



Triangle Sons & Daughters of Italy

Serving the North Carolina Triangle since 2004

2817

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IL GIORNALE DI TSDOI

Maggio, 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

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
July 13 – Pasta Making Class
Oct 12 – Heritage Night

May Birthdays

This month we celebrate the birthdays of those members celebrating in May: Michael Buonaiuto (1), Alaine Thomas (1), Giovanni Masucci (2),



Isabel Perry (4), Dan Wild (4), Joyce Ragucci (5), Bernadette Fabbricini (6), Georgiana Schmidt (6), Roy Cordato (7), Andrey De Biaggi (11), Bernard Castellano (15), Jan DiSantostefano (15), Vincenza Randazzo (15), Kristen Zimmer (16), Christine Norwood (17), Karen Dolfi (21), Joe LoFaro (25), Gasper Ilasi (26), Silvio Lanaro (26), Diane Singleton (26), Finley Wild (27), Nicholas Magnini (30), Lisa Salamido (30).

Good & Welfare

Please keep the following members in mind as they continue to recover and get stronger from recent medical procedures and treatments: Elena Connor, Bob Giannuzzi, Josephine Romano and Marie Scalco.

thank you

Tony and Josephine Romano would like to thank everyone for their prayers, cards, and well wishes for Josephine's recovery. She has recovered from both breast cancer surgery and the removal of one of her kidneys. They have received prayers from Christians, Jews and Hindus, all encouraging her on her road to recovery. She is now up and around and has gone back to playing bingo.

Letter From the President

Dear TSDOI Members:

We now have 222 adult members in the Triangle Sons & Daughters of Italy, and an additional 10 youth members.



With so many new members in the last few months alone, I would like to ask all members in the Lodge to look at their calendars and figure out if they can attend our **Family Picnic on Sunday, June 2nd.**

Our picnic is a wonderful way for new and existing members to feel a greater sense of belonging in our extended Italian American family. The food is terrific, the games are fun, and we want our members to give a big round of applause to our Scholarship Winners to receive their award at the picnic.

What are you waiting for? Please purchase your Family Picnic tickets now (\$15 for Members, \$18 for Non-Member Guests, \$7 for Children Under 10 Years of Age)

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 \(square.site\)](#)

See you on the grill line!

Don Cimorelli

TSDOI 2817 President

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 at 10:00 am** at KW Legacy Realty Office, 1483 Beaver Creek Commons Drive, Apex, NC 27502

The seminar will be facilitated by our very own Joe Pirozzi and Bob Sepe. The session will touch upon the multiple paths to citizenship based on family history and key dates. When you register, there is also a box to submit questions in advance that the group may be interested in. I'm hoping that some of you who are already in the middle of the citizenship process will also attend as you have much valuable perspective to add to the conversation.

Here is the link to register on Sign-Up Genius:
<https://www.signupgenius.com/go/9040A4DAAA-F2EA6FE3-italian>

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/>

Annual Family Picnic with Scholarship Awards

Sunday, June 2, 2024

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

3:00 pm – 8:00 pm (Dinner Served at 4:00 pm)

\$15.00 TSDOI Members
\$18.00 for Non-Members
\$7.00 for Children Under 10



Menu:

- 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 & Unsweet Iced Tea, Lemonade & Water
- Sheet Cake to honor our scholarship winners.

Activities:

- Games for Kids & Adults;
- Left Right Center Game (Bring Three \$1 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 \(square.site\)](#)

Pasta Making Class

Please join us for a pasta making class with TSDOI member and owner of Melina's Fresh Pasta, Carmella Alvaro, at 3 PM on July 13 at Il Laboratorio in Durham!

Carmella is offering TSDOI a special rate of \$50 (members) and \$55 (nonmembers) for the Southern Pasta and Sauces class (normally \$70 + \$6.54 transaction fee), which will include making and enjoying three pastas and sauces and cannoli for dessert. TSDOI will provide wine for the event.

Date and Time: 3:00-5:00 PM, Saturday, July 13

Location: 3101 Guess Road Unit E, Durham, NC 27705 (ample parking)

Cost:

\$50 per person for TSDOI

members: <https://square.link/u/bueAQA4h>

\$55 per person for

nonmembers: <https://square.link/u/DpUCfMZC>

Details:

Owner of Melina's Fresh Pasta, Carmella, and her family are from Calabria - right on the toe of the Italian boot. In this class Carmella will teach you the hand rolled pasta making traditions of Southern Italy.

