



Triangle Sons and Daughters of Italy

Serving the North Carolina Triangle since 2004

Lodge 2817

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IL GIORNALE DI TSDIA

Giugno, 2025



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 TSDIA

Editor Nick Verna

Send comments or suggested materials to
nickverna14@gmail.com

TSDIA Calendar of Events

Jun 8 – Annual Family Picnic

Jun 14 – Bulls Game

Jun 28 – Kinetico Water Seminar

Jun 29 – Cannoli Class

Jun 30 – Conversational Italian

June 8 – Family Picnic and Scholarship Awards

Aug 3 – Sicily Land of Love and Strife

Aug 9 – Palio de Siena

Sep 20 – Festa Italiana

Oct 11 – Italian American Heritage Celebration

Dec 6 – Christmas Party

Dec 6 – Autism & Disability Party

NOTE: members need to send Don Cimorelli an email to be included on the Conversational Italian distribution list for monthly meetups.

June Birthdays

This month we celebrate the birthdays of those members celebrating in June:

Maria

Connochie (1), Marilyn Pezzullo (1),

Michael Demarco (4), Lucia

Williams (5), Frank Rao (6), LT Elliott (7), KathyLynn

Gariboldi (7), Joseph Piazza (8), Caroline Sewell (9),

Angela Signorelli Bianco (9), Anthony Romano (10), Lisa

McCall (11), Julia Bledsoe (11), Ralph Dolfi (11), Harvey

Goodman (12), Joyce Moses (12), Victor Musante (12),

Joyce Rickenbrode (12), Alison Loffler (13), Stefanie

Vitale (13), Diana Costlow (14), Tracy Olivieri (14), Vivian

Dewey (17), Donna Gingerella (19), Rosemary Verna (20),

Monique Andrews (21), Cassi Goodman (22), Leah

Antkiewicz (23), Francine Cerami (24), Andrew

Giambalvo (24), John Caso (28), Virginia Nickich (28),

Barbara White (28), Michelle Zanolini (28), Hadley

Bledsoe (29), Michael Chiaramonte (29).



Good and Welfare

Please keep **Connie Lanaro** in our prayers as she recovers from surgery.



Letter from the President



Dear TSDIA Members:

While the weather will start getting warmer now, this is a wonderful time of year for both indoor and outdoor TSDIA Events. In the coming months we will enjoy our picnic, Durham Bulls Game, Cannoli Making, Afternoon Sicily Movie, and our Palio Di Siena Horse Racing Event. Plus we'll have dining out opportunities and keep getting together for SCOPA and Conversational Italian.

Together we have created one of the most welcoming and warm hearted Italian American organizations in the USA. The Triangle Sons and Daughters of Italy is a shining example of an outstanding local lodge within the National Order Sons and Daughters of Italy.

I want to make sure that all Italian Americans in our area realize the wonderful community available to them to join. I highly encourage our existing members to register guests for our upcoming events. Please help us expand our Lodge and fill the gap to Italian American culture that many have experienced as their relatives have become more geographically dispersed.

Let's celebrate, preserve, and pass on our Italian American Heritage together.

Don Cimorelli - TSDIA President

Annual Tia DeMaria Bocce Tournament



For additional photos of the bocce tournament go to our Facebook page at ["Triangle Sons & Daughters of Italy"](#)

Thank You

Hi everyone,

I want to start by thanking each and every one of you for attending the second annual Tia DeMaria Memorial Raleigh Regional Bocce Tournament - we couldn't have done it without you! This year, we had a record number of players and spectators, an incredible new location, the introduction of "Raffle Row," and some of the best rolls that I've ever seen! One thing I forgot to mention in my opening remarks was that all of the sponsors for the raffles were businesses that either my mom, my family, or I have connections to. I thought it was a fitting way to honor her in a more tangible way throughout the day. Thank you to everyone for showing love to those sponsors for their generosity!

With your help, **we were able to raise an incredible \$9,000 for the Duke Cancer Institute. This is the most we have ever raised at this event, and it's the direct result of your support and participation. THANK YOU!**

This year's event wouldn't have been possible without Don Cimorelli's leadership: he has been an incredible partner to me, and I'm so thankful for his help not only at the event, but also along every step of the way. I also want to thank Bernard and Fran Castellano, Vinnie and Michael Russo, Ro Verna, and Elisa Rossi for their help with setup and takedown after the event. And of course, thank you to my family (both near and far) for everything; I wouldn't be here if it weren't for your encouragement and support.

