



Triangle Sons and Daughters of Italy

Serving the North Carolina Triangle since 2004

Lodge 2817

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IL GIORNALE DI TSDIA

Settembre, 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

Sep 20 – Festa Italiana

Sep 29 – Conversational Italian

Oct 11 – Italian American Heritage Celebration

Oct 16 – Pasta Making Class

Oct 27 – Conversational Italian

Nov 24 – Conversational Italian

Dec 6 – Christmas Party Luncheon

Dec 6 – Autism & Disability Party

Dec – Seven Fishes Dinner

Dec 16 – Cookie Exchange

Dec – USO & Family Promise

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

September Birthdays

Nanette Castiglione Mattox (1), Bob Wolf (1), Jamie Hartless (2), Joseph Gugliotti (3), Morgan Keith (5), Mark Celenza (6), Vera Cicero (6), Maryann Giuffrida (6), Sal Naso (6), Vanessa Minopoli (8), Laura Reichert (9), Christine Agarwal (10), Barbara Dowling (11), Joey Paldino (11), Tony Bracci (11), Michelle Gifford (12), Diane Riccobono (12), Jackie Willingham (12), Bob Frum (15), Michele Mastroianni (16), Joseph Smolenski (19), Anthony DiTonno (20), Meredith Magnini (20), Benjamin Mooney (21), Nicholas Verna (21), Christina Chila (22), John Zimmer (23), Sean McKinney (24), Brenda Pulverenti (24), Lisa Kropilak (25), Frank Salamone (25), Rae Giordano (26), Robert Alfredson (27), Carmine Ragucci (27), Ericka Pirozzi (28), Shannon Zarb (29), Nicole Golde (30).



2025 OSDIA Convention

Representing North Carolina at the 59th Biennial National Convention held in Orlando for Order Sons and Daughters of Italy in America



Letter from the President



Dear Members:

If you can only attend one TSDIA event, we always say to be sure to register for our Lodge's Italian American Heritage Celebration during the month of October. This is the event that brings together all aspects of the benefits of membership. The event is Social, Cultural, Educational, and Charity focused. The program offers a vast array of Italian American foods, warms your heart with a lively professional and inspiring Italian singer, and we raise a few dollars to put towards charities and scholarships. We will also welcome and induct new members.

HOLD THE DATE ON YOUR CALENDAR FOR SATURDAY, OCTOBER 11th AT 3:00 PM AT OUR LADY OF LOURDES FALLON CENTER IN NORTH RALEIGH.

We will be announcing the registration process in September. The capacity limit is 200.

This event is free for members, and you will select a homemade or store-bought entrée to bring to the event when you register. If you bring a guest without a paid TSDIA membership, the price is \$5 for their ticket.

Our special theme is: *Le Feste Dell'America Italiana* (The Feasts of Italian America)

Mark your calendars now!

Don

Don Cimorelli
TSDIA 2817 President

Festa Italiana 2025

Saturday
Sept. 20TH
2025

11 am
Through
7 pm

7th Annual
North Carolina

Festa Italiana

Saturday, 9.20.25

Italian
Dancers

Hunter Street and Town
Hall Courtyard
Apex, NC

Italian Entertainment
Children's Area
Food Trucks/Vendors

Cooking Demonstrations
Italian Wines/Bellinis
Beer Truck

Italian Merchandise
(2) Cannoli Eating Contests
Cash Raffle

2025 Charity Beneficiary



If you would like to join us as a sponsor, vendor or volunteer, please go to www.festanc.org

Scan for more info



Festa Italiana NC is a 501(c)3 non-profit organization

Festa Italiana will take place Saturday, September 20, 2025, from 11 pm. to 7 p.m., at Town of Apex Campus, 73 Hunter Street, Apex, North Carolina. Admission is free. Go to <https://festanc.org/> for additional information.




Dolci Desserts Cookbook Now Available

HOT OFF THE PRESS! You asked for a Volume 3 Cookbook that is totally dedicated to Italian Desserts and we did it! We crawled through all of our Lodge's family recipes from numerous sources and compiled a consolidated digital cookbook!


