

Mediterranean

# Triangle Sons & Daughters of Italy Serving the North Carolina Triangle since 2004

2817

	ALECHTENSTEIN	23
5	Table of Contents	AUSTRIA HUNGARY
/	TSDOI Calendar of Events	<b>IL GIORNALE</b>
53	Letter from the President2	Freulivenezia
	February Birthdays2	SLOVENIA
F (	AFTERNOON DINING EXPERIENCE: STAND OUT AMONG RESTAURANT COMPETITION	DITSDOI
A	TSDOI NIGHT AT THE DURHAM BULLS!	
N	FESTA DEI GIOCHI4	Febbraio, 2023
C	ANNUAL FAMILY PICNIC WITH SCHOLARSHIP AWARDS4	HERZEGOVINA
E	STAND OUT AMONG RESTAURANT COMPETITION	SAN MARINO
MON	NEW EXECUTIVE COUNCIL FOR 20235	
	THE CITY OF FOLLONICA LAUNCHES THE KISS ZONES5	Marche
2	CONGRATULATIONS MIKE D'AMORE	Marche
	HOMEMADE RICOTTA MAKING CLASS	Jmbri
	FOOD & CULTURE8	
	NEW MEMBERS8	uzzo
	LEAP OF FAITH: A MEMOIR BY EMANUEL GEORGE	Follow us on Facebook at
	SCALCO	"Triangle Sons & Daughters of Italy"
	QUALITY OF LIFE, THE BEST LIVING CITY IN ITALY IS BOLOGNA, THEN BOLZANO AND FLORENCE	
	PASTA GRANNIES COOKBOOK AND YOUTUBE SHOWS9	And on our YouTube Channel
	PAPPARDELLE WITH WILD BOAR RAGÙ10	youtube.com/@tsdoiyoutube7441
	HOMEMADE RICOTTA11	Basilicata
	Ty	Please note that we take photos and videos at our
	Sardegna	S events. If you do not want your image to appear on

either Facebook or YouTube, you must tell the photographer at the time.

Il Giornale di TSDOI **Editor Nick Verna** Send comments or suggested materials to nickverna14@gmail.com

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### **TSDOI Calendar of Events**

Feb 15 – Wine Tasting at Capri Flavors Feb 25 – Ravioli Making (Registration Closed) Mar 19 – Cafe Italia (Registration Closed) April 12 – Stand Out Restaurant – Garibaldi Trattoria Apr 30 – Festa dei Giochi (Festival of Games) Jun 4 – Annual Family Picnic Jun 17 – TSDOI Night at the Durham Bulls (Closed)

# **February Birthdays**



This month we celebrate the birthdays of those members celebrating in

February: Lou Fabrizio (3), R. Jay Dewey (8), Anthony DiSantostefano (9), Mike D'Amore (13), Sherry Hicks (14), Robert Sepe (14), Cristina Ziller (15), Ricci Polsinelli Williams (16), William Schmidt (18), Suzy Fanucci Schmidt (21), David Zoffer (23), Gary Salamido (24), Carole Meshot (25), Blake Tedder (26).

# AFTERNOON DINING EXPERIENCE: STAND OUT AMONG RESTAURANT COMPETITION



Wednesday, April 12, 2023, TIME: 1:00 pm

PLACE: Garibaldi Trattoria, 900 N Main St, Fuquay-Varina, NC 27526

This is our inaugural event. See page 5 of this newsletter for additional information. Here is the link to Garibaldi Trattoria: https://www.garibalditrattoriapizzapasta.com/

Each member pays for their own meal at the restaurant. Attendees complete the restaurant evaluation form at the end of lunch. Within a few days, the restaurant manager will receive a consolidated summary of the TSDOI dining experience.

No reviews are posted to social media by the individual attendees. The Lodge wishes to provide helpful feedback, both positive & constructive, to the restaurant manager to support their efforts to STAND OUT AMONG THE RESTAURANT COMPETITION and run a successful dining enterprise.