Made with flour and water and then shaped by hand, these chewy pastas pair well with any sauce. During the class we will make the dough and shapes from 3 Southern Italian regions. We will demonstrate how to make quick traditional regional sauces for each pasta shape.

Calabria – Fusilli with Aglio, Olio e Peperoncino

Campania – Cavatelli with pomodoro (tomato) sauce

Abruzzo - Anellini alla Pecorara (vegetable sauce)

We eat what we make! Note: This is typically enough pasta for a light to medium sized meal.

All participants receive a Melina's Fresh Pasta Recipe Book via email after the class with the recipes from the class.

Maximum 24 participants



Italian Auto & Bike Show





Cooking with Nick & Ethan



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 **Mark Celenza and Angela Signorelli Bianco** who heard about us through the Triangle Italian American Woman's club (TRIAWC) where Angela is a member. They are originally from Niagara Falls, NY and relocated to Apex due to job relocation. Mark's heritage is from Lucito a comune of Campobasso in the Molise region and from Abruzzo. He is in Business Development/Real Estate and enjoys music, athletics, travel, reading and films. Angela's heritage is from Amantea, Calabria. She is Director of Programs Management for Xerox and enjoys travel, hiking and wine. She is a Certified Sommelier. Welcome Mark mncelenza@gmail.com and Angela bellavino.bianco@gmail.com.

Please welcome **Frank and DinaMarie Bon** who are the son-in-law and daughter of Tony and Josephine Romano who are long standing members of the Lodge. Frank grew up in Queens, NY and his heritage is from the Piemonte region. DinaMarie is from North Babylon, NY and her heritage is from Naples and Sicily. They relocated to Cary because of job relocation. Frank is retired from IBM and enjoys working out, golf, gardening and socializing. DinaMarie is a retired Registered Nurse and enjoys reading, cooking, and crafts. They both enjoy being grandparents. Welcome Frank frankbon311@yahoo.com and DinaMarie dinabon44@gmail.com.

Please welcome **John and Denise Loeb** who heard about us from member Josephine Segatori. Thank you Josephine. They are originally from North Haven, Connecticut and relocated to Clayton to be near family. Denise's heritage is from Castelvetro a comune in the province of Trapani, Sicily. She is retired from a career in Event Coordinating, Sales, Marketing and Fundraising, especially for Alzheimer's awareness. John is a retired Mechanical Engineer. Denise enjoys crocheting and they both enjoy ballroom dancing, dining out and travel. Welcome John: jrlueb@yahoo.com and Denise: dgloeb@yahoo.com.

Please welcome **Vita Fratarcangeli** who is the spouse of member Ruggero Fratarcangeli. Vita was born in Brooklyn NY, moved and lived with her parents in Alcamo, Sicily and then returned to Valley Stream, NY. She and Ruggero moved to Wake Forest three years ago. She is a Middle School Art Teacher in Raleigh and enjoys painting, visiting

museums, cooking, traveling and gardening. Welcome Vita vitafrata@gmail.com.

Please welcome **Jimmy and Marianne Farina** who heard about us from Joe and Vicki Pirozzi. Thank you both. Jimmy is originally from East Rutherford, NJ and Marianne is from New City, NY. They relocated from New Jersey to Cary as a result of job relocation. Jimmy's heritage is from Pratola Serra (Avellino, Campania) and Battipaglia (Salerno, Campania). He is a Mainframe Systems Programmer at North Carolina Department of Information Technology (NCDIT) and enjoys sports, bocce, pickleball and helping family, friends and neighbors with handyman projects. Marianne is a Game Design Academy Coordinator at Leesville Road High School, and enjoys reading, teaching, cooking, gardening and spending time with family and friends. Welcome Jimmy jimtfarina@gmail.com and Marianne mariannefarina103@gmail.com.

Please welcome **Joyce and Richard Rickenbrode** who heard about us on our Facebook page. Joyce is originally from Oneida, NY and Richard is from Camp Lejeune, NC. They live in Clayton. Joyce's heritage is from Veroli, a comune in the province of Frosinone, Lazio central Italy. She is a Licensed Clinical Psychologist for the Department of Veterans Affairs. She enjoys traveling, cooking, culture, sewing and crafts. Richard is an Electrical Estimator for Commercial Construction and enjoys aviation, eating and travel. He is training to get his pilot license. Welcome Joyce joyce.rickenbrode@gmail.com and Richard rizich2001@gmail.com.

