



# Triangle Sons & Daughters of Italy

*Serving the North Carolina Triangle since 2004*

LODGE 2817

IL GIORNALE

Decembre, 2020

## Happy Holidays - Buone Vacanze

The Executive Council of TSDOI

### TSDOI 2817 Calendar of Events

- Dec 6\_\_ Annual Christmas Dinner at Dino's Capri
- Jan 31\_\_ Movie Night - **Cancelled**
- Apr 9\_\_ La boheme Opera



### December Birthdays

This month we celebrate the birthdays of those members celebrating in December: Monica Inzaina (2), Rosemary Amato (3), Lorraine Longobardo (8), Joseph DeStasio (9), Christopher Accola (13), Nancy Licari (15), Mark Spano (23), Albert Amato (24), Tori Horner (28)

### La Boheme - April 11



Are you ready for another great Italian Opera?

We have tickets to La Boheme, one of the most performed and enjoyed operas in the world. It also has one of the best arias, "che gelida manina", that you will ever hear.

The opera will be performed on Sunday April 11, 2021 at 2:00 pm in the Raleigh Memorial Auditorium. The price is \$38 per ticket (same as the performance of Pagliacci in January).

If you are interested in going to this production, please send your check made payable to "North Carolina Opera" to

Jay Confalone  
103 Cypress Creek Court  
Cary, NC 27519

### Letter from The President

#### Events

The Executive Council agreed to cancel all events/meetings through the end of March 2021. We will not have the **14th Annual Movie Night in January** but hope to have it in April or May along with our **Annual Bocce Tournament** sometime in April and our **Annual Picnic** in June. Of course, if things have improved, we may be able to hold an outdoor event in late March. We are discussing wine tastings, concerts with outdoor venues.

#### Memberships Extended Through September

With the COVID-10 situation and not being able to fill our events, we have also decided to extend everyone's current membership through September 1, 2021. We hope that you will be happy with a six-month extension and dues will be required on September 1, 2021 (if we are back to being able to hold events). We will still be paying OSDIA our quarterly dues with no extension or reduction. We know that many new members have not had a chance to meet other members or come to an event and this is an opportunity to have you stay on.

#### Council

We will keep the current Council in place until September 1, 2021 at which time we will decide if we will vote for a new Council or extend the term until March of 2022.

#### Charities

Mary Muth and Nick Verna will keep us abreast of anything they may need from the membership regarding our Charities. Mary may do another food drive this winter and have a collection site for you to drop off food items needed for the Inter-faith Food Shuttle.

Regards,

*Fran Giannuzzi*

## The Food and Drink You Need for an Italian Christmas feast

With the coronavirus pandemic surging in many parts of the globe, world leaders are warning as the holiday season approaches that Christmas, like much else this year, could look “very different” than usual. The one thing that will not change in Italy is food!

Food is an integral part of Italian culture and that's truer than ever at Christmas. December 24th was traditionally a day of fasting before Christmas for Catholics, with festivities starting only after the evening mass. This is still observed in some families, and the evening meal, known as the 'Feast of Seven Fishes', is usually based on seafood rather than meat. Clams and oysters are often used as they are seen as luxurious.

On Christmas Day, the food that makes up the Cenone (literally meaning 'big dinner') varies from region to region, but meat is normally back on the menu, often accompanied by pasta. The meal is followed by panettone, a sweet bread loaf originating from Milan, and other desserts filled with nuts, which were historically a symbol of fertility for the coming year.

### Seafood



The evening meal on Christmas Eve (*La Vigilia*) is traditionally based around fish, as a meat-free day before the decadence of the 25th. Grilled eel is one of the traditional components, with cod, octopus and shellfish all popular choices too. Some families will serve seven types of fish as the meal is known as the *Festa dei sette pesci* (Feast of the seven fish) and seven is a symbolic number in Christianity. But don't surprised if even more dishes are served!

### Crostini

A type of toasted bread, crostini generally make an appearance on the Christmas table as a starter, usually with a topping such as paté, prosciutto and figs, or tomato and mozzarella. If you're going to any Christmas parties, expect to see plates piled high with different varieties - they make the perfect bite-sized appetizer.



### Turkey

Turkey is fast becoming more popular as the main meat served on Christmas Day, likely due to American influence. Other poultry-based Christmas classics include stuffed chicken or capon.



### Pasta

In Italy, you simply can't have Christmas (or any other day, come to think of it...) without indulging in pasta. The methods of cooking vary from region to region and household to household, but two typical staples of the Christmas dinner table are tortellini in brodo (broth) in the north, and baked pasta in the south of the country.



### Veal or ox

Traditional recipes using veal or ox are common alternatives to a poultry-based main meal. Again, each region has its own way of preparing the meat and the accompanying vegetables, but two typical recipes are ossobuco alla milanese, where veal is braised in a simple broth, or boiled ox, a dish native to Piedmont and Puglia.



## Panettone

On to dessert! The festive feast is finished off with a slice of this traditional fruity Christmas cake, a sweet bread with candied fruit inside. Pandoro is another very similar variant, but doesn't have the fruit and is usually shaped like a star.