**REGISTRATION:** Please send an email to Don Cimorelli (Donald.Cimorelli@gmail.com) to RSVP for this fun event to experience a new restaurant and enjoy the friendship and company of TSDOI members.

# Letter from the President

### Dear Members:

I am thrilled to share with you that our 2023 is off to a fantastic start. We've alreadv received about 225 registrations for activities posted on our website. Additionally, several members have ordered TSDOI shirts to display their pride at our events.



We have carefully reviewed your formal input through Member Surveys and listened to your informal suggestions as we gather at programs. My approach is fairly straightforward to deliver services that meet your needs. Our programs can be characterized as social, cultural, and charitable. We sponsor about 30 programs throughout the year, and we offer events in the afternoon on both weekdays and weekends, and early evening programs on weekdays and weekends.

As you review our events calendar, you will see both Lodge favorites that have been offered in the past (such as the Opera, Durham Bulls, Picnic, Wine Tasting, Bocce), and new events (such as Ricotta Making, Cafe Italia, Conversational Italian, Dining Experiences). Always feel free to contact me with your creative ideas for Lodge activities.

I highly encourage you stay current on Lodge events through my emails, website, newsletter, and Facebook Page. Register for events that you are interested in as soon as possible since some programs have capacity limitations.

I am so pleased to be your partner for the year ahead. I look forward to creating wonderful experiences for our members that reflect our Italian heritage.

Don

Don Cimorelli

TSDOI 2817 President

# WINE TASTING AT CAPRI FLAVORS!



Back by Popular Demand is our Wine Tasting at Capri Flavors!

### Wednesday, February 15, 2023, at 6:00 pm

**Location:** 867 Bass Pro Lane, Harrison Square Shopping Center, Cary, NC 27513)

**Price:** \$5 for TSDOI Members and \$8 for Guests (Non-Members)

Event Coordinator: Mike D'Amore

**Description:** We will be sampling 5 Italian wines and each wine will be paired with a meat or cheese appetizer. The cost for the event is \$5 for Members and \$8 for Guests. <u>You will receive a 10% discount</u> on any purchases at Capri Flavors immediately following the wine tasting.

Click on Registration Payment Link Below:

Payment \$5 for Members

### Payment \$8 for Guests



# TSDOI NIGHT AT THE DURHAM BULLS!



# Saturday, June 17, 2023

Durham Bulls Athletic Park, 409 Blackwell St. Durham, NC 27701 **Time:** 6:35 pm Start Time

Game: Durham Bulls vs Charlotte Knights **Fireworks:** Currently Scheduled Post Game (Subject to Final Planning by Durham Bulls) Chair: Don Cimorelli

Back by popular demand, TSDOI has purchased a block of 30 seats under the covered roofing at Durham Bulls Stadium. This is a great opportunity for a family outing especially since this is Father's Day Weekend. Enjoy a Pre-Father's Day family activity.

### Pricing:

\$18 for TSDOI Members

\$20 for Family of TSDOI Members (Spouse, Children, Grandchildren, Parents, In-Laws)
\$22 for All Other Guests who are not TSDOI Members or Family of Members

**Registration is Closed** 



- 1. Brioschi for stomach pain
- 2. Toothpaste for pimples
- 3. Pastina for a cold
- 4. Grappa for toothaches
- 5. Wooden spoon for bad behavior
- 6. Olive oil for burns
- 7. For anything else, use Vicks VapoRub



# FESTA DEI GIOCHI (Festival of Games)



# Sunday, April 30, 2023

Location: KW Legacy Realty, 1483 Beaver Creek

Commons Drive, Apex, NC 27502

Time: 3:00 pm

**Price:** \$10 for TSDOI Members and \$13 for Guests

**Co-Chairs:** Billy Ward, Isabel Perry, Don Cimorelli

### **Event Description:**

Come join us for a fun Sunday afternoon of games and food! Absolutely no skill required! Simply plan to laugh and have fun with other TSDOI Members while enjoying Pizza & Dessert. You might also be the winner of our 50-50 raffle!

