



Triangle Sons & Daughters of Italy

Serving the North Carolina Triangle since 2004

2817

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IL GIORNALE DI TSDOI

Aprile, 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

Apr 7 – Cooking Class
Apr 27 – Italian Auto and Bike Event
Apr 29 – Conversational Italian
May 4 - Tia DeMaria Regional Bocce Tournament
May 18 – Dual Citizenship Presentation
May 20 – Conversational Italian
June 2 – Picnic
June 15 – Durham Bulls
June 24 - Conversational Italian

April Birthdays

This month we celebrate the birthdays of those members celebrating in April: Laura Talbot (1), Robert Pulverenti (2), Donald Cimorelli (3), Matthew Kunath (4), Geraldine Gohring (6), Lina Boccone Louie (9), Ted Lumbrazo (11), Michael Lein (12), Anya Borysenko (14), Pat DiLeonardo (14), Joan Kessler (18), Laura Skapik (21), Robert Gleason (25), Deborah Nachtrieb (27).



Good & Welfare

Bob Giannuzzi had cardiac surgery last month to replace a valve. 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, has recently had surgery for cancer. Please keep her in your prayers.

Bocce Tournament

For information on how to register for the Bocce tournament please go to the TSDOI website.
<https://www.trianglesonsofitaly.org/events-2-2/>



Letter From the President

Dear TSDOI Members:



Salute & Cin Cin! First Quarter 2024 has been a highly successful jumpstart to the new year. Our robust calendar of TSDOI events and welcoming environment continues to attract new members. Our Lodge is the Little Italy of North Carolina supporting our members to preserve,

celebrate, and educate each other on many aspects of Italian and Italian American culture.

As I look towards the Second Quarter of 2024, there are numerous opportunities to enjoy fan-favorite programs and new offerings. If you have not done so, please make it a priority to register for at least one event. Of course, I'd like to see you at several events to catch up with current friends and meet new TSDOI members. However, even just one event enables you to fully experience the joy of belonging to TSDOI.

Please go to either the Events tab on our website (<https://www.trianglesonsofitaly.org/>) to register for programs or review my weekly emails for registration information. Fun events coming up are:

Apr 7: Cooking Italian with Nick and Ethan

Apr 27: Italian Automobile & Motorcycle Show

Apr 29: Conversational Italian

May 4: Tia DeMaria Raleigh Regional Bocce Tournament

May 20: Conversational Italian

Jun 2: Annual Family Picnic

Jun 15: TSDOI Night at the Durham Bulls!

Jun 24: Conversational Italian

I hope to see you at one of our Spring events!

Don

Don Cimorelli

TSDOI 2817 President

Italian Automobile and Motorcycle Show and Buffet



We are very excited to announce that TSDOI will be sponsoring an **Italian Automobile & Motorcycle Show** on Saturday, April 27 (Rain date of Sunday, April 28) at Il Bacio Italian Grill & Pizza (located at Heritage Station Shopping Center, 3622 Rogers Road, Wake Forest, NC).

This is a brand-new event that has been created and is being chaired by **TSDOI Member Ruggero Fratarcangeli**. Through his professional contacts, Ruggero is able to attract the owners of impressive Italian cars & motorcycles to display them for our viewing pleasure.

While it is free to view the autos & motorcycles, TSDOI has arranged for a one sitting buffet lunch at Il Bacio for only \$20 with an advance purchase ticket (\$25 on day of show). The car show starts at 10:00 am, and the buffet lunch will begin at 11:30 am. The buffet will include Salad, Penne Pasta with Vodka or Marinara Sauce, Sausage & Peppers, Garlic Knots, Pizza Bits, Cannoli, Coffee/Tea/Soda/Water. Beer and wine are available for purchase at the bar.

We highly encourage advance purchase of Car Show with Buffet Lunch Tickets for the best price of \$20.

Click below for Advance Car & Motorcycle Spectator \$20 Ticket with Buffet Lunch:
<https://square.link/u/v9BChMym>

If you own an Italian Auto or Motorcycle and wish to be a displayer, then **Click below for \$25 Advance registration for Displayers with a Buffet Lunch** (\$30 on day of show).
<https://square.link/u/yNIVMMqr>

Let's rally around this event to expand TSDOI brand awareness in the Wake Forest area. We have new members joining us from that corner of the Triangle, however, your visible enthusiasm and attendance at this open-to-the public event will further generate interest to join TSDOI. **Come have fun, eat, and create a positive image of TSDOI as the home of North Carolina's Little Italy and extended Italian American family.**

SPECIAL DEAL! If you contact me to be part of our Volunteer Staff at the event, you will receive a **FREE BUFFET TICKET!!!!** REPLY TO Don Cimorelli TO SIGN UP TO JOIN THE TEAM. We need members to assist with set-up/breakdown, day of ticket sales, collect buffet tickets, 50-50, and TSDOI Membership Booth.



