



Triangle Sons and Daughters of Italy

Serving the North Carolina Triangle since 2004

Lodge 2817

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IL GIORNALE DI TSDIA

Agosto, 2025

Has Your Address, Email or Phone # Changed?

When you change your home address, telephone number or email address, please send the corrected information to Bernard Castellano, membership chairperson (bcas1947@aol.com).



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

Aug 3 – Sicily Land of Love and Strife

Aug 9 – Palio de Siena

Aug 25 – Conversational Italian

Aug 28 – Scopa

Sep 20 – Festa Italiana

Sep 29 – Conversational Italian

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.

August Birthdays

Anne Morey (1), Dr. Jennifer Schnitzer (3), Fran Giannuzzi (4), Lenny Cicero (4), Gavin Delfino (5), Francesco Luzi (6), Angel Colucci (7), Linda del Zio Zoffer (7), Fred Prosperi (8), Larry Schiro (8), Lisa Ward (8), Catalina Le (8), Mary Kopac (9), Paul Schmidt (9), Joseph Pirozzi (13), Caroline Connor (10), Rosanne Grieco (10), Shannon Hager (11), Jim Murray (11), Stance DeLorenze (12), Andrew Kropilak (12), Jack Kropilak (12), William Eubanks (16), Doreen Gleason (16), Phil Fantasia (16), Lisa Smelik (16), Michael Ricciardi (18), Carrie Bernier (19), Joseph Serio (19), Karen Longo (20), George Scalco (20), Christina Caruso-LaFuria (21), John Finizio (21), Robert Williams (21), Lauren Sisson (22), Rebecca Lee (25), Robert Singleton (25), Edward Plastino (26), Donna Kerrigan (27), Anthony Koytek (27), Robert Munno (27), Len Amico (28), Wolfgang White (28), Siena Russell (28), Bradley Moses (29), Mark La Mantia (29), Marie Knight (30), Vincent Doria (31).



Pasta Making Classes
Meet & Greet
Christmas Dinner
Seven Fishes Luncheon
Charity Events (USO, Disability & Autism Services, Family Promise)
Holidays Cookie Exchange
Northern Italy Trip
Movie Event
Opera Tickets
Italian Entertainment & St. Joseph's Dessert Extravaganza

The above quickly translates into 25+ event opportunities in just the initial months of the membership cycle.

Plus, we are exploring new concepts such as Italian Casino & Game Nights, Mystery Dinner Theater, TSDIA Bocce Club, and Home Chef Regions of Italy Cooking demos.

I am very excited and hope that you are too. We are clearly one of the most vibrant Lodges that makes everyone feel comfortable to be part of our extended Italian American family.

Get ready to fill up your calendar with TSDIA.

Don Cimorelli - TSDIA President

Letter from the President

Dear Members:

We are hard at work to make sure that TSDIA begins our new membership year (September 1, 2025 - August 31, 2026) with a full array of programs designed for you. Our ear is always to the ground to offer what makes our members thrive. If you suggest an idea, we'll assess if we have sufficient interest to give it a try.

Here is what's already on the docket as of September 1st for the first few months of the new membership year.

Conversational Italian
SCOPA at Southern Peak Brewery
Festa Italian NC
Italian American Heritage Celebration
Luncheons at area Restaurants

Congratulations to Georgina's Restaurant

Let's give a huge round of applause to our TSDIA Member and Restaurant Owner Roe Aguanno DeMattia!



We are thrilled to have you as a member of our organization and your willingness to support all that we do in the Triangle Sons and Daughters of Italy!

They clinched not one, not two, but THREE top spots in the 'Italian Restaurants' category: Platinum, Gold, AND Silver! And as if that wasn't exciting enough, we also took home the Platinum award for 'Pizza'!

Congratulations on your restaurant's awards!

Member Business Spotlight

Each month we will spotlight a member owned business.



Top Dog Pet Services



Member Name: Tony Connochie

Address: 630 Andrade Dr, Fuquay Varina, NC 27526

Phone: 919-267-5130

Website: www.topdogpetservices.com

Email: topdogpet1@gmail.com

Services Offered: Mobile Dog Grooming

Osher Lifelong Learning Institute - OLLI

If you never want to stop learning, check out the Osher Lifelong Learning Institute (OLLI) at Duke. It's an inclusive community of nearly 2,000 adults who share a love of learning. By becoming a member, you'll join peers who seek to foster connection, exploration, and engagement. We take pride in providing an excellent lifelong learning experience for our members.

Five Important Documentaries Classes

IN PERSON: What makes a documentary powerful? In this course, we'll explore five culturally significant films to uncover the essential elements of effective nonfiction storytelling. Through screenings and alternating discussion weeks, we'll examine how each film succeeds in areas such as subject matter, authenticity, emotional impact, narrative structure and audience resonance.

Films to be discussed are "To Be and To Have (2002), "Genius Within: The Inner Life of Glenn Gould" (2009), "My Name Is Salt" (2013), "I Am Not Your Negro" (2016) and "The Silence of Others" (2018).

Join us for a deep dive into the craft and impact of documentary filmmaking. • Lecture, Q&A, Facilitated discussion.