For the tiny price of \$5, you can get 70 recipes delivered to your email in our digital cookbook named "Dolci Desserts". You can keep the cookbook online on your device, or print a particular recipe if you need a printed copy.

Click on the link to purchase and you will receive an email to download the cookbook to your device. Enjoy!

<https://square.link/u/UE40XScg?src=sheet>



Triangle Sons and
Daughters of Italy
ORDER
Sons and Daughters of Italy
IN AMERICA



**DOLCI
DESSERTS**
ITALIAN AMERICAN'S
SWEETEST CREATIONS

Volume 3 – TSDIA Cookbook Series

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Sicily – Land of Love and Strife

Over 100 people signed up for an unforgettable journey to Sicily with Mark Spano who wrote, directed, and starred in the movie.



Palio

Over 100 people showed up for breakfast, Palio and a little audience participation.

The Race



Our Ringleader & Master of Ceremonies



Our VP of Audio Visual Technology



Flags of the Contrade



Our TSDIA Jockeys and Their Horses get ready to race!



Our Winning Jockey & Heads of Siena



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 **Donovan Rao and Alexander Rao and spouse Nicole Golde** who have been gifted memberships by Frank Rao. Donovan and Alexander are Frank's sons and Nicole is his daughter-in-law. Donovan is a student at NC State and lives in Raleigh. He enjoys yoga, meditation, computer science and exercising at the gym. Alexander is a self-employed driver and enjoys art, music, yoga and poi. Nicole is in the hospitality industry and enjoys music, singing and the theater. They live in Chapel Hill. Welcome Donovan donovan.rao@gmail.com, Alexander arao.student@gmail.com, and Nicole nikkivalentine307@gmail.com.

Please welcome **Joseph (Benji) Jack** who heard about us from Anthony Misso of Capri Flavors. He is originally from Rutherford County, NC and has lived in Raleigh for four years. His heritage is from Milan and Calabria. He is an Enterprise Cybersecurity Account Manager. He enjoys football (Ac Milan and Italian national team, alongside NCFC), cooking, traveling, fine wine, hosting parties and language learning. Welcome Joseph benjijack19@gmail.com.

Please welcome **Caroline Cimorelli along with Katie and Ben Mooney** who have been gifted memberships by Don Cimorelli. Caroline and Katie are Don's daughters and Ben is his son-in-law. All three of them have been familiar faces at several events each year. Caroline is a Customer Services Representative at Publix Super Market, and Katie and Ben are chemical and mechanical engineers at Merck and Kellanova (formerly Kellogg Company). Caroline lives in Cary and enjoys singing, dancing, and traveling to Disney World, and other countries such as Italy. Katie and Ben live in Morrisville and enjoy global travel. They have traveled extensively across Europe. Ben is the Chef of the House and Katie is the Head Baker. While not of Italian ethnicity, all three of them have enjoyed traveling to Italy and learning about Italian culture and foods from their dad and father-in-law. Welcome Caroline Caroline.cimorelli@gmail.com, Katie Katie.cimorelli@gmail.com, and Ben Benwmooney@gmail.com.

Please welcome **Gil and Nicole Barkman** who heard about us from members Deb and Rob Munno. Thank you, both. They are originally from New York and have lived in Clayton since 2021. Their heritage is from Abruzzo and Pietrelcina. Nicole is a high school business teacher and Gil is retired from the NYPD and currently runs security for Eli Lilly in Durham. They have two children, Anthony (18) and Giovanna (16). Fun fact, Padre Pio is Nicole's cousin. Her great grandmother and his mother were first cousins. Welcome Gil gbdeuces@aol.com and Nicole ncbarkman@yahoo.com.

ITALIAN RAGU VARIETIES



Prevent 80 Children from Experiencing Homelessness



What if a night
out of the house
kept 80 children
housed?



On September 18th, one night out could change a family's life for generations! Join one of TSDIA's Charity Partners - Family Promise of the Triangle – For a Night of Hope

📍 Tobacco Road Sports Cafe, Raleigh, NC

📅 September 18th, 5:30-8:00p

All with the goal of raising enough to prevent 80 children from experiencing homelessness through our Eviction Prevention program.