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

2817

Italian Automobile and Motorcycle Show & Buffet





Join us and display your Italian Car or Motorcycle
Saturday, April 27, 2024 (Rain Date, Sunday, April 28th)

<p>Location: Il Bacio Italian Grill & Pizza (Heritage Station Shopping center) 3622 Rogers Rd, Wake Forest, NC 27587</p> <p>Registration: 9:00 am</p> <p>Showtime/Judging: 10:00 am</p> <p>Lunch: 11:30 am to 12:30 pm</p> <p>Awards Presented: 12:45 pm</p>	<p>For Italian Car & Motorcycle Displayers:</p> <p>Online Advance Registration: \$25 (Includes 1 Buffet Ticket)</p> <p>Day of Show Registration: \$30 (Includes Buffet Ticket)</p> <p>SCAN OR CLICK FOR ADVANCE REGISTRATION</p>  <p>https://square.link/u/yNIVMMqr?src=sheet</p>
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<p>Award Categories:</p> <p>Best Classic Year 1999 older</p> <p>Best Modern Year 2000 or newer</p> <p>People's Choice Award</p> <p><i>Italian Merchandise for Sale</i> Door Prizes & 50/50</p> <p>www.trianglersonsofitaly.org Show Coordinator: Ruggero Fratarcangeli 516-351-4372 or rfratarcangeli@hotmail.com</p>	<p>Non-Display Car & Motorcycle Public Spectators:</p> <p>Advance Registration with 1 Buffet Ticket: \$20</p> <p>Day of Show Spectators with 1 Buffet Ticket: \$25</p> <p>SCAN QR OR CLICK TO PURCHASE ADVANCE TICKET</p>  <p>https://square.link/u/v9BChMym?src=sheet</p>
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Music Bingo & St. Josephs Table



See additional photos from this event on Facebook at ["Triangle Sons & Daughters of Italy"](#).

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 \(square.site\)](#)

TSDOI Information Session on Dual USA & Italian Citizenship



In the past our Lodge has sponsored a Dual Citizenship information session. We have members who have obtained their Italian Citizenship, and others who are in various stages of the process.

TSDOI Members Bob Sepe and Joe Pirozzi will conduct a Dual Citizenship Information Session again on May 18.

The purpose of such a session would be to make you aware of the possible pathways to pursue citizenship, discuss eligibility requirements, understand the challenges and obstacles, and provide you with perspective on next steps.

Please reply directly to Don Cimorelli if you are interested in attending at donald.cimorelli@gmail.com.



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!



Cape Fear Seafood Company Mini-Festa Event

April 21, 2024 | 832 Spring Forest Rd,
12:00PM-5:00PM | Raleigh, NC 27609

Entertainment | Raffles | Fried Shrimp & Calamari | & More!

Music by



Want to learn more about Festa Italiana NC and the culture behind it?
Join us at Cape Fear Seafood Company for a Pre-Festa Event!

FestaNC.org

Cooking Italian 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 **Claudia Cobianchi** who heard about us through our Face book page. She is originally from Saddlebrook, NJ, worked in California, Austin, Texas, and lives in Durham. Her heritage is from Caserta Vecchia/San Leucio and Salerno. Claudia is a retired Medical Laboratory Scientist. She enjoys making pasta in her Philips machine, cooking, gardening/growing food, movies and traveling. Welcome Claudia claudia.cobianchi@gmail.com.

Please welcome **Diane Mincieli Goodman** who heard us from a friend at Keller Williams Realty. Diane is originally from Brooklyn, NY and after living 30 years in Coral Springs, Florida she relocated to Holly Springs to be near family. Her heritage is from Naples and Bari. She is a retired Special Education Teacher who worked at Holly Springs High School. Diane lives in Holly Springs and enjoys reading, walking/hiking, listening to a variety of music, traveling (especially to Italy) and socializing. Welcome Diane realtors2g@gmail.com.

Please welcome **Nicholas (Nick) and Anne Magnini** who heard about us through our Face Book page. They are originally from Buffalo, NY and relocated to Holly Springs to be near their family. Nick's heritage is from Corato, Bari and he is retired from a career in TV Management. Anne is a retired Event Planner, and she enjoys quilting. Nick enjoys playing golf and they both enjoy being with their eight grandchildren. Welcome Nick nmags54@gmail.com and Anne acmagnini@gmail.com.