Since I know some folks had to leave early, I'd also like to formally congratulate this year's winners: **Dino's Place!** The team (Richie DiFranco, Dino DiFranco, Tim Frel, and Estela DiFranco Frel) defeated The Northeast Rollers (Mark Celenza, Keith Morgan, Glen Charles, and Paul Battaglia) in our championship match. Congratulations to both teams! Both teams, along with Casa Verna (our third place team) will be invited to the State Tournament in Valdese this fall. I'll share more information on that with those teams later in the year!

Thank you again so much for coming (whether to play, watch, or cheer) and bringing such great energy and enthusiasm. While of course tournaments can get competitive, it's most important that we're all having fun and supporting each other and the cause. Thank you for taking the time to support the TSDIA community, me, my family, and most importantly pancreatic cancer research. It means the world to me, and I hope to see all of you back out there next year!

Thanks for everything,
Kristen Zimmer

TSDIA Healthy Life Challenge

TSDIA Leaders Don Cimorelli and Billy Ward spearheaded the TSDIA Healthy Life Challenge in January 2025. About 30 TSDIA Members embarked on an eight week journey to take steps toward better health. While the challenge ended in March, Don and Billy took the extra step to complete a high intensity Dri-Tri Competition on April 25. They rowed 2,000 meters and then did 300 body weight exercises, and lastly finished it off with 3.1-mile run. We were happy to have made it to the finish line!



Italian Culture Table at Montessori School



2nd Annual Triangle Sons and Daughters of Italy Car Show



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 **William (Bill) and Karen Trofi** who heard about us from long time member Albert Amato. Thank you, Albert. They are originally from Rhode Island, Bill is from Providence and Karen is from Pawtucket. They live in Durham and have been in North Carolina for 26 years. Bill's heritage is from the island of Ischia. He is Vice President of Procurement and Supply Chain for Duke University and their Health System, Inc. His interests/hobbies are travel, cycling, golfing, enjoying the beach and coaching hockey. Karen is Executive Secretary for Surgical Oncology at Duke University. Her interests/hobbies are travel, cooking, enjoying the beach and helping with grandchildren and grand puppies. Welcome Bill trofi001@outlook.com and Karen karen.trofi@gmail.com.

Please welcome **Christina Chila** who is a friend of Mike D'Amore and who has participated in various lodge activities. She recently assisted in preparing, cooking and serving dinner at our fund raiser and celebration of Italy Liberation Day. Christina is originally from Mickleton, New Jersey and lives in Clayton. Her heritage is from Reggio Calabria and she is a Procurement - Buyer for Campbell Soup Company. Her interests/hobbies are jogging, gardening, baking and Italian fashion and arts. Welcome Christina christinapina22@gmail.com.

Please welcome **Diana Costlow** who heard about us from her sister and member Elaina DeAngelo. Thank you Elaina. Diana is originally from Cambridge, Massachusetts and lives in Durham. Her heritage is from La Spezia and Guiglia. She is retired from a career in Sales and enjoys cooking, baking, walking and traveling. She will attend our picnic, and we look forward to meeting her. Welcome Diana momcostlow@gmail.com.

Member Business Spotlight

Each month we will spotlight a member owned business.



Grandma's Estate



Services

Member Name: Marie Knight

Address: 3419 Arrowhead Drive. Raleigh, NC 27604

Phone: 919-618-3754

Website: www.grandmasestateservices.com

Email: grandmasestateservices@gmail.com

Services Offered: Grandma's Estate Services is an established, caring and sympathetic estate service. Whether you are experiencing the loss of a loved one, moving to assisted living, downsizing due to retirement, relocation or divorce we are the company for you. Our service provides researching, staging, pricing, marketing, advertising, and selling the contents of the home. We will leave the house empty, with no worries for you. We treat it like our mother's.

Discounts or Special Member Offers: Discounts offered to members.



Sicily Land of Love and Strife



DO NOT MISS THIS EVENT IF YOU HAVE A GENERAL INTEREST IN SICILY, OR SICILY IS ON YOUR BUCKET LIST OF FUTURE TRIPS!

