



Triangle
Lodge 2817



IL GIORNALE DI TSDIA

Settembre, 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

Sep 19 – Festa Italiana

Sep 22 – Scopa

Sep 28 – Conversational Italian

Oct 10 – Italian Heritage Celebration

Oct 17 – Sicily Trip

Oct 26 – Conversational Italian

Oct 27 – Scopa

Nov 7 – Raffaldini Vineyards

Nov 24 – Scopa

Nov 30 – Conversational Italian

Dec 5 – Christmas Dinner Maggiano's

REMINDER: The Triangle Lodge membership directory is for the sole use of members if they need to contact another member. The roster cannot be shared or given to any person or organization outside of the Triangle Lodge.

September Birthdays

Nanette Castiglione Mattox (1), Dennis Rodrguez (1), Jamie Hartless (2), Gary Forsyth (3), Joseph Gugliotti (3), Morgan Keith (5), Mark Celenza (6), Vera Cicero (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), Cheryl Dell'Osso (13), Bob Frum (15), Michele Mastroianni (16), Michelle Rubino Curtis (18), Claire Forsyth (19), John Castellano (20), Anthony DiTonno (20), Meredith Magnini (20), George Allen (21), Benjamin Mooney (21), Nicholas Verna (21), Christina Chila (22), John Zimmer (23), Janet Jones (24), Laura Lunardi (24), Sean McKinney (24), Brenda Pulverenti (24), Lisa Kropilak (25), Frank Salamone (25), Rae Giordano (26).



Good and Welfare

Let's keep our members and their families in our prayers and hearts who are facing surgery, recovering from an illness or procedure, going through rehabilitation, or experiencing other challenges in their lives. May they feel our support, encouragement, and heartfelt wishes for strength, healing, and brighter days ahead.



Letter from the President

Dear Brothers and Sisters:

The Bridge Generation were the first Italian Americans born in the USA. They gave us a priceless gift—an Italian heritage that flourished in America. Now it is our turn to honor the Bridge Generation during Italian American Heritage Month in October. We are creating a special tribute with family photos. We will be showcasing the tribute at our October 10th Lodge celebration, but we will also share a digital copy of the tribute. Whether you are attending on October 10th or are unable to do so, please do not miss out on this opportunity to honor your family.

We need one or more family photos which predominately showcase the first USA-born Italian Americans in your immediate and extended family. You can submit 1–4 photos of your maternal and paternal side. Your immigrant relatives may or may not be in the photos submitted.

Here are examples of what we are interested in:

Family photo of the Italian immigrant parents and their first generation USA-born children

Family photos of only the first USA-born generation

Group Photos of the extended first generation born relatives in your family (Parents, Aunts, Uncles, Cousins, etc.)



Any type of special event photos, such as a wedding or family party with lots of first USA-born relatives.

Please flood my email (Donald.cimorelli@gmail.com) with your photos by Monday, August 31st so that we can create our tribute. Your relatives deserve to be honored for the bridge that they built to pass on Italian tradition and culture, but also teach successive generations how to thrive in America.

Don Cimorelli

Support Our Member Owned Italian Themed Businesses

The Triangle Sons and Daughters of Italy in America proudly recognizing Italian themed businesses whose owners are formal members of Triangle Lodge 2817. These businesses support our organization and strive to continue to enhance their products and services for our community. Additionally, they go the extra mile to support our Lodge with discounts, gift cards, gift baskets, charity donations, and hosted events.

Let's support the Italian themed businesses that support us!

Barone Italian Grill (Italian Food Truck) **NEW**

Cape Fear Seafood Company (Home of Our Lodge's Seven Fishes Dinner)

Capri Flavors Italian Market (Italian Grocery, Deli, & Bakery)

Compass Global Travel (Offers custom individual Italy Travel Support, and Group Trips to Italy)

Flights and Fables Travel Agency (Offers custom individual Italy Travel Support, and Group Trips to Italy)

Farina Neighborhood Italian Restaurant (Comprehensive Restaurant & Catering Raleigh)

Mamma Mias Italian Bistro (Comprehensive Restaurant & Catering Morrisville)

Melina's Fresh Pasta and Culinary School (Full line of Pastas, Sauces, & Culinary Classes Durham)

Mr. Cannoli NC & Sweets (Food Truck and Event Dessert Catering)

Mina's Italian Market & Deli (Italian Market & Deli)

Nero's Pizzeria (Italian pizzeria in Triangle Shooting Range Academy, Brier Creek, Raleigh).

