



Triangle Sons & Daughters of Italy

Serving the North Carolina Triangle since 2004

2817

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IL GIORNALE DI TSDOI

Marzo, 2024



Follow us on Facebook at
"Triangle Sons & Daughters of Italy"



And on our YouTube Channel
youtube.com/@tsdoiyoutube7441

Please note that we take photos and videos at our 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

TSDOI Calendar of Events

Mar 16 - Music Bingo & St. Joseph's Celebration
Mar 26 - Conversational Italian
Apr 7 – Cooking Class
Apr 27 – Italian Auto and Bike Event (tentative)
Apr 29 – Conversational Italian
May 18 - Tia DeMaria Raleigh Regional Bocce Tournament (Tentative Date)
May 20 – Conversational Italian
June 15 – Durham Bulls
Jun 2 – Picnic
Jun 24 - Conversational Italian

March Birthdays

This month we celebrate the birthdays of those members celebrating in March: Albert Genovesi (1), Bill Cerami (4), Vince Stelluto (7), Josephine Romano (8), Frank Maurio (9), Elisa Rossi (10), Thomas Spampinato (14), Barbara Caci (18), Andrew Bonetti (18), Kathy Salce (21), Gary Pezzullo (22), Peter Paldino (25), Franca Luzzi (26), Constance Lanaro (27).



20 Years



200+ Members

Letter From the President

Dear TSDOI Members:



Spring is around the corner and our Lodge has plenty of Spring Fling Fun that you can register for.

While I send out a weekly email to keep you up to date on events that you can register for, always remember that the EVENTS TAB on our website (See Below) also includes this information and how to register.

<https://www.trianglesonsofitaly.org/events-2-2/>

From March - June, our Lodge will be sponsoring Music Bingo, Cooking Class, Conversational Italian, Family Picnic, and Durham Bulls Game. Sign up quickly for events as they can easily reach full capacity.

I encourage you to try to attend at least one event per season. The more that you engage with the Lodge, the greater will be your sense of belonging within our extended Italian American family.

I always look forward to seeing all of our members at our activities!

Don

Don Cimorelli

TSDOI 2817 President

TSDOI NIGHT AT THE DURHAM BULLS!

Date: Saturday, June 15, 2024

Location: 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

Event Description:

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:

- \$19 for TSDOI Members
- \$22 for Guests without a TSDOI Paid Membership

Registration & Payment Process:

Click on the appropriate Payment Link below to purchase each type of ticket. Prior to the game, you will receive an email so that you can download the tickets to your phone to show at the gate. Additional information on parking options will also be communicated to you prior to the game.

CLICK BELOW FOR TSDOI MEMBER PAYMENT LINK (\$19 Per Ticket)

<https://checkout.square.site/merchant/ML2MMNFESZ6VC/checkout/PP7VFS5KL6BCKLK37FWU5DON>

CLICK BELOW FOR TSDOI GUEST PAYMENT LINK (\$22 Per Ticket)

<https://checkout.square.site/merchant/ML2MMNFESZ6VC/checkout/I7H2ZDU2JKTP2PF7CTCQEUAM>



ANNUAL FAMILY PICNIC & SCHOLARSHIP AWARDS



DATE: Sunday, June 2, 2024

PLACE: 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:

1. \$15.00 TSDOI Members
2. \$18.00 for Non-Members
3. \$7.00 for Children Under 10

EVENT CHAIRS: Don Cimorelli (Overall Picnic) and Karen Bledsoe & Frank DeMaria (Scholarships)

MENU & PICNIC ACTIVITIES

- Mama T's Potato Salad & Garden Salad
- 6-oz. Angus Burgers with Cheese, Lettuce, Tomatoes, Onions, and Condiments
- All Beef Hot Dogs w/Chili, Diced Onions & Condiments
- 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 Three One Dollar Bills)
 - 50-50 Raffle