Please welcome **Geraldine (Gerry) Gohring** who heard about through Facebook and a friend. She attended Music Bingo and decided to join. She is originally from Providence, RI and relocated to Apex to be near family. Her heritage is from Naples. She is a retired High School Math teacher and enjoys singalongs, Zumba, cooking, cards and games and prayer. Welcome Gerry gerrygohring@yahoo.com.

Please welcome **Ann Marie Fontana** who heard about us through a friend. She attended our Music Bingo and filled out an application. She is originally from Brooklyn,

NY and relocated to Cary to be near family. Her heritage is from Sicily, Calabria and Naples. She is a broker for life and long-term care insurance. She also teaches religion to teens and pre-teens at St. Michael's Church. She enjoys meeting people, sewing, reading, organizing, exercising and praying. Welcome Ann Marie: mamere4444@gmail.com.

Please welcome **Harvey Goodman** who is the spouse of Diane Mincieli Goodman who joined on Feb 27th. They attended Music Bingo where Harvey submitted his application. After selling his automotive business in South Florida he moved to Holly Springs. He currently works with Wake County schools serving special education students. His interests/hobbies are swimming, travel and food. Welcome Harvey realtors3g@gmail.com.

Please welcome **Joseph (Joe) Serio** who heard about us through our Facebook page. Joe is originally from Detroit Michigan and lives in Wake Forest with his wife and three children. His heritage is from Sicily; Terrasini, Castellemarre del Golfo and Alcamo. He is a Business Development Manager, and his interests/hobbies are bocce, cigars, Christianity, languages and stamp collecting. He is looking forward to playing in this year's bocce tournament. Welcome Joe jserio77@yahoo.com.

Please welcome **Robert (Bob) and Diane Singleton**. Diane is a returning member who moved to Virginia and now lives in Cary to be near family. She is originally from Queens, NY and Bob is from Orangeburg SC. Diane's heritage is from Turin and Sicily, and she is a Homemaker and Volunteer. She is a huge NY METS fan and enjoys reading, crafts, trivia, history, and attending the Osher Lifelong Learning Institute (OLLI) classes at NC State. Bob is retired from the Signage industry and enjoys reading, drawing and travel. Welcome Diane dianeessingleton@gmail.com and Bob rfdsjr@gmail.com.

Please welcome **Laura (DeBellis) Skapik** who heard about us through our Facebook page. She is originally from Fairmont; West Virginia and her heritage is from the Monteperta area. She is a Nuclear Medicine Technologist at Duke University and a part time travel agency owner. Laura lives in Durham and enjoys travel, learning Italian, reading and being on any body of water. Welcome Laura laskapik@gmail.com.

Benvenuto

World's Sexiest Accent Revealed

https://www.wetheitalians.com/single_post/worlds-sexiest-accent-revealed-its-european-and-french-wont-be-happy

What is the accent you're most attracted to? A gorgeous Irish lilt? A rakish Spanish inflexion? The King's English, perhaps? Well, according to



language learning platform Babbel, it's official: French is no longer the world's sexiest accent. That bold statement will come as a disappointment to many, especially since Babbel previously polled more than 15,000 people in 2017, a group who named French the "sexiest accent".

So, who has dethroned la belle langue française? Well, 6,000 people from the UK, France, Spain, Italy and Germany, as well as the US, were asked to rate which languages are perceived as "most sexy," "most romantic" and "most passionate." The findings stated that Italian was perceived by most to be "most sexy" and the "most romantic" by the highest number of people involved in the study.

The San Marzano Tomato Arrives: it is Intended for Astronauts

https://www.wetheitalians.com/single_post/san-marzano-tomato-arrives-it-intended-astronauts



The revolutionary San Marzano tomato is born, a variety created specifically to be grown in space and destined to feed astronauts on long space missions of the future!

This fantastic made in Italy tomato will be invaluable in guaranteeing

fresh food and a healthy and balanced diet for crews engaged in increasingly long and ambitious interplanetary journeys.

The San Marzano tomato has been genetically modified to produce high quantities of anthocyanins, substances with exceptional antioxidant power. Thanks to this extraordinary property, San Marzano is able to resist the powerful gamma rays used in the laboratory to simulate the intense cosmic radiation present in deep space.