NY Butcher Shoppe (Full line of meats, eat-in restaurant, and wine bar)

Of Love Realty Estate Consulting International
President@italianrealestateassoc.com (315)794-9629 (Buy Your Dream Place in Italy)

Sandra Pesoli Italian Language Classes 919-618-5579,
sandra.pesoli@yahoo.com. (Express Your Italian Heritage through Language)

See the Triangle Lodge website (www.tsdia.org) for more details on several of the above-named member owned Italian Themed businesses.



Member Business Spotlight – Barone Italian Grille



(919)275- 0625

Stephen@baronemeatball.com

<https://baronemeatball.com/>



Barone Italian Grille is a food truck serving the Raleigh/Durham area. After 10 years as Barone Meatball Company, we have decided to rebrand slightly to offer more than just meatballs. We will be serving an Italian street food **menu**. Our goal is to provide you with more options to accompany our favorite meatballs at varying locations still with little wait. We are still the same people that you may have seen on The Cooking Channel's **Food Truck Nation**, Southern Living's **The South's Best Food Trucks**, June 2016, or maybe in the Nationally recognized cookbook, **Food Truck Road Trip**. In 2019 Barone Meatball was chosen by the **News and Observer** as the best food truck in the area. We grown and have more to share with our great customers!

We are happy to provide an online ordering option to make for little to no wait at the truck. Please go to **baronemeatball.square.site** to place an order, pay, and choose a pickup time!

We also cater. For more information on pricing and types of events we can do, please go to our **CATERING** page.

Follow me on Twitter and Facebook

My Tweets

Like us on Facebook



Lodge Crochet Group

At least once per month the lodge crochet group gets together to swap projects and learn to crochet. Beginners through experienced are welcome. This can be the first time you tried crochet, or you have been doing it for years. The group meets at 2:00pm at Keller Williams Legacy Realty Office (1483 Beaver Creek Commons Drive, Apex, NC 27502) one Sunday per month. The dates that are currently available for registration are listed in the SignUp Genius link below.

<https://www.signupgenius.com/go/9040A4DAAAF2EA6FE3-64204385-theitalian>



Triangle Lodge 2817

Impact is Evident – On Local and National Level

One Lodge • Stronger Together • Making a Difference

Local Impact

More than 100% of total lodge membership contributed to the Garibaldi-Meucci Museum. Only 54 Lodges out of hundreds of lodges achieved this challenge.

Building our Order

Triangle Lodge helped launch the Cape Fear Lodge in the Greater Wilmington Area. We shared our expertise in driving membership growth and operational effectiveness.

Serving our Community

\$10,000 raised for pancreatic Cancer Research

\$2,400 raised for Cyclone Harry Disaster Relief

Leading at the National Level

Triangle Lodge members serve in national leadership roles that include Sons of Italy Foundation Trustee, National Government Relations Chair and Performance Advisor

We honor our heritage • Serve our communities • Build a stronger future

TOP 5 of Greatest ITALIAN AMERICAN ATHLETES

LEGENDS. HERITAGE. PRIDE.