REGISTRATION & PAYMENT PROCESS

To register and purchase tickets, click on the links below to pay online, or if paying by check, please mail the check made out to TSDOI to Don Cimorelli, 132 wards Ridge Drive, Cary, NC 27513

Click on Payment Link Below for Members with Paid TSDOI Membership:

[Annual TSDOI Picnic: Member Ticket - Triangle Sons of Italy Lodge 2817 \(square.site\)](#)

Click on Payment Link Below for Guests Who Do Not Have a Paid TSDOI Membership:

[Annual TSDOI Picnic: Guest Ticket - Triangle Sons of Italy Lodge 2817 \(square.site\)](#)

Click on Payment Link Below for Children Under 10 Years of Age:

[Annual TSDOI Picnic: Children Under 10 Years Old Ticket - Triangle Sons of Italy Lodge 2817 \(square.site\)](#)

AFTERNOON DINING EXPERIENCE

Our afternoon Dining Experience was outstanding and a milestone for TSDOI. The food was outstanding, exceeding all our expectations. During this lunch we also signed up our 200th members Antonino (Tony) and Vincenza (Enza) Randazzo.





Date: April 21st 12:00 to 5:00pm

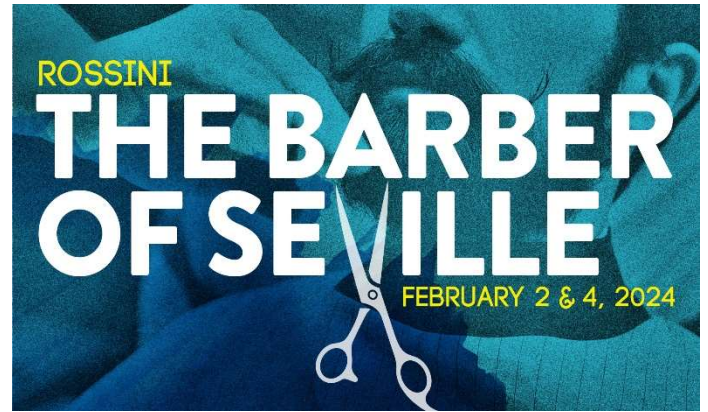
Hosted by: Cape Fear Seafood Company,
832 Spring Forest Rd, Raleigh

Our first 'Mini-Festa' this year will have our Festa partners joining us: Barone Italian Grill, Geluna Gelato, and The Cannoli Man along with Larry Vellani's Mebanesville band for your musical entertainment. Our celebration will be held outside of Cape Fear Seafood restaurant and under the covered courtyard. Bring a friend and stop by for a good time and tasty Italian food!



THE CANNOLI MAN

Geluna Gelato



30 members of TSDOI enjoyed the comedic opera The Barber of Seville. Many said that it was the best version of this opera that they have ever seen.

Cooking Italian Class with Nick and Ethan



Have you ever wanted to reproduce some of those classic dishes that you enjoy at your favorite Italian restaurant but didn't have a clue how to make them. Join Nick and Ethan as teach you how to make **Eggplant Caponata, Spinach Gnocchi, and Limoncello Cream Puffs**. You will also get to taste each course as we prepare them, and members of the audience will be invited to help prepare the dishes as well.