Please welcome **Lee and Marisa Fulfaro Kilbrith** who heard about us through the Ferrari Club and joined while attending our Italian Automobile and Motorcycle Show at the IL Bacio Italian Grill in Wake Forest. They are originally from Cold Spring Harbor, Long Island, NY and relocated from West Palm Beach, Florida to Raleigh to be near family. Marisa's heritage is from Napoli, Calabria and Bari. She is retired from a career in Marketing and Public Relations and enjoys cooking. Lee is a retired CPA Financial Planner and enjoys cars and sports. At today's car show their Ferrari won the Best Modern Year 2000 or Newer Award. Welcome Lee lkilbrith@ckcpa.com and Marisa marisakilbrith@gmail.com.

Benvenuto

L'Aquila crowned Italy's Capital of Culture 2026

<https://www.wantedinrome.com/news/laquila-italy-capital-of-culture-2026.html>



L'Aquila, the city devastated by the massive earthquake that struck Italy's central Abruzzo region almost 15 years ago, has been announced as Italian Capital of Culture 2026.

Shortlisted towns and cities vying for the coveted title presented their bids to a jury last week, with the winning candidate for the prestigious recognition unveiled by Italian culture minister Gennaro Sangiuliano on Thursday.

L'Aquila, the capital of the Abruzzo region, saw off competition from the other nine finalists: Agnone (Isernia), Alba (Cuneo), Gaeta, Latina, Lucera (Foggia), Maratea (Potenza), Rimini, Treviso, and the Unione dei Comuni Valdichiana Senese (Siena).

Marco Marsilio, the recently re-elected governor of Abruzzo, wrote on social media: "Great pride for the whole of Abruzzo, we strongly believed in it", conveying his "heartfelt congratulations" to L'Aquila mayor Pierluigi Biondi.

Both Marsilio and Biondi are members of premier Giorgia Meloni's right-wing Fratelli d'Italia party.

Earlier this year Pesaro, a city on the Adriatic coast, took up its status as Capitale Italiana della Cultura 2024, succeeding the northern Italian cities of Bergamo and Brescia.

Italy's previous culture capitals include Cagliari, Lecce, Perugia, Ravenna and Siena in 2015, Mantua in 2016, Pistoia in 2017 and Palermo in 2018.

The Italian title skipped a year in 2019 when Matera, in the southern Basilicata region, became the European Capital of Culture.

In 2020 it was the turn of Parma to receive Italy's culture capital status, with the north Italian city retaining the title for a second year to make up for the negative effects of the covid lockdowns.

Procida, the small island in the Gulf of Naples, was the title holder in 2022, while next year's Capitale di Cultura will be Agrigento.

Italy confirms itself as world leader in pasta

https://www.wetheitalians.com/single_post/italy-confirms-itself-world-leader-pasta



The world production of pasta is close to 17 million tons. Above all, what matters is that Italy remains firmly in the lead in the ranking of the producer countries with 3.6 million tons (ahead of Turkey and the United States) and a turnover of almost 7 billion Euros. This is what the latest analysis elaborated by UIF, Unione italiana food (based on ISTAT data) for the period January-December 2023, according to which Italy exported over 2.2 million tons of pasta, recording a slight contraction in volumes (-3.7% compared to 2022) in line with the general trend in the agri-food sector.

Despite this, the value of exports increased by 3% compared to the previous year, reaching 3.8 billion Euros: most of the exported pasta, about 1.5 million tons, is destined for the countries of the European Union, while almost 780000 tonnes are sent to third countries.

According to the research, exports to EU countries occupy 64.8% of the total, slightly less than the 65% recorded in 2022, while the remaining 35.2% concerns non-EU countries, America, Asia, Africa, Oceania. Germany (425,134 tonnes), the United Kingdom (278,043 tonnes), France (264,269 tonnes), the United

States (247,088) and Japan (67,233) are the most receptive countries.

In addition, the desire for spaghetti&co produced in the Belpaese recorded growth between 5% and 20% in Brazil, Israel, Finland, Slovenia, Albania, Morocco, Peru, Luxembourg, Portugal, between 20 and 50% in Lebanon, Australia, Somalia, Georgia, Cuba, Egypt, Pakistan, Nepal, higher than 50% in Asian countries such as Mongolia, Pakistan and Sri Lanka. Good signs with respect to consumption are also recorded in some African countries such as Cameroon, Rwanda, Mozambique and Nigeria, probably favored by a small increase in tourism in these areas.