1	2	3	4	5
				
ROCKY MARCIANO The only heavyweight champion in history to retire undefeated. A true icon inside and outside the ring.	JOE DIMAGGIO Yankees legend and one of baseball's greatest of all time. Known for class, consistency and unforgettable moments.	DAN MARINO One of the greatest quarterbacks in NFL history and a symbol of talent, toughness and leadership.	VINCE LOMBARDI Legendary coach, leader and winner. His name lives on forever with the Super Bowl trophy.	YOGI BERRA Yankees legend, 10-time World Series champion and one of baseball's most loved figures of all time.
49-0 UNDEFEATED RECORD	9× WORLD SERIES CHAMPION 56-GAME HITTING STREAK	HALL OF FAME 9× PRO BOWL SELECTION	5× NFL CHAMPION SUPER BOWL TROPHY NAMED IN HIS HONOR	10× WORLD SERIES CHAMPION

THEY COMPETED. THEY WON. THEY INSPIRE.
Proud of our roots. Proud of our legacy.
Sicily  Island

TOP 10 — MOST POPULAR — Gelato Flavors IN ITALY

1 PISTACCHIO	6 FRAGOLA
2 NOCCIOLA	7 FIOR DI LATTE
3 STRACCIATELLA	8 CREMA
4 CIOCCOLATO	9 AMARENA
5 LIMONE	10 CAFFÈ


Gelato
Authentic.
Artisan.
Italian.

EAT, DRINK, DANCE, BE MERRY—AND
CELEBRATE YOUR ITALIAN HERITAGE AT

Festa Italiana N.C.!



11 a.m. to 7 p.m. | Sept. 19 | Apex at Hunter Street & Town Hall Courtyard

Festa Italiana North Carolina was founded by a small group of Italian Americans in the Triangle.

Proud of their heritage and nostalgic for the Italian street festivals they grew up with, they organized the first Festa Italiana in 2018. Since then, it has become a much-anticipated annual event celebrating Italian culture, music, food, wine, and more. **Join us for Festa 2026!**

ENTERTAINMENT!

Carolina Wealth Partners Music Stage

11 a.m.: Riccardo Compagnoni, Italian accordionist

11:45 a.m.: Jason Damico, singer, guitarist

12:45 p.m.: Ariel Reed and Mitchener Howell, classical opera and bel canto, with Jon Latané

1:30 p.m.: Official Opening Ceremonies

2 p.m.: Connor Marks Trio, traditional and bel sonata Italian music

3:30 p.m.: Olivia and Anthony Bucciero, mid-century American Italian crooning

4:30 p.m.: Mebanesville, eight-piece traditional and contemporary acoustic-electric Italian music

6 p.m.: David Quick and the Mr. Wonderful Jazz Quintet, mid-century Italian Americana songbook



6:50 p.m.: Join us for a *community tarantella street dance* and raffle drawing!

VENDORS! + SPECIAL GUESTS!

More than 40 vendors, including Italian food and drink—pasta, pizza, cookies, gelato, and more—and can't-miss goods and services

Beer and wine

Festa merchandise, including T-shirts, hats, and more

Apex Racing Lab, featuring state-of-the-art driving simulators

SPECIAL GUESTS: Apex Mayor Jacques Gilbert and Professor Valentina Cecchi, honorary Italian consul serving North Carolina

COOKING DEMONSTRATIONS!

Galbani Culinary Stage

11:30 a.m.: Chef Aaron Benjamin of Gocciolina in Durham

12:30 p.m.: Chef Anthony Rapillo of Flour and Barrel in Raleigh

1:30 p.m.: Chef Raffaele Patrizi of Mano Bella and Ardente in Charlotte

2:30 p.m.: Chef Kai McFail of Serafina Ristorante in Apex

4:30 p.m.: Chef Carmella Alvaro of Melina's Fresh Pasta in Durham

5:30 p.m.: Chef Daniela Stanganelli of Il Laboratorio, The Cooking Lab, in Durham

PLUS the second annual Cannoli-Eating Contest! 3:30 p.m. with Chef Ruggero Fratarcangeli of Mr Cannoli NC & Sweets in Wake Forest

CHILDREN'S AREA!

Zona Bambini will include bocce, lawn games, story time, Tombola, Cheeky Facepaints, Frankie the Balloon Guy, crafts, and more.



Scan this QR code (or visit FestaNC.org) for details on Festa Italiana N.C. 2026!

On our website, you can sign up to volunteer, view our vendors and sponsors, and sign up to participate in the cannoli-eating contest (must be 18 years or older).