Date & Time: Sunday, April 7, 2024, at 3:00 PM

Place: Keller Williams Realty

Address: 1483 Beaver Creek Commons Dr., Apex NC 27502

TSDOI Event Chairs: Nick Verna & Ethan Biamonte

Cost: \$5.00 members, \$8.00 non-members

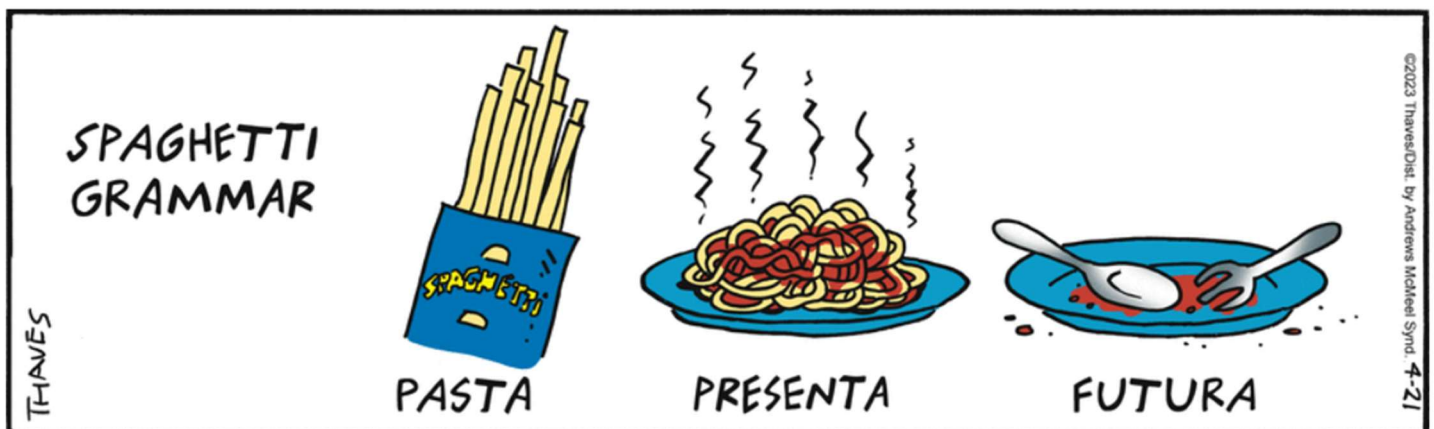
Registration and payment links:

Payment link for all guests in your party who ARE TSDOI members (\$5 for each guest)

[Cooking Class Member Payment Link \(\\$5 Each for Members\)](#)

Payment link for all guests in your party who ARE NOT TSDOI members (\$8 for each guest)

[Cooking Class Guest Payment Link \(\\$8 Each for Guests\)](#)



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 **Alaine Janus** who heard about us through a friend. Alaine is originally from Boston, Massachusetts and relocated to North Carolina to be near her children. Her heritage is from the northern part of Italy where her father and his brothers were born. She is a Realtor in Holly Springs and lives in Fuquay Varina. Her interests/hobbies are the beach, charity work, dining out, music, plays and family gatherings. Welcome Alaine at janusa@hpw.com.

Please welcome **Michael and Anna Buonaiuto** who heard about us through the internet. They are originally from Elmont and Franklin Square, Long Island and after spending 34 years in Boca Raton, Florida moved to Fuquay Varina to be near family. Michael's heritage is from Moschiano, Avellino and the Campania region. Anna's heritage is from Pietreicina, Benevento. Michael is a Carpenter and enjoys traveling, gardening, cooking, wine tasting and anything Italian. Anna is the Chief Operating Officer for a trucking insurance company and enjoys traveling, reading, and anything to do with her grandchildren. Welcome Michael mb3100@yahoo.com and Anna anna.b629@gmail.com.

Please welcome **Victor and Virginia Musante** who heard about us from Laurel Hennesy who works for Anthony at Capri Flavors. They are originally from Garden City, Long Island, NY and moved to Cary to be near family. Victor's heritage is from Moconesi (Liguria) and he is a retired Electrical Engineer. Virginia's heritage is from the Basilicata region, and she is retired from a career in insurance sales. They both enjoy reading and traveling and recently had a wonderful time meeting members in our monthly Conversational Italian class. Welcome Victor msjd184@aol.com and Virginia momsmac@aol.com.

Please welcome **Robin Lucarelli** who heard about us from friends in various local Italian chat groups. She is originally from Long Branch, New Jersey and moved from Florida to Raleigh because of job relocation. Her heritage is from the Apulia region. She is retired from a career in Information Technology and enjoys learning Italian, cooking and art history. Welcome Laura robinleslucarelli@gmail.com.