We will break into small groups and rotate through a series of popular games with an Italian Twist such as Italian Family Feud, Italian Password, Italian Trivia, and Italian Pictionary.

### **Registration & Payment Process:**

Click on the appropriate Payment Link below to register and purchase tickets:

# <u>TSDOI Member Payment Link</u> <u>Non-Member Guest Payment Link</u>

# ANNUAL FAMILY PICNIC WITH SCHOLARSHIP AWARDS



# Sunday, June 4, 2023

Rotary Shelter at Harold Ritter Park, 301 West Lochmere Drive, Cary, NC 27511

TIME: 3:00 pm - 8:00 pm

(Dinner Served at 4:00 pm)

### PRICE: \$13.00 for TSDOI Members

\$16.00 for Non-Members

\$6.00 for Children Under 10

EVENT CO-CHAIRS: Fran Giannuzzi, Caroline

Connor, Don Cimorelli

### **MENU & PICNIC ACTIVITIES**

- Mama T's Potato Salad
- 6-oz. Angus Burgers with Cheese, Lettuce, Tomatoes, Onions, and Condiments
- All Beef Hot Dogs w/Chili, Diced Onions & Condiments
- Basilio Sausage with Peppers and Onions
- BBQ Baked Beans
- Sweet Tea, Unsweetened Iced Tea, Lemonade & Water
- Sheet Cake to honor our scholarship winners

### Activities:

- Games for Kids & Adults
- Left Right Center Game (Bring 3 One Dollar Bills)
- 50-50 Raffle

### REGISTRATION & PAYMENT PROCESS: To

register and purchase tickets, click on the link below

to pay online, or if paying by check, please mail the

check made out to TSDOI to Fran Giannuzzi, 548

Clarenbridge Drive, Cary, NC 27519

# TSDOI Members Payment Link Non-Members Payment Link Children Under 10 Payment Link

# STAND OUT AMONG RESTAURANT COMPETITION



In response to our desire to "try out new events" suggested by our members, we will pilot a weekday afternoon dining social experience. We strive to offer many types of events on different days of the week, weekends, and starting times to be sensitive to the needs of our multi-generational and diverse membership.

Periodically, we will select a local restaurant to gather at for lunch. In addition to enjoying the culinary experience and the company of TSDOI Members, at the end of the meal all attendees will fill out and submit an assessment of their restaurant experience using a standardized restaurant critique form.

Here's how it works:

- TSDOI Members recommend restaurants for consideration, both Italian and Non-Italian that have luncheon hours.
- TSDOI will advertise the selected restaurant and share the menu to the Lodge.
- Members will RSVP if they will be attending the event on the designated date.
- Each member pays for their own meal at the restaurant.
- Attendees complete the restaurant evaluation form at the end of lunch.
- Within a few days, the restaurant manager will receive a consolidated summary of the TSDOI dining experience.
- No reviews are posted to social media by the individual attendees. The Lodge wishes to provide helpful feedback, both positive & constructive, to the restaurant manager to support their efforts to STAND OUT AMONG THE RESTAURANT COMPETITION and run a successful dining enterprise.

The restaurant manager will be made aware of our Restaurant Social group prior to the date of the event to finalize details such as regular menu, special menu, prefixe meal, seating, etc.

### Please recommend specific restaurants by emailing <u>Don Cimorelli</u> Donald.cimorelli@gmail.com\_and we'll move forward to arrange an initial Stand Out Restaurant Dining Experience Event for our members. The restaurants can range from a traditional dining experience to a specialty establishment with unique features.

### **NEW EXECUTIVE COUNCIL FOR 2023**

Here is a listing of the new executive council for TSDOI for 2023. We are very thankful for all the volunteers that put in their heart and soul to make TSDOI a place where we can share, make new friends, enjoy our Italian heritage, and give back to the community.