Get your tickets now at

www.familypromisetriangle.org/hope

Member Business Spotlight

Each month we will spotlight a member owned business.



SohoMD

Member Name: Stefanie Vitale
Telepsychiatry and Therapy Practice for Mental Wellness
Phone: (212) 369-6757
Website: www.sohomd.com
email: hello@sohomd.com



About:

SohoMD offers accessible, high-quality psychiatric care and therapy for individuals navigating anxiety, depression, ADHD, trauma, and more. We take a holistic approach to mental health, combining traditional treatment with integrative strategies to support the whole person by addressing both mental and physical well-being. Patients are connected with licensed professionals who offer medication management, talk therapy, or holistic support, depending on each person's needs — all from the comfort of home via secure telehealth.

Background:

Founded on the belief that mental health care should be compassionate, convenient, and personalized, SohoMD is a telepsychiatry and therapy practice serving patients across the U.S. Our diverse team includes psychiatrists, nurse practitioners, and therapists who are committed to evidence-based care and culturally responsive support. Whether you're beginning therapy or continuing your mental health journey, we're here to make high-quality care easier to access and tailored to your life.

I Am An Italian American

by Angelo Bianchi

I am an Italian American. My roots are deep in ancient soil, drenched by the Mediterranean sun and watered by pure streams from snow-capped mountains. I am enriched by thousands of years of our future. My hands are those of the mason, the artist, the man of soil. My thoughts have been recorded in the annals of Rome, the poetry Of Virgil, the creations Of **Dante** and the philosophy Of **Benedetto Croce**.

I am an Italian American, and from my ancient world I first spanned the seas to the New World - I am **Christopher Columbo**, I am **Giovanni Cabato**, known in American history as John Cabot, discoverer of the mainland Of North America. I am **Amerigo Vespucci**, who gave his name to the new world, America. I am **Enrico Tonti**, first t to sail on the Great Lakes in 1679, founder of the territory that became the State of Illinois, Colonizer of Louisiana, and Arkansas. I am **Filippo Mazzei**, friend of Thomas Jefferson and my thesis on the equality of man was written into the bill of rights. I am **William Paca**, signer Of the Declaration of Independence and, yes, an Italian American.

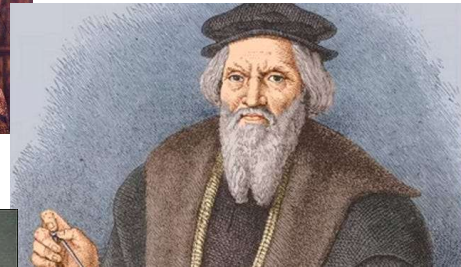
I am an Italian American. I am **Colonel Francesco Vigo** - I financed the Northwest expedition Of George Rogers Clark and accompanied him through the lands that would become Ohio, Indiana, Wisconsin, and Michigan. I am **Allesandro Malaspina** - I mapped the Pacific from Mexico to Alaska and to the Philippines. I am **Giacomo Beltrami**, the discoverer Of the Mississippi River in 1823. I am **Constantino Brumidi**. They called me the Michelangelo of America - I created the dome Of the United States capitol. I am **A. P. Gianni** - in 1904, I founded the Bank of Italy, now known as the Bank Of America, the largest financial institution in the world. I am **Enrico Fermi**, father of nuclear science in America. I am **John Basilone** of New Jersey, the first enlisted man to win the Medal of Honor in World War II.

I am an Italian American. I am the million strong who served in America's armies and the tens of thousands whose names are enshrined in military cemeteries from Guadalcanal to the Rhine. I am the steel maker in Pittsburgh, the grower in the Imperial Valley of California, the textile designer in Manhattan, the movie maker in Hollywood, the home maker, and the breadwinner in 10,000 communities.

I am an American without stint of reservation, loving this land as only one who understands history, its agonies, and its triumphs; and I can love and serve as fully as any other American. I will stand in support of this nation's freedom and promise against all foes. My heritage has dedicated me to this nation. I am proud of my FULL heritage and I shall remain worthy of it.