Please welcome **Mark and Barbara Ascolese** who heard about us from members Joe and Vicki Pirozzi. Thank you, both. I had the pleasure of sitting with them at our Movie and Pizza Night and all are all fun to be with. They are originally from Louisville, Kentucky and moved to Raleigh due to job relocation. Mark's heritage is from Ascoli Piceno and he is a Semi Retired Executive who enjoys playing golf. Barbara is a Homemaker, enjoys grand parenting and is a Gourmet Cook. Welcome Mark markascolese@icloud.com and Barbara barbascolese@icloud.com.

Please welcome **Joseph (Joe) and Janne LoFaro** who heard about us through Facebook. Joe is originally from Milton, New York and Janne is from Lenox, Massachusetts. After 18 years in Virginia, they relocated to Fuquay Varina. Joe's heritage is from Calabria, and he is a retired Management Consultant. Janne's heritage is from Caserta, Campania, Calabria and Veneto. She is a self-employed Wellness Advisor. They enjoy traveling in their RV, community service and music. Welcome Joe: joe@lofaro.us and Janne janne@lofaro.us.

Please welcome **Carmine and Joyce Ragucci** who heard about us from their daughter and by attending our Conversational Italian class. They are originally from Monroe Township, New Jersey and relocated to be near family. Carmine's heritage is from Pietrastornina and Roccabascerana, both towns in the province of Avellino. Joyce's heritage is from Caltagirone, Sicily. She is retired from a career in Education and Carmine is retired from a career in Construction. They live in Durham, and both enjoy reading, dancing, hiking, walking and traveling. Welcome Carmine raguccicarmine49@gmail.com and Joyce joyceragucci@gmail.com.

Please welcome **Antonino (Tony) and Vincenza (Enza) Randazzo** who heard about us through our Facebook page. They attended our Standout Restaurant event where I had the pleasure of meeting them. They both were born in Castellammare del Golfo, Sicily. They relocated from Deer Park, Long Island, NY to Clayton to be near their family. Enza is a retired first grade School Teacher and enjoys gardening and being with grandchildren. Tony is a retired Laborer and enjoys grandchildren and working outside. Welcome Enza and Tony enzarandazzo@optonline.net.

Please welcome **Nanette Castiglione Mattox** who heard about us from our member Adrian Schaller.

Thank you, Adrian. Nanette is originally from Buffalo, NY and relocated to Cary for warmer climate. Her heritage is from Calabria and Abruzzo. She is a Marketing Manager for a local construction company. Nanette enjoys cooking, eating, traveling, and outdoor activities. Welcome Nanette nanette.matttox@gmail.com

Please welcome **Josephine (Jo) Segatori** who heard about us from a friend while shopping in Capri Flavors. She is originally from Branford, Connecticut and relocated to Clayton to be near family. Her heritage is from Venice and Sicily. She is a Marketer for Capital Auto Rental and enjoys fundraising, currently for the Duke Cancer Support Program. Welcome Josephine jojo91990@yahoo.com.

Please welcome **Laura Talbot**, who heard about us from our member Josephine Segatori. Thank you Jo. Laura is originally from the Bronx, NY and has lived in Raleigh since 2010. Her heritage is from Udine, a city in northeastern Italy. Laura is a Realtor and enjoys reading, puzzles and walking. Welcome Laura ltt34@hotmail.com.

Good & Welfare

Bob Giannuzzi had cardiac surgery earlier this month to replace a valve. While he was released the next day, he needed to return to the hospital in an urgent situation to get a pacemaker. Please keep him in your prayers for a strong recovery.

Our long-time member, Josephine Romano, is experiencing a difficult time as she is being treated for breast and kidney cancer. She has had surgery, and a treatment plan is being pursued in March. Please keep her in your prayers.