Elected Position	2023 Council Members
President	Don Cimorelli
Vice-President	Nick Verna
Vice-President	Mike D'Amore
Secretary	Barbara White
Treasurer	Mary Muth
Orator	Joyce Moses
Mistress of	Fran Castellano
Ceremonies	
Master of	Bernard Castellano
Ceremonies	
Guard	George Scalco
Trustee	Brad Moses
Trustee	Vivian Dewey
Trustee	Billy Ward
Trustee	Georgiana Schmidt
Trustee	George Quartell

Bob Giannuzzi continues to serve on the Executive Council in the position of Immediate Past President.

Arbitration Committee: Caroline Connor, Roy Cordato Jack Giamportone, Charlotte DiLeonardo, Joe Smolenski.

# THE CITY OF FOLLONICA LAUNCHES THE KISS ZONES

The seaside city of Follonica, in Tuscany, has introduced three Kiss Zones. From the idea of a local to the implementation of the mayor. And it's not just a way to advertise this Tuscan destination. It's a way to take back what we lost during the pandemic.

The name might say it all, but this initiative is also inclusiveness. In fact, the boards feature the rainbow of the LGBTQ community. A symbol that Follonica doesn't discriminate.

" Kissing is a universal gesture, always subject of poems, songs, and movies," said local politician Mirjam Giorgieri, "now, it's the subject of Follonica's street signals. The

invitation is simply to love, in all shapes and against any prejudice."

A local graphic designer proposed the Kiss Zones idea to the municipality. He drew two kissing figures and the rainbow.



The community liked the concept right away. Now, there are three signs all around Follonica. One is on the panoramic seaside, the other in Mazzini Square, and the third one in Levante Beach. So, couples of all genders and sex can kiss by the Mediterranean.

# **CONGRATULATIONS MIKE D'AMORE**



**Italian American Future Leaders (IAFL)** is a not-forprofit organization that is building a nationwide collective of leaders who can bridge the widening divide between old and new Italian American generations.

IAFL has successfully obtained grants and funding through the **Council of Presidents of Major Italian American Organizations (COPOMIAO)** to financially sponsor the nation's first Italian American Future Leaders Conference for the best and brightest Italian American men and women between the ages of 21 to 35 who are currently highly engaged in the Italian American community. These leadership grants are highly valued at several thousand dollars to enable each winner to attend the 3-day conference in Fort Lauderdale, FL from January 13 -16. Each conference attendee must be competitively selected from a nationwide pool of applicants to receive a grant to participate in this inaugural event.

Because of Mikes outstanding contributions to the Triangle Son's and Daughters of Italy and Festa Italian, Mike D'Amore was nominated and accepted to attend the **Italian American Future Leaders Conference.** Mike was only one of 5 OSDIA members to attend. This is major recognition of the impactful work that Mike leads for our Lodge, as well as in his career and for several other community organizations. It is quite an honor for our small Lodge and the only Lodge in the State of North Carolina to be represented at this event. Mike was able to network and learn from young Italian Americans from across the country.

Let's extend a big round of applause to Mike D'Amore for establishing himself among the next generation of Italian American Leaders. We are ecstatic that he can participate in this leadership development opportunity, and we look forward to seeing him continue to advance the Italian American community in North Carolina.

### DON GIOVANNI OPERA

30 Members and guests enjoyed a fantastic performance of Mozart's Don Giovanni by the North Carolina Opera Company and a live orchestra.









### HOMEMADE RICOTTA MAKING CLASS







# FOOD 🎸 CULTURE

Interessante | Web Sites | Food | Culture | Places | Stories

Food & Culture highlights our Italian culture. If you have suggestions we can put it in a future newsletter, please email Nick Verna at nickverna14@gmail.com.