10 Thu, Sep 11 - Nov 20 (no class Oct 2), 1:30 - 3 p.m., In person at Judea Reform Congregation

Maximum: 40; Fee: \$125; Course ID: 4038

Fall 2025 Registration - <https://www.olliatduke.online/>

Registration opens on Tuesday, August 19, at 9 a.m. ET for Monday and Tuesday



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 **Lauren Loomis** who heard about us from member Jennifer Gaston. Thank you, Jennifer. She attended our cannoli making class and decided to join. Lauren is originally from Hauppauge, Long Island, NY and has lived in Wake Forest for 12 years. Her heritage is from Sicily. She teaches Business Education at Rolesville High School. She enjoys baking, scrape booking and meeting new people. Welcome Lauren imd_1212@yahoo.com.

Please welcome **Carol McDonnell** who heard about us from our Facebook page. Carol is originally from Millville, NJ, and lives in Chapel Hill. Her heritage is from Castiglione Messer Raimondo, Teramo, Abruzzo. She has worked in a Nationwide Realty Agency and recently retired from UNC Chapel Hill Administration. She enjoys golf, walking group, book club, traveling, cooking, sports teams, family, and friends. Welcome Carol cbmcdonn@email.unc.edu.

Please welcome **Gina Longo** who heard about us through the OSDIA email newsletter. She is originally from Fairfield, California, and lives in Durham. Her heritage is from Monopoli and Castellana Grotte. She is an Integrative Leadership Trainer in the aviation industry. Gina's interests/hobbies are studying Italy, the Italian language, other languages, UK and British history, German shepherds, and traveling. Welcome Gina ginam.longo@yahoo.com.

Please welcome **Jamie Hartless** who heard about us through our Facebook page. She is originally from Brooklyn, NY and has lived in Chapel Hill since 2005. Her heritage is from Dorato Caserta, Cosenza, Compobasso and Messina. She is a Program Coordinator at Duke University, and she enjoys hiking, cooking and photography. Welcome Jamie hartlessja@gmail.com.

Please welcome Frank and Theresa Salamone who heard about us from member Ann DeLorenze. Thank you, Ann. Frank was born in Enna, Sicily and lived in Lyndhurst, NJ. He is retired from a career in Information Technology and enjoys soccer and playing chess. Theresa is originally from Wayne, NJ and her heritage is from Sorrento. She is retired from a career

in Radiology, and she enjoys gardening, reading, bike riding and walking. They have lived in Cary for seven years. Welcome Frank: fsalamone2003@yahoo.com and Theresa tk052003@yahoo.com.

Please welcome Rebecca (Becky) Lee who has been gifted this membership from members Joe and Vicki Pirozzi. She is their daughter-in-law and lives in Raleigh. She is in Marketing and enjoys gardening, cooking, Netflix and working. Welcome Becky Rebecca.ann18077@gmail.com.

Please welcome **Barbara Dowling** who heard about us from member Maureen Warren. Thank you, Maureen. Barbara is originally from Buffalo, NY and relocated to Fuquay Varina to be near family. Her heritage is from Abruzzi, Carovigno and Brindisi. She is a retired Elementary School Educator and Reading Specialist. Her interests/hobbies are walking/hiking, gardening, sewing, reading, traveling, country music and the Buffalo Bills. Welcome Barbara bjdowling911@gmail.com.

Please welcome **Olivia Delfino** who has been gifted a Legacy Membership from members/parents William and Kimberly Delfino. She lives in Apex and is a student at UNC Chapel Hill studying Psychology. She enjoys hanging out with friends and family and loves to travel. Olivia is working on becoming an Italian citizen in the next few months. Welcome Olivia olivialdvet@gmail.com.



Useful phrases in Italian

1. **Buongiorno!** (Good morning!)
2. **Come stai?** (How are you?)
3. **Grazie mille.** (Thank you very much.)
4. **Per favore.** (Please.)
5. **Scusa.** (Sorry.)
6. **Arrivederci!** (Goodbye!)
7. **Posso aiutarti?** (Can I help you?)
8. **Quanto costa?** (How much does it cost?)
9. **Dove si trova il bagno?** (Where is the bathroom?)
10. **A che ora ci vediamo?** (What time are we meeting?)
11. **Ti amo.** (I love you.)
12. **Ho fame.** (I am hungry.)
13. **Sto bene, grazie.** (I am fine, thank you.)
14. **Buonanotte!** (Good night!)
15. **Che ore sono?** (What time is it?)
16. **Hai bisogno di qualcosa?** (Do you need anything?)
17. **Va tutto bene?** (Is everything okay?)
18. **Posso avere il conto, per favore?** (Can I have the bill, please?)
19. **Hai un momento?** (Do you have a moment?)
20. **Andiamo!** (Let's go!)

Here's What Tourists Always Get Wrong About Italy

Italy is magical — but it's not always what you expect. The beauty is real. The food is unforgettable. The views are straight out of a painting. But under all that charm, Italy works differently than what most first-time visitors are used to. The rhythm is slower, the rules are unspoken, and the mistakes are easy to make (and sometimes expensive).