Italian Cookies Desserts and More



If you love Italian desserts, you may want to follow Italian Cookies Desserts and More on Facebook. It's loaded with many of your traditional Italian desserts and some of the newer desserts emerging from Italy. The Sfogliatella recipe in this issue is from this Facebook group.

<https://www.facebook.com/groups/733849267143045>

Easter in Piana degli Albanesi



One of the most colorful and joyful Easter spectacles in Italy takes place in Piana degli Albanesi, outside Palermo, Sicily. Situated on a mountainous plateau, on the eastern side of the Mount Pizzuta, the people of Piana degli Albanesi migrated to Sicily in the 15th century under the threat of the Turkish invasion. They were granted a patch of land hidden away in the mountains by the Bishop of Monreale and it was there that they founded their town.

The residents have maintained their unique traditions throughout the centuries and many of their churches are filled with valuable icons devoted to Saint George.



At Easter, Piana degli Albanesi comes alive. After Mass, the main street is host to one of the most colorful processions in Sicily. Girls and young men parade up the street in traditional costumes to the accompaniment of children playing the accordion in an atmosphere of joy and happiness. Red Easter eggs are a tradition in Piana dating back centuries and are a symbol that recalls life, fertility and resurrection. They are used to adorn the Easter Breads and are blessed and distributed to the devotees and tourists alike following the procession.

The Delicious Journey of Sfogliatella Napoletana: A Culinary Tale from Naples

Origins of Sfogliatella Napoletana:

The tale of the Sfogliatella Napoletana dates back to the early 18th century, where it is believed to have been created by the nuns of the Santa Rosa Convent in Conca dei Marini, near the Amalfi Coast. These nuns were known for their culinary prowess, and they used their baking skills to create heavenly pastries, including the original Sfogliatella.

The name “Sfogliatella” itself is derived from the Italian word “sfogliare,” which means to leaf or layer, a reference to the pastry’s characteristic multiple layers of thin, crispy dough. The “Napoletana” part of its name, of course, points to its Neapolitan origins.

A Pastry Like No Other:

What sets the Sfogliatella Napoletana apart is its unique preparation and intricate layers. There are two main variations of this delightful pastry: “Sfogliatella Riccia” and “Sfogliatella Frolla.”

- **Sfogliatella Riccia:** This version is known for its multi-layered, flaky pastry that resembles a shell, with a distinct shell-like appearance, giving rise to its alternate name, “lobster tail.” It’s filled with a luscious, sweet ricotta cheese mixture, often scented with orange blossom water, cinnamon, and candied citrus peel.
- **Sfogliatella Frolla:** In contrast, the Sfogliatella Frolla boasts a smoother, more delicate crust, almost like a short crust pastry. Its filling is creamy, typically featuring a blend of ricotta, sugar, eggs, and vanilla.

Both versions share the same core ingredients, but their presentation and texture are distinct, making them appealing to different palates.

Cultural Significance:

Sfogliatella Napoletana is not just a dessert; it’s a symbol of Neapolitan culinary tradition. In Naples, this pastry holds a special place in the hearts of the locals and is an integral part of their cultural identity. It’s often enjoyed during religious and family celebrations, particularly around Easter and Christmas.

Many Neapolitan bakeries and pastry shops take pride in their own unique twists on the classic Sfogliatella, offering variations with different fillings, shapes, and sizes. This continuous innovation and creativity have helped keep the tradition alive and relevant in modern times.



A

Global Sensation:

The irresistible charm of Sfogliatella Napoletana has transcended regional boundaries, making it a beloved treat across the globe. Thanks to the Italian diaspora and a growing appreciation for Italian cuisine worldwide, you can now savor this delectable pastry in bakeries and specialty shops in many major cities, including those in the United States.