The Triangle Sons and Daughters of Italy presents "Sicily: Land of Love & Strife," a feature-length documentary created to change public perception of Sicily. This special showing and presentation by the film's Writer/Producer/Director, Mark Spano, will be shown at the Triangle Cinemas in Raleigh (Six Forks Shopping Center, 9500 Forum Dr, Raleigh, NC 27615) on Sunday, August 3 at 1:00 pm.

"But for crime, Sicily has gone unexplored," said the film's writer/producer/director Mark Spano. "The island's association with the Mafia, so deeply entrenched in popular consciousness, has obscured more rounded and accurate depictions of its history and culture."

Until now. Through "Sicily: Land of Love & Strife," Spano is introducing audiences across the U.S. and in Canada to the many facets of the island nation that are relatively unknown to the public: the natural beauty, epic human struggle,

depth and diversity of culture, historic sites, and philosophic influence.

Spano is the son of Sicilian immigrants (and holds dual citizenship). He grew up in Kansas City, Missouri, in a vibrant Italian American community. He held the U.S. premiere of the film in Kansas City in April, where it sold out the host theatre.

"The most invaded place on earth, Sicily rivals Greece and Egypt as a primary source for Western ideas," he noted. "And fewer places on the planet compared to Sicily as a place of wonder and intrigue. Yet little has been produced about the cultural or historic relevance of Sicily....I should've made this film decades ago."

Mark Spano is a prolific writer, filmmaker, television producer and lecturer. His documentary "Sicily: Land of Love and Strife" was released in the U.S. and Canada, was presented at the Toronto Italian Film Festival and aired in the U.S. and Europe. Mark has been a visiting lecturer at East Carolina University and NC State University. He is area chair for the Osher Lifelong Learning Institute (OLLI) at Duke University and has lectured around the U.S. and Canada and for several OLLIs.

PRICE: \$10 per ticket. (Register and pay in advance through payment link below. Your name will be on the registration list at the door.)

PROGRAM: Movie & Presentation by Mark Spano

All attendees will bring home some biscotti as a parting gift

CLICK BELOW TO PURCHASE TICKETS:
<https://square.link/u/WQ6HoH2g?src=sh eet>

The Roman Empire's Original Smartwatch: Portable Sundials

<https://italoamericano.org/rome-portable-sundials/>



Long before the advent of quartz crystals, digital displays, or GPS-enabled smartphones, ancient Romans were already walking around with personal time-telling devices in their hands. We are not talking about watches in the modern sense, of course, yet they fulfilled a strikingly similar role: they offered information, gave their wearer a certain sophistication, and served as portable links to the wider world. Compact, elegant, and surprisingly complex, Roman portable sundials were the ultimate accessory for the early-tech adopters of antiquity.

These handheld gadgets became popular — or viral, if we want to use contemporary lingo — during the late Roman Empire, mostly from the 2nd to 4th centuries AD. Even if only about a dozen survived, they manage to give us an interesting insight into the technological ambitions and cultural habits of Rome's educated elite: Meghan Bartels, writing in *Smithsonian Magazine*, described them as the Roman equivalent of an iPhone: small, shiny, impressive, and more about social cachet than everyday utility.

The principle behind a sundial is simple: a shadow cast by the sun moves over a set of hour markers as the day progresses, but turning this into a functional, portable tool posed significant challenges. First and foremost,

sundials have to be calibrated for the latitude of the location where they're used, because the sun's angle in the sky changes with geography. To overcome this, Roman artisans and mathematicians devised ingenious adjustable mechanisms—some with rotating disks, others with nested rings — that allowed the user to align the instrument based on their position.

Some of the surviving examples contain inscriptions that serve as geographical guides, etched “cheat sheets,” so to speak, that list cities and their corresponding latitudes, though not always with the precision modern geography would demand. Historian Richard J.A. Talbert, who published a fascinating study of these instruments in *Roman Portable Sundials: The Empire in Your Hand*, explains that the latitude lists inscribed on the sundials are a reflection of the owner's mental map of the empire, revealing how Romans visualized their place in a vast and interconnected world. When it came to aesthetics, portable sundials were relatively simple: small bronze disks or assemblies of rings, compact enough to fit in the palm of a hand or hang from a belt. But their operation was anything but straightforward: typical models often included two or three parts that needed to be rotated or tilted depending on the time of year and the latitude; some used pinholes to direct beams of sunlight onto calibrated surfaces, while others relied on gnomons (small pegs) whose shadows moved across engraved scales. You had to know whether it was morning or afternoon, needed clear skies, they offered no help in the rain, and midday could make it hard to tell if the sun was rising or setting. For all their elegance, they were far from being user-friendly, at least by modern standards. They didn't need batteries—but they demanded a lot of their owners.