### **NEW MEMBERS**

Please welcome **Anthony (Tony) and Adena DiTonno** who heard about us when attending The Raleigh Italian Festivals. Adena gave the TSDOI membership to Tony as a surprise Christmas gift. How about that! Tony is originally from Philadelphia and Adena is from Kansas. After spending over thirty years in California, they relocated to Cary. Tony's heritage is from Abruzzo, and he is CEO of a Pharmaceutical and Biotech company. Adena is a Design Consultant of California Closets. They are looking forward to serving as a Committee Member. Welcome Tony aditonno2@gmail.com and Adena adenad2@gmail.com.

Please welcome **Franca Luzzi** who heard about through Bob Giannuzzi. Thank you, Bob. Franca is a first generation Italian whose parents are from Carpeneto, province of Romano and Ceccano a province of Frosinone. She is originally from Endwell, NY and because of job relocation moved to Cary in 1997. She is a Banker/Hairstylist and her hobbies are ballroom dancing, hiking, working out, crocheting and baking. Welcome Franca francasstudio@gmail.com.

Please welcome **William (Bill) and Francine Cerami** who heard about us through Mary Ellen Genovesi, Triangle Italian American Woman's Club. They attended our Christmas dinner and after having a fun evening and meeting new friends, they decided to join. They grew up in Little Italy in Erie, Pennsylvania. Bill's heritage is from Alfendena, Gello, Verona and Cerami, Sicily. Francine's heritage is from L'Aquila, Abruzzi. Bill is retired President of Global Aerospace and Defense from Lord/Parker/Hannifan Corporation. Francine is a retired

School Administrator. They live in Cary and look forward to continued gatherings with our membership. Welcome Bill: bill.cerami@gmail.com and Francine: francine.cerami@gmail.com

# LEAP OF FAITH: A MEMOIR BY EMANUEL GEORGE SCALCO

Book Review by Nick Verna: ★★★★



Even if I did not already admire George Scalco, I would give "Leap of Faith: A memoir by Emanuel George Scalco" a five-star rating. I could not put it down. George takes us on a journey beginning with growing up in pre-WW II Venice where he paints pictures of the struggles and joys of growing up in the island city only to have his life torn apart by the

horrors of World War II. It's a story of love, courage, and persistence that demonstrates that if you have the will anything can be accomplished. This includes his torturous migration to the US as an illegal and his constant desire to achieve the American dream -ahome, a marriage, a college degree and with the second edition of this book his life accomplishments, through what most of us would consider insurmountable odds.

The Amazon link is Leap of Faith: A memoir by Emanuele https://www.amazon.com/Leap-Faithmemoir-Emanuele-Georgeebook/dp/B08R68ZN46/ref=sr 1 1?crid=CQ2HQAW84 P1B&keywords=leap+of+faith+scalco&qid=1673207134 &s=books&sprefix=leap+of+faith+scalco%2Cstripbooks %2C75&sr=1-1

If you have Kindle Unlimited the Kindle version is free.



### QUALITY OF LIFE, THE BEST LIVING CITY IN ITALY IS BOLOGNA. THEN BOLZANO AND FLORENCE

 $\label{eq:https://wetheitalians.com/single_post/quality-life-best-living-city-italy-bologna-then-bolzano-and-florence$ 



The 33rd edition of the Italian newspaper il Sole 24 Ore's Quality of Life survey crowns Bologna. For the fifth time, the capital of Emilia-Romagna takes the victory, but Bolzano and Florence are also on the podium. Bologna had also won in 2000, 2004, 2011 and 2020. Florence climbs eight positions from last year, while Milan is in eighth place.

Rome and Turin, on the other hand, worsen their performance. The capital loses 18 positions, and among its critical issues are civil cases registered with the court. The Piedmontese capital ranks 40th, Palermo 88th and Naples 98th. Penalized by poor air quality and the incidence of reported crimes. Among which the real scourge is street crime.