In conclusion, the Sfogliatella Napoletana is more than just a dessert; it’s a masterpiece of culinary craftsmanship, a testament to the artistry and passion of Italian bakers, and a symbol of the rich Neapolitan heritage. So, the next time you encounter this heavenly pastry, take a moment to appreciate the history, culture, and flavors that have been baked into each delicate layer, carrying with it the essence of Naples and the warmth of Italian tradition.

See the recipe below!

Why is Italy So Beautiful?

My Italy Facebook

Italia, quanto sei bella!! Do you wonder sometimes why this particular strip of land is so beautiful?



Italy borders

Switzerland, France, Austria, and Slovenia. Italy has a coastline of 7,900 km (4,900 mi) on the Adriatic Sea, Ionian Sea, Tyrrhenian Sea, Ligurian Sea, Sea of Sardinia and Strait of Sicily.

Italy has 450 islands, the 2 largest are Sicily and Sardinia



Highest point: Monte Bianco (Aosta Valley) 4,810.90 meters (15,783.8 ft)



Almost 40% of the Italian territory is mountainous, with the Alps as the northern boundary and the Apennine Mountains forming the backbone of the peninsula. The hills cover most of the Italian territory. They are mainly located in the central-southern part of the peninsula,



The plains make up 23.2% of the Italian national territory. Rivers in Italy total about 1,200. The longest river is the Po (652 km or 405 mi) The second longest Italian river is the Adige (410 km or 250 mi), The third is the Tiber (405 km or 252 mi)



There are more than 1,500 lakes, the largest is the Garda (370 km² or 143 sq mi). Second largest is Lake Maggiore (212.5 km² or 82 sq mi), followed by Como (146 km² or 56 sq mi), Trasimeno. Orta, Lugano, Iseo, Idro.



Out of 12 volcanos in Italy, 9 are considered still active. Vesuvius, Etna, Stromboli, and Vulcano are the largest.



25 National Parks

Neapolitan scientist invents bio-chip that mimics the retina: could help against Alzheimer's and Parkinson's



Neapolitan scientist Francesca Santoro, a researcher and lecturer in Germany, leads a team of scientists that has developed "an 'organic' microchip that

among its functions mimics the retina's ability to 'transform' light into electricity."

In essence, the bio-chip mimics the functioning of the human eye and also the brain's memory. The study, carried out in collaboration between the Italian Institute of Technology, the University of Naples Federico II and two German institutions, was published in the scientific journal "Nature Communications."

Bio-electronics is a very promising field at the forefront of technology, which could have important developments in the medical and health fields. The organic micro-chip is based on a semiconducting polymer consisting of organic components that is sensitive to light. Compared with its silicon counterparts, this polymer integrates better with the human body.

It is not rigid, but flexible, and being organic it can be easily accepted by the human body, compared with other foreign elements. Another difference from silicon is that it works with ions and not electrons. "Our body cells," explained scientist Francesca Santoro, "specifically use ions to control certain processes and exchange information. The material was synthesized and then characterized: we were able to show that typical properties of the retina can be mimicked with it."

The hope is that these polymers may have other uses in the future as well, such as, for example, being used to "repair" the damaged nervous system in cases of neurodegenerative diseases such as Alzheimer's or Parkinson's, going on to replace damaged neurons.

Shrimp Scampi with Linguini

TSDOI Italian Americans in the Kitchen Cookbook

Servings: 4-6

By Isabel Perry

This recipe has a nice lemony scampi sauce, I love it.

Ingredients

1 lb. Linguini
4 TBS Olive Oil
1 lb. Jumbo Shrimp
(cleaned, tails left on for added flavor while making the dish or removed if you prefer)
8 TBS Unsalted Butter
5 Garlic Cloves (minced)
Juice & Zest 2 Lemons
¼ C Chopped Fresh Parsley
Salt and Pepper
¼ C Pasta Water

Directions

Cook the pasta according to your liking and reserve 1 cup of the pasta water.

In a skillet, large enough to hold the whole recipe, heat the oil over medium heat.

Add the shrimp cook until done about 3 minutes then move to a plate.