Roman timekeeping itself was unlike ours. Day and night were each divided into twelve hours, but since daylight varies with the seasons, an hour in winter could be only 45 minutes long, while in summer it stretched to 75. The Romans inherited this system from the Egyptians, and it remained in use for centuries. There were no standardized time zones, and no clocks chiming at noon: time was fluid, local, and connected to the sun's path. It governed rituals, legal proceedings, and public life — but without the minute-by-minute punctuality modernity would later impose. Despite these differences, Romans cared deeply about time. Hundreds of stone sundials have been uncovered throughout the former empire — 36 alone in Pompeii — which were often fixed in courtyards, gardens, or public spaces. Portable sundials, on the other hand, were rare, and by no means utilitarian tools for the average citizen, as they were expensive to produce and required a high level of literacy and scientific understanding to use. This is why they were closely associated with the social elite: senators, scholars, diplomats, and wealthy merchants.

What's particularly revealing is that some of these devices might not have worked all that well at all: errors in the engraved latitude lists, approximations in the calibrations, or even design flaws could compromise accuracy. But much like an expensive mechanical wristwatch today, precision was not always the point because, more than time markers, they were miniature orreries — proof that the owner understood the movements of the heavens and was plugged into the knowledge networks of the empire. There were different models in circulation. The so-called “disc dial” required the user to rotate an inner disk based on the month, then position the instrument so a shadow fell on hour lines. The “ring dial” version involved a system of rings, one of which contained a pinhole that let sunlight hit hour markers inside. This model could be collapsed, making it even more portable and appealing for travelers. Examples have been found as far afield as Britain, Spain, Greece, and Egypt, which shows their pan-imperial appeal. Indeed, beyond their function, portable sundials are important to help us understand how ancient Romans imagined space and time, both tightly connected with the greatness — geographical and cultural — of their Empire. Dating these devices has proven tricky, too: most are archaeological orphans, unearthed without clear context; they cannot be carbon-dated, and their inscriptions are not always easy to interpret. Scholars rely on stylistic features, the method used for writing latitude, and the mention of certain cities — such as Constantinople, founded in 330 AD — to estimate their age. Like many of today's tech gadgets, Roman sundials were equal parts tool and toy, status symbol and scientific device. They didn't always work perfectly, but they showed that their owners valued innovation and learning. And, perhaps most importantly, they allowed individuals to carry a piece of the empire — with all its sophistication and reach— right in their hand.



14 things to know about Pope Leo XIV

<https://www.catholicnewsagency.com/news/263975/14-things-to-know-about-pope-leo-xiv-the-first-us-born-pope>



On May 8, Cardinal Robert Francis Prevost was elected Pope Leo XIV by the College of Cardinals as the 266th successor of St. Peter, making him the 267th pope and the first from the United States. Here are 14 things to know about Pope Leo XIV:

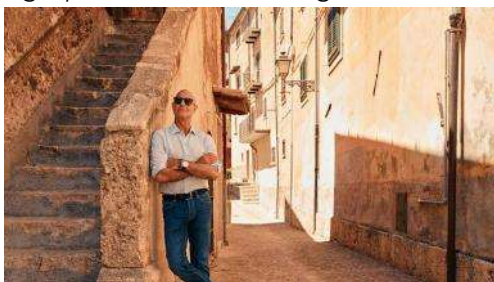
1. Robert Francis Prevost was born on Sept. 14, 1955, in Chicago to Louis Marius Prevost, of French and Italian descent, and Mildred Martínez, of Spanish descent. He has two brothers, Louis Martín and John Joseph.
2. His father was a World War II Navy veteran and school superintendent; his mother was a librarian who was very involved in parish life.
3. The new pope speaks multiple languages, including English, Spanish, Italian, French, and Portuguese.
4. He earned a bachelor of science degree in mathematics from Villanova University in 1977 before pursuing his religious vocation.
5. He completed his secondary studies at the minor seminary of the Augustinians in 1973 in Michigan. In 1977, he became a member of the Order of St. Augustine and took his solemn vows in 1981.
6. He completed a master of divinity degree at Catholic Theological Union in Chicago and earned a licentiate and doctorate in canon law from the Pontifical College of St. Thomas Aquinas in Rome. He went on to teach canon law in seminaries during his time in Peru.
7. He was ordained a priest on June 19, 1982, by Archbishop Jean Jadot in Rome.