Sicilian Stuffed Meatloaf

Italian Tribune

Ingredients

1 TBS Olive Oil
1 Red Bell Pepper, finely chopped
1 Small Red Onion, finely chopped
2 Cloves Garlic, minced
2 lb Ground Beef
3/4 C Italian Style Breadcrumbs
1 C Grated Parmigiano Cheese
2 Large Eggs
2 TBS Tomato Pastes
1/2 to 1 tsp Salt
1/2 tsp Pepper
2 TBS Parsley, chopped
1/4 lb Prosciutto
12 to 15 Large Basil Leaves
1 1/4 C Shredded Mozzarella Cheese
Marinara Sauce for top

Preparation

Preheat oven to 350 degrees.

Heat the olive oil in a medium-sized pan over medium flame. Add onion and red pepper. Sauté for

about 5 minutes, until onions are translucent. Add garlic and cook until garlic is fragrant. Remove it from the stove and allow it to cool slightly.

In a large mixing bowl, add ground beef, breadcrumbs, Parmigiano, eggs, tomato paste, salt, pepper, parsley and the onion/pepper/garlic mixture. Mix until everything is well combined.

Take a large sheet of parchment paper and lay it out on the counter. Place your meat mixture in the center. Pat mixture out to form a rectangle 12" x 8". Top rectangle with a layer of prosciutto, a layer of basil and then a layer of cheese, leaving a 1-inch border all around. Starting at the 12-inch end, roll the meatloaf up, using the parchment paper to help guide you. Press down on top seam to seal and press the ends together to seal as well. Place on a baking sheet lined with parchment paper.

Bake for 1 hour in preheated oven. Remove from oven and allow to rest for 10 minutes before slicing. Top with marinara sauce.



Aerial Italy

Smithsonian Channel

Take in the sights and sounds of Italy from the sky and learn about Europe's boot from heel to toe. This great series shows Italy's greatest sights from the sky, featuring areas that most tourists never get to see.



Italian Americans break new ground!

Meet Joey. The first Italian-American Muppet in history! He lives above Hooper's Store with his dad, who bond by cooking together.



Goombah Joe's Tiramisu

Servings: 12 to 15

By Joe Pirozzi from TSDOI Cookbook

Ingredients

9" x 12" x 2" Pan
8 Double Espressos (let cool)
6 egg yolks (pasteurized or not)
2 fl. oz of Coffee Liquor (to taste)
½ lb. Mascarpone Cheese (soften) 1 tsp Vanilla
~50 Savoiardi Lady Fingers
1 ½ C Sugar
1 qt. Heavy Cream
Cocoa Powder



Directions

Make 8 double espressos and let cool to room temp. Pour 7 cooled double espressos in a 9x5x3 pan and add ~2 ounces of Coffee Liquor and set aside.

Put 6 egg yolks into mixer bowl. Add 1 cup of sugar and 1 double espresso (cooled). Whip at high speed for 2 to 3 minutes until it becomes creamy. Add ½ pound of softened Mascarpone to mixture. Mix for 2 to 3 minutes on medium speed. Scrape down sides while mixing. When completely mixed place in large bowl (13"x5") in the refrigerator.

Lightly roll enough lady fingers in espresso to lay flat side by side covering entire bottom of 9x12 pan and set aside. This will be the bottom layer of the Tiramisu.

Pour 1-quart heavy cream into mixer bowl, add ½ cup sugar, add 1 tsp vanilla. Mix at high speed for 3 minutes or until mixture peaks. Scrape the 'heavy cream' mixture into the mascarpone mixture from the fridge and 'fold' together into a creamy, uniform, mixture.

Spread creamy mixture on top of the bottom layer of lady fingers in pan (approx. 1-to-2-inch layer). Lightly roll the remaining lady fingers in espresso and lay flat side by side on top of the cream layer. Spread the remaining creamy mixture to taste on top of the second layer of lady fingers.

Cover with foil and refrigerate for several hours or overnight. When ready to serve, sprinkle cocoa powder on top, cut and enjoy!

Tips:

- Use room temp Mascarpone and Egg yolks...not warm
- Heavy cream should be very cold

Braised Lamb Shanks & Toasted Pine Nut Gremolata

Servings: 6

By Christie Anderson



This is one of our favorite things to make on a cold weekend for dinner. The gremolata adds a light fresh crunch to finish it. We usually serve it with polenta, risotto, or mashed potatoes.

