



Triangle  
Lodge 2817



# IL GIORNALE DI TSDIA

## Marzo, 2026

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Follow us on Facebook at  
“Triangle Sons & Daughters of Italy”



And on our YouTube Channel  
[youtube.com/@tsdoiyoutube7441](https://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](mailto:nickverna14@gmail.com)

# TSDIA Calendar of Events

**Mar 28** – Italian Coffeehouse & Dessert Extravaganza

**Apr 11** – The Italian Secret Documentary

**May 02** – Bocce Tournament

**May 9** – Day of Change – Painting Day Family Promise

**Jun 7** – Annual Picnic

**Jul 18** – Durham Bulls

**Aug 8** – Palio

**Sep 19** – Festa Italiana

**Oct 10** – Italian Heritage Celebration

**Dec 5** – Christmas Dinner Maggiano's

## March Birthdays

Antoinette Finizio (1), Albert Genovesi (1), Vincent Occhipinti (1), Roe Mattia (3), Bill Cerami (4), Vince Stelluto (7), Josephine Romano (8), Frank Maurio (9), Kimberly Delfino (10), Paul Fowler (10), Elisa Rossi (10), Frank Bon (11), Salvatore Monopoli (12), Theresa Salamone (13), Christine Russo (16), David DiMauro (17), Karen Fox (17), Barbara Caci (18), Adolfo Lunardi (18), Noelle Marino (20), Jim English (20), Gary Pezzullo (22), Ron Warren (22), Frank Crimi (25), Peter Paldino (25), Michelle Simonetti (25), Joseph Avigliano (27), Constance Lanaro (27), Sue Sennert (28), Keegan Moro (29), Marissa Giamportone (30), Marie Anderson (31), Catherine Poff (31), Ric Riccobono (31).



## Good & Welfare

Vivian and Jay Dewey's grandson in Massachusetts will begin treatment for leukemia. He is currently in the hospital until his health, and the ongoing treatment plan is stabilized. Please add their grandson to your prayer list for his recovery. Children exhibit amazing strength in how they can tackle challenges with the support of their family, younger school friends, and their healthcare providers. Our Lodge is cheering on their grandson as he prepares to address the challenges associated with his treatment.

Once again, we are saddened to share that long-term member Joseph Smolenski passed away on Wednesday, January 28th. This has been a rough period saying goodbye to three members who passed away. Joe initially joined the Order Sons and Daughters of Italy when he lived in New York and quickly joined our Lodge in the Triangle Area. I vividly remember him telling me last year that he would always be a member of the Lodge. He had great passion for both our organization and the charitable work that we support.

## Letter from the President



Dear Brothers and Sisters:

I hope that everyone in our Lodge has read the feature article in the National Italian Magazine on our Triangle Lodge 2817. I am so proud of all that we have achieved together. The vibrant offering and welcoming environment of our Lodge has certainly been noticed.

Beyond our local Lodge, we can take pride that the Order Sons and Daughters of Italy in America continues to expand in North Carolina. While we had been the only Lodge in North Carolina for about 21 years, last year the Charlotte Lodge was established, and the Cape Fear Lodge (Greater Wilmington Area) was launched in February. Together, all 3 Lodges can identify ways to work together and support common goals and causes.

I sincerely hope that your calendar enables you to engage with our Lodge. By engage, I mean to take part in events. I know that everyone cannot possibly attend all that we offer but try to register for our larger events and try to select a few smaller and more specialized events that align with your personal interests. This can be anything from our social, cultural, educational, and charity programs.

As I close this monthly letter, I wish to express my deepest appreciation for the financial support that you have contributed to the Garibaldi-Meucci Museum Challenge and the Cyclone Harry Disaster Relief fund. Without a doubt, Italian Americans have big hearts!