Italians, among other things, are the biggest consumers of pasta with about 23 kilos per capita per year and a total of 1.3 million tons consumed. Not only that: in 25 years, countries where more than 1 kilo per capita of pasta is consumed per year have almost doubled. If in Italy, as we said, per capita consumption is 23 kilos, in Tunisia, second in this special ranking, is 17 kilos. This is followed by Venezuela (15 kg), Greece (12.2 kg), Peru (9.9 kg) Chile (9.6 kg), the United States (8.8 kg), Turkey (8.7 kg), Iran (8.5 kg), France (8.3 kg) and Germany (7.9 kg). We are also Italians, those who, more than anyone, make it known to the rest of the world: well over half of the national production of pasta is destined abroad (about 61%).

"Today more than 60% of the pasta packages produced in Italy are exported -explains Margherita Mastromauro, president of the Italian Pastai di Unione Italiana Food-. And if Italian pasta enjoys so much success abroad and has an extremely positive perception it is thanks to the knowledge of making centenary of Italian pasta".

1. Again: according to research, pasta is confirmed as an increasingly sustainable, versatile, nutritionally balanced and accessible food. Its packaging also allows 100% recovery of packaging materials and moves towards new cooking methods thanks to the improvement of production processes. Sustainability also means creating supply chain contracts that focus on crops with low environmental impact and good agricultural practices: this food has an extremely low footprint (the footprint of 1 sqm overall per serving) and at the table is the protagonist of many antispreco recipes that enhance leftovers in hearty and delicious dishes.

Increase your Italian Vocabulary

If you are looking to increase your Italian vocabulary, check out [Daily Italian Words - Learn Italian Words & Phrases With Us! On Facebook.com](#).



2. 15 Facts About Italy That You Didn't Know

1. Italy is home to the greatest number of UNESCO World Heritage Sites, with 55 sites.
2. Italy has more varieties of cheese than any other country in the world, with over 500 different types.
3. Venice, one of the most famous cities in Italy, is made up of 118 small islands.
4. Italy is the world's largest producer of wine, accounting for about one-third of global production.
5. The Italian name for Italy is "Italia," derived from the ancient name "Italica."
6. The Colosseum in Rome is one of the most famous ancient structures in the world and could hold up to 80,000 spectators.
7. Italy has two independent states within its borders: Vatican City and San Marino.
8. The world's smallest internationally recognized country, Vatican City, is located entirely within Rome and has the highest crime rate due to the large number of tourists.
9. Italy is the world's leading producer of olive oil, accounting for around 20% of global production.
10. The Italian national sport is bocce, a ball sport similar to lawn bowling.
11. The first known university in Europe was founded in Bologna, Italy, in 1088.
12. Italy is home to the world's deepest underwater valley, the Mallory Trench, located in the Mediterranean Sea.
13. The traditional Italian greeting "Ciao" originally derived from the Venetian phrase "s-cia'v-o" meaning "I am your slave."
14. Italy has more embassies than any other country in the world, with 95 embassies located in Rome.
15. Italy is the world's largest producer of hazelnuts, accounting for around 20% of global production.



Cooking with Nick and Ethan

If you couldn't attend our cooking class this month, I'm sharing the recipes we used for the class with you. Please enjoy them! Ciao, Nick and Ethan.

Eggplant Caponata

Makes 8 Cups

Ingredients

2 pounds eggplant (1 large)
1 tablespoon salt (Kosher)
4 tablespoons olive oil, more as needed
2 cups celery, sliced 1/4 inch thick
1 medium yellow onion, chopped
1/3 cup white wine vinegar
1 tablespoon sugar
28 oz. can plum tomatoes, crushed
2 tablespoons tomato paste
2 tablespoons pickled capers, drained
6 large pitted green olives, drained and 18 small sliced
4 or 5 anchovy fillets in oil, cut in half
1/4 cup golden raisins
1/2 cup toasted pine nuts (Simply pan-fry a 1-2oz jar over medium heat with a tablespoon of olive oil.)
Salt and pepper to taste

Directions

Trim the tops off the eggplant and dice into 1-inch pieces. Place the cubed eggplant in a large bowl and sprinkle with the salt. Toss together thoroughly and remove to a large colander. Place the bowl underneath the colander and allow to drain 30 to 40 minutes. After the diced eggplant has drained, rinse it well in cold water. Drain well and pat dry with a cloth towel.

