



Triangle
Lodge 2817



IL GIORNALE DI TSDIA

Febbraio, 2026

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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

Feb 1 – Madama Butterfly Opera

Feb 15 – PO-KE-NO & Pizza

Mar 28 – Italian Coffeehouse & Dessert Extravaganza

Apr 11 – The Italian Secret Documentary

May 02 – Bocce Tournament

Jun 7 – Annual Picnic

Jun 20 – Durham Bulls

Aug 8 - Palio

Oct 10 – Italian Heritage Celebration

Sep 19 – Festa Italiana

Dec 5 – Christmas Dinner Maggiano's

February Birthdays

Olivia Delfino (1), Noah DiTomasso (1), Sandro Libero (1), Phil Sielatycki (1), Lou Fabrizio (3), Peggy Martin (4), Anthony Connochie (5), Gemma Abbondanzio (6), R. Jay Dewey (8), Anthony DiSantostefano (9), Sandra Pesoli (9), Allen Lorie (13), Astrid Amico (13), Mike D'Amore (13), Sherry Hicks (14), Robert Sepe (14), Marcia Eisenberg (15), Cristina Ziller (15), Deborah Zechini (15), Ricci Polsinelli Williams (16), Barbara Ascolese (18), Robert Russo (18), William Schmidt (18), Phil DePalma (21), Suzy Fanucci Schmidt (21), David Blackford (22), Mike Longo (22), Paisley Wild (23), David Zoffer (23), Kathy Opthof (24), Gary Salamido (24), Carole Meshot (25), Vita Fratarcangeli (26), Ethan Wilson (29).



Good & Welfare

We are sad to communicate that TSDIA Member **Bob Wolf** passed away. Bob and his wife Maria have been members of our Lodge for several years. Both Bob and Maria have been regular attendees and familiar faces at many Lodge events. Bob and Maria quickly raised their hands when we needed leaders to assist with our USO Cake Walk this past December. Bob had a great deal of passion for the USO, and our Lodge will make a donation to the USO in his memory. If any member wishes to send a card to Maria, her address is: Maria Wolf, 605 Aylestone Drive, Cary, NC 27519.

We are sad to inform you that our long-term member, **Tony Romano**, passed away this month. Tony and his wife Josephine have been active members of our Lodge since 2010. Tony and Josephine's daughter, Dina Bon and her husband Frank, are also members of our Lodge. Tony had great love for the Triangle Sons and Daughters of Italy. It warmed my heart in 2025 when Dina and Frank brought Josephine and Tony to several of our larger events. They were so thrilled to be with us again after having missed the opportunity to do so in the prior year or so due to health challenges. If any member wishes to send a card to Josephine, her address is: Josephine Romano, Waltonwood Lake Boone, 3550 Horton Street (Apt. 212), Raleigh, NC 27607.

Letter from the President

Dear Brothers and Sisters:

As I sat down to write my February letter, what's most on my mind is reflecting on the good times that we shared as a Lodge with our two recently departed members, Bob Wolf and Tony Romano. I will greatly miss these two members who fully embellished the spirit of the of the Triangle Sons and Daughters of Italy.

Bob and Tony always greeted me with big smiles, and they reminded me that we have created an environment that is special and full of warmth as we celebrate our heritage.

Let's harness the affection for the Lodge that Bob and Tony demonstrated and use it to propel us to generate the same energy for all other members. If you haven't yet registered for our Italian Coffeehouse and Dessert Extravaganza on March 28th, please consider doing so. This is one of our largest events of the year and brings together socialization, culture, food, music, and formally inducting our newest Lodge members into our extended Italian American family.

By the time you read this newsletter, you will have either already received or are about to receive the next issue of the National Italian American Magazine. Our Triangle Lodge is one of the feature stories in the magazine. I hope that all members will read about our growth story.

Always be on the lookout for my weekly event registration email. It is the easiest way to learn about upcoming programs and how to register.

Fraternally yours,

Don Cimorelli

TSDIA President

Those we love
don't go away,
they walk beside us
every day...
unseen, unheard,
but always near,
still loved,
still missed
and very dear.