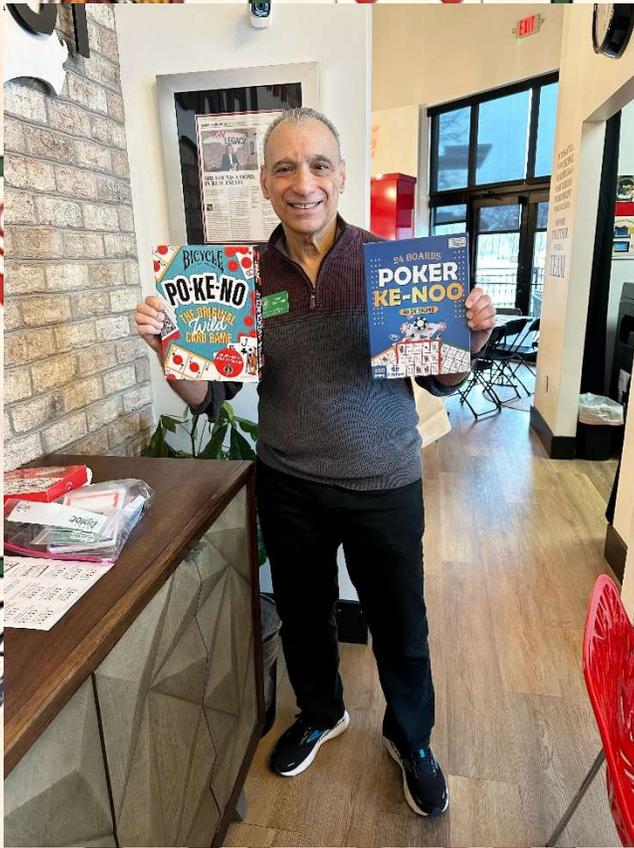
Fraternally yours,

Don Cimorelli

TSDIA President

# Po-Ke-No

This was our very first Po-Ke-No night and everyone went home a winner.



# Battle of the Reds



**WINE TASTING NOTES**

NAME/#	SMELL	COLOR	TASTE	BODY	TOTAL
2	2	2	3	2	9
7	3	3	5	4	15
4	3	4	5	3	15
5	3	4	3	3	13
6	1	1	1	1	4
10	3	3	3	3	12
14	2	2	2	2	8

**SCORING GUIDE:**  
 1.UH,NO!  
 2.MEH!  
 3.PRETTY GOOD!  
 4.ALMOST PERFECT!  
 5.PERFECT!

**WINNER IS**  
 # 7



# MY ITALIAN SECRET/THE FORGOTTEN HEROES

*My Italian Secret* is a documentary that includes living Jewish survivors and family members of the Holocaust narrating as well as Professional Narrator Isabella Rossellini adding comments throughout. The unfolding of events is presented in English, Italian, and Subtitles to enable the understanding of the action taking place. The story and details went unspoken until 2014 when the film was released and opened in Rome International Film Festival.

The public is almost completely unfamiliar with the role played by many Italians in saving Jews in World War II. As almost the entire continent was engulfed in genocide, 80% of the Jews in Nazi-occupied Europe were killed, (nearly 6 million people). Conversely, more than 80% of the 45,200 Jews living in Italy managed to survive, despite the fact that the country began the war as an allied Fascist power and ended it under vengeful German occupation. Many of these people were saved from deportation and death by regular Italian citizens, clergy, or officials who hid and protected them, often at risk to their own lives and those of their own families.

## **Treatment**

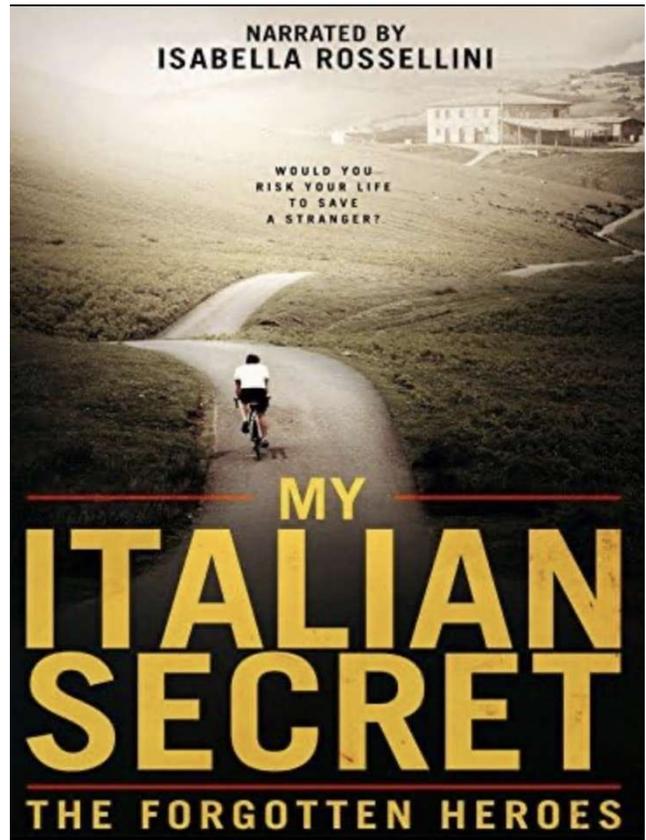
The journeys of survivors returning to visit the people and places where they were detained or hidden during the war are the core strands of the film. Revisiting the past, they share these stories with the next generation, so the courage of their Italian rescuers won't be forgotten. The years covered in our story (1938-1948) coincide with the birth of **Italy's neo-realist cinema** and the film includes a few recreated scenes, in homage to this golden age of Italian movies, to evoke the childhood memories of the main characters.