NOTE: A shortcut method to preparing the eggplant is to peel and dice the eggplant, place it in a large glass bowl that will fit in your microwave and microwave it on high for 5 minutes. This will partially cook the eggplant and dry out the exterior.

Heat a large frying pan over medium heat, add 2 tablespoons of olive oil until it shimmers. Add the



celery, and the onion and sauté about 15 minutes or until tender. Remove to a 4- to 6-quart pot.

Return the frying pan to the burner and add some of the remaining olive oil. Add the eggplant and sauté for about 10 minutes. Do this in 3 small batches, using some of the oil each time. Add to the pot of sautéed celery and onion.

Stir in the remaining ingredients except the raisins, pine nuts, and salt and pepper. Bring to a boil, cover, and simmer 15 to 20 minutes, or until tender.

Stir in the raisins, pine nuts, salt and pepper. Allow it to cool. Serve at room temperature or cold.

It keeps for two weeks sealed in the refrigerator. It can be used as is spread on crackers or toasted slices of Italian bread. It also works great in a sandwich, as a cold seafood relish, in an antipasto, and mixed with polenta.



Gnocchi Verdi with Prosciutto

By Nick Verna

Servings: 4-6

When I go to a new Italian restaurant, I will usually judge the quality of their food by how good their gnocchi are. I have never been very good at making gnocchi myself, so it was something I looked forward to when I went out. Well, that has finally changed. I have finally learned how to make soft, light, pillowy, gnocchi by microwaving the potatoes instead of boiling them. The enemy of gnocchi is water. Less is better. If the gnocchi dough is too wet, you will need to add extra flour which makes them heavy.

Makes 6-8 servings



Gnocchi Ingredients

2 ¼ lb Idaho or Russet Potatoes, skin on (be exact)
5 oz Frozen Chopped Spinach (thawed & cooked)
2 ¼ C All-Purpose Flour, plus extra for the board
¼ C Grated Parmigiano or Romano Cheese
1/8 tsp Freshly Grated Nutmeg
1/8 tsp table Salt
1 Lg. Egg

Sauce Ingredients

½ C Extra Virgin Olive Oil
¼ Lb. Prosciutto (chopped fine)
3 Cloves Garlic (minced)
¼ C Grated Parmigiano or Romano Cheese

Place exactly 2 ¼ pounds of washed Idaho potatoes on a microwaveable plate and pierce the potatoes with a fork to let the steam out. It is critical that you have as close to 2 ¼ pounds of potatoes as possible or it will throw off the entire recipe, use a scale. Place the potatoes in the microwave on high for 10-14 minutes or until they are fork tender. Let them cool to room temperature.

Place half a box of frozen chopped spinach (5oz) and 1 tablespoon water into a 1-quart covered casserole

dish. Cover and cook for 7 minutes in the microwave on high, stirring once halfway through. Place the cooked spinach into a strainer and press out all the water. Note: you can cook the entire box and save half for another meal.

Slice the potatoes in half and scoop out the potatoes using a tablespoon and discard the skins. Using the large holes on a box grater shred the potatoes onto your work surface. Add the chopped spinach to the



potatoes and mix well, it will be very wet (see photo). Add the flour, Parmigiano, salt, nutmeg, and egg and knead until smooth. Be patient here. You will need to mix for several minutes. At first it will feel dry but as you knead it, the water from the potatoes will hydrate the flour and it will come together. Add a little flour if it is sticky. Let it sit for ten minutes to finish hydrating.

Cut the dough into 10 equal pieces. Take each piece and place it on a lightly floured board. Using the palms of your hands, roll out the dough into a long log or rope (see photo). Roll out from the middle, stretching the dough as you go until it is ½ to 1 inch thick. Cut each log into ½ inch pieces. Roll a fork over the top of each piece to form grooves. Place the gnocchi on a floured cookie sheet.

Bring a large pot of water to a rolling boil and add 1 tablespoon of table salt.

To make the sauce, heat the olive oil over medium high heat until shimmering. Add the chopped prosciutto and stir until it starts to crisp. Add the minced garlic and cook for 30 seconds. Pour the sauce into the bowl that you will use to serve the gnocchi.

Add the gnocchi to the pot. As soon as they float to the surface remove them with a slotted spoon or spider scoop and put them into the serving dish with the sauce. Add the sauce to the cooked gnocchi and then add ¼ cup of Parmigiano or Romano cheese to the top.