Plus, consider making a donation to Festa Italiana N.C. so we can continue bringing Italian culture to the area and supporting local nonprofits. This year's charity: ALS United NC, a community dedicated to supporting those affected by Amyotrophic Lateral Sclerosis.

WE NEED VOLUNTEERS!

Scan this QR code to volunteer for a 2-hour shift (or all day!). Volunteers who serve at least 4 hours receive a free lunch. Grazie!



Platinum Sponsor



Gold Sponsor



Silver Sponsors



Free Admission!

Triangle Lodge Ambassadors

We are excited to announce our 2026 year-to-date Triangle Lodge Ambassadors. These are the Triangle Lodge Members, whose passion for the meaningful experiences that we create became the magnet that attracted others to join our extended family. 28 members inspired 36 prospects to join us as formal members in the first half of 2026. Our Ambassadors will be officially recognized in our continuously growing list to be published in our monthly newsletter.

The first special surprise reward that each Ambassador will receive is a Triangle Lodge Car Magnet that can be proudly displayed on an auto or any other magnet-friendly surface. Our members are magnetic, and we are giving them a really cool one. Be on the lookout to see our Ambassadors show them off!

2026 YEAR-TO-DATE TRIANGLE LODGE AMBASSADORS

Bernard Castellano
Christine Cataldo
Mark Celenza
Don Cimorelli
Caroline Connor
Gina Cozzi Noble
Sarah Danevich
Dave Defalco
Frank DeMaria
Vivian & Jay Dewey
Sjondi Dudley
Suzy Fannucci Smith
Marissa Giamportone
Fran Giannuzzi
Theresa Gibson
Maryann & Barry Gilbert
Trish Green

Barbara Leone
Anthony Misso
Angela Morrissey
Joyce & Brad Moses
Gina Cozzi Noble
Tanya Occhipinti
Jim Pepe
Mike & Jodi Petilli
Joe & Vicki Pirozzi
Laura Russell
Celeste Ryan
Donna Tannenbaum
Rosemary & Nick Verna
Larry Villani
John Vitale & Susan Denman
Billy Ward

I appeal to all our members to reach out to friends, family, and the strangers that you start chatting with when you are out. We have a seat at the table for everyone. We are the Lodge where you enter as a friend and leave as family. All ages and heritages are welcome. If you have the Spirit of Italy, we are the group for you.

The most common feedback that I receive from new members is that they say, "I wish I found you sooner."

Yoga Italian Style



Over 40 Singles Fun Night Out

This is a neat event planned by one of our committees with a focus on Single/Divorced/Widowed residents of the Triangle Area and predominantly age 40 and upward. All heritages welcome with an enjoyment of doing things with Italian flair. Join us for a relaxed evening of live music, great drinks, and even better conversation at one of the area's most beautiful venues.

Palio di Siena



Pasta Class at Il Laboratorio

We had a full house for the Pasta Class at Il Laboratorio this month. The focus of this class was the celebration of Ferragosto on August 15th in Italy. Participants made homemade Rigatoni and Farfalle. Of course everyone was able to eat the results of their labors at the end of the day.



ALS Fundraiser

48 members of the Lodge helped support a fundraiser sponsored by Festa Italiana and organized by Barbara White to support ALS support for families and research. This fund is very important to our members Fran and Bob Gianuzzi whose daughter Lisa recently passed away from ALS. Special thanks to everyone who showed up.



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

Joey Saccavino and Krystal Pennington heard about the Triangle Lodge while shopping in Capri Flavors Italian Market. Joey's parents Anthony and Cara joined the Lodge this past week. Joey is originally from Cary, NC and Krystal is originally from Virginia Beach, Virginia. They live in Cary. Joey's heritage is from Naples, and he is a Building Construction Estimator. He enjoys soccer, cooking, baseball, and the Italian language. Krystal's heritage is also from Naples, and her occupation is in Medical Device Sales. She enjoys cooking, wine, social events, reading and long walks with their dog Vinny. Welcome Joey j.saccavino@bellsouth.net and Krystal krystal.pennington333@gmail.com.