## **Synopsis**

Would you risk your life to save a stranger and never talk about it? *MY ITALIAN SECRET* tells the story of sports idol Gino Bartali and other courageous Italians who carried out ingenious schemes to rescue Jews, partisans and refugees from Nazi-occupied Italy. Gino Bartali is a sports legend; but his most daring triumph came when he risked his life over and over to save Jews threatened by Nazi extermination. The story of Bartali and the secret network he worked with stands in for the stories of thousands of Italians who risked their lives to save others from capture and death. As an entire continent was engulfed in a genocide which took the lives of most Jews in Nazi-occupied Europe (nearly 6 million people), more than 80 percent of Italy's Jews survived. Bartali, like most of the rescuers, never sought recognition or reward. Few of those he helped knew his name or what role he played in their rescue.

**The living and deceased participants are:**

**Full Character List:**



Andrea Bartali, Padre Trivellato Basilio, Sister Benedetta, Pietro Borromeo, Pier Stefano Gallo, Giorgio Goldenberg, Charlotte Hauptman, Jacob Hauptman, Ursula Korn-Selig, Wanda Lattes, Alfredo Martini, Riccardo Pacifici, Ugo Sciamanno, Gaia Servadio, Piero Terracina, Mercedes Virgili, Grazia Viterbi, Monsignor Montini(Future Pope Paul VI)

## **Historical Characters (Deceased):**

Gino Bartali, Giovanni Borromeo, Cardinal Eliah Dalla Costa, Fr. Rufino Niccacci, Don Aldo Brunacci, Father Gabriele Costa, Riccardo Pacifici, Emanuele Pacifici, Luigi Brizi, Trento Brizi, Mother Giusepinna

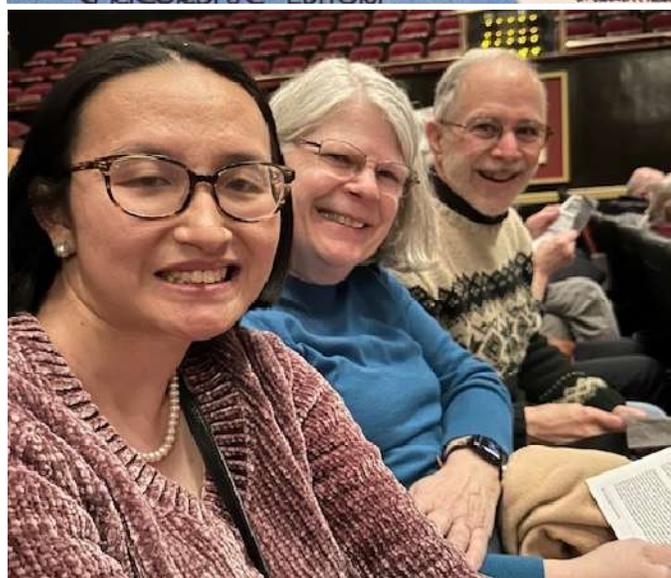
## **Closing:**

In closing, many of us were raised believing the Italians willingly worked in concert with the Germans throughout World War II. Although we grew up somewhat disappointed in our While it is true that there were Italian Fascists who assisted the Germans in identifying the Jews and turning them in for money, in this film, you will get a firsthand account from the survivors and their children of the clandestine operation by thousands of our parents, grandparents, and great-grandparents who supported the Jews and committed to their survival. Italians risked life and limb constantly to shelter tens of thousands of Jews who lived in Italy and traveled to our country seeking lifesaving support to be able to live their life and believe and practice their religion. More than 80 percent of Italy's Jews survived!

<https://www.signupgenius.com/go/9040A4DAAAF2EA6FE3-62321969-myitalian>

## Madama Butterfly Opera

A few of us were able to make it to the dress rehearsal of Madama Butterfly. Unfortunately, the scheduled performance was cancelled.



## Cyclone Harry Relief

Dear Triangle Lodge 2817 Members:

Southern Italy is the ancestral home to over 75% of Italian Americans. The livelihoods of entire towns on the eastern coast of Sicily and the Western/Southern Coast of Calabria from Reggio Calabria to Catanzaro have been destroyed due to Cyclone Harry. Now it is our duty to look back at where we come from and stretch out a helping hand to our cousins in the Old Country. We may have been born in different countries, but we are all Sons and Daughters of Italy. With your support, we can once again bring necessary relief and hope to those facing this hardship.



Our Triangle Lodge 2817 is supporting fundraising in 3 major ways:

If you are registered to attend major TSDIA in-person events in February and March, we are donating 100% of the Lodge portion of our 50-50 to relief efforts. We have converted existing Lodge fundraising tools to Cyclone Harry Relief. Consider purchasing additional 50-50 tickets at the event.