To recap, then, the ten Italian cities where Quality of Life is better according to the Sole 24 Ore ranking are: Bologna, Bolzano, Florence, Siena, Trento, Aosta, Trieste, Milan, Parma and Pisa. These are followed by Cremona, Udine, Reggio Emilia, Bergamo, Sondrio, Verona, Modena, Cagliari, Gorizia and Venice; the worst ten for quality of life, however, are Crotone, Isernia, Caltanissetta, Foggia, Vibo Valentia, Reggio Calabria, Taranto, Enna, Caserta, and Naples. Followed by: Salerno, Catanzaro, Cosenza, Potenza, Trapani, Brindisi, Catania, Syracuse, Messina, and Palermo.

The newspaper explains that the performance of metropolitan cities is deteriorating. Criticism of large cities is particularly concerned with high rents and the welfare of younger generations. While the positions from 81st to 107th are all occupied by southern provinces. Calabrian cities are all found from 95th position onwards. The first ones encountered outside the South are Latina (80th) and Frosinone (79th). Rovigo, the first northern province, is 77th. On the indicator domains the podium sees Belluno, Bologna and Bolzano at the top for Wealth and Consumption. For Business and Labor Milan, Trieste and Rome. For Demographics, Health and Society Bologna, Modena, and Rome. For Environment and Services Pisa, Siena and Aosta. For Justice and Security Oristano, Pordenone and Sondrio. For Culture and Leisure Florence, Trieste, and Gorizia.

Also, according to the ranking to offer greater well-being to women is the province of Monza and Brianza, followed by Treviso (winner of the first edition, in 2021) and Cagliari. And this is because the province has the lowest gender employment gap in Italy (at 7.1 percent against a national average of 19.4 percent), one of the highest female employment rates in the country (69 percent) and the record number of days paid to female employees (75.3 percent of the theoretical maximum).

# PASTA GRANNIES COOKBOOK AND YOUTUBE SHOWS



If you like to make pasta or just see how pasta is made by reallife Italian Nonna's this is the perfect place to go. I received the <u>Pasta Grannies</u> cookbook for

Christmas, and I can't wait to try some of the recipes. It's chock full of both homemade pasta recipes as well as their accompanying sauces (surprise, in

Italy everyone does not use tomato sauce).

### The accompanying YouTube channel

https://www.youtube.com/@pastagrannies shows each of the Nonna's actually making the pasta. This is important since I, personally, have never seen how to make most of these pastas.



# PAPPARDELLE WITH WILD BOAR RAGÙ

https://www.pastagrannies.com/home/pappardelle-with-wild-boar-ragu

ground cinnamon and nutmeg. Plus, a knife tip of cayenne pepper, and a grated square of dark chocolate – it must be 80% cocoa or thereabouts. You cannot taste the chocolate, but it adds richness to the sauce.

From Pasta Grannies Cookbook

Let's face it: unless you live in rural Italy, you're unlikely to come across wild boar. So, feel free to substitute Boston Butt pork shoulder. You'll need to reduce the cooking times; boar needs a lot of cooking. Pappardelle are extra wide tagliatelle. And they are the traditional accompaniment to game sauces in Tuscany– you can buy them dry or make them yourself. If it's the former, make sure you select a good quality brand.



#### Serves 4:

For the Pasta (or purchase Pappardelle)

- 3 ½ C (400g) "00" Flour (available at Capri Flavors)
- 4 Large Eggs

### For the Marinated Pork

- 1 ½ lb. Boston Butt Pork Shoulder
- 1 TBS Black Peppercorns, crushed.
- 1 Bay Leaf
- 1 Bottle Red Wine (enough to cover the meat)

### For the Ragu

- 1 Medium Yellow Onion, diced
- 1 Carrot, diced
- 1 Celery Stick, diced
- 1 Garlic Clove, finely chopped
- 4 TBS Extra Virgin Olive Oil
- ¼ Lb. Pancetta, diced
- ½ tsp Fresh Ground Nutmeg
- ½ tsp Ground Cinnamon
- Pinch of Cayenne Pepper
- 1 Square Dark Chocolate, grated
- 2 C Red Wine
- 8" Sprig Rosemary, leaves stripped/chopped

Serve with grated Parmigiano Reggiano

Cut the pork shoulder into small cubes, removing any excess fat and gristle. Place in a bowl with the peppercorns, bay leaf, and cover with red wine. Cover and leave the meat to marinate in the fridge 12 hours.