Donna Palmeri-Tannenbaum heard about the Triangle Lodge from Angela Morrissey. Thank you, Angela. Donna is originally from Queens, New York and lives in Cary. Her heritage is from Palermo, Sicily and she is retired from a career in Purchasing for an IT company. She enjoys cooking, theatre, museums, shopping for the home, mahjong and games. Welcome Donna dtann304@gmail.com.

Judy Sheridan heard about the Triangle Lodge from Tanya Occhipinti. Thank you, Tanya. Judy is originally from Brooklyn, NY and lives in Cary. Her heritage is from Agrigento, Sicily and she is a homemaker. She enjoys the beach and the pool and reading, walking and good food. Welcome Judy brooklynjude30@gmail.com.

Kimberly Blue heard about the Triangle from member Sjondi Dudley. Thank you, Sjondi. Kimberly is originally from Athens, Georgia and lives in Fuquay Varina. She is joining as a social member and enjoys everything Italian. She is owner and proprietor of Lucci Blues Social Cafe in Fuquay Varina. She opened the cafe a year ago after returning from an extended holiday in Italy where she was immersed in Italian culture. She enjoys food, art, Yoga and hiking. Welcome Kimberly lucci@luciblu.com.

John Castellano heard about the Triangle Lodge from member and brother Bernard Castellano. John is originally from the Bronx, New York and lives in Cary. His heritage is from Naples and Messina, Sicily. He is a

retired USPS Supervisor and enjoys cooking, exercising, singing and listening to music. Welcome John jacmusicman@gmail.com.

Zoe Fruchter heard about the Triangle Lodge from members Angela Morrissey and Donna Tannenbaum. Thank you both. Zoe is joining as a Social member and lives in Cary. She is originally from Orange county, New York and is a Federal Policy Analyst. She enjoys Mah Jong and book clubs. Welcome Zoe zlfruchter@gmail.com.

Louis Amblard and Sandra Picone heard about the Triangle Lodge through our Facebook page. Louis is originally from Queens, NY and Sandra is from the Bronx, NY. They live in Pittsboro. Louis' heritage is from Calabria, and he is an Intervention Radiology Physician and enjoys traveling. Sandra's heritage is from Caltabellota, Sicily and Naples and she is an Emergency Medicine Physician and enjoys cooking and language. Welcome Louis edradiol@gmail.com and Sandra lamb483072@aol.com.

ITALIAN NAMES MOST COMMON IN THE UNITED STATES

From Anthony to Maria, Italian names have become an enduring part of American culture thanks to generations of Italian immigrants and their descendants.

MOST COMMON ITALIAN-AMERICAN MALE NAMES		MOST COMMON ITALIAN-AMERICAN FEMALE NAMES	
1. Anthony (Antonio)	7. Salvatore (Sal)	1. Maria	7. Lucia
2. Joseph (Giuseppe)	8. Dominic (Domenico)	2. Anna	8. Antonella (less common in newer generations)
3. Michael (Michele)	9. Paul (Paolo)	3. Rose (Rosa)	9. Gina
4. John (Giovanni)	10. Carlo / Charles	4. Angela	10. Connie (Concetta)
5. Frank (Francesco)	11. Louis (Luigi)	5. Teresa	11. Josephine (Giuseppina)
6. Vincent (Vincenzo)	12. Tony	6. Francesca	12. Nina

MOST COMMON ITALIAN-AMERICAN SURNAMES			
• Russo	• Bruno	• Caruso	• Mancuso
• Romano	• Gallo	• Ferraro	• Palermo
• Esposito	• Greco	• Rizzo	• Catalano
• Marino	• Lombardi	• Vitale	

MOST ICONIC ITALIAN-AMERICAN NICKNAMES

Tony (Antonio)	Joey (Giuseppe/Joseph)	Vinny (Vincenzo/Vincent)	Frankie (Francesco/Frank)	Mikey (Michael)	Sal (Salvatore)	Dom (Domenico/Dominic)	Nicky (Nicola/Nicholas)
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NAMES THAT IMMEDIATELY EVOKE AN ITALIAN-AMERICAN

Tony Russo	Joey Marino	Frankie Romano	Vinny Caruso	Sal Ferraro	Anthony Lombardi	Dominic Greco
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This Town Was Sentenced to Die....Artists Moved in Instead and Saved it.



