:

Giovanni Bologna. *The Rape of the Sabine Woman*. 1583. Marble. 13.5'

- Depicts a scene of the founding people of Rome capturing native woman to be their wives
- Giovanni is probably one of the biggest sculptures in Florence in the 16th sculpture
 - Didn't intend to sculpt a rape, but was challenging himself to sculpt a complex image of three intertwined figures



ART OF NOTE:

Correggio. *The Assumption of the Virgin*. c. 1522 - 1530. Fresco. Diameter of Base of the Dome: 35'10" x 37'11"

- Painted in such a perspective to make the dome appear like a flat ceiling to whomever is viewing it below
- The Virgin is in the middle, being assumed into heaven, in a posture never seen before



ART OF NOTE:

El Greco. *The Burial of Count Orgaz*. 1586. Oil on Canvas. 16'x12'

- *El Greco* - "the Greek;" born on Crete
- Emphasizes the Roman Catholic position that good works are the path to salvation
 - Saints only intercede for good people

ART OF NOTE:

Albrecht Dürer. *The Four Horsemen of the Apocalypse*. 1498. Woodcut. 15"x11"

- Albrecht Dürer was perhaps the most famous Northern Renaissance artist
- The Horsemen represent 1) Famine 2) War 3) Pestilence 4) Death





GRILLED SIRLOIN STEAK

Ingredients

- 1 Sirloin Steak (2-2.5cm thick)
- 2 Cloves of Garlic Peeled and Crushed
- Salt and Pepper (according to taste)

Method

Preheat the oven to 250°C for 6 minutes.

Rub both sides of the steak with garlic.

Season with salt and pepper and set aside.

Use the elevated wire rack so that the steak sits high in the glass bowl of the oven.

Reduce the oven heat to 240°C.

Place the steak directly onto the wire rack and grill for at least 8 minutes or until it's cooked to your liking (rare - well done), turning half way through.



SCONES

Ingredients

- 225g (8oz) Self-raising Flour
- 1 Teaspoon of Baking Powder
- A Pinch of Salt
- 25g (1oz) Caster Sugar
- 50g (2oz) Unsalted Butter (slightly softened)
- 150ml (¼ pint) Milk
- 1 Egg (beaten) or Plain Flour (for brushing or dusting)

Method

Preheat the oven at 220°C.

Sift together the flour, baking powder and salt into a bowl.

Stir in the sugar, add the butter and rub quickly into the flour, creating a fine breadcrumb consistency. Add the milk, a little at a time, working to smooth dough.

This is now best left to rest for 5 to 15 minutes before rolling.

Roll out the dough on a lightly floured work surface until 2cm (¾") thick. Using a 5cm (2") pastry cutter, cut the dough, using a sharp tap and not twisting the dough as you cut. Twisting the scone mix will result in an uneven rising. Once cut, the scones can be either brushed with the beaten egg for a shiny glaze, or dusted with the flour for a matt finish. Place the scones on a greased baking tray and bake in the pre-heated oven for 10 to 12 minutes until golden brown. Allow to cool slightly, and serve while still warm.



FRENCH FRIES/CHIPS

Ingredients

2 Medium Potatoes (washed and peeled)
Cooking Oil

Method

Preheat oven to 250°C for 6 minutes prior to cooking .

To make french fries slice potatoes into 2-3mm spears. For chips slice into 5-10mm spears.

Spread the potato spears out evenly in a 23cm (9") non-stick baking pan.

If desired, brush or toss with a small amount of oil for added crispness.

Reduce the oven heat to 200°C and place the baking pan onto a high rack in the oven.

Cook the french fries for 10 minutes.

Reduce temperature to 180°C and cook 5 minutes more for chips.

Top Tip - Why not try curried or paprika chips? Just sprinkle some curry powder or paprika on the chips after coating in oil.



HONEY CHICKEN WINGS

Ingredients

- 1kg (2 ¼ lb) Chicken Wings
- 2 Tablespoons of Honey
- 1 Teaspoon of Chopped Ginger
- 2 Tablespoons of Lemon Juice
- 2 Tablespoons of Soy Sauce
- 2 Tablespoons of Tomato Paste

Method

Trim excess fat from the chicken wings and remove tips.

Pat dry and place in a bowl

In a separate bowl combine the lemon juice, soy sauce, and ginger to make a marinade.

Pour the marinade over the chicken wings, mix well and leave to stand for 3 to 4 hours.

Remove the wings from the marinade, place them in the oven on the high rack and roast for 10 minutes at 165°C.

While the wings are cooking add the honey and tomato paste to the marinade mixture.

Carefully remove the wings from the oven and roll in the honey/tomato marinade.

Return the wings to the oven and cook for a further 5 minutes.

Repeat the last two steps again and then serve.



BAKED POTATOES

Ingredients

4 Large Baking Potatoes (Scrubbed)
1 Tablespoon of Butter

Method

Preheat the oven to 200°C.

Dry potatoes well and rub all over with the butter. If you prefer a softer skin, skip this step.

Prick each potato several times with a fork.

Bake in the oven at 200-250°C for 25 to 40 minutes depending on the size. Remove potatoes from the oven and carefully cut a slit in the top of the potato to release the steam.

Now just add your favourite topping(s) and enjoy!



STEAMED VEGETABLES

Ingredients

Vegetables

Water

Cooking Foil (to wrap)

Method

Clean and cut vegetables as desired.

Wrap a small amount of each vegetable portion in foil, making several packages.

Before sealing, sprinkle 2 teaspoons of water into each package.

Seal tightly.

Place them directly on the wire rack, and cook at 200°C.

Most soft vegetables (such as courgettes, onions, peas) will take 15 to 20 minutes and most hard vegetables (such as carrots and potatoes) will take 30 to 40 minutes.