Ingredients

For the lamb:

- 1 C All-Purpose Flour
- 6 lamb shanks (Whole foods usually has them.)
- 5 TBS olive oil (divided)
- 1 Leek (white part only chopped)
- 4 Carrots (cut into ½ inch slices)
- 8 Garlic Cloves (chopped)
- 1 28 oz. can Diced Tomatoes
- 1 ½ C Beef Broth
- 2 sprigs Thyme
- Coarse sea salt, to taste

For the gremolata:

- 1/4 C finely chop Italian Parsley
- 1/4 C Pine Nuts (toasted on skillet until light brown)
- Zest of 1 Lemon

Directions

Preheat oven to 350°F. Lightly flour each shank. Heat 3 tablespoons of the oil in a large heavy pot or casserole over medium-high heat and brown shanks on all sides and set aside. Wipe out pan.

Heat the remaining 2 tablespoons of oil and cook leek, carrots, and garlic until lightly golden. Add lamb shanks, tomatoes, broth, and thyme.

Cover the pot and braise on low heat for 2 to 2 1/2 hours or until meat is tender, turning the shanks once or twice and covering with vegetables.

Remove shanks to a serving platter. Place pot on stove over medium-high heat and simmer for a few minutes to thicken sauce slightly.

Meanwhile, begin making the gremolata. Mix the parsley, pine nuts, and lemon zest loosely in a small bowl. Set aside until ready to serve.

Spoon thickened sauce over lamb shanks and sprinkle the gremolata on top.

Ancient Italian Snacks: A Plunge Into The Past Between Taste And Tradition

<https://cookingitalians.com/ancient-italian-snacks-a-plunge-into-the-past-between-taste-and-tradition/>

Ancient snacks are those simple and genuine preparations that our grandparents consumed when they were children, to break hunger between meals or to refresh themselves after a day of work. These are poor recipes, born out of the need to take advantage of available ingredients and not to waste anything, but they hide an authentic flavor and a fascinating history. Let's see what some of the most popular ancient snacks are and how they have been transformed over time.

THE BREAD BUTTER AND SUGAR

Butter and sugar bread is one of the sweetest and most mouth-watering ancient snacks, consisting of spreading a layer of butter on a slice of toast on which it melted, and



sprinkling it with granulated or powdered sugar. Butter and sugar bread can be enjoyed as is or accompanied by fresh or dried fruit. It was a typical snack for middle-class families who could afford butter, which was considered a valuable and expensive food. The cheaper version was with oil and sugar, which were available at more affordable prices.

THE FRIED BREAD.

Fried bread is one of the simplest and tastiest of ancient snacks, consisting of tossing pieces of stale bread, thus making use of leftover bread, in beaten egg and then frying them in boiling oil until crispy and golden: a kind of French toast in a homemade sauce. Once drained it was topped with sugar, but also with honey, chocolate, or jam. Fried bread has very ancient origins; it is said that it was already known to the ancient Romans, who called it "panis fritus." Besides being mouth-watering, it was also very satiating and nutritious, thanks to the presence of the egg.

BREAD AND MILK SOUP

This is one of the most nutritious and comforting ancient snacks, consisting of cooking stale bread in hot milk until it becomes thick and fragrant. Bread and milk soup can be flavored with sugar, cinnamon, vanilla, cocoa powder. It was a typical snack for peasant families, who had fresh milk from their cows and homemade bread, but it was also a way to give energy to children and the elderly, especially in the winter months. Today, bread and milk soup is still a comforting and gentle snack as well as an alternative breakfast or light dinner.



BEATEN EGG

The beaten egg is one of the most protein-packed and flavorful ancient snacks, consisting of beating a raw yolk with sugar or honey until it forms a thick, sweet froth—a popular snack among children and young people, who consumed it to replenish their energy and vitality. It was also a natural remedy for fatigue, anemia and colds. Today, beaten egg is less commonly used as a snack because of the risk of salmonella.

THE SWEET POLENTA

Yet another recycling recipe that involves using leftover polenta from the day before, which is cut into slices and seared in a pan or on the grill or fried. Then it can be topped with sugar, honey, butter, cheese or dried fruit. It was a typical snack in mountain or rural areas, where polenta was the staple of the diet. Sweet polenta was also a way to take advantage of cornmeal, which was cheaper and more readily available than wheat flour.



BREAD AND GRAPES

Bread and fruit pairing is one of the oldest and most popular food combinations, which is based on the principle of contrasting sweet and savory, hot and cold, hard and soft. However, not all types of fruits are suitable to together with bread, as they can create digestive problems or alter nutrient absorption. Among those recommended was bread and grapes, a seasonal snack eaten in the fall when grapes were ripe and plentiful. It was also a way to appreciate the fruits of the earth and the labor of the farmers. A more modern form of this is to spread some ricotta on toast and then to it with fruit for breakfast.