8. *He served extensively in Peru from 1985 to 1998, working as a parish pastor, seminary teacher, and diocesan official. He was also part of the leadership of Caritas Peru, the Church's charitable organization.*
9. *After being elected the head of the Augustinian Province of Chicago, he returned to the U.S. in 1999. He was elected prior general of the Augustinians in 2001 and then reelected in 2007, serving as head of the order until 2013.*
10. *Pope Francis appointed him apostolic administrator and then bishop of the Diocese of Chiclayo, Peru, in 2014 and 2015 respectively, and received episcopal consecration on Dec. 12, 2014, at St. Mary's Cathedral in Chiclayo.*
11. *He was made a cardinal by Pope Francis on Sept. 30, 2023.*
12. *While serving the Church in Peru, Francis made him a member of the Dicastery for the Clergy in 2019 and then a member of the Dicastery for Bishops in 2020. In 2023, Francis made him prefect of the Dicastery for Bishops.*
13. *His episcopal motto — which is a bishop's personal motto — is "In illo uno unum," which means "In the one Christ we are one," reflecting his commitment to unity.*
14. *Prior to becoming pope, he had an active X account — the first to have his own social media account before becoming pope.*

National Geographic "Tucci - the Heart of Italy" Now Streaming

National Geographic is now streaming the new

Stanley Tucci series
Tucci in Italy as he unlocks the distinct



flavors that define each region and discovers the rich versatility of Italy through those he meets along the journey.

Each region of Italy proudly proclaims individuality, but what binds the country together is the passion that all Italians have for good food. Tucci guides viewers to discover the real Italy — with all its complexities — through its cuisine. Across 10 episodes, he'll travel to 10 regions, including Sicily, Trentino-Alto Adige, Veneto, Marche and Lazio. As Tucci travels to each corner of the country, he seeks out the essence of each region and its people through the food they eat.

Trevi Fountain reopening: all the new rules

<https://lifeinitaly.com/trevi-fountain-reopening-new-rules/>



The Trevi Fountain reopens today, shining bright after maintenance work carried out in preparation for the 2025 Jubilee. After three months of renovations and an investment of 327,000 euros, the world's most famous fountain is finally free of scaffolding. However, with the reopening come some important updates: access will now be limited and scheduled in time slots, ensuring a more orderly experience for tourists and visitors alike. Keep these new rules in mind for your next trip to Rome!

Piazza Navona, Rome: restoration of the Fountain of the Four Rivers completed

<https://lifeinitaly.com/restoration-of-the-fountain-of-the-four-rivers-completed/>



Ahead of the Jubilee of 2025, Rome has undergone months of maintenance and contracts to polish its most historic and important buildings. Of course, these months brought shock and frustration for tourists who couldn't enjoy much of the artistic treasures of the capital. But now, the restoration of the Fountain of the Four Rivers, among others, has been completed.

Food In Bologna Italy

<https://epicureandculture.com/food-in-bologna/>



Bologna is the capital of Emilia Romagna and is a prime destination for foodies looking to experience some of the best cuisine Italy has to offer. With a wide range of traditional dishes, classic restaurants, and buzzing food markets, there is something for everyone to enjoy in this vibrant city.

An Introduction to the Food of Emilia Romagna

The beautiful region of Emilia Romagna in northern Italy is known as Italy's food valley. Some of the most beloved Italian dishes and foods are from this region.

From traditional dishes like lasagna, tortelloni, and ragù to classic Italian foods like prosciutto, balsamic vinegar, and Parmesan, there is so much to discover and taste in Emilia Romagna.

Each city in the region is known for a special dish or type food. For example, Modena is home to traditional balsamic vinegar where you can learn about the years-long process of making this staple and even taste some yourself.