Conversational Italian Zoom

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 **Danielle Pavoni** who was at this year's USO Cake Walk and heard about us from members Bob and Maria Wolf. Thank you both. Danielle is originally from West Orange, New Jersey and has lived in Burlington, NC for 20 years. Her heritage is from the Comperia region (Avellino province), Abruzzo region (Teramo province) and Naples. She is a UNC Graduate Medical Education (GME) Staff Specialist. Her interests/hobbies are hiking, cooking/baking, horseback riding, swimming, traveling and reading/journaling. Welcome Danielle dmp50529@yahoo.com.

Please welcome **Jill Odle** who heard about TSDIA while shopping at Capri Flavors. She is originally from Bayonne, New Jersey and has lived in Holly Springs for 10 years. Her heritage is from Naples and Sicily and she is a Speech Pathologist. Her interest/hobbies are cooking, reading, yoga and trying to learn Italian. Welcome Jill villagechic@aol.com.

Please welcome **David DiMauro** who heard about us from his daughter. David is originally from Woburn, Massachusetts and lives in Sanford. His heritage is from Melle and Naples. He is retired from Pratt and Whitney Aerospace Manufacturer and enjoys golf and other sports. Welcome David djdim62@gmail.com.

Please welcome **Theresa Gibson** who heard about TSDIA from Don Cimorelli when she was shopping in Capri Flavors. Thank you, Don. Theresa is originally from Buffalo, New York and 18 years ago relocated to Apex to be near family and for climate change. Her heritage is from Calabria and Abruzzo. She is an Education Consultant and enjoys cooking and reading. She is in the process of filing for dual citizenship. Welcome Theresa theresagibson24@gmail.com.

Please welcome **Joseph (Joe) Avigliano and his daughter Megan Mott** who heard about TSDIA through our Facebook page. They are originally from Bound Brook, New Jersey and have lived in Apex since 2017. Their heritage is from Avellino and Avigliano. Joe is a retired Electrical Design Engineer and enjoys reading, woodworking and cooking. Megan is a Science Teacher at Apex Friendship High School and enjoys baking, shopping and Yoga. Welcome Joe

joevig@gmail.com and Megan megan0926@hotmail.com.

Please welcome **Dave and Penny DeFalco** who heard about us through searching the internet. Dave is originally from Naperville, Illinois and Penny is originally from Patchogue, Long Island, NY and they have lived in Cary for 12 years. Dave's heritage is from Siracusa and Calabria and he is in Human Resources. He enjoys cars, reading, Italian food and travel. Penny's heritage is from Palermo and Messina and she is a Pharmacist for UNC Health. She enjoys hiking, being active, cooking, travel, music, reading and community service. Welcome Dave dave.defalco@gmail.com and Penny pennydefalco@hotmail.com.

Please welcome **Nick and Sue Sennert** who heard about TSDIA from Don Cimorelli while they were shopping in Capri Flavors. Thank you, Don. Nick is originally from Brooklyn, NY. and Sue is from Amityville, Long Island, NY. Nick's heritage is from Naples and they live in Apex. Nick is a Manager for an Audio Visual Systems Company and he enjoys guitar, reading, and Bible study. Sue is a Homemaker and she enjoys cooking, reading, gardening, painting, beading, and all crafts, Welcome Nick nickrk@gmail.com and Sue: mrsnicks@gmail.com.

Please welcome **Mark and Roxanne Sesti** who heard about TSDIA from member Marissa Giampartone. Thank you, Marissa. Mark is originally from Smithtown, Long Island, NY and Roxanne is from Brooklyn, NY and they live in Angier, NC. Mark's heritage is from Naples and they are Home Inspectors. Their interests/hobbies are heritage traditions. Welcome Mark and Roxanne mfsesti123@icloud.com.

Please welcome **Marne Patana** who heard about TSDIA at Festa Italiana NC. Marne is originally from Marquette, Michigan and lives in Holly Springs. Her heritage is from Calabria. She is a Spanish Teacher and enjoys traveling, reading, walking with friends, opera, musical theater and arts. Welcome Marne patanamc20@gmail.com.

Please welcome **Daniela and Timothy Curtin** who read about TSDIA on our Facebook page. Daniela was born in Salerno, Italy and her family relocated to Chicago when she was six years old. Timothy is originally from Boston and they live in Morrisville. They are both semi-retired from a career in finance. Daniela enjoys traveling, cooking and sports. Timothy enjoys

pickleball, traveling and sports. Welcome Daniela and Timothy danicurtin@gmail.com.