If you are unable to attend major Lodge events in February and March, but would like to make a donation that is included in the Triangle Lodge 2817 disaster relief contribution, you can use the Square Link below for donations in increments of \$10, or mail a paper check made out to "TSOI" to Don Cimorelli, 132 Wards Ridge Dr, Cary, NC 27513

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

Use the Sons of Italy Foundation direct donation page to make either online personal donations or there are directions on the landing page on how to mail a check:

Donation Landing Page:

<https://onecau.se/cycloneharry>

Our Triangle Lodge 2817 has listened to member preferences on how to make simple in-person, online, and paper check options available that contribute to the donation that the Triangle Lodge 2817 will make, or how to make personal online or paper check personal donations through the Sons of Italy Foundation.

I love the Italian expression "Un Grande Abbraccio" (A Big Hug) and that is what we are extending through these donation avenues.

Don Cimorelli

President, Triangle Lodge 2817

# 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](mailto:nickverna14@gmail.com).

## New Members

Please welcome **Anthony Sartor**, who heard about TSDIA from member Marissa Giamportone. Thank you, Marissa. Anthony is originally from Farmingville, Long Island, NY and lives in Raleigh. His heritage is from Venice, and he is a CPA. His interests/hobbies are exercising, cooking, chess, road trips and socializing. Welcome Anthony: [anthony@rdutax.com](mailto:anthony@rdutax.com).

Please welcome **Dr. Robert (Bob) Melone** who heard about TSDIA from member Mark Celenza. Thank you, Mark. Bob is originally from Niagara Falls, NY and lives in Apex. His heritage is from Ovindoli, a mountain village in the Abruzzo region. He is a retired Superintendent of Schools and enjoys community activities and reading. Welcome Bob [papananmel@aol.com](mailto:papananmel@aol.com).

Please welcome **Marie Bongiovanni** who heard about TSDIA through our Facebook page. Marie is originally from Southern Philadelphia, lives in Boone and has a small place in Chapel Hill. Her heritage is from Abruzzo, and she is a retired English Professor. Marie enjoys photography, studying Italian and riding motorcycles (including Ducati). Welcome Marie [bongiova@lvc.edu](mailto:bongiova@lvc.edu).

Please welcome Robert and Cheryl Dell'Osso who heard about TSDIA through our Facebook page. Robert is originally from Houston, Texas and Cheryl is from Medway, Massachusetts. They live in Apex. Robert's heritage is from Lucca. They own a Property Management Company and enjoy the beach and traveling at least once a year to Italy. Welcome Robert [rdelloso@yahoo.com](mailto:rdelloso@yahoo.com) and Cheryl: [dellosocheryl@gmail.com](mailto:dellosocheryl@gmail.com).

Please welcome **Joseph Smolenski III** who is the son of past member Joseph Smolenski Jr. Joe "3", as his father called him is originally from New Hyde Park, Long Island, NY and lives in Raleigh. His heritage is from Naples. He is Funeral Director at the Renaissance Funeral Home in Raleigh. He enjoys being with family and friends. Welcome Joe [joe3@rfhr.com](mailto:joe3@rfhr.com).

Please welcome **Sara Reynolds** who heard about the Triangle Lodge through the internet. Sara is originally from Tams, West Virginia and lives in Brown Summit,

NC. Her heritage is from Bari, and she is a retired middle and high school teacher. She enjoys walking, reading, aerobics and being with family and friends. Welcome Sara [sarajreynolds203@gmail.com](mailto:sarajreynolds203@gmail.com).

Please welcome **Lisa Rubisch** who is the wife of member Richard Rubisch. She decided to join after attending the PO-KE-NO and Pizza event yesterday. Lisa is originally from Ebensburg, Pennsylvania and lives in Goldsboro, NC. Her heritage is from Parma Emiglio and Ascoli Piceno. She is a retired Healthcare Administrator and enjoys needlepoint, cooking, antiques and travel. Welcome Lisa [lisarickrubisch@earthlink.net](mailto:lisarickrubisch@earthlink.net).

Please welcome **Anthony (Tony) and Frances (Fran) Rund** who heard about us from their daughter's friend and member Christine Cataldo. Thank you, Christine. They are both originally from New York; Fran is from Island Park, Long Island and Tony is from Queens. They live in Raleigh. Fran's heritage is from Bari and Sicily. She is a retired Elementary and Junior High School Teacher and enjoys reading, cooking and traveling. Tony is a retired Vice President of Auto Barn and enjoys golf, card playing, bowling and traveling. Welcome Fran [ndune@hotmail.com](mailto:ndune@hotmail.com) and Tony [tony.rund@hotmail.com](mailto:tony.rund@hotmail.com).

## Member Business Spotlight

Each month we will spotlight a member owned business.



### Financial Advisors - Edward Jones

Member Name: Jack G. Giamportone

Address: 9212 Falls of Neuse Road – Suite 121, Raleigh, NC 27615

Phone: 919-845-7433

Website: <http://www.edwardjones.com/>

Email: [jack.giamportone@edwardjones.com](mailto:jack.giamportone@edwardjones.com)

Services Offered: We offer numerous investments and services to help you reach your financial goals, including smart spending and borrowing options, retirement, paying for education, estate considerations and protecting your assets. Please contact me for more information.