Parma is home to the heavenly Parmesan cheese. It's also the only place in the world that can produce Parmigiano Reggiano because of its protected status.

In Ravenna, you have to try a piadina, which is a flatbread sandwich filled with cheese and meat.

No matter where you visit in the Emilia Romagna region, you're sure to eat well while savoring some of the best Italian cuisine possible!

Bologna Food History

Bologna's traditional cuisine includes homemade egg pastas like tortellini and tagliatelle, hearty pasta sauces like ragù, and cured meats like mortadella and prosciutto.

Tortellini is one of the most popular foods from the region and is said to date all the way back to the Middle Ages, during the height of Bologna.

Another staple from Bologna is ragù, which dates back to the 16th century. Apparently, ragu was traditionally eaten as a second course and wasn't eaten with pasta (as a first course) until the 19th century. This is what we now know as tagliatelle al ragù.

To most people outside of Italy, tagliatelle al ragù is known as spaghetti Bolognese, which does not exist in Italy. Make sure to properly order when you're in Italy — Italians are very particular about their pasta!

Food In Bologna You Must Try

Now that we've discussed the dishes of the region, let's go over the foods you absolutely must eat in Bologna. Note that while many of the dishes have meat or dairy, eating vegan in Italy is pretty easy, especially if you opt for simple side dishes and pastas made without egg.

Tagliatelle al Ragù - When it comes to what to eat in Bologna, tagliatelle al ragù is the most famous and iconic dish from the city. It is made with tagliatelle, which is a long, flat egg noodle. In order for the pasta to be considered tagliatelle, it has to measure 8 millimeters wide once cooked — very precise! The ragù sauce usually consists of a variety of meats, such as pork, beef and veal. It simmers for several hours with tomatoes, onions, carrots, celery, and spices to create a complex and flavorful dish.

Almost everyone in Bologna claims that they have the best version of tagliatelle al ragù, which is usually passed down from their nonna (grandmother), so it's fun to try out a variety of ragùs around the city.

Tortelloni - Tortelloni is a popular stuffed pasta from the region and is the "big brother" to tortellini. This hat shaped pasta is traditionally filled with a combination of ricotta cheese, Parmesan cheese, and nutmeg. My personal favorite is when it's stuffed with pumpkin — a local specialty during the fall. There are also many other variations of this classic dish that can include ingredients like spinach, mushrooms, prosciutto, sausage, and more. It's most often served with a sauce like butter and Parmesan with sage or with mushrooms during the fall.

Tortellini in Brodo - Tortellini in brodo is one of the most delicious dishes from Bologna. It consists of small, hat-shaped pasta filled with pork and veal and then is simmered in a meat-based broth. Top it off with some fresh Parmesan cheese and you have one of the most simple and perfect meals, especially on a cold day.

Lasagna Verde - Lasagna Verde, or green lasagna, is a staple in Bologna and is one of my personal favorite dishes. You can never go wrong with a hearty slice of

lasagna. The lasagna pasta is made with spinach to give it the signature green color. It's then layered with homemade ragu and bechamel sauce to create the perfect trifecta of flavors.

Crescentina / Gnocco Fritto - Crescentina, also known as gnocco fritto, is a popular appetizer or street food from Emilia Romagna. The dough is made of flour and water that is fried in pork fat until golden and crispy. It is often served with a variety of toppings, such as cured meats and cheese. You can also eat it in the morning with your cappuccino, which is surprisingly delicious!

Crescentine Fritte



Crescentina is a typical recipe from my region, Emilia Romagna, in Italy. Depending on what side of the region you live in, you call them with different names, one of them is Gnocco Fritto. The dough used for this recipe is very similar to bread or pizza dough so it's very easy to make! You can either make them "empty" to eat with cold cuts or cheese, or fill them with ham and cheese (or whatever you want) before frying them.

Step 1: Ingredients

Dough Ingredients

500 gr (2.17 cups) flour
25 gr (0.88 oz) yeast
15 gr (1 tbs) coarse salt
120 ml (1/2 cup) water
50 ml (1.69 oz) milk
70 ml (2.36 oz) liquid cream
1 tsp sugar
enough lard or oil for frying

Filling Ingredients

Ham, slices of cheese...or
whatever you like!



Step 2:

First of all boil the water with salt until it melts. Pour your salted water in a bowl and add milk and liquid cream then wait for it to cool down a little. Now add yeast and sugar and melt it in the liquid, using your hands or a spoon.