I live here. I've watched tourists make the same mistakes again and again. This isn't about where to go — it's about how to move, eat, stay, and experience Italy the way we locals do. Not perfectly, but respectfully and smartly.

Hidden Fees in Italy: What Tourists Don't See Until It's Too Late

Italy isn't trying to trick you — but if you don't know how things work here, your bill can quietly balloon. Some of the most common frustrations come from hidden fees that locals expect but tourists never see coming.

1. The Coperto (Cover Charge)

Sit down at most restaurants, and you'll see a charge of €1–€3 per person on the bill labeled “coperto.” This is not a scam. It's a long-standing custom that covers bread and table service. It's charged per person — even if you don't eat the bread.

2. Service Charges (Servizio)

In tourist-heavy areas or at high-end restaurants, you might also see a “servizio incluso” charge — usually 10–15%. If it's there, tipping is not required. But if it's not listed, you're welcome to round up or leave a few euros as a thank you. Always check the bottom of the menu before you order.

3. Sitting Down at a Café Costs More

A coffee that costs €1.20 at the bar can jump to €3 or more if you sit at a table — especially in tourist zones. Why? Because you're not just paying for the coffee — you're paying to sit and be served. Locals drink standing up.

4. Bread and Water Are Not Free

In many countries, water and bread are complimentary. In Italy, they aren't. Bottled water is usually €1–€3, and even tap water may carry a charge. Bread is included in the “coperto,” but in some places, you'll see it as a separate line item.

5. Taxis Start Charging Before You Get In

Italian taxis begin the meter from when they're dispatched — not when you enter. So if you call a taxi to your hotel, the meter might already read €5–€10 when you get inside. Also: luggage fees, night rates, and Sunday/holiday surcharges are common.

6. ATMs with High Withdrawal Fees

Stick to ATMs (called “bancomat”) at actual banks. Many independent machines — especially those near tourist sites — charge outrageous fees and bad exchange rates. If the machine prompts you to accept a conversion rate, always decline it and let your bank handle the exchange.

7. Museum Add-ons and Booking Fees

Booking online often includes a “pre-sale” or “booking” fee of €2–€4 per ticket. Also, some museums charge extra for temporary exhibitions, special access, or guided visits — even if you already have a general entry ticket. Always read the fine print.

Italy isn't expensive by default — it just plays by different rules. If you know what to expect, you won't be surprised. And that makes all the difference.

8. Tassa di Soggiorno (Tourist Tax)

Nearly every town and city in Italy charges a local tourist tax — called the “tassa di soggiorno.” It's a daily fee per person, added to your accommodation cost, and it varies depending on the city, hotel rating, and type of lodging.

For example: In Rome, it ranges from €3 to €10 per night per person. Florence typically charges €4–€8. Even small towns charge something. You usually pay this tax at check-out in cash, and it's not included in the booking total on most hotel websites. Some Airbnbs charge it separately when you arrive. Children under a certain age are often exempt, and there's sometimes a limit to the number of nights taxed (e.g., first 7 nights only). But still — budget for it, especially if you're staying for several nights.

You Don't Need a Car — Seriously

Florence, Rome, Venice, Naples: if your itinerary includes any of these cities, leave the car behind. Trains, buses, trams, and your feet will take you everywhere you need to go. We locals don't drive in these places — not unless we're forced to. Parking is expensive and nearly impossible, ZTL zones (restricted traffic areas) will get you fined without even realizing it, and city streets were made for horses, not rental cars.

So when do we use cars? Only when visiting rural villages — places in Tuscany, Puglia, or Umbria that trains don't reach. Even then, we plan ahead and park outside the historic center. And don't be fooled by Amalfi Coast road trip dreams: the views are great, but the traffic is chaotic and parking costs as much as dinner. Take the bus or the ferry instead.

Trains Are Your Best Friend (But Only If You Know How They Work)

Trains in Italy are fantastic — fast, scenic, and often cheaper than flying. But they come with a learning curve. There are two main kinds: high-speed trains like Frecciarossa and Italo, and slower regional trains. High-speed trains are sleek and reserved-seating only — no validation needed. Regional trains? Cheaper, no seat assignments, and you must validate your paper ticket at the platform before boarding. Skip that step and you could be fined €50 or more.

Book high-speed routes in advance online to get the best prices. And always know your train number — destinations can repeat, but the train code is your anchor. Strikes do happen (we call them "scioperi"), but usually services are reduced, not canceled. Just check ahead if your trip falls on a Friday.