Add the butter and garlic to the skillet with a little salt and pepper when the butter has melted saute about 2-3 minutes.

Add the lemon juice, zest and then saute for a minute

Add the shrimp, pasta, 1/4-cup of pasta water and toss for one minute to create the sauce. Add more pasta water a tablespoon at a time if needed to create a sauce.

Remove from heat and stir in parsley serve with lemon wedges.

Serve with some crusty Italian bread.



Stuffed Calamari

TSDOI Italian Americans in the Kitchen Cookbook

Servings: 8

By Ralph Iovino

Rose Giammalvo used to make this recipe for Christmas Eve.

You can also season with red pepper flakes if you like it spicy.



Ingredients

2 lbs. Calamari (cleaned with cartilage removed and tentacles chopped and separated)
2 C Breadcrumbs
1 Large Egg
2 TBS Chopped Fresh Parsley or 1 TBS Dried Parsley
2 Cloves Garlic (finely minced)
1 28 oz. Can Crushed Tomatoes
Red Pepper Flakes (optional)

Directions

Rinse calamari well by running water through the body, then pat dry.

Finely chopped the tentacles and mix in a medium bowl with breadcrumbs, egg, 1 clove of garlic, parsley, salt, and pepper.

Stuff the hollowed-out body with filling and secure the end with a toothpick.

Place the stuffed calamari in a baking pan and pour the remaining garlic, crushed tomatoes and optional red pepper flakes over the calamari.

Cover and bake at 350 degrees for 30 minutes.



SFOGLIATELLA: (STEP BY STEP RECIPE)

Symbol of Neapolitan pastry: a delicious crispy puff pastry, folded and filled with a traditional recipe of ricotta, semolina flour and orange cubes. This is a delicious recipe that actually works. However, it is an all-day effort and is difficult if you are not an experienced baker.



YIELD: Makes about 18-24 pastries

INGREDIENTS:

For dough

3 cups all-purpose flour plus additional for dusting
1 teaspoon fine sea salt
3/4 cup water plus additional
1 stick (1/2 cup) unsalted butter, softened
4 ounces lard (1/2 cup), softened

For filling

3/4 cup granulated sugar
1 1/2 cups water
1 1/4 cups semolina flour, fine
3 large egg yolks
1 teaspoon vanilla
1/4 teaspoon fine sea salt
1/4 teaspoon cinnamon
2 cups fresh ricotta (1 pound)
1/4 cup finely chopped candied orange peel
Garnish: confectioners sugar

Special Equipment

A heavy-duty standing electric mixer with paddle attachment, a pasta machine, a small metal offset spatula, a pastry bag fitted with a 1/2-inch plain tip, and parchment paper



DIRECTIONS:

Make dough:

Mix 3 cups flour and sea salt in bowl of mixer at moderately low speed, then beat in water. Gently squeeze a small handful of dough: It should hold together without falling apart. If it doesn't, add more water 1 teaspoon at a time, beating after each addition and continuing to test. Continue beating at moderately low speed until dough forms a ball, about 5 minutes (dough will not be smooth). Halve dough and roll out each half into a rough 12- by 5-inch rectangle (1/4 inch thick) with a rolling pin. Put dough on a lightly floured baking sheet and cover with plastic wrap.

Set smooth rollers of pasta machine at widest setting. Feed 1 piece of dough through rollers 6 times, folding in half each time. Feed the remaining piece of dough through rollers in the same manner. Stack both pieces of dough and, using rolling pin, roll together to form 1 (1/2-inch-thick) piece. Feed dough through rollers 10 more times, folding in half each time. Fold dough in half crosswise, then fold in half again. Chill dough, wrapped in plastic wrap, at least 2 hours and up to 8.