Please welcome **Robert (Rob) Goldman** who read about TSDIA on our Facebook page. Rob is originally from Helena, Arkansas and lives in Cary. He is joining as a Social Member and is a retired CPA. His interests/hobbies are traveling and investments. Welcome Rob rcgcpa@yahoo.com.

"Family Promise Day of Care"

You are invited to spend a day painting an apartment at Family Promise of the Triangle. Family Promise of the Triangle provides safe, temporary housing and support services for families experiencing homelessness as they work toward long-term stability. The apartments these families stay in are more than shelter—they are places of dignity, safety, and hope during a very difficult time. Family Promise is an established and ongoing charity that TSDIA supports, and we provide XMAS gifts each year for two entire families.



To help maintain these spaces, we are launching a new service initiative called **Day of Care**, and we are inviting you, members of TSDIA, to participate by volunteering a day of painting.

A **Day of Care** is a hands-on service project where you would help refresh one of Family Promise's apartments. The apartment we will be painting will be empty as one family transitions out and another arrives. The work includes light prep and painting tasks such as:

- Filling nail holes and small cracks
- Taping trim and protecting surfaces
- Laying down drop cloths
- Painting walls and trim

No professional painting experience is required—just a willingness to help and work as a team. All guidance will be provided, and the impact is immediate and visible.

By volunteering for a **Day of Care**, you can help ensure that families transitioning through homelessness are welcomed into a clean, bright, and well-cared-for living space. It's a powerful way to show compassion, give back locally, and make a tangible difference in just one day.

We are aiming for the April/May timeframe for this project. If you are interested in participating fill out the signup genius (ignore the date) and we will contact you when we have a firm date for the event. Go to <https://www.signupgenius.com/go/10C0D4BADA829AAF BCE9-61880207-painting>

Thank you for considering this opportunity to care for families in our community.

New June 2026 Italy Trip Opportunity to Calabria

We pleased to announce a third Italy trip opportunity for Triangle Lodge members in 2026 which is being led by our TSDIA Member and Professional Travel Advisor Isabel Perry. This is a unique trip to Calabria from June 15–23.

Calabria Food Fest and Tropea: Experience the Soul of Calabria

An Exclusive Journey with Isabel Perry

Step into one of Italy's most captivating and undiscovered regions with Isabel Perry as your host. This curated luxury experience invites you to explore the true essence of Calabria, from the breathtaking Gulf of Squillace to the iconic turquoise waters of Tropea, in an atmosphere of elegance, intimacy, and cultural depth.

Designed for travelers seeking authenticity without compromise, this journey blends refined comfort with genuine local encounters. Guests will enjoy privileged access to the Calabria Food Fest, an exclusive culinary event celebrating the region's finest flavors, traditions, and artisanal excellence — a rare opportunity reserved for a select few.

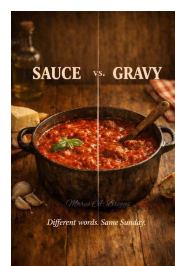
For those wishing to extend the experience, an optional private add-on offers the chance to spend additional days in San Giovanni in Fiore, Isabel's hometown in the heart of Calabria. This immersive extension includes curated tastings, cultural activities, and meaningful local encounters, all aligned with the celebration of the city's Patron Saint, San Giovanni, offering an extraordinary window into Calabrian heritage rarely accessible to visitors.

This is not a conventional tour: It is a bespoke Italian experience, crafted for discerning travelers who value exclusivity, cultural authenticity, and unforgettable moments.

Click on link below for full details and booking button. <https://tinyurl.com/yy7n7cd8>



Winner of Sauce vs. Gravy Poll



The winner of the Sauce vs. Gravy poll on Facebook is **"Sauce"** by a 2 to 1 margin. It all depends on where you grew up.

Italian Cuisine Was Just Crowned By UNESCO...

THESE 5 ANCIENT REGIONS BUILT THE FOUNDATION WE CELEBRATE TODAY

When UNESCO recognized Italian cuisine, it wasn't simply an international honor. It was a moment of collective remembrance, a reminder of everything our grandparents carried across oceans, everything their parents protected through poverty and war, everything our ancestors refused to let disappear.

Italian cuisine didn't survive for centuries because it was luxurious. It survived because it was faithful. Because the people who shaped it had little yet created so much. Because food wasn't a trend, it was identity, survival, and love served on a plate. Some regions hold culinary traditions so ancient, so layered with memory, that they feel almost sacred. These five places were shaping Italy's cuisine long before there was an Italy.