Calcata sits on a volcanic tufa outcrop overlooking the Treja Valley, a medieval village that had stood for centuries before the ground beneath it became its downfall. In 1935, Italian authorities declared the cliffs structurally unstable and issued a formal decree ordering the entire village abandoned, part of a Fascist-era policy that didn't just relocate condemned towns...it demolished them. Residents packed up and moved to a newly built Calcata Nuova down the road, and the old village was left to the wind, expected to eventually be torn down or simply collapse into ruin.

For three decades, nothing happened. Then in the late 1960s, artists, musicians, and self-described "fricchettoni" began arriving from across Italy and beyond, buying up the empty stone houses for almost nothing. They didn't just move in... they restored what was crumbling, opened galleries and workshops in old wine cellars, and eventually convinced the same government that had condemned the town to reverse the order entirely.

Today Calcata is one of Italy's most unusual villages.... narrow medieval alleys, tuff-stone houses, and a community of artists and free spirits who turned a death sentence into a second life.

How Did the Cannoli Originate?



DO YOU KNOW WHICH LEGEND INVENTED THE CANNOLO?

This dessert's hometown has a name that hints at its origin story. Caltanissetta's name comes from the Arabic Qal'at an-Nisa, meaning "Castle of Women," and local legend credits this town as the birthplace of Sicily's most famous dessert: the cannolo.

There are two competing stories. One traces it back to the women of the town's Arab-era harem, said to have created the treat to pass the time and impress the princes. The other credits cloistered nuns, who supposedly made it as a playful Carnival indulgence. Historians can't confirm which legend is true, but they generally agree on the deeper truth underneath both stories: Arab confectioners were the first in Sicily to pair sweetened ricotta with sugar, laying the technical groundwork for the filling still used today.

Whichever story you believe, it's a rare dessert where even the town's name seems to be in on the legend.

Pantheons Donkey Ears?

Did you know the Pantheon once had “donkey ears”?



In 1627, Pope Urban VIII Barberini ordered the addition of two Baroque bell towers to the Pantheon’s portico—designed by Gian Lorenzo Bernini (though likely executed by others).

Romans nicknamed them “le orecchie d’asino”—donkey ears—because they clashed so harshly with the Pantheon’s classical harmony.

For over 250 years, these towers stood awkwardly atop one of Rome’s most iconic monuments, until they were finally removed in 1883 by the newly unified Italian state.

Next time you visit the Pantheon, try to imagine those twin towers rising above their ancient columns



The Feast of St. Januarius (San Gennaro)



The Feast of St. Januarius (San Gennaro) on September 19 is one of Naples’ most intense and beloved celebrations. The day centers on the miraculous liquefaction of the saint’s blood, a ritual that has taken place since at least the 14th century and draws thousands to the Duomo di San Gennaro. The feast blends deep Catholic devotion, Neapolitan superstition, and street-festival energy.

The core event is the **liquefaction of San Gennaro’s blood**, preserved in two glass ampoules inside an ornate silver reliquary.

Crowds pack the cathedral, including the famous “**parenti di San Gennaro**” — elderly Neapolitan women who loudly encourage the saint if the miracle is slow to occur.

When the blood liquefies, the city erupts in applause, bells, fireworks, and celebrations.

If it **does not** liquefy, Neapolitans consider it a **bad omen**, historically associated with disasters or misfortune (including Napoli football losses).

Outside the cathedral, the **centro storico** becomes a festival zone with processions, brass bands, vendors, and food stalls.