Beat together butter and lard in a bowl with mixer until pale and fluffy. Quarter dough. Keeping remaining pieces covered with plastic wrap, roll out 1 piece dough into a rough 4- by 8-inch rectangle (1/4 inch thick) on a lightly floured surface. Feed rectangle through rollers of pasta machine (dust dough with flour as necessary to prevent sticking), making space between rollers narrower each time, until dough has gone through narrowest setting (dough strip will be about 4 feet long). Cover strip loosely with plastic wrap. Feed another piece of dough through rollers in the same manner.

Put 1 dough strip on lightly floured surface and trim ends to make it even. Spread 3 tablespoons lard butter evenly over strip with offset spatula. Gently stretch the strip to 9 inches wide with your fingers, moving slowly down the length of strip. Beginning at a short end, carefully and tightly roll up strip, stopping 1 inch before end, then cover loosely with plastic wrap.

Spread other dough strip with 3 tablespoons lard butter and stretch to 9 inches in same manner (do not roll up). Overlap 1 inch of a short end onto exposed end of first roll, then continue to roll up first roll to form a tight cylinder (about 9 inches long and

2 inches in diameter). Feed the remaining 2 pieces of dough through rollers and make another tight cylinder in same manner. Wrap cylinders well in plastic wrap and chill until firm, at least 3 hours. Chill the remaining lard butter.

Make filling:

Bring sugar and water to a boil in a 2-quart saucepan over moderate heat, stirring until sugar is dissolved. Add semolina flour in a slow steady stream, stirring, and cook, stirring, until mixture becomes a thick heavy paste, 2 minutes. Transfer to a baking sheet and spread 1/4 inch thick. Chill, covered with wax paper, until cold, about 30 minutes. Tear semolina into pieces and mix in bowl of mixer at low speed to break it up. Add yolks, vanilla, sea salt, and cinnamon and beat until smooth. Mix in ricotta and candied orange peel at low speed. Spoon into pastry bag and chill.



Form pastries:

Preheat oven to 400°F. Line 2 baking sheets with parchment paper. Remove remaining lard butter from refrigerator. Working with 1 cylinder at a time, trim about 1/2 inch from each end, then cut cylinders into 3/4-inch-thick slices (about 12). Lay 1 slice flat on the work surface and gently flatten into a 4-inch round with heel of your hand, starting in center and smearing out in all directions.

Form round into a cone:

Carefully scrape round off the work surface with a knife or metal spatula. Put your thumbs underneath round and first two fingers of each hand on top, then gently push center upward with thumbs and simultaneously pull side downward with fingers, keeping layers overlapping slightly (imagine a collapsible travel cup). Cupping cone in palm of your hand, pipe in about 3 tablespoons filling. Pinch

edges of dough together to seal and put pastry on a baking sheet. Form and fill more sfogliatelle in same manner with remaining slices and remaining cylinder. Brush sfogliatelle with some lard butter.

Bake in batches in middle of oven (keep second batch covered with plastic wrap while first bakes), brushing with remaining lard butter twice during baking, until very crisp and golden brown, about 30 minutes total. Transfer pastries to a rack to cool slightly, then serve.

Crostoli - Chiacchiere Napoletana

TSDOI Italian
Americans in the
Kitchen Cookbook

Servings: 36

By Tia DeMaria



Ingredients

4 egg yolks
3 tbsp. butter (melted & cooled)
2 tbsp. whiskey or brandy
1 ½ cups sifted flour
1 tsp. lemon rind
Butter or Crisco (for frying)
¼ cup powdered/confectioner's sugar

Directions

Mix egg yolks and melted butter. Mix in the whiskey or brandy. Add the flour. Finally add lemon rind. Chill in refrigerator for 30 minutes.

Turn out on floured board. Roll out then cut into strips 1 ½" wide by 4" in length using a serrated wheel (pastry cutter).

Cut 2 small slits in the center of the strips and draw 1 end through the other.

Quick fry in additional butter or Crisco at 375° until light brown color. Drain on brown paper. Shake in a new brown paper bag containing the confectioner's sugar. Enjoy!