Yes, You Need to Carry Your Passport

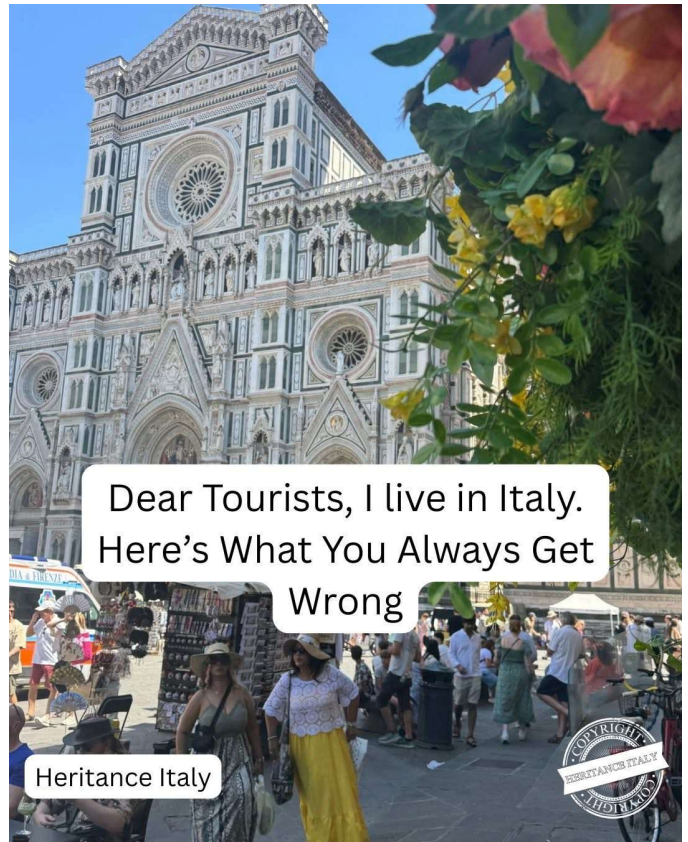
If you're from outside the EU, Italian law requires you to carry your actual passport at all times. Not a photo. Not your driver's license. The real thing. Random ID checks happen — especially at train stations or big events. If you can't show your passport, police can detain you or fine you. EU citizens can use their national ID cards, but everyone else needs the original. At check-in, hotels and Airbnbs are legally required to register you with the local police. That's why they always ask to see your ID — it's not optional. Keep a digital backup in your email or cloud, just in case, but the physical copy should stay with you — ideally in a secure inner pocket or money belt.

Power Problems: Don't Fry Your Hairdryer

Italy uses 220V electricity and Type L plugs. That means many American devices won't just need an adapter — they'll need a voltage converter. Most phone and laptop chargers are dual voltage (check the fine print: if it says 100–240V, you're safe). Hair tools? Not so much. If your hair straightener or curling iron only says 110V, plugging it in could kill the device — or the outlet. Bring a European version or leave it at home. If you're traveling with family, pack a multi-port USB charger — many Airbnbs only have one or two outlets.

If You Get Sick: What Actually Works

Skip the emergency room unless it's serious. In Italy, your first stop should always be the local *farmacia* — the green cross sign you'll see on almost every block. Pharmacists here are highly trained and will help with common issues like colds, headaches, allergies, and minor stomach bugs. For anything stronger, like antibiotics, you'll need a doctor's prescription. In bigger cities, there are tourist medical services with English-



speaking doctors, though these are private and usually cost €50–€100.

Need medicine late at night? Each neighborhood has a rotating "farmacia di turno" — check the list posted outside any pharmacy or search online. And don't forget: if you take prescription medication regularly, bring enough for your entire stay, in the original packaging, and keep it in your carry-on.

Pickpocketing Is Real — Here's How They Spot You

Italy is safe, but pickpocketing is a real issue in busy areas. The people who do this are professionals. They spot tourists instantly. They watch how you walk: slowly, with your bag loose behind you, pausing in the middle of piazzas to take selfies. They love backpacks, phones on café tables, and wallets in back pockets. They often work in teams: one distracts you (drops something, asks for help), the other slips your phone or wallet before you even realize. To blend in? Walk with purpose. Keep your bag in front. Don't flash cash. And if someone's acting weird around you — even a child — stay alert. If something does happen: go to the Questura (police station) to file a report, cancel your cards, and contact your embassy. Always carry a second card and emergency cash in a separate place.

How to Actually Blend In

Italians can spot tourists a mile away. It's not just the outfit — it's how you move. We don't walk around with backpacks and cameras around our necks. We don't

check our phones in the middle of a street. We don't wear athletic clothes unless we're at the gym. If you want to blend in, dress simply, walk like you know where you're going, and carry yourself with confidence — even if you're lost. Need to stop? Step aside, find a wall, look at your phone quietly. The less attention you draw, the less likely you are to be targeted.

Avoiding Tourist Traps (and Finding Real Italian Food)

If you see a menu with photos, flags, or five different cuisines — run. Real Italian restaurants don't need signs that say “We Have English Menu!” — we just do. The best food is usually two or three blocks from any famous landmark. The menu will be handwritten or short. There may only be a few dishes — and that's a good thing. We don't eat spaghetti with meatballs, garlic bread, or fettuccine Alfredo. We do eat whatever's in season, drink house wine by the carafe, and linger at the table. And yes, bread and water cost money — it's called *pane e coperto*. It's normal. If a Margherita pizza costs €15 and tastes like cardboard? You're in a tourist trap.

How to Handle Yourself in a Restaurant (Without Looking Lost)

In Italy, restaurants work differently. No one will rush you. You can stay as long as you like. But that also means the waiter won't bring you the check until you ask. Want to leave? Say: “*Il conto, per favore.*” Tipping? It's not expected. We leave a couple of coins if the service was great. A big tip might even confuse the waiter. Don't order cappuccino after lunch. It's not illegal, but it will get you looks. Ask for “*un caffè*” — that's an espresso. Tap water? You can ask for *acqua del rubinetto*, but many places prefer to serve bottled. Always check, and if the place looks charming but only accepts cash, it's probably still worth it. Just be prepared.