1. SICILY: A LAND THAT TURNED HISTORY INTO FLAVOR



Sicily has lived through more than most regions on earth. Empires arrived and collapsed. Cultures clashed, blended, and rebuilt. But instead of losing itself, Sicily absorbed every influence and transformed it into beauty.

- Almonds from the Arabs
- Citrus from ancient traders
- Cheeses from shepherd families who lived by the land

Sicilian cuisine is history made edible - proof that a people can endure hardship and still create sweetness.

2. PUGLIA: WHERE POVERTY BECAME POETRY



Puglia's culinary roots were born in simplicity - the true *Cucina Povera* - where families who worked long days and fed entire households with wheat, oil, and faith. With influence from the Greeks, Arabas, and Normans: Nothing is wasted.

Nothing in excess.

Everything is created with intention.

- Orecchiette shaped by hands that never rested
- Cartellate fried at Christmas, glistening with *vin cotto*
- Olive oil so golden it could have been bottled sunlight

You don't have to be from Puglia to feel at home there; the food welcomes you like family.

3. CALABRIA: A TRADITION THAT SURVIVED BECAUSE THE PEOPLE DID



Calabria is bold because Calabrians have always been fighters.

They survived invasions, earthquakes, poverty, and isolation — and in every hardship, they held onto their food traditions.

- Pepperoncino with spirit
- Sun-dried vegetables
- Seafood pulled from wild, rugged coastlines

Calabrian cuisine doesn't whisper its story — it declares it. Every dish says, "We endured. We remain."

4. BASILICATA: ITALY'S LIVING TIME CAPSULE



Basilicata is often overlooked, but its culinary traditions are among Italy's oldest, preserved in mountains, stone villages, and practices barely touched by modernity.

- Bread baked in communal ovens
- Lamb roasted the ancient way
- Pasta shaped by hand, not for beauty, but necessity

Basilicata reminds us that the truest flavors are often the quietest.

It is a region where tradition is not performed... it is lived.

5. SARDINIA: THE ISLAND THAT GUARDED ITS SECRETS



Sardinia stands apart - culturally, linguistically, and spiritually.

Its cuisine carries the weight of ancient civilizations and a deep respect for land and heritage.

- Pane carasau, baked paper-thin
- Roasted meats cooked slowly, intentionally
- Cheeses aged with wild herbs and island winds

Sardinia didn't lose its traditions over time, it protected them like precious heirlooms.

AND THIS IS WHY UNESCO MATTERS



Italian cuisine wasn't crowned because the dishes are beloved worldwide. It was crowned because those dishes carry memory. It happened because families like ours held onto these

recipes through migrations, wars, sacrifices, and celebrations.

Because every bowl of pasta, every loaf of bread, every Christmas sweet is a surviving piece of someone's story. Our grandparents didn't just cook, they preserved a culture.

They handed us a piece of themselves. These ancient regions remind us that Italian food is more than cuisine:

- it is resilience
- it is belonging
- it is love that traveled across generations and still shows up on our tables today.

UNESCO recognized Italy, but the truth is, the heart of Italian cuisine has been beating for thousands of years; kept alive by the hands of ordinary people who fed their families with extraordinary devotion.

Calabrian Chili Paste

Calabrian chili paste is a spicy, flavorful Italian condiment made from crushed Calabrian chili peppers native to the Calabria region of southern Italy.

Flavor Profile and Heat

Flavor: Calabrian chili paste is known for a complex flavor profile that is smoky, salty, fruity, and slightly sweet. The addition of oil and vinegar mellows the heat and allows these flavors to shine.

Heat Level: It provides a moderate to high level of heat, generally rating between 25,000 and 40,000 Scoville Heat Units (SHU), making it several times spicier than a jalapeño but less spicy than a habanero or cayenne pepper.

Differentiation: While most chili peppers burn the front of the tongue and tend to mask other flavors, Calabrian chili paste heats the back of your tongue so that you can still taste the other flavors in your dish.



Crushed vs. Dried Calabrian Chilis

Crushed is typically made with olive oil, vinegar, and salt, and is a popular way to add a bold, tangy heat to a variety of dishes. It is also available as a dry spice. Both can be used interchangeably. They can be substitutes for red pepper flakes and cayenne.