San Gennaro is Naples’ patron saint, and his feast is a symbol of:

- Protection (the miracle is believed to safeguard the city)
- Identity (Neapolitans see the saint as part of their cultural DNA)
- Community (the celebration spills into every corner of the historic center)
- The feast also has a major diaspora presence — especially the famous **San Gennaro festival in New York’s Little Italy**, which began in 1926 and now runs for 11 days each September.

Pasta e Patate con la Provola (Neapolitan Pasta, Potato & Provolone Cheese Soup)



This is traditionally served during the Feast of St. Januarius (San Gennaro) on September 19 in Naples.

Ingredients

- 3 tablespoons extra virgin olive oil, plus more for drizzling on top
- 1 large clove garlic, peeled and lightly smashed
- 100 grams (3.5 oz) pancetta, cut into lardons or small cubes
- 1 small onion, chopped
- 500 grams (1 lb 1 oz) potatoes, peeled and cut into 1/2-inch cubes
- 150 grams (2/3 cup) canned Italian peeled tomatoes, crushed by hand (see note)
- 1 rind Parmigiano-Reggiano cheese, rind washed and scrubbed
- 1 pinch of crushed red pepper flakes or the tip of a fresh red chili, such as a Thai Bird chili, optional
- 300 grams (10 oz) pasta mista, spaghetti broken into pieces, or ditalini
- 100 grams (3.5 oz) Provolone cheese, or provolone, or a mix of smoked and regular mozzarella (not fresh), cut into 1/2-inch cubes
- 2-4 leaves fresh basil, or to taste
- 1/2-1 cup Parmigiano-Reggiano cheese, grated, to serve on top

Instructions

Bring 2 quarts of water to a boil in a tea kettle or pan.

Heat the oil in a large stockpot over medium-low heat. Add the garlic clove and cook until very lightly browned, press down to release its flavor. Take care to not burn it or brown it too much.

Next, add the pancetta and cook until it begins to crisp at the edges and releases some of its fat. Add the onion

and chili, if using, and cook until the onion is translucent and softened.

Add the cubed potatoes and cook for a few minutes with the aromatics. Next, add the tomatoes with a pinch of salt and cook for another few minutes to combine the flavors.

Add enough water to cover the potatoes, the cheese rind, plus a pinch of salt. Bring to a simmer and cook, stirring occasionally for 15-20 minutes, until the potatoes are tender. Smash some of them with your wooden spoon before adding the pasta. Add your pasta and a little more water, plus another pinch of salt. Cook until al dente, stirring frequently to keep it from sticking. You will need to stir a lot towards the end. Make sure that the water is constantly simmering and add water as necessary.

Once the pasta is cooked, turn off the heat and remove the garlic clove and cheese rind. Add the cubed cheese and stir for one minute in one direction to melt the cheese and render the soup nice and creamy. Add some of the grated Parmigiano-Reggiano, stir and put on the lid for about 3 minutes. Just before serving, tear the basil leaves into the soup and stir. Taste for seasoning. Serve immediately with a drizzle of extra virgin olive oil and grated cheese.

Burrata With Pesto & Frizzled Prosciutto

Servings: 4

By Fran Giannuzzi

Ingredients

- 2 Balls of Burrata Cheese
- 4 TBS Fresh Basil Pesto
- 4 Pieces Prosciutto di Parma
- 1 TBS Extra Virgin Olive Oil
- Balsamic Vinegar Reduction Glaze
- Salt and Pepper
- Baby Arugula (for garnish)

Directions

In a medium skillet, carefully fry the prosciutto over a medium flame in the olive oil until crispy. Remove and place on paper towels to drain. On a medium serving platter, spread the pesto on the bottom of the dish. Cut each piece of burrata in half and place on top of the pesto, then place a piece of prosciutto over the top of the burrata. Drizzle with balsamic reduction and season with pepper. Garnish with baby arugula and serve.