What to Expect in August

If you're planning to visit Italy in August, let me give it to you straight: it's hot, it's crowded, and much of the country — especially the local, charming part — slows down or shuts down entirely. August is when Italians take their summer holidays. The week around August 15th, known as Ferragosto, is the peak of this exodus. Cities like Florence, Rome, and Milan might still be full of tourists, but many of the locals (including shop owners, tailors, bakers, barbers, and your favorite neighborhood trattoria) will be gone — often for the whole month. You'll notice closed signs on doors, especially in smaller towns. Restaurants post “*chiuso per ferie*” — closed for holidays — and won't be back for two to three weeks. Local services slow down. Even some doctors and pharmacies operate on reduced hours.

On the coast, in contrast, expect the opposite. Places like Rimini, Puglia, Amalfi, and Sicily will be packed — but not just with foreign tourists. Italians themselves migrate to the sea. Beaches will be crowded, prices will be high, and finding parking or last-minute accommodation becomes a nightmare. It's not all bad, of course. If you plan ahead, book everything early, and stick to the big cities (which are still functioning thanks to tourism), you can still enjoy your trip. Just don't expect “authentic daily life” in a neighborhood café — those folks are probably on a beach towel in Sardinia.

And one more thing: air conditioning isn't a guarantee in Italy. Hotels might advertise it, but “*climatizzato*” doesn't always mean it'll be strong or on all day. Public transport, restaurants, and shops often have minimal or no air conditioning. So pack light, drink lots of water, and don't schedule too much in the heat of the afternoon. August is still Italy. It's just Italy on vacation. Plan accordingly.

Understanding Opening Hours in Italy: When the Country Slows Down

If you show up at a shop in the middle of the afternoon and find it closed, don't panic — you didn't do anything wrong. You've just encountered one of Italy's oldest habits: the *pausa*, also known as the midday break. In many towns and cities, especially outside tourist hubs, shops close from around 1:00 PM to 4:00 PM. This isn't laziness — it's tradition. It's a holdover from a time when afternoons were too hot to work, and meals were long, family affairs. You'll still find bakeries, butchers, and small clothing shops closed during these hours. Even some pharmacies and post offices shut their doors. Supermarkets and chain stores in big cities may stay open all day, but don't count on it everywhere. Always check posted hours or Google listings — but even then, be ready for surprises. Sundays? That's family time. Outside of major tourist zones, many shops and restaurants are closed. Museums may operate with limited hours. It's a good day to slow down, go for a walk, visit a park, or enjoy a long lunch.

If you're staying in a smaller town, don't assume you'll be able to grab something last-minute on Sunday evening — even pizza places might be closed. Plan your groceries and meals ahead. So if you walk past shuttered shops in the early afternoon or on a quiet Sunday, don't get frustrated. You're just experiencing a slower, more human pace — one that still means a lot to locals. Don't expect things to be fast. Don't expect everything to be obvious. But do expect moments of real beauty, warmth, and joy — especially if you know how to avoid the common mistakes. If you travel with curiosity, patience, and a little awareness, Italy will open up for you in a way no guidebook can explain.