Common Uses

A versatile pantry staple, Calabrian chili paste can be used in numerous ways to add a kick to your cooking:

Pasta and Sauces: Stir a spoonful into pasta sauces (especially tomato-based ones) or use it to make spicy pasta dishes like Giada De Laurentiis's famous Calabrian Chili Pasta.

Pizza and Sandwiches: Spread it on pizza or mix it into the sauce, or use it as a spicy condiment for sandwiches, burgers, and hot dogs.

Marinades and Rubs: Incorporate it into marinades or rubs for grilled or roasted meats, chicken, shrimp, and vegetables.

Dips and Spreads: Mix it into hummus, aioli, or compound butter to add a flavorful, spicy element to appetizers or spreads.

Other Uses: Add it to soups, stews, or drizzle the leftover oil on eggs and crusty bread.

Where to Buy

You can find Calabrian chili paste at many major grocery stores, Italian specialty markets such as Capri Flavors in Morrisville, or through online retailers like Amazon. Popular brands include Tutto Calabria, DeLallo, and Bomba di Calabria.

Storage

Store store-bought, jarred Calabrian chili paste in a cool, dry place until opened, then refrigerate after opening to keep it fresh for several months.

Giada's Calabrian Chile Pasta

Recipe by Giada De Laurentiis

<https://giadarecipes.com/giada-calabrian-chile-pasta/>

Servings 4

Ingredients

1 pound penne



2 teaspoons kosher salt
1 cup grated Pecorino Romano cheese
1 pint cherry tomatoes, quartered
½ cup diced roasted piquillo peppers
3 tablespoons Calabrian hot pepper paste
⅓ cup chopped fresh chives
1 teaspoon grated lemon zest
1 teaspoon fresh lemon juice (from 1 lemon)
⅓ cup extra-virgin olive oil

Directions

Cook the Pasta: Add the penne and salt to a large pot of boiling water. Cook, stirring often, until the pasta is al dente, about 9 minutes.

Prepare the Sauce: Add the cherry tomatoes, piquillo peppers, hot pepper paste, chives, lemon zest, lemon juice, and olive oil to a bowl. Mix to combine.

Combine with Pasta: Add the cooked penne to the sauce and mix to combine. Serve immediately

History of Calabrian Chilis

The history of Calabrian chilis is deeply intertwined with the region's cultural heritage and culinary traditions. Calabrian chilis were introduced to Italy by the Spanish in the 16th century, bringing them back from the New World. Over time, Calabrian chilis became an integral part of Italian cooking, particularly in the southern region of Calabria. The peppers have been preserved in oil and used to add flavor to various dishes, including 'nduja, a spicy, spreadable pork sausage. Different varieties of Calabrian chilis have been cultivated, each with its own unique flavor profile and heat level. Calabrian chilis are celebrated in various festivals and events, showcasing their importance in Calabrian culture.



Rome 2026: the big changes tourists need to know (so you don't waste time)

Rome didn't "suddenly get harder" — it got more regulated. More tickets, more controlled access, more rules designed to manage crowds at the most overloaded places. Here are the major changes tourists should know for 2026.

1) Trevi Fountain: €2 to get close (starting Feb 1, 2026)



What's new: a €2 ticket is required to enter the inner perimeter (the closest area to the basin).
What's NOT new: you can still see Trevi for free from the square — the fee is only for the controlled close-up zone.

When you pay: daily 9:00–22:00 (yes, it still applies on the first Sunday of the month).
Free close-up access stays for: Residents of Rome / Metropolitan City, Children up to 5, People with disabilities + one companion, MIC Card holders.

How to buy: on-site SmartPOS stations + through the city museum ticket network (Sistema Musei ticket offices, Tourist Infopoints, and affiliated points). The ticket is described as open (no fixed time slot) with no extra presale fee.

2) Civic Museums: some places that were free now require a ticket for tourists (from Feb 1, 2026)

For tourists / non-residents, a paid ticket is introduced for these previously free sites: Museo Carlo Bilotti, Museo Giovanni Barracco, Museo Pietro Canonica, Museo Napoleonico, Villa di Massenzio.

Good to know: some other small museums still remain free, so don't assume everything changed.

3) Colosseum 2026 reality check: timed entry + name on ticket + ID at the door. This is where people lose hours. Entry is timed (you choose a time slot). Tickets are nominative (your name is on them). ID checks are required at the entrance. Tickets typically go on sale well in advance (often around 30 days before the visit date)



Translation: last-minute plans can work, but only if you're smart about booking.