Benedetto Croce



Giovanni Cabato



Giovanni Cabato



Filippo Mazzei



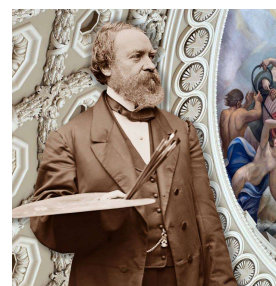
Allesandro Malaspina



Colonel Francesco
Vigo



Giacomo Beltrami



Constantino
Brumidi



A. P. Gianni



John Basilone

Italian Music

Here are some sources of Italian Music



Radio Hofstra – Download the **WRHU-FM App** to listen on your smartphone or tablet.

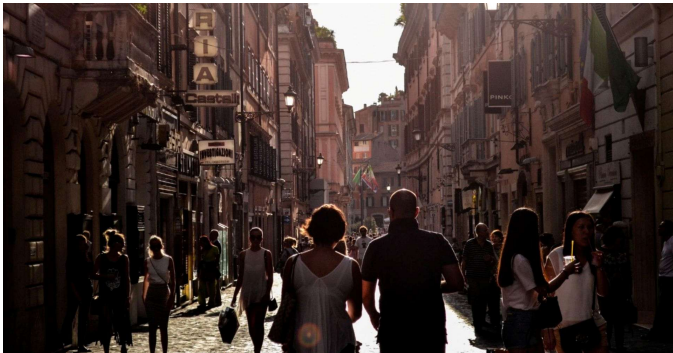
Saturdays, 9AM-12PM
Souvenir D'Italia hosted by
Giovanna Auriemma, 12PM-2PM
Sabato Italiano hosted by
Josephine Maietta



Profumi D'Italia –
NCC.edu/WHPC or on the **TUNE
IN** app. Thursdays at 5PM hosted
by Rita Monte. The voice of
Nassau Community College.

The Passeggiata in Italy

<https://www.myitaliandiaries.com/italian-passeggiata-what-exactly-is-that/>



Mark Twain once wisely remarked, “the true charm of pedestrianism does not lie in the walking, or in the scenery, but in the talking,” which perfectly capture the essence of Italy’s cherished tradition – the passeggiata.

Back in my London days, Sunday walks meant embarking on epic journeys through the English countryside. Undoubtedly, many around the world share similar experiences, walking with a purpose – whether it’s reaching a destination, achieving a goal, or shedding a few extra calories. However, for an Italian, the act of walking has very little to do with purpose and physical effort.

So, let’s embark on a captivating exploration of the world of the Italian passeggiata, so that when the time is right for your next journey to Italy, you’ll be well-prepared for the magic that awaits.

What exactly is the Italian passeggiata?

The term “passeggiata” encapsulates the practice of leisurely strolling along the main street of a town in the company of family or friends. It’s a veritable social ritual



that involves walking with no particular purpose other than socializing, staying together... and digesting!

Yes, the passeggiata is also our secret weapon against post-meal lethargy. After savoring mamma’s Sunday lunch, we often take to the streets to help our body digest – all while making room for that extra scoop of gelato or another espresso, of course!

But most importantly, it’s a see-and-be-seen occasion, particularly in small towns and villages. In fact, you could think of it as our very own version of a red carpet! We make it a point to dress impeccably (rule number one: fare bella figura) and make our way to the historic center. Here, we can stroll along the same street for hours, a practice that youngsters nicknamed vasca (lap) due to its lap-like nature.

Along the way, we engage in a bit of window shopping, treating ourselves to impromptu aperitivos or a refreshing gelato. And of course, we indulge in a fair share of gossip – a cherished pastime where we discuss the latest happenings, from new couples and newborns to divorces and upcoming weddings. It’s not necessarily scandalous; rather, it’s just a way to keep up to date with the latest community news. To understand what I mean, just watch the scene of people heading to mass on Christmas Eve in the movie *Parenti Serpenti*!

A social affair for everyone

The passeggiata is a community affair, drawing in participants from every age group, from infants in their

strollers to seniors all caught up in animated conversations about politics.

There are friends catching up on each other's life, couples of all ages strolling arm in arm, and entire families hanging out together. And then you'll see teenagers often walking in large, cheerful groups, busy taking selfies and navigating their first crushes.