Italy has more UNESCO Heritage Sites than any Other Country in the World



- [Rock Drawings in Valcamonica](#)
- [Church and Dominican Convent of Santa Maria delle Grazie with "The Last Supper" by Leonardo da Vinci](#)
- [Historic Centre of Rome, the Properties of the Holy See in that City Enjoying Extraterritorial Rights and San Paolo Fuori le Mura](#) ^{*2}
- [Historic Centre of Florence](#)
- [Piazza del Duomo, Pisa](#)
- [Venice and its Lagoon](#)
- [Historic Centre of San Gimignano](#)
- [The Sassi and the Park of the Rupestrine Churches of Matera](#)
- [City of Vicenza and the Palladian Villas of the Veneto](#)
- [Ferrara, City of the Renaissance, and its Po Delta](#) ³
- [Historic Centre of Naples](#)
- [Crespi d'Adda](#)
- [Historic Centre of Siena](#)
- [Early Christian Monuments of Ravenna](#)
- [Historic Centre of the City of Pienza](#)
- [Castel del Monte](#)
- [The Trulli of Alberobello](#)
- [Archaeological Area of Agrigento](#)
- [Archaeological Areas of Pompei, Herculaneum and Torre Annunziata](#)
- [Costiera Amalfitana](#)
- [Portovenere, Cinque Terre, and the Islands \(Palmaria, Tino and Tinetto\)](#)
- [Botanical Garden \(Orto Botanico\), Padua](#)
- [18th-Century Royal Palace at Caserta with the Park, the Aqueduct of Vanvitelli, and the San Leucio Complex](#)
- [Cathedral, Torre Civica and Piazza Grande, Modena](#)
- [Residences of the Royal House of Savoy](#)
- [Su Nuraxi di Barumini](#)
- [Villa Romana del Casale](#)
- [Cilento and Vallo di Diano National Park with the Archeological Sites of Paestum and Velia, and the Certosa di Padula](#)
- [Historic Centre of Urbino](#)
- [Archaeological Area and the Patriarchal Basilica of Aquileia](#)
- [Villa Adriana \(Tivoli\)](#)
- [Assisi, the Basilica of San Francesco and Other Franciscan Sites](#)
- [City of Verona](#)
- [Isole Eolie \(Aeolian Islands\)](#)
- [Villa d'Este, Tivoli](#)
- [Late Baroque Towns of the Val di Noto \(South-Eastern Sicily\)](#)
- [Monte San Giorgio](#) *
- [Sacri Monti of Piedmont and Lombardy](#)
- [Etruscan Necropolises of Cerveteri and Tarquinia](#)
- [Val d'Orcia](#)
- [Syracuse and the Rocky Necropolis of Pantalica](#)
- [Genoa: Le Strade Nuove and the system of the Palazzi dei Rolli](#)
- [Ancient and Primeval Beech Forests of the Carpathians and Other Regions of Europe](#) *
- [Mantua and Sabbioneta](#)
- [Rhaetian Railway in the Albula / Bernina Landscapes](#) *
- [The Dolomites](#)
- [Longobards in Italy. Places of the Power \(568-774 A.D.\)](#)
- [Prehistoric Pile Dwellings around the Alps](#) *
- [Medici Villas and Gardens in Tuscany](#)
- [Mount Etna](#)
- [Vineyard Landscape of Piedmont: Langhe-Roero and Monferrato](#)
- [Arab-Norman Palermo and the Cathedral Churches of Cefalù and Monreale](#)
- [Venetian Works of Defence between the 16th and 17th Centuries: Stato da Terra – Western Stato da Mar](#) *
- [Ivrea, industrial city of the 20th century](#)
- [Le Colline del Prosecco di Conegliano e Valdobbiadene](#)
- [Padua's fourteenth-century fresco cycles](#)
- [The Porticoes of Bologna](#)
- [The Great Spa Towns of Europe](#) *
- [Evaporitic Karst and Caves of Northern Apennines](#)
- [Via Appia, Regina Viarum](#)

Green Beans with Tomato Sauce

www.sipandfeast.com/green-beans-tomato-sauce/

Recipe is for 4 large or 6 moderate servings.

Green beans with tomato sauce is a simple, budget-friendly dish that is bursting with summer flavors. Garlic, onions, plum tomatoes, and green beans are gently stewed together in this tasty Italian side dish that is perfect to serve with almost any meal. If you're looking for a creative way to jazz up your green beans, this is your recipe!



Ingredients

1 1/2 pounds green beans stems removed
1 28-ounce can plum tomatoes hand crushed or blender pulsed
3/8 cup extra virgin olive oil divided
1 medium onion diced
4 cloves garlic sliced
1/2 teaspoon crushed hot red pepper flakes optional
1/4 cup basil chopped
1/4 cup parsley minced

Instructions

In a large pan over medium-low heat saute the onion in a 1/4 cup extra virgin olive oil until translucent (about 3-5 minutes). Add in the garlic and cook for 2-3 minutes more until golden.

Add the hot red pepper flakes (optional) and cook for 30 seconds more. Add the plum tomatoes and bring to a simmer over medium to medium-low heat.

While the sauce is simmering, bring a large pot of water to boil with 2 tablespoons of kosher salt. Once boiling, add the green beans in and cook for 3 minutes.

Strain the green beans and add them to the sauce. Continue to cook for 5-10 minutes longer letting the sauce further reduce and stick to the green beans.

Taste test and adjust salt to desired taste. Once satisfied with the taste and the texture of the beans, turn off the heat and finish with the fresh basil and parsley along with a drizzle of extra virgin olive oil. Serve with grated Pecorino Romano or parmesan on the side. Enjoy!

Notes

- If you like the beans on the very soft side, just continue to cook over a gentle simmer. If the sauce dries out just add a bit of water to prevent the beans from burning.
- Leftovers can be saved for up to 3 days and reheated on the stovetop or in the microwave.

Learn Italian



ENGLISH	ITALIAN
Fridge	Frigorifero
Freezer	Congelatore
Oven	Forno
Microwave	Microonde
Sink	Lavandino
Dishwasher	Lavastoviglie
Table	Tavolo
Chair	Sedia
Glass	Bicchiere
Plate	Piatto
Knife	Coltello
Fork	Forchetta
Spoon	Cucchiaino
Pan	Padella
Pot	Pentola

One Pot Mediterranean Chicken and Orzo

<https://www.sipandfeast.com/mediterranean-chicken-orzo/>

This simple Mediterranean Chicken and Orzo combines tender chicken, cherry tomatoes, olives, and orzo that's finished with fresh parsley and feta cheese. Since it uses one pot, there's minimal cleanup and the best part is it's ready in under an hour!