4) Pantheon: ticketed entry + "skip-the-line" confusion. The Pantheon is still one of the best interiors in Rome — but it's no longer "just walk in" for most visitors. Ticketed entry for most tourists,



Commonly listed pricing: €5 full / €2 reduced (EU 18–25) with free categories (including under-18s and certain eligible visitors)

"Skip-the-line" is not an official concept here — you're basically choosing between online purchase vs buying on-site

5) Public transport: tourist passes are more expensive (already in force). If you use day passes, these are the current prices:

24H: €8.50
48H: €15
72H: €22
7-day CIS: €29

Tip: if you walk a lot, a single ride ticket can still be cheaper than a day pass.

6) Driving in the center: the ZTL "Centro" becomes Zona 30 (from Jan 15, 2026). Inside the central ZTL area, the speed limit becomes 30 km/h starting January 15, 2026. If you're renting a car, driving in, or planning tight transfers, expect slower movement and stricter enforcement.

Orecchiette alla Barese

www.paggipazzo.com/2011/10/20/orecchiette-barese-recipe/



Yield: 6 servings

Ingredients

1/2 pound orecchiette
2 sweet Italian sausages (or hot)
4 cloves of garlic
1 bunch rapini (broccoli rabe)
3 tablespoons olive oil
1/4 cup white wine
1 teaspoon salt
1 teaspoon pepper
1/4 cup grated Pecorino Romano

Cooking Directions

1. Boil rapini for 15 minutes in boiling water with salt then drain, chop and move to bowl
2. Grill sausages (or broil) until outside is crispy and cut into slices
3. Add olive oil to pan and add garlic at medium-to-high heat for 3-5 minutes
4. Add rapini to pan with salt and pepper and sauté for 10-15 minute at low heat, then add sausage and white wine, stir and then cover with lid
5. In another pot, boil water and add orecchiette and cook for 12 minutes or until al dente
6. Drain orecchiette from pot and add to pan of sausage and rapini then add Pecorino Romano (save some of the pasta water in case the sauce is too thin and add with the Pecorino, stirring with the heat on low)
7. Ready to serve

Calabrian Pork Spice Mixture

By Nick Verna

This spice mixture is ideal on grilled pork chops or to spice up a porchetta. If you don't want any heat substitute mild Calabrian Chili Powder for the hot.

2 TBS Fennel Seeds
2 tsp Garlic Powder
1 1/2 tsp Hot Calabrian Chili Powder
2 TBS Dried Parsley
1 Tbsp Dried Rosemary
1 tsp Table Salt

Ciauedda Vegetable Stew

www.lacucinaitaliana.com/italian-food/italian-dishes/ciauedda-vegetable-stew-good-seasons



Ciauedda is a [vegetable](#) stew from [Basilicata](#). It goes perfectly with both meat and fish dishes, and it's a great [side dish](#) for any season, or on its own, as you can enjoy it cold in the winter and hot during the [summer](#). Its name derives from cialdella, a dialect term referring to the slice of roasted bread that's traditionally served alongside the vegetable stew to bring all the ingredients together.

This dish is rooted in Italy's *cibo povero*, or peasant tradition, heritage, which fully reflects the cuisine of the last century – one characterized by ancient, simple flavors that are both tasty and nutritious. The recipe is below and it's simple to follow. Though you can feel free to make the recipe your own and include any vegetables you want in the soup.

Ingredients

5-6 artichokes
1 lb. onions
3 lb/ fava beans
1lb. potatoes
9 oz. guanciale, pancetta, or bacon
salt
pepper
extra-virgin olive oil

Method:

To make ciauedda vegetable stew, start by cleaning and cutting all the vegetables you want to include in the dish. Clean the artichokes and then cut them into quarters. Remove the skin from the fava beans, and then peel and slice the potatoes and onions. Finely chop the guanciale, pancetta, or bacon.

In a fairly large non-stick pan, heat some extra-virgin olive oil over medium heat. Then fry the onions and bacon, adding the other vegetables by hand once these two ingredients are cooked. Cover the pan with a lid and let the vegetables cook over moderate heat. Add hot water, little by little.

Once all the vegetables are soft (or after about forty minutes), turn off the heat and let the stew rest for about 5 minutes to cool. Serve the ciauedda either hot or cold, and always with at least one slice of toasted bread.