## Pasta Class – Destination Sardinia



Transport your hands (and taste buds) to Sardinia in this hands-on pasta class celebrating the Italian island's rustic cooking traditions and learn how to make unique regional pasta. We'll start from scratch with fresh semolina pasta dough then roll and form malloreddus— Sardinian gnocchetti—served with a rich, comforting chickpea “ragù” finished with a pesto sardo topping. We'll also make spizzulu alla Campidanese, a lesser-known but deeply satisfying shape, paired with a bold, savory sausage sauce inspired by the Campidano region. We will eat together at the end of class with a pasta tasting of what we made!

### Menu highlights:

- Fresh Semola Pasta Dough
- Malloreddus (Sardinian Gnocchetti) – Chick Pea “Ragù” with Pesto Sardo
- Spizzulu alla Campidanese - Sardinian-style Sausage Sauce

March 22 1pm

Il Laboratorio - The Cooking Lab by Melina's Fresh Pasta  
3101 Guess Rd Unit E, Durham, NC

\$60 (TSDOI DISCOUNT)

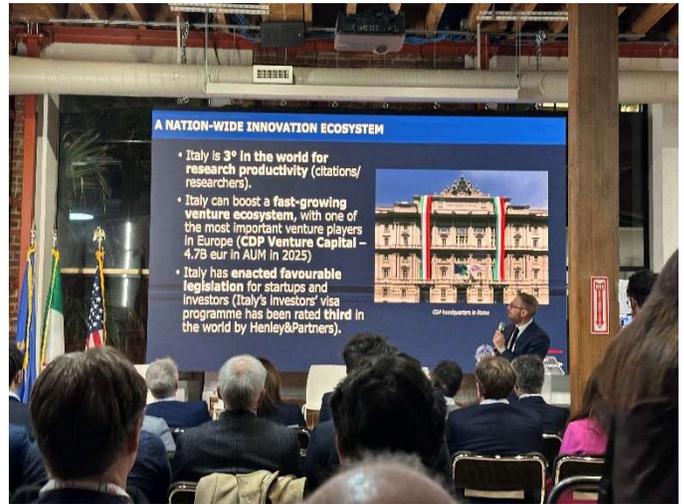
To be placed on the waiting list email Don Cimarelli at [donald.cimorelli@gmail.com](mailto:donald.cimorelli@gmail.com)



## Innovation in Italia!

by Sherry Carty Vetere (member of TSDIA)

Italy continues to impress—not just for the people, food, and culture, but also for its growing strength in life sciences, technology, and start-ups.



In January, I had the opportunity to attend 'Italy on the Move', an event dedicated to fostering collaboration between Italian and American Life Sciences stakeholders, held during the J.P. Morgan Healthcare Conference in San Francisco at INNOVIT – Italian Innovation and Culture Hub. Italian government officials, biotech leaders, and investment groups shared insights on Italy's expanding life sciences innovation ecosystem. They also highlighted initiatives, like investor visas and business incentives, designed to attract foreign companies.

Sponsored by the Italian Trade Agency and the Consulate General of Italy in San Francisco, the evening wrapped up, fittingly, with a beautiful tagliere, excellent wines, and plenty of chiacchiere. For me, highlights of the event included meeting an Italian language classmate in person, as well as meeting the Head of Innovation, Technology, and Startups within the Italian Ministry of Foreign Affairs and International Cooperation.

If any TSDIA members are curious about life science, innovation or start-up opportunities in Italy, please reach out - I'd love to connect!



Joyce Ragucci visiting the Garibaldi-Meucci Museum in Staten Island!

## An Italian's Honest List of What NOT to Do in Italy



1) **Don't engage with "MY FRIEND!" people** - If someone stops you with compliments, forced friendliness, bracelets, "free gifts," help you didn't ask for — it's usually the start of a scam. Keep walking. No eye contact. No conversation.

2) **Don't drop your guard in train/metro stations** - When

you're waiting for the train/metro, look around. Pickpockets scan people in that exact moment — distracted, luggage open, phone in hand. If someone is watching you too closely, creating a distraction, or getting unusually near: tighten your grip, zip everything, move.

3) **Don't wear flashy jewelry** - Leave fancy jewelry at home. It makes you an easy target and it's not worth the stress.

4) **Don't assume a photo of your passport replaces real ID** - Police can ask you to identify yourself. A phone photo isn't the same as proper ID. Italian law doesn't say you must carry ID every second, but you must be able to provide your identity if stopped — and not being able to can create problems.