Servings:4

Ingredients

2 pounds (908g) boneless skinless chicken thighs
salt and pepper
4 tablespoons (60ml) extra virgin olive oil
1 large onion
6 cloves garlic
1 teaspoon crushed hot red pepper flakes
1 1/2 pounds (680g) cherry tomatoes
1 pound (454g) orzo
3 1/2 cups (840ml) low-sodium chicken stock
1 tablespoon (22g) honey
1 tablespoon dried greek oregano
2 tablespoons (30ml) lemon juice
1/2 cup (70g) kalamata or gaeta olives
1/2 cup (57g) crumbled feta
1/2 cup minced flat-leaf Italian parsley

Instructions

Pat the chicken thighs very dry with paper towels and season with salt and pepper on both sides.

Heat a large pan to medium heat and add the olive oil. Once shimmering, add the chicken thighs and cook for 4-5 minutes per side or until golden brown. Place the chicken onto a plate and tent with foil.

Add the onion to the pan along with a pinch of salt. Once the onions are soft and translucent (about 5-7 minutes) add the garlic and cook for another 1-2 minutes or until fragrant. Add the hot red pepper flakes and tomatoes to the pan and cook for 2 minutes or until the tomatoes begin to burst.



Add the orzo and mix well to coat with the olive oil. Toast the orzo for 3 minutes then add the chicken stock, honey, and oregano. Bring to a boil. Once boiling, turn the heat down to low and nestle the chicken pieces into the orzo. Cover the pot and cook until the orzo is tender and most of the liquid has absorbed (about 12-15 minutes).

Uncover the pot and mix in the olives and lemon juice. Remove the pan from the heat and add the parsley and feta. If the orzo is too dry add a touch more chicken stock and olive oil if needed. Taste test and adjust salt and pepper if required. Enjoy!

Notes

Makes 4 large or 6 moderate sized servings.

Chicken breasts can be subbed for chicken thighs. If using, sear the chicken until cooked through, slice into bite size pieces, and then mix in after the orzo has finished cooking.

Any variety of olives can be used but kalamata or gaeta are recommended.

Leftovers can be saved for up to 3 days and reheated in the microwave.

Steak Tagliata (Easy Seared Italian Steak)

www.sipandfeast.com/steak-tagliata/

Steak Tagliata, or tagliata di manzo, is quite possibly the easiest yet most impressive steak dinner you'll ever make. This simple Italian steak dish originates from Tuscany, combining charred steak that's sliced and served with a simple salad of arugula tossed in lemon juice and olive oil, and topped with shaved Parmigiano Reggiano.

Ingredients

1 2.5" thick ribeye steak about 2 1/2 pounds (1135g), see notes below
1 tablespoon (10g) Diamond Crystal Kosher salt
1/2 pound (226g) baby arugula
3 tablespoons (45ml) extra virgin olive oil
flaky sea salt for finishing
1/2 cup (35g) shaved Parmigiano Reggiano

Instructions

Salt overnight

Sprinkle the steak on all sides with the kosher salt and place it on a wire rack lined baking sheet. Place the steak in the fridge, uncovered, for at least 4 hours but preferably overnight.

Cooking the steak

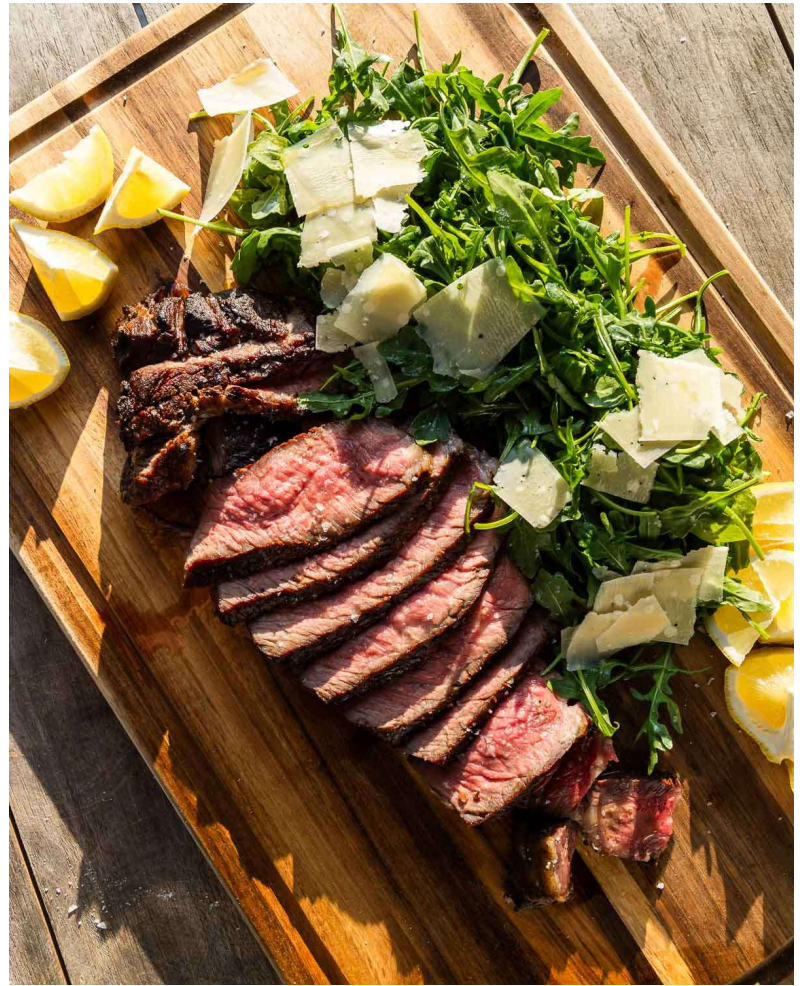
- Take the steak out of the fridge at least 1 hour prior to cooking.
- Heat a grill to 450-500°F.
- Once the grill is hot, sear on all sides, flipping every 1-minute until the temperature reaches 120°F for rare or until your desired doneness is achieved. Remove the steak from the grill and tent with foil for at least 10 minutes before slicing.