Drain the meat and discard the marinade. Make a sofrito with a carrot, onion, celery stick, and garlic. Sauté this mixture in olive oil with the pancetta, which you have diced. Once they're soft, stir in the drained and diced wild boar and season this with a half a teaspoon each of Add enough red wine to cover the meat, season with salt. Chop the rosemary and stir this in to the ragù. Cover, and leave to simmer on a low heat for a couple of hours if it's boar, but less if it's other meat. Add water or stock if it gets too dry – you want a small amount of liquid at the end, with tender, non-chewy, meat.

Cook the pappardelle according to the manufacturer's instructions – or simmer for around 3 minutes if you've made them yourself; in both cases you'll need to taste them for doneness. Drain, keeping a tablespoon of pasta water back.

Mix the pasta, pasta water and the ragu together. Plate the pasta up into warmed bowls and sprinkle with a generous amount of grated Parmigiano Reggiano cheese.

#### **Making Homemade Pappardelle**

Directions from "Authentic Homemade Pasta" by Carmello Alvaro

- 1. Weigh or measure the flour onto the pasta board.
- 2. Make a wide, shallow well in the center of the flour and add the eggs.
- 3. Beat the eggs in the center of the well until the yolks and whites are combined. Using the fork, scrape some of the flour from the inside edges of the well into the egg mixture and beat until the flour is absorbed into the egg. Repeat this step, gradually adding flour and beating until the egg mixture is no longer runny and begins to look shaggy. Use a pastry scraper to fold the rest of the flour over the dough until it's incorporated. Gather all of the dough into a ball with your hands, set it aside, and then use the pastry scraper to scrape the pasta board clean of dried dough.
- Knead 5 to 10 minutes, until the dough bounces back when pressed lightly with your finger. Add flour 1 tablespoon at a time if the dough is sticky. The dough may feel dry – do not be tempted to add more liquid.
- Wrap the dough in plastic and rest at room temperature 30 minutes or in the fridge overnight. Bring back to room temperature to roll out.
- Roll out the pasta dough until you can see your fingers through them. Rub flour liberally on both sides of the sheets. Use a knife or pastry wheel to cut into 1 inch strips. Toss with flour and let the pasta sit on the counter for 10 minutes to slightly dry.

## HOMEMADE RICOTTA

Laura's Italian Kitchen – Downtown Wake Forest (845) 282-5846 www.facebook.com/laurasitaliankitchen

### Ingredients

¼ C Lemon Juice
Scant ¼ C (~3 oz) Apple Cider Vinegar
9 C Whole Milk
3 C Heavy Cream
Cheesecloth
Sea Salt

### Directions

- 1. Measure out into a dish 1/4 cup lemon juice and close to 1/4 cup apple cider vinegar.
- In a heavy bottom wide saucepan bring 9 c of whole milk, 3 c of heavy cream and a pinch of salt to just about starting to boil.
- 3. Remove from heat and add the acid stirring gently about 15 times.
- 4. Let sit undisturbed for about 20 minutes.
- 5. Line a colander with two single layers of cheese cloth. With a serving spoon, spoon large chunks of the curd on top into the colander. Then gently and slowly pour the rest of the pot into the colander.
- Leave it alone for about a minute, then begin tugging the sides of the cheesecloth (see photo) forming a ball of cheese. If you get bits stuck to the cloth scrape them back into the ball.
   Begin pulling alternate sides of the cloth to "flip the

cheese over in the cloth. Wait about a minute and flip the other way. Do this till you reach the desired consistency. (Keep in mind it seems looser when warm.)

- 7. Lift the corners of the cheesecloth and "roll" it into a bowl. Salt until it tastes a little salty and stir until creamy.
- 8. Eat warm or store in a closed container in the refrigerator for up to 10 days.