5) **Don't drive into city centers unless you understand ZTL** - ZTL zones are restricted areas where tourists unknowingly collect big fines (and they often arrive later). Parking is also brutal. If you're not confident driving in tight streets, avoid renting a car in major cities.

6) **Don't forget to validate paper train/bus tickets** - Buying a paper ticket isn't always enough — you may need to stamp/validate it in the little machine before boarding or risk a fine (even if you "didn't know").

7) **Don't rely on American Express (or one payment method)** - Many places won't take AmEx. Some places still prefer cash. Also check foreign transaction fees before you swipe. 😊 Don't arrive with no cash. Even now, Italy still has situations where cash saves you: small bars, markets, tips, bathroom fees, some taxis. Bring some.

9) **Don't assume pharmacies work like back home** - Want something stronger than ibuprofen? You'll likely need a prescription. Need meds late at night? Look for a *farmacia di turno* (on-duty pharmacy).

10) **Don't show up to churches/museums dressed like the beach** - Many churches have dress codes (no sleeveless tops, short shorts). Backpacks are often restricted and selfie sticks are generally a bad idea.

11) Don't assume Italy is "dangerous" - Italy is safer than many visitors expect. Don't arrive paranoid. Be street-smart (stations, crowds, valuables), but don't treat the country like a war zone.

12) **Don't do the exaggerated "movie Italian" accent** - If you're an anglophone, don't imitate the cartoonish accent you hear in American movies. It's not real, and it can annoy people fast.

13) **Don't order tourist-trap "Italian" dishes** - If you see Alfredo, chicken parmigiana, spaghetti meatballs, or Hawaiian pizza, you're not eating Italian food — you're in a tourist trap.

14) **Don't eat carbonara in Venice** - Carbonara is Roman. In Venice it's often a tourist-menu situation. Eat Venetian food in Venice.

15) **Don't wear socks with sandals** (especially white/black) - Please. In Italy this is a famous stereotype about German/American tourists and people absolutely joke about it. It's considered a crime against fashion.

16) **Don't ignore how much Italians care about dressing well** - Italy is more fashion-obsessed than many countries. People notice fit, color combinations, and effort — and yes, some will judge. You don't need designer brands, just look put-together.

17) **Don't assume your hairdryer/charger will work** - Bring a Type L adapter and check your devices are dual voltage (110–220V) unless you want to watch them die instantly.

# Venice Carnival Masks

By [Laura Morelli](#) – Local Italian art historian and historical novelist

During the Middle Ages, Venetian mask makers (singular *mascarer* or plural *mascareri*) were organized into guilds or *arti*. Their statutes, recorded in 1436, placed mask makers under the same regulations as painters. The statutes set forth strict rules about the education and advancement of apprentices and journeymen, and stipulated the conditions under which masks could be produced and sold in the city.



## Anonymous Appearances

From these medieval accounts, we learn that masks were associated with Venetian Carnival. Carnival is a traditional annual festival in Catholic countries that takes place during the ten days leading up to Lent. Lent being a time of abstinence (the origin of the word carnival is thought to connote “relief from meat”), the days leading up to it entailed the opposite: overindulgence in food, drink, and merry-making. The city held its first Carnival in the eleventh century. Carnival celebrations extended through the city streets and squares, with dancers, acrobats, jesters, and other street entertainers. This free-for-all celebration included parades, balls, practical jokes, street music, and general revelry.

Under the laws of the Republic, Venetians were allowed to wear masks starting with Santo Stefano on December 26 and leading up to the beginning of Carnival on Shrove Tuesday (also called Fat Tuesday), which usually falls in February. In these early centuries, the official period of mask wearing was the one time of year when social divisions were blurred; behind the mask it was impossible to tell aristocracy from the lower classes. Scholars believe that mask wearing allowed people some relief from the rigidity of Venetian class divisions. By the seventeenth century, Carnival celebrations were not the only setting for the wearing of masks. Venetians also wore masks during

state ceremonies, at society balls, at opera and theater performances, and at other public events.

## What Early Masks Looked Like

While today we think of Venetian Carnival masks as opulent, even ostentatious, the early ones were simple affairs, little more than unadorned faceplates of white or black. By the time Venetian Carnival reached its zenith in the sixteenth century, masks had become more elaborate along with the costumes and jewelry for which Venetians were world-renowned. In fact, masks are inextricably linked to the history of costume in Venice. In the sixteenth and seventeenth centuries, costume renters ran successful businesses, outfitting their clients with sumptuous fabrics adored with tassels, trims, beads, feathers, ruffles, jewels, pearls, and other finery. As the theater genre of the *Commedia dell'Arte* gained popularity, many Venetian masks emulated popular characters from the stage.

