



Triangle Sons & Daughters of Italy

Serving the North Carolina Triangle since 2004

LODGE 2817

IL GIORNALE DI TSDOI

Maggio, 2021

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TSDOI Calendar of Events

May 15 ___ Bocci Tournament
May 16 ___ Helen Wright Dinner
June 6 ___ Annual Picnic
Aug 15 ___ Helen Wright Dinner
Sep 4 ___ Fund-Raising Breakfast
Sep 25 ___ Festa Italiana
Nov 14 ___ Helen Wright Dinner



May Birthdays

This month we celebrate the birthdays of those members celebrating in May: Alaine Thomas (1), Giovanni Masucci (2), Roy Cordato (7), Bernard Castellano (15), Jan DiSantostefano (15), Christine Norwood (17), Janet McGonagle (21), Ric Sorbo (27), Greg Martini (31).

Annual Family Picnic

The annual family picnic with scholarship winner awards will be held June 6, 2021 - 3:00 PM. It will be held at a new venue this year, the Harold Ritter Park in Lochmere (301 Lochmere Drive West). <https://www.townofcary.org/recreation-enjoyment/parks-greenways-environment/parks> - click on Harold Ritter Park.



Activities will include the 50/50 raffle, Left Right Center, and the bubble gum blowing contest. Our new tee shirts will be available for sale along with our new aprons. We will proudly hang our new banner too.

Due to Covid Restrictions this will be limited to the first 100 people with payment once we post it on the website.

WHEN AN ITALIAN MOM VISITS HER CHILDREN



Raleigh Regional Bocce Tournament

Our reservation at the Clayton courts is confirmed for our bocce tournament. All comers are welcome with no gender or age



limitations. Tell your friends and colleagues. We will be following the same COVID precautions that we followed last year, including temperature checks, social distancing, and masking. Let Bob Giannuzzi know if you would like to be placed on a team. Net proceeds will be used to support the Doug Flutie Jr. Autism Foundation. Event information can be found at <https://www.trianglesonsofitaly.org/events/>.

Bob Giannuzzi (919)523-6948
bgiannuzzi@hotmail.com

Saturday, May 15, 2021
Time: 10:00 AM

TSDOI Volunteers at the Interfaith Food Shuttle Farm

TSDOI members helped out at the Food Shuttle Farm on 2300 Dover Farm Road off Tryon Road in Raleigh on April 12. In the picture is Becky Stinnett, Anne (a friend of TSDOI members), Mary Muth, and Alaine Thomas. We worked on mulching vegetable beds to keep out weeds since the farm is chemical free. It was hard work but a beautiful day to be working outside.



TSDOI Lodge 2817

ANNUAL PICNIC

50/50 raffle!



T-Shirts and Aprons
for sale!



When: June 6, 2021 (RSVP May 26)

Where: Harold Ritter Park--301 Lochmere Dr. West, Cary, NC, 27511

Time: 3:00-8:00; Dinner from 4:00-5:00

Cost: Members over 12: \$12; 6-12: \$6; Under 6: Free; Non-members: \$15

You can use your membership voucher!

(Maximum 50 people; masks will not be required while eating)

2021 SCHOLARSHIP WINNERS TO BE HONORED

Left, Right, Center!

Don't forget to bring \$3.00!



Games for kids and adults – with prizes!
Start practicing for the Bubble Gum Contest!



Buffet: Hotdogs, burgers, sausage/peppers, baked beans, potato salad, and beverages (sweet/unsweet tea, lemonade, water)

Catered by Backyard Bistro. No Alcohol Permitted in park!

SHEET CAKE FOR DESSERT PROVIDED

*We will be collecting food items for the **Inter-faith Food Shuttle**: beans, tuna, soups, pasta, canned juices, fruits, & veggies, whole grain cereals, oatmeal, grits*

SIGN UP AT:

WWW.TRIANGLESONSOFITALY.ORG

Interessante Italian Web Sites, Food Culture and Places

Here are some links that showcase our Italian culture. If you have suggestions please email Nick Verna at nickverna14@gmail.com the URL site and we can put it in a future newsletter.

Food

Traditional Italy Foods: Top 10 Famous Dishes in Italy

<https://www.bonappetour.com/blog/italys-must-eat-foods-12-delicacies-not-to-be-missed/>

1. The Mothers of All: Pasta & Pizza
2. Arancini
3. Lasagna
4. Osso buco alla Milanese
5. Prosciutto
6. Ribollita
7. Saltimbocca
8. Gelato
9. Torrone
10. Tiramisu

Restaurant Review

Mezza Luna Pizzeria

★★★★★

<https://www.mezzalunapizzeriaapex.com/>

1763 W Williams St, Apex, NC
(919) 303-6686



Mezza Luna Pizzeria doesn't just bring you a taste of Italian traditions at their family-

owned pizza restaurant in Apex, NC; they make them our own. Everything is made in house, from their fresh made ricotta to their bread, to their sauce. When you go, ask for Lucy, who comes from Italy and instills traditional flavors in every one of their dishes. They serve a range of Italian cuisine, including pizza, pasta, heroes, salads, and more.

