



# THE FACULTY CORNER

FROM THE ANACAPA SCHOOL FOREIGN LANGUAGE DEPARTMENT. . .

## ITALIAN

Italian cuisine is famous, delicious, and a lot more than pizza or spaghetti with meat balls! Anacapa Italian students devote one whole class each week to preparing and enjoying an Italian recipe, and we speak only Italian when we are cooking in the kitchen! This immersion technique results in students who are comfortable speaking the language and tackling all kinds of recipes, plus they have a fantastic knowledge of the variety of dishes that Italians love.

We'd like to share with you one of the students' all-time favorite recipes—*suppli al telefono*. The name literally means “telephone wires” because the melted mozzarella tends to make long strings when you bite into the hot risotto balls. You have to make the risotto first and let it get completely cold, but the students want me to tell you that it's like getting two recipes for one because the hot risotto on its own makes a great meal with a little salad and bread! Gordon taught the students how to make this recipe for simple risotto, which he learned from our dear Milanese friend, and great cook, Cristina.

### ***Gordon's Risotto***

**Ingredients:** 1 large yellow onion, chopped finely  
1 cube butter  
2 cubes chicken broth  
2 cups of Arborio rice (it is important that it is Arborio and not some other kind of rice—Trader Joes has it)  
1 to 2 quarts boiling water  
1 cup of good parmesan cheese, grated finely

**Directions:** Saute the onion in the butter until it is golden, but not burned. Add the dry rice and stir well until it is just slightly colored. Mash two chicken broth cubes into the rice and onion. Add a couple of big ladles full of boiling water, stirring constantly until the water is almost all evaporated, then add more ladles of water. Continue this until the rice is cooked *al dente* (“to the teeth,” not mushy). At the very end of the cooking, stir in one cup of grated parmesan cheese. (For *suppli*, let cool and put in the refrigerator.)

### ***Suppli al telefono***

**Ingredients:** 2 eggs  
cold risotto, made with 2 cups rice  
some mozzarella, diced into small cubes  
some processed ham, diced into small cubes (optional)  
dry white bread crumbs  
oil for deep frying (peanut oil is best)

**Directions:** Lightly beat the eggs with a fork and then stir them into the cold risotto. Put about a tablespoon of the risotto in the palm of one hand. Place a couple of pieces of mozzarella and ham (if you are using it) in the center and cover with another small spoonful of risotto. Form a ball covering the filling completely. Roll the ball in bread crumbs. Repeat until all of the risotto is used up. Chill the *suppli* for 1 or 2 hours if possible. Heat the oil in a deep pot and then fry 4 or 5 *suppli* at a time until they are crisp and golden (about 5 minutes). Drain on absorbent paper (crumpled brown paper bags work very well) and serve hot.

***Buon appetito!***

~~ Suzie Sichi

(over please)

## SPANISH

The beauty of the Spanish language is often expressed in music. When we learn a song, we learn not only the words but also the emotions that color the song and give it life. Our Spanish classes would like to share one of our favorite songs with you—in both Spanish and English:

### **LA VIDA ES UN CARNAVAL** (Celia Cruz)

Todo aquel que piense que la vida es desigual,  
tiene que saber que no es así,  
que la vida es una hermosura, hay que vivirla.  
Todo aquel que piense que esta solo y que esta mal,  
tiene que saber que no es así,  
que en la vida no hay nadie solo, siempre hay alguien.

Ay, no ha que llorar, que la vida es un carnaval,  
es mas bello vivir cantando.  
Oh, oh, oh, Ay, no hay que llorar,  
que la vida es un carnaval  
y las penas se van cantando.

Todo aquel que piense que la vida siempre es cruel,  
tiene que saber que no es así,  
que tan solo hay momentos malos, y todo pasa.  
Todo aquel que piense que esto nunca va a cambiar,  
tiene que saber que no es así,  
que al mal tiempo buena cara, y todo pasa.

Ay, no ha que llorar, que la vida es un carnaval,  
es mas bello vivir cantando.  
Oh, oh, oh, Ay, no hay que llorar,  
que la vida es un carnaval  
y las penas se van cantando.  
Para aquellos que se quejan tanto.  
Para aquellos que solo critican.  
Para aquellos que usan las armas.  
Para aquellos que nos contaminan.  
Para aquellos que hacen la guerra.  
Para aquellos nos maltratan.  
Para aquellos que nos contagian.

### **English Translation:**

Everyone out there that thinks that life is unfair,  
Needs to know that's not the case,  
Because life is beautiful, you just have to live it.  
Everyone out there that thinks they are alone and that that's bad  
Needs to know that's not the case,  
Because in life no one is alone, there is always someone

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***Continuation of English Translation...***

Ay, there's no need to cry, because life is a carnival,  
It's more beautiful to live singing.  
Oh, Ay, there's no need to cry,  
For life is a carnival  
And your pains can be alleviated through song.

Everyone out there that thinks that life is always harsh,  
Needs to know that's not the case,  
That there are just bad times, and it will all pass.  
Everyone out there, that thinks that this will never change,  
Needs to know that's not the case,  
The bad times will turn; it will all pass.

Ay, there's no need to cry, because life is a carnival,  
It's more beautiful to live singing.  
Oh, Ay, there's no need to cry,  
For life is a carnival  
And your pains can be alleviated through song.  
For those that complain forever.  
For those that only criticize.  
For those that use weapons.  
For those that pollute us.  
For those that make war.  
For those that mistreat us.  
For those that make us sick.

**~~ Hugo Macario**