When the Republic fell at the end of the eighteenth century, the ruling king of Austria outlawed Carnival celebrations in Venice, specifically banning the wearing of masks. The art of Venetian mask making fell into a lull until Carnival was revived in the late 1970s; the efforts of just a few local mask makers renewed the tradition. At that time, the Italian government sought to boost tourism and made the *Carnevale di Venezia* the focus of their efforts. The number of mask makers grew quickly, and today there is a group of notable mask makers carrying on the traditional techniques.

## An Enduring Tradition

Today, it is nearly impossible to find a street in Venice without at least one shop selling masks. At Carnival time, several private balls including the exclusive *Ballo del Doge* cater to dignitaries who want to recreate the magic of Venetian Carnival, including the wearing of traditional masks. The Venetian Carnival attracts hordes of international visitors, and the tradition of mask making continues in part thanks to today's lively Venetian tourist trade.



## Additional articles on Venetian masks:

- [Venetian Carnival Masks: Who's Who](#)
- [How Venetian Carnival Masks Are Made](#)
- [Who is the Plague Doctor?](#)
- [How to Choose a Venetian Carnival Mask](#)

# Sardinia Food Culture

Sardinia is renowned for its rich culinary heritage, featuring unique dishes like porceddu, culurgiones, and fregula, reflecting the island's diverse influences and local ingredients.

## 1. Porceddu (Roast Suckling Pig)

Porceddu is often considered the national dish of Sardinia. This succulent roast piglet is traditionally cooked over an open fire, resulting in tender meat with crispy skin. It is a staple at festive occasions and local festivals, showcasing the island's love for hearty, flavorful dishes.



## 2. Culurgiones

Culurgiones are handmade dumplings resembling ravioli, typically filled with a mixture of potatoes, pecorino cheese, and mint. They are often served with a rich tomato sauce, making them a comforting and flavorful dish that highlights Sardinian pasta artistry.

## 3. Fregula

Fregula is a unique type of pasta that resembles small pearls or couscous. It is often toasted and used in various dishes, including seafood stews and soups. Fregula con arselle (fregula with clams) is a popular preparation that showcases its versatility.

## 4. Bottarga



Bottarga, or cured mullet roe, is sometimes referred to as "Sardinian caviar." It is typically grated over pasta dishes or served with bread, offering a distinct flavor that is both salty and rich.

## 5. Pecorino Cheese

Sardinia is famous for its sheep's milk cheeses, particularly Pecorino Romano and Pecorino Sardo. These cheeses are integral to many dishes and are often enjoyed on their own or paired with local wines and breads.

## 6. Su Filindeu

This rare pasta is known for its intricate preparation, involving the creation of 256 thin strands that are laid out to dry. It is typically served in a sheep broth, accompanied by pecorino cheese, and is a testament to Sardinia's culinary traditions.

## 7. Sebadas

Sebadas are traditional pastries filled with fresh cheese and drizzled with honey. They are often served as a dessert and are a delightful way to end a meal, showcasing the island's sweet culinary offerings.

## 8. Zuppa Gallurese



This hearty dish is made with layers of stale bread, sheep broth, and pecorino cheese, baked until golden. It is a comforting dish that reflects the rustic nature of Sardinian cuisine.

## 9. Malloreddus

Also known as Sardinian gnocchi, malloreddus are small, ridged pasta typically served with a rich tomato sauce or sausage. They are a staple in many Sardinian households and are beloved for their texture and flavor.

## 10. Carasau Bread

This traditional flatbread is thin and crispy, often served as an accompaniment to meals. It can be enjoyed plain or topped with various ingredients, making it a versatile staple in Sardinian cuisine.

Sardinian cuisine is a delightful blend of flavors and traditions, making it a must-try for anyone visiting the island. Each dish tells a story of the land and its people, offering a unique gastronomic experience.

## Fregola with Corn, Zucchini and Basil

<https://www.feastingathome.com/fregola-with-corn-zucchini-basil/#tasty-recipes-46974-jump-target>



### Ingredients

8 ounces Fregola pasta ( 1 1/2 cups dry)  
2 tablespoon olive oil  
1 large shallot, diced  
2 medium zucchini ( 3-4 cups diced)  
1/2 teaspoon salt  
6 garlic cloves, rough chopped  
pinch chili flakes (or Aleppo chili flakes)  
1 ear corn (2 cups, or use frozen, or frozen roasted ) see notes  
1/3 -1/2 cup grated pecorino cheese  
15-20 basil leaves  
zest of one lemon  
Optional: 1/4 cup ricotta for extra creaminess

### Directions

Cook fregola pasta in 8 cups of water with 1 tablespoon salt according to directions on the package, cook until al dente, and save a cup of hot pasta water.

In a large skillet, heat the oil over medium heat. Add the shallots and zucchini and season with salt, and sauté until the zucchini is translucent about 8 minutes. Add the garlic, pepper and chili flakes and cook a few more minutes, until the garlic is fragrant. Add the corn, and continue sautéing, until the corn is tender, but still a little snappy, about 5-6 minutes.