Ah, how many love stories have sprouted from furtive glances exchanged during the passeggiata! To give you an idea of what I'm talking about, Italian sociologist Giovanna Del Negro, in her book "The Passeggiata and Popular Culture in an Italian Town," describes the passeggiata as a "socially sanctioned opportunity for flirting and courting."

The when and where of the passeggiata

The passeggiata typically unfolds during weekends, often becoming the highlight of the day. However, in bustling metropolises like Milan and Rome, you'll see people enjoying a passeggiata also on weekdays, when it is a delightful post-work ritual.

Come Saturday, the passeggiata can start in the late afternoon, extending into the evening, particularly during the long summer nights. On Sundays, the tradition takes a different rhythm, with people partaking in a passeggiata either late in the morning or during the afternoon.

These delightful strolls commonly take place along the Corso, the town's main street, and around the central piazza. In Rome, the iconic Via del Corso and Piazza Navona are popular destinations, while Naples boasts its own charming spots like Via Toledo, Via Chiaia, and Via Caracciolo. Other examples include Via Roma in Padova, Via Maqueda in Palermo, Strada Nuova in Pavia, and Via Trinchese in Lecce.

Along the coast, the lungomare (seafront) is another wonderful location for a passeggiata. Among my personal favorites is the beautiful Lungomare Trieste in Salerno.

A brief history of the passeggiata

Already for the ancient Greeks and Romans, walking played a pivotal role in shaping social and cultural dynamics. In Roman cities, for instance, porticoes served not only as commercial hubs but also as sheltered spaces for leisurely strolls protected from the sun and rain.

The Corso, the central thoroughfare where the tradition of the Italian passeggiata evolved over centuries, aligned precisely with the cardus maximus or decumanus maximus of ancient Roman towns. Originally hosting significant political events, the Corso gradually transformed into a public space for promenades, attracting both the local elite, who traversed it in coaches, and the working class, who wandered on foot.

The passeggiata became a beloved pastime, weaving its way from quaint hamlets to bustling cities across the peninsula. And centuries later, it continues to be a cherished Italian tradition.

What would they eat or drink

During a passeggiata, Italians might enjoy a pre-dinner aperitivo, often including drinks like Aperol Spritz or other low-alcohol beverages, alongside small bites like olives, chips, or taralli. They might also stop for gelato, a refreshing treat, or enjoy coffee at a cafe.



Aperitivo: This pre-dinner ritual is a social occasion focused on stimulating the appetite with drinks and light snacks. Aperol Spritz, a popular choice, is a mix of Aperol, prosecco, and soda water, often accompanied by olives, chips, or other finger foods.

Gelato: A scoop or two of gelato is a common and refreshing pause during a passeggiata.



Coffee: Stopping for a coffee at a cafe is another way Italians enjoy the passeggiata, often engaging in conversation and people-watching.



Digestivo (optional): In some cases, after dinner, Italians might enjoy a digestivo, a bitter liqueur like amaro, limoncello, or grappa, to aid digestion.

Negroni

<https://www.liquor.com/recipes/negroni/>

The Negroni is said to have been invented in Florence by the dauntless Italian Count Camillo Negroni in the early 20th century. While at Bar Casoni in Florence, he demanded that the bartender strengthen his favorite cocktail, the Americano, by replacing the usual soda water with gin. To further differentiate the drink, the bartender also employed an orange peel rather than the typical lemon peel.



Ingredients

1 ounce gin
1 ounce Campari
1 ounce sweet vermouth
Garnish: orange peel

Steps

1. Add the gin, Campari and sweet vermouth to a mixing glass filled with ice, and stir until well-chilled.
2. Strain into a rocks glass over a large ice cube.
3. Garnish with an orange peel.



The Paper Plane

<https://mybartender.com/recipe/the-paper-plane/>

The Paper Plane is a modern classic cocktail that has earned a place in the hearts of bartenders and cocktail lovers alike. Created in the mid-2000s, it offers a perfect balance of bitter, sweet, and citrus flavors. Bourbon adds warmth and depth, Aperol brings bright bitterness, Amaro Nonino contributes herbal complexity, and lemon juice ties everything together with refreshing acidity. Served in a coupe glass, its beautiful amber-orange hue and smooth, harmonious flavor make it as visually appealing as it is satisfying to sip. This is a cocktail that's simple to make yet refined enough for any occasion.