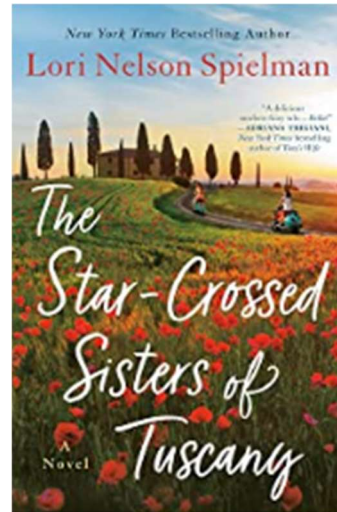
– TSDOI Member

Book Review

The Star-Crossed Sisters of Tuscany

By Lori Nelson Spielman

https://www.amazon.com/s?k=The+Star-Crossed+Sisters+of+Tuscany&ref=nb_sb_noss



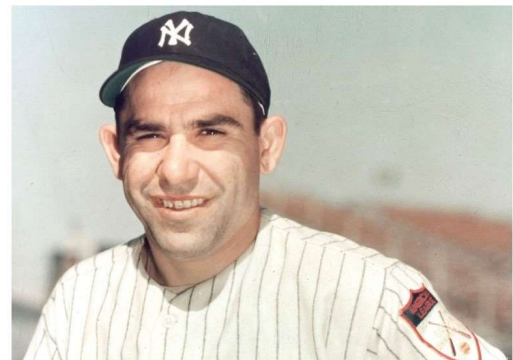
A trio of second-born daughters sets out on a whirlwind journey through the lush Italian countryside to break the family curse that says they'll never find love.

Since the day Filomena Fontana cast a curse upon her sister more than

two hundred years ago, not one second-born Fontana daughter has found lasting love. Some, like second-born Emilia, the happily-single baker at her grandfather's Brooklyn deli, claim it's an odd coincidence. Others, like her sexy, desperate-for-love cousin Lucy, insist it's a true hex. But both are bewildered when their great-aunt calls with an astounding proposition: If they accompany her to her homeland of Italy, Aunt Poppy vows she'll meet the love of her life on the steps of the Ravello Cathedral on her eightieth birthday, and break the Fontana Second-Daughter Curse once and for all.

–Fran Giannuzzi

Yankees legend Yogi Berra to be featured on new stamp



SHOCKING THINGS ABOUT ITALY: ARE THEY ALL TRUE?

Here are ten things about Italy that shock foreigners. Do you think they are right?

<https://italoamericano.org/shocking-things-about-italy/>

1. Italy is noisy

Apparently, we talk in the street, shout, drive and honk too much, especially in the city. In other words, we are loud. Is it true: in part, yes. Now, while I am sure everyone agrees that all cities are noisy and people tend to talk to one another when they meet around town, we Italians are so emphatic, lively and passionate while speaking that we may appear overwhelming to others. Not every Italian is the same, but alas, we can be noisier than average.

2. Italian restaurants' menus are hard to understand

Food is our culture and it's in our blood. So, yes: we do have aperitive, starters, first dishes, second dishes, sides, cheese platters, fruits, desserts, coffee, cookies with coffees and amaro after food. All in one meal if we fancy. Deal with it!

3. Our breakfast isn't great

Ok, I can see what people mean here, especially who comes from the English-speaking world. English and American breakfasts, especially traditional ones, are much heftier and richer than our *caffelatte e brioche*. But we make up for the lack of fantasy at the breakfast table in the other meals of the day (see point two above).

4. We speak with our hands

Yes. Yes, we do. All of us. While it's commonly believed among Italians that people in the South are more prone to speak with their hands than Northerners, I am from the North and I can guarantee it's only wishful thinking: we do speak with our hands everywhere, Turin and Trieste included, especially when things get a bit heated.

5. We love our family

Well, I don't think there is anything wrong with having a solid family culture. Indeed, this is part of the Mediterranean values and its characteristic of all the countries of the Mediterranean basin. Apparently, however, the people at Business Insider find that we Italians let children do whatever they want when they are in public, something which is perceived as irritating. Yes, it is irritating, but it's far from being an Italian-only habit.

6. Our streets are narrow

True, especially to drivers from North America. You are used to super-wide motorways, while in Europe and in Italy we have loads of old national or regional roads that have been there since well before cars were invented.

They are narrow and difficult to drive on. Perhaps this is why Italians are considered good drivers, albeit somehow undisciplined: they learn how to drive on incredibly difficult roads.

7. We are touchy feely

The Brits have what they call "personal space," which is always respected when interacting. This means they avoid touching their interlocutor or getting too close to them. We Italians are different, it's true. While we do know when enough is enough — it depends on manners, not nationality! — we also do have a penchant for being touchy feely with one another. A hand on the arm when talking, a lingering one on the waist or the small of the back when hugging: there is no sensuality