Add the cooked fregola pasta to the zucchini-corn mixture, drizzle with another tablespoon of olive oil, stir in the pecorino, basil and lemon zest.

Add 1/4- 3/4 cup pasta water to loosen, and more if you prefer it more "saucy".

Taste, season with more salt, or chili flakes if you like. If it tastes bland, it needs salt.

Garnish with fresh basil and a sprinkling of pecorino.

For extra richness, stir in a little ricotta. See notes.

## Sardinian Savory Bread Pudding - Zuppa Gallurese

Serves 6



### Ingredients

250g grated pecorino cheese  
10 basil leaves  
Olive oil for greasing  
1 stale country style loaf with crusts left on cut into thick slices  
1 Quart of vegetable stock  
1 ball of mozzarella, sliced  
Salt and pepper to taste

### Instructions

Preheat the oven to 375°F.

Grease a 2-quart oven proof dish with olive oil. Arrange a layer of bread on the bottom of the dish. Pour over 1/4 of the stock and leave to soak for 5/10 minutes.

After this time prick the bread with a fork and pour over another 1/4 of the stock. Sprinkle over half of the pecorino and place 1/2 of the Mozzarella in a layer. Place the basil leaves evenly spread on top of the cheese.

Place another layer of bread on top and cover with the remaining stock. Leave for 5/10 minutes to allow the bread to soak up the stock. Season with salt and pepper to taste. Cover with the rest of the cheese and put in the oven to bake for an hour or until the bread is crispy.

Serve with a fresh green salad.

# Cheese or Chocolate Sebadas

<https://www.bonappetit.com/recipe/cheese-or-chocolate-sebadas>

*Yield: makes about 24 cheese or chocolate sebadas*



## Ingredients

### Cheese Filling

1½ cups coarsely grated Brinata or aged Manchego cheese (6 to 7 ounces)  
1 tablespoon finely grated lemon peel  
1 tablespoon beaten egg

### Chocolate Filling

3½ oz bittersweet chocolate, finely chopped (~ ½ C)  
½ C chocolate-hazelnut spread (such as Nutella)  
1 tablespoon finely grated orange peel

### Dough and Assembly

½ cup semolina flour (pasta flour)  
½ cup all-purpose flour  
Pinch of salt  
6 tablespoons (about) whole milk, divided  
Fresh mint leaves (for cheese)  
1 large egg, beaten to blend  
2 cups olive oil (for frying)  
Sugar  
Chestnut honey or other honey

### Preparation

**Step 1 - Cheese Filling** - Mix all ingredients in medium bowl. Cover and chill until ready to use, up to 1 day.

**Step 2 - Chocolate Filling** - Mix all ingredients in medium bowl. Cover and let stand until ready to use, up to 1 day.

**Step 3 - Dough and Assembly** - Mix semolina flour, all purpose flour, and salt in large bowl to blend. Add 4 tablespoons milk and toss until moist dough forms, adding more milk by tablespoonfuls if dry. Gather dough into ball. Knead on lightly floured surface until

smooth, about 1 minute. Wrap dough in plastic wrap and chill 1 hour.

**Step 4** - Line large rimmed baking sheet with parchment paper; dust with flour. Knead dough to soften. Divide into 4 pieces; cover with plastic wrap to prevent drying. Set pasta machine to widest setting. Flatten 1 dough piece into rectangle; run through machine. Fold in half, end to end, and run through machine again. Continue, adjusting to next-narrower setting after every 4 or 5 passes and dusting with all purpose flour as needed to keep from sticking, until sheet is 22 to 24 inches long and about 1/16 inch thick. Cover with plastic wrap to prevent drying. Roll out second dough strip to same length and thickness.

**Step 5** - Drop cheese or chocolate filling onto 1 dough strip by heaping teaspoonfuls, spacing about 1½ inches apart. Place ½ mint leaf on each mound of cheese filling. Brush dough around filling with beaten egg. Top with second dough strip; press dough around mounds to seal. Using pastry wheel or 2-inch round or square ravioli cutter, cut out sebadas. Transfer to prepared sheet.

**Step 6** - Repeat with remaining dough and cheese or chocolate filling.

**Step 7** - Pour oil into heavy large skillet. Place deep-fry thermometer in oil (leaning top over rim of skillet) and heat to 375°F over medium-high heat. Working in batches, fry sebadas until dough is crisp and golden and filling is cooked through, about 1 minute per side. Transfer to paper towels and drain.

**Step 8** - Arrange sebadas on platter. Sprinkle with sugar; serve with chestnut honey.

**Do Ahead:** Can be made 2 hours ahead. Cover loosely with towel and let stand at room temperature.



**U.S.A**



**U.K**



**China**



**Italy**