## Torrone

The name of this dessert means 'big tower' (though it actually comes from the verb for 'to toast') so you know you're in for something spectacular. It's made of honey and sugar and is basically a kind of nougat - the Toblerone chocolate bar was inspired by this sweet. The exact recipe varies depending whether you're in the north or south of Italy, but it's usually made with either almonds or hazelnuts.



## Pastries

There are likely to be plenty of sweet treats at the end of the meal, enjoyed with coffee. In Naples, honey-covered dough balls (struffoli) are often on the menu; chestnut tortellini (crescent-shaped parcels stuffed with the sweet filling) are another classic, and biscotti get a seasonal twist with cinnamon or nutty flavorings.



## Prosecco

Red or white wines are usually served to match each course, and after you've finished eating, it's time to move onto the bubbles. Prosecco, or another variety of sparkling wine, is one of the most popular ways to wash down the meal.



## Bombardino

Literally translating as 'the bomb', this tasty drink is basically Italian eggnog. It's made up of brandy, egg liquor, whipped cream and cinnamon, was first created in Lombardy and now is the apres-ski drink of choice at Italy's ski resorts. But it's also perfect for a cozy Christmas afternoon by the fire.



## Il Bombardino (The "Bomb") Recipe

Recipe courtesy of Eataly

### Ingredients

1.5 ounces brandy  
3 oz. eggnog liqueur, such as Zabov Zabaglione\*  
Whipped cream, to taste  
Cinnamon, to taste

### Directions

1. Warm the egg liqueur in a small saucepan. Pour the brandy in a glass mug.
2. When the egg liqueur is hot (but not yet at boiling point), slowly add it to the brandy. Stir well to combine.
3. Top the cocktail with a generous amount of whipped cream, and finish it with a sprinkling of cinnamon.

\* This is unavailable in NC. You can substitute eggnog and increase the brandy to 2 oz.

## Learn to Sing Italian Folk Songs

Keyboard4kids.com has students as young as 7 learning how to **sing Italian folk songs** as well as other classical vocal literature virtually. They start basic piano and singing for students as young as 4 with parental assistance. Their classes teach students how to read music, to sing, and to play along on the piano/ keyboard to help them hear what notes to sing. Their goal is to make learning fun!



David Bilowus  
contact@keyboard4kids.com  
Keyboard4kids.com

## Ossobuco alla Milanese

(<https://www.greatitalianchefs.com/recipes/ossobuco-alla-milanese-recipe>)

### Ingredients

4 pieces of cross-cut veal shank, 3cm thick  
flour, seasoned with salt and pepper  
olive oil  
2 onions, diced  
2 celery sticks, diced  
1 large carrot, diced  
1 garlic clove, sliced  
1 sprig of thyme  
1 bay leaf  
2 tbsp of tomato purée  
500ml of white wine  
1l chicken stock, hot  
10g of dried porcini mushrooms  
salt  
pepper



### Gremolata

1/2 bunch of parsley  
1 lemon, zested  
1 garlic clove, grated

To begin, place a heavy-based saucepan over a high heat and add a splash of oil. Dust the pieces of veal in seasoned flour and fry until nicely browned on both sides. Remove from the pan and set aside

Turn the heat down and add another dash of oil with the onion, celery, carrot and garlic. Season with salt and sauté until softened

Add the thyme, bay leaf and tomato purée and stir for a further 2 minutes

Return the meat to the pan and pour in the wine. Reduce by a third then add the hot stock and dried mushrooms. Simmer for 2 hours, or until the meat is tender

To make the gremolata, finely chop the parsley and place in a bowl. Add the garlic and lemon zest and mix together

To serve, sprinkle the gremolata over the ossobuco. This dish is traditionally eaten with saffron risotto, but you could also have it with creamy polenta or crusty bread. Don't forget to scoop out the delicious, rich marrow from the holes of the bones!

## Christmas Traditions in Sicily

Christmas in Sicily is more a celebration of tradition, family and religion rather than gifts and Santa Claus. And there's so much proud heritage and history to celebrate and experience that Sicilians begin the festivities on the 8th of December, the official start of the festive season in Sicily – be sure to not miss everything it has to offer for a curious tourist!

### Feast of the Immaculate Conception

And why specifically the 8th of December? In Sicily, this is the feast day of the Immaculate Conception or also known as the L'Immacolata Concezione in Italian. It's a public holiday dedicated and celebrated in the name of the Virgin Mary. This very day is when the hibernating villages, towns and cities bloom into a wonderland of elaborate decorations, looming pine trees, bustling knick-knack markets and alluring smells that come from the popular stalls selling actual roasted chestnuts. It's a storybook come to life, and Christmas is the main character.

### Novena di Natale

Novena di Natale is a traditional celebration for local children that goes from the 16th of December until Christmas Eve. Children across Sicily and Italy sing carols, light candles and read scripture in dedication to Santo Natale. During this time the architecturally prominent cathedrals that decorate much of Sicily are turned into an ever-flowing stream of choir music, celebration and community – and a must-see site.



### Christmas

While Christmas in Sicily is so much more than one day, Sicilians still mark their calendars on the 25th of December for the Nativity celebration. And while Christmas for Sicilians means religion, celebration and tradition, it also means a visit from Lady Befana. Instead

of Santa Claus, Lady Befana rides on her broomstick to make sure the nice kids are rewarded with gifts, and the naughty are given sticks. Although this doesn't actually happen until the 6th of January during Epiphany.