Frittata With Artichoke, Pecorino, and Mint Sandwich

SERVES: 1-2

Ingredients

- 2 eggs
- Salt
- Freshly ground black pepper
- Olive oil
- Small crusty roll, split
- A small piece of youngish aged Pecorino, thinly sliced
- 2-3 artichokes (preserved in oil), halved
- Fresh spearmint leaves

Directions

1. Use a fork to beat eggs in a small bowl with a pinch each of salt and pepper, and a small splash of water.
2. In a small skillet, heat a generous pour of olive oil over medium heat. Pour in eggs. The oil should be hot enough that they start cooking right away. Use a wooden or flexible spatula to stir, pushing and slightly lifting curds to the center of the pan and letting the runny egg fall underneath. Reduce heat slightly and cook until bottom and edges of eggs are mostly set but center is still soft. Use spatula to make sure edges aren't stuck and bottom is not sticking and somewhat nicely browned, but not dark.
3. Place a pan-size plate over the pan and invert so frittata lands cooked-side up on the plate. Slide frittata back into pan, browned-side up, and return to heat to finish cooking. The whole process should take just a few minutes. The frittata should be lightly browned and puffy and still a little soft inside.

4. Drain frittata briefly on paper towels, then tuck it inside your roll. Top with some thin slices of cheese, artichokes, a few mint leaves, a drizzle of olive oil and an additional pinch of pepper, if you like.



Adapted from 'Bread and How to Eat It' by Rick Easton with Melissa McCart (Penguin Random House)

Pignolata Messinese

Pignolata Messinese is a traditional Sicilian sweet, originally made for Carnival but now enjoyed year-round in Messina. This dessert features fried dough bites coated in two luscious glazes—one chocolate and one lemon—arranged in a striking two-colored mound.

Preparation Time: 30 minutes
Resting Time (Dough): 2 hours
Cooking Time: 1 hour
Total Time: 3 hours 30 minutes
Servings: 8



Ingredients

For the Pignolata Dough

4 cups all-purpose flour
10–12 egg yolks
5 tbsp strong liqueur (e.g., Marsala or brandy)
1/4 cup sugar

For the Chocolate Glaze

1 1/2 cups icing sugar
2 cups unsweetened cocoa powder
1/2 cup butter
Water, as needed

Pinch of vanilla powder
Pinch of cinnamon powder

For the Lemon Glaze

2 cups icing sugar
Juice of 3 organic lemons
3 egg whites

For Frying

Lard or vegetable oil

Directions

1. Prepare the Dough

In a mixing bowl, beat the egg yolks, sugar, and liqueur until well combined. Gradually add the flour, mixing until a smooth, consistent dough forms that pulls away from the bowl's edges. Let the dough rest for a few hours at room temperature.

2. Shape and Fry the Dough

Roll out the dough on a floured surface, forming sticks about 0.28–0.40 inches thick. Cut the sticks into small chunks, approximately 0.80 inches long. Heat lard or oil in a deep pan to frying temperature. Fry the dough pieces in batches, turning them occasionally, until golden brown. Remove and drain on paper towels to remove excess oil.

3. Prepare the Chocolate Glaze

In a saucepan over low heat, melt the butter.

Gradually add the icing sugar, vanilla, cinnamon, and sifted cocoa powder, stirring constantly. Add water, a little at a time, until the glaze reaches a smooth, pourable consistency. Remove from heat and allow to cool slightly.

4. Prepare the Lemon Glaze

Heat the icing sugar in a small saucepan over low heat until it begins to spin (just before caramelization).

Transfer to a bowl and gradually incorporate the stiffly beaten egg whites. Slowly pour in the lemon juice, whisking until a soft, white glaze forms.

5. Assemble the Pignolata

Divide the fried dough into two equal portions. Coat one portion in the warm chocolate glaze, mixing well to ensure even coverage. Coat the second portion in the lemon glaze. Arrange the two portions side by side on a serving plate to form a single two-colored mound. Allow the glazes to set for at least 1 hour before serving.

Tips

Consistency: Ensure both glazes are smooth and not too thick to coat the dough evenly.

Serving: Best served at room temperature. Store leftovers in an airtight container for up to 2 days.

Liqueur Substitution: For a non-alcoholic version, replace the liqueur with orange juice or water.