Step 3:

Add flour to the liquid and mix everything. You may need to add a little bit of water if you feel that your dough is too hard and dry. Remember: it must be soft but not too sticky. Keep mixing with your hands until your dough is smooth and homogeneous. Put it in a bowl and cover it with a piece of cloth to keep it warm. Let it rest for about an hour.

Step 4:

After an hour your dough has leavened and is ready to be used. Work with a little bit of dough at a time, so cut a piece of dough and cover the rest under a bowl. Flatten that piece using a pasta machine or a rolling pin. It has to be about 1 or 2 mm thick (0.07 inches). The thicker it is, the softer it will be after you fry it. If you make it thinner, your crescentine will be crispier! So this depends very much on your own taste!

Once you have flatten your dough, cut squares or rumbles out of it. The empty ones are usually quite small, about 4 inches. I made the other ones bigger so that I could fill them with ham and cheese. In case you just want to make the empty crescentine, this is all you have to do so continue this way until you finish the dough, then go to Step 6.

Step 5:

To make stuffed crescentine, put some ham and a slice of cheese on a square of dough, making sure to leave a free "frame" all around it. Now spread some water on the borders and lay another square on it to close it. Push the borders with your fingers to make sure that it's closed. Voilà your stuffed crescentina!

Step 6:

Heat oil or lard in a frying pan. When the oil is hot, dip your first crescentina in it and let it cook on both sides until it swells and becomes orange, as you can see in the pictures. Remove it from the pan and dry it from the exceeding oil...you can finally taste it now!!!

It will be very hot so be careful! As you eat your crescentina, keep frying more. Depending on how big your pan is, you can fry more at once!

Lasagna Bolognese

Servings: 8 generous portions



Ingredients

For the Ragù (Meat Sauce)

1.5 lbs. (700 g) ground beef
1 large carrot, finely chopped
1 celery stalk, finely chopped
1/2 medium onion, chopped
4 cups (1 liter) tomato purée or passata
1/2 cup dry red wine
Salt, to taste
3 tbsp extra virgin olive oil
Fresh lasagna sheets (about 1 lb or 450–500 g)
Grated Parmesan cheese, to taste

For the Béchamel Sauce

4 cups (1 liter) whole milk
7 tbsp (100 g) unsalted butter
3/4 cup (100 g) all-purpose flour
Salt, to taste
Nutmeg, to taste (about 1/4 tsp)

Instructions

1. Prepare the Ragù

- Finely chop the carrot, celery, and onion.
- In a large pot, heat olive oil over medium heat. Add the vegetables and sauté until soft.
- Add ground beef. Cook, breaking it up, until browned.
- Pour in red wine and let it evaporate completely.
- Stir in tomato purée. Rinse the container with a bit of water and add to the pot.
- Season with salt, cover, and simmer on low heat for about 2 hours, stirring occasionally.



2. Make the Béchamel

- In a saucepan, melt butter over low heat.
- Add flour and stir to form a smooth roux.
- Gradually whisk in milk, stirring continuously to avoid lumps.
- Add salt and nutmeg.
- Cook on medium heat until thickened (about 10–15 minutes). Set aside.

3. Assemble the Lasagne

- Preheat oven to 350°F (180°C).
- Spread a thin layer of meat sauce and béchamel on the bottom of a 9×13 inch baking dish.
- Add a layer of pasta sheets.
- Add meat sauce, béchamel, and Parmesan cheese.
- Repeat layers until ingredients are used up (about 4–5 layers).
- Top final layer with béchamel and Parmesan only.

4. Bake

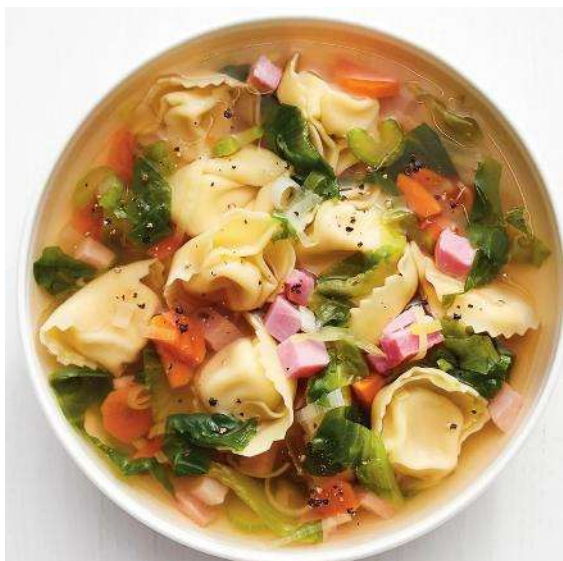
- Cover with foil and bake for 20 minutes.
- Remove foil and bake uncovered for 5 more minutes until golden.
- Let rest for at least 15 minutes before serving.