Prepare the salad

Dress the baby arugula with a squeeze of lemon juice and extra virgin olive oil. Serve the salad on a large platter with lemon wedges and the sliced steak. Sprinkle the shaved Parmigiano on to the salad and sprinkle the steak with flaky sea salt. If you like, drizzle a touch of balsamic glaze onto the steak or serve at the table. Enjoy!

Notes

- **Beef.** Any cut of steak can be used for this simple recipe. Flank, hanger, and skirt are great for a quick cook or a thicker ribeye, NY strip, or Porterhouse works well too.
- **Salting.** It is recommended to salt the steak overnight to achieve an evenly salted juicier steak. If you forgot, simply remove the steak from the fridge and salt at least 1 hour before cooking. Salting ratio should be roughly 1% of the



steak's weight. So a steak that weighs 3 pounds (1360g) would need about 13g of salt or approximately 1.3 tablespoons of kosher salt or about 2 teaspoons of fine sea salt.

- **Outdoor grilling technique.** A hot grill (450-500°F) works best to get a great sear while keeping it rare to medium-rare on the inside. For thicker cuts (I used a very thick ribeye), sear the steak flipping at 1 minute intervals for about 8-10 minutes, while also searing the sides, then move it to a cool spot of the grill and cover until the internal temp reaches 120°F for rare. For thinner steaks simply grill the whole time until the desired internal temp is achieved.
- **Indoor cooking.** Heat a large cast iron or stainless steel pan to medium-high heat and add a few tablespoons of neutral oil. Once smoking, add the steak and cook for 1 minute per side, flipping until desired char is achieved. Place the pan with the steak into a 350°F and remove once the internal temp reaches 120°F or your desired doneness.
- **Serve with.** Though I think a simple arugula salad with shaved parmesan and lemons is best you can fancy this dish up with grilled veggies, cherry tomatoes, and a drizzle of balsamic glaze if you like.
- **Leftovers.** The steak can be saved for up to 3 days and is best pan fried in butter to warm it up. It will no longer be rare, but it will still be delicious.

POTATO ZEPPOLE: A CLASSIC & DELICIOUS DONUTS FROM NAPOLI

www.greatitalianchefs.com/recipes/potato-zepoline-recipe

Potato Zeppole are a typical Neapolitan dessert that is simple to cook and requires the use of a few wholesome ingredients. In fact, the preparation of zeppole involves making a basic dough of boiled potatoes, boiled without the peel, flour, sugar, eggs and butter, to which yeast must be added.

Servings: 36



Ingredients

8 3/4 oz of potatoes, boiled
8 3/4 oz of 00 flour
1 1/2 tbsp of sugar, plus extra to serve
1/4 lemon zest
1 oz of yeast
1 oz of butter, softened
2 eggs
1 pinch of salt
oil, for deep frying

Method

1. Mix the flour, sugar, lemon zest, yeast, butter, potato and salt in a standing mixer fitted with a dough hook. Gradually beat in the eggs, one by one.
2. Knead vigorously, adding the flour until you obtain a smooth and consistent dough.
3. Allow the dough to rest in the fridge for approximately 1 hour, then knead again and shape the dough into balls. Allow to prove for approximately 30 minutes.
4. Preheat the deep fryer to 350°F/180°C.
5. Deep fry the balls until golden brown, then drain on kitchen paper. Roll in sugar and serve warm.

Orange Chocolate Chip Ricotta Cookies

Servings: 50 cookies

Ingredients:

1 cup ricotta cheese
1/2 cup unsalted butter, softened
1 cup granulated sugar
1 large egg
1 teaspoon vanilla extract
1 tablespoon orange zest
2 cups all-purpose flour
1/2 teaspoon baking soda
1/2 teaspoon baking powder
1/4 teaspoon salt
1 cup semi-sweet chocolate chips



Directions:

1. Preheat your oven to 350°F (175°C) and line a baking sheet with parchment paper.
2. In a large bowl, mix the ricotta cheese, softened butter, and granulated sugar until well combined. Add in the egg, vanilla extract, and orange zest, mixing until smooth.
3. In a separate bowl, whisk together the flour, baking soda, baking powder, and salt.
4. Gradually add the dry ingredients to the wet ingredients, stirring until just combined. Fold in the chocolate chips gently to avoid overmixing.
5. Drop rounded tablespoons of dough onto the prepared baking sheet, spacing them about 2 inches apart. Bake for 15 minutes, or until the edges are lightly golden and the centers are set. Remove from the oven and let cool on the baking sheet for 5 minutes before transferring to a wire rack to cool completely.