If you are not cooking them the same day, place them on a cookie sheet in a single layer and freeze them. Put them into the boiling water frozen, do not thaw them before cooking.

Italian Lemon Pastry Cream

Servings 12

Ingredients

- 2 C Milk Whole
- 2 Lemons (zested)
- 1 Large Egg (room temperature)
- 2 Egg Yolks (room temperature)
- ½ C Granulated Sugar
- 3 TBS Cornstarch (sifted)
- Pinch Salt

Instructions

1. In a medium, heavy saucepan, over medium heat, combine the milk and lemon zest. When the milk starts to steam, remove from heat (**do not allow milk to boil**). Let stand for at least 10 minutes allowing the lemon zest to infuse the milk.
2. Meanwhile, whisk eggs with sugar for one minute.
3. Sift cornstarch and salt together then add these dry ingredients to the egg mixture. Whisk continuously for about 5 minutes or until the mixture becomes light-colored.
4. While whisking continuously, add a ladle of hot milk to the egg mixture. Gradually add all the hot milk while whisking.
5. Transfer mixture to saucepan and over medium heat, whisk continuously for about 5 minutes. Mixture will thicken. Do not allow mixture to come to a boil. Once the mixture has thickened, remove from heat. Allow the mixture to cool down for a few minutes.
6. Transfer the mixture to a ceramic or glass dish and place a piece of plastic wrap in direct contact with the pastry cream. Allow to cool for 15-20 minutes. Refrigerate until ready to use (should be used within 3 days).



Notes

1. Allow ingredients to come to room temperature before beginning the recipe.
2. Use a saucepan with a heavy bottom. Avoid using aluminum as this will create a grayish-looking cream.
3. Whisk continuously.
4. If your bowl is spinning away from you when combining the warm milk with the eggs, simply place a humid tea towel under your mixing bowl.
5. Use medium-low to medium heat to prevent the eggs from curdling.
6. Strain warm pastry cream through a strainer if ever the mixture forms any lumps.
7. Constant stirring! Yes, I said this already, but it really is important - no distractions so put away that cell phone.
8. The consistency is perfect for cream puffs and eclairs.
9. If making a layered cake (for example Boston Cream Pie) the addition of 1 teaspoon of cornstarch will create a thicker cream.

Profiteroles (Cream Puffs)

By Nick Verna

Servings: 24 Cream Puffs

Choux Pastry

1 C Water

1 stick unsalted butter

1 dash salt

½ Tsp Sugar

1 C sifted flour

4 large Eggs

Preheat the oven to 400°F.

Mix together the water, Butter, Salt, and Sugar in a 2 or 3 Qt. saucepan over medium heat and bring it to a boil. Be careful as it will easily boil over onto your stove. Watch it carefully. When it has started to boil, remove the pan from the heat and add the flour. Return it to a medium-low flame and stir continuously until it forms a ball. Continue to cook continuously for an additional 2-3 minutes. It is critical that the flour has time to cook.

Place the dough ball in the bowl of an electric mixer fitted with a whisk and beat it until the steam stops rising. It is important to cool it, or the eggs will become scrambled when you add them. Add the eggs one at a time until completely mixed. After all the eggs have been added beat on high for an additional five minutes. The mixture will be very sticky.



Cover a baking sheet with parchment paper. Place 1 ½ Tsp mounds of the Choux Pastry on the baking sheet keeping them at least 2 inches apart. The cream puffs will more than triple in size. Cook for 30-35 minutes or until golden brown. Do not open the oven during the cooking process or you may end up with pancakes. Remove the choux pastry to a cooling rack to cool. Immediately cut a small X in the bottom



of each puff to release the steam so that they do not get soggy.

After the choux pastry has cooled, you can either cut them in half to add the filling or you can inject the cream using a cookie press fitted with an injection nozzle. Fill the pastry generously.

Notes:

1. This is a very difficult recipe and is easy to mess up unless you follow the directions exactly. However, the end result is out of this world and has been described as orgasmic. When I made this for a potluck at work, the women would not believe that I made it myself.
2. You can bake the cream puffs ahead of time and you can even freeze them in a Ziplock bag. If frozen, thaw at room temperature and then place them in a preheated oven at 350°F for 15 minutes to crisp up. However, only fill the cream puffs just before you are going to serve them, or they will get soggy.
3. Choux pastry can be piped into different shapes including éclairs and donut shaped rings.
4. This is the dough that's used to make zeppoli and sfinge.