💡 Tips and Tricks

- Use fresh pasta sheets that don't require pre-boiling, or blanch dry pasta briefly before layering.
- Make ahead: Lasagna tastes even better the next day. You can refrigerate it before baking.
- Freeze before baking for up to 3 months. Thaw overnight before baking.

Tortellini in Brodo

<https://www.foodnetwork.com/recipes/food-network-kitchen/tortellini-in-brodo-3622606>



4 servings

Ingredients

2 tablespoons extra-virgin olive oil
2 leeks (white and light green parts only), halved lengthwise, thinly sliced and rinsed
2 carrots, halved lengthwise and thinly sliced
2 small celery stalks, thinly sliced
4 cloves garlic, smashed
4 cups low-sodium chicken broth
1 small piece parmesan rind
2 wide strips lemon zest (removed with a vegetable peeler)
1 12-ounce bone-in smoked pork chop, diced (bone reserved)
1 9-ounce package refrigerated cheese or meat tortellini
1 small head escarole, chopped
Freshly ground pepper

Directions

Heat the olive oil in a large pot over medium heat. Add the leeks, carrots, celery and garlic and cook, stirring occasionally, until the leeks wilt, about 5 minutes. Add 2 cups water, the chicken broth, parmesan rind, lemon zest and pork bone. Bring to a simmer and cook until the vegetables are almost tender, about 15 minutes. Remove the parmesan rind, lemon zest and pork bone from the pot with a slotted spoon. Bring the broth to a boil over medium heat. Add the tortellini, escarole and diced pork; season with pepper. Cook until the tortellini and escarole are tender, 4 to 5 minutes.

Cook's Note

Adding a parmesan rind to soups and stews gives them rich flavor without a lot of fat.

Piadina

<https://www.foodnetwork.com/recipes/giada-de-laurentiis/italian-flat-bread-piadin-with-fontina-and-prosciutto-recipe-1939309>



4-6 Servings

Ingredients

3 1/2 cups all-purpose flour, plus extra for dusting
1/2 teaspoon baking soda
1 teaspoon fine sea salt, plus extra for seasoning
1 stick butter, cut into 1/2-inch pieces, at room temp
2 tablespoons extra-virgin olive oil
1 pound whole milk ricotta cheese
2 teaspoons lemon zest (from about 2 small lemons)
Freshly ground black pepper
6 ounces fontina cheese, shredded (about 2 cups)
4 ounces prosciutto, thinly sliced-
1 cup chopped fresh basil

Directions

Combine the flour, baking soda, and 1 teaspoon of salt in the bowl of an upright mixer fitted with a dough hook attachment. Add the butter and mix on low speed until incorporated, about 2 minutes. With the machine running, slowly add 10 to 12 tablespoons water until the mixture forms a dough around the hook. Transfer the dough to a lightly floured work surface and knead for 5 minutes until smooth. Cut the dough into 4 equal pieces. Form into disk shapes and wrap in plastic wrap. Refrigerate for 30 minutes. Place a grill pan over medium-high heat or preheat a gas or charcoal grill. On a lightly floured work surface, roll out each piece of dough into an 8 to 10-inch circle, about 1/8-inch thick. Brush each circle with the extra-virgin olive oil and grill for 4 minutes each side. Remove the piadina from the grill to cool slightly. Combine the ricotta cheese and lemon zest in a small bowl. Season with salt and pepper. Spread each piadina with 1/2 cup of the ricotta mixture. Sprinkle the fontina cheese evenly over the ricotta cheese. Arrange 2 prosciutto slices on top of the cheeses. Cut each piadina into 8 wedges and transfer to a serving platter. Garnish with the chopped basil.