Equipment and Glassware

Making a Paper Plane requires a few essentials. A quality cocktail shaker is key for properly blending and chilling the ingredients. A jigger ensures precise measurements so the equal-parts formula stays balanced. A fine mesh strainer or standard cocktail strainer is used to remove ice and achieve a smooth pour. A citrus juicer is helpful for extracting fresh lemon juice, which is critical for flavor. For serving, a chilled coupe glass is ideal, providing a touch of refinement while keeping the drink at the right temperature. Having fresh ice ready will make the shaking process more effective and consistent.

Ingredients

3/4 oz. Bourbon
3/4 oz. Aperol
3/4 oz. Amaro Nonino
3/4 oz. Fresh lemon juice

Instructions

Add the bourbon, Aperol, Amaro Nonino, and lemon juice to your cocktail shaker.

Fill the shaker with ice, seal it tight, and shake it well for about 10 seconds. You're mixing and chilling the drink to perfection.

Strain the mixture into your coupe glass. This gets rid of the ice, leaving you with just the smooth cocktail.

Bistecca alla Pizzaiola

By Franca Luzzi from the TSDIA "Italian Americans in the Kitchen" cookbook

Servings: 4



There are various pizzaiola preparations in Italy that can be made with beef, veal, or pork. However, the best and most authentic is the Neapolitan Bistecca or manzo al pizzaiola. In this dish, the beef is browned quickly over high heat and cooked briefly with a savory sauce of garlic, anchovies, tomatoes, and fresh oregano or other fresh herbs.

This dish comes from Antica Pizzeria Port'Alba, which, besides wonderful pizze, also serves some delicious local Neapolitan dishes.

Ingredients

1/3 C Olive Oil
4 ½ inch thick sirloin steaks
2 Cloves Garlic (finely chopped)
4 Anchovy Fillets (finely chopped)
1 C Dry White Wine
2 28 oz. Cans Whole Tomatoes (put through strainer or food mill to remove the seeds)
Salt and pepper (to taste)
1/3 C Fresh Oregano or 2 TBS chopped Fresh Parsley

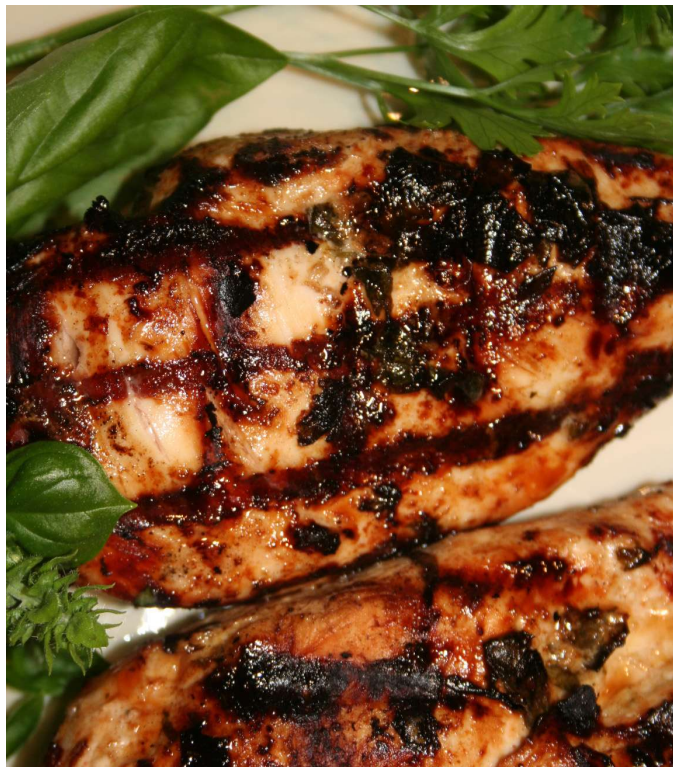
Directions

Heat the oil in a large skillet over high heat. Add the meat and cook until it is lightly golden on both sides, about 2 minutes. Transfer the meat to a dish.

Add the garlic and anchovies to the skillet and stir quickly once or twice. (the garlic will burn almost immediately because the skillet is now very hot) Add the wine and cook, stirring, until the wine is reduced by half, 3-4 minutes. Add the tomatoes and season with salt and several grinds of pepper. Reduce the heat to medium and cook, stirring, 2-3 minutes. Stir in the fresh oregano, then return the meat and its juices to the skillet. Cook 1-2 minutes, stirring and basting the meat. Taste and adjust seasoning, serve at once.

Grilled Chicken Modena

By Nick Verna from the TSDIA "Italian Americans in the Kitchen" cookbook



Servings: 4

Ingredients

Kosher Salt
4 Boneless Chicken Breasts
2 TBS Fresh Basil (chopped)
2 TBS Fresh Parsley (chopped)
1 tsp Fresh Thyme (chopped)
Juice of 1 Lemon
½ C Olive Oil
1/8 C White Vinegar
5 grinds of Black Pepper

Directions

Sprinkle kosher salt over the chicken breast and let them sit in the fridge for 2 hours.

Place all remaining ingredients into a blender and process until everything is thoroughly mixed.

Trim the chicken breasts, pat them dry and place them in a gallon-sized zipper-lock bag with the marinade. Let them marinate for 30 minutes.

Preheat your grill to medium-hot heat. Pat the chicken dry and oil the grill. Grill the chicken until light brown and the internal temperature has reached 165°F.

LEMON SFOGLIATELLA FROLLA: A SWEET SLICE OF ITALY

<https://cookingitalians.com/lemon-sfogliatella-frolla-a-sweet-slice-of-italy/?fbclid=IwAR2gbNFVWabSSz5IEHZ1VGzTGg7sq4odVgccaqmVIRs6sRRzAdJwN1Jp7x8>



Ingredients:

For the Pastry Dough (Frolla):

- 2 cups all-purpose flour
- 1/2 cup granulated sugar
- 1/2 teaspoon salt
- 1 cup unsalted butter, cold and cubed
- 2 large egg yolks
- Zest of 2 lemons
- 1 teaspoon vanilla extract

For the Lemon Filling:

- 1 cup granulated sugar
- 3 large eggs
- Zest of 2 lemons
- 1/2 cup fresh lemon juice (about 4-5 lemons)
- 1/4 cup unsalted butter, melted

Instructions:

1. Prepare the Pastry Dough (Frolla): In a large mixing bowl, combine the all-purpose flour, granulated sugar, and salt. Add the cold, cubed butter to the flour mixture and use a pastry cutter or your fingers to work the butter into the flour until it resembles coarse crumbs. In a separate small bowl, whisk together the egg yolks, lemon zest, and vanilla extract. Pour the egg yolk mixture into the flour mixture and stir until the dough comes together.

Form it into a ball, wrap it in plastic wrap, and refrigerate for at least 30 minutes.

- 2. Make the Lemon Filling:** In a medium saucepan, whisk together the granulated sugar, eggs, lemon zest, and lemon juice. Cook over medium heat, stirring constantly, until the mixture thickens, about 5-7 minutes. Remove the saucepan from the heat and stir in the melted butter. Set the lemon filling aside to cool.
- 3. Preheat the Oven:** Preheat your oven to 350°F (175°C). Grease and flour a muffin tin or tartlet pans.
- 4. Roll Out the Pastry Dough:** On a floured surface, roll out the chilled pastry dough to a thickness of about 1/8 inch. Cut out rounds of dough using a round cookie cutter or a glass that fits your muffin tin or tartlet pans. Press each round of dough into the prepared muffin tin or tartlet pans, making sure it lines the bottom and sides evenly.
- 5. Fill with Lemon Filling:** Spoon the cooled lemon filling into each pastry shell, filling them about three-quarters full.
- 6. Bake:** Bake in the preheated oven for 20-25 minutes, or until the pastry is golden brown and the filling is set.
- 7. Cool and Serve:** Allow the Sfogliatella Frolla to cool in the pans for a few minutes, then transfer them to a wire rack to cool completely. Optionally, dust with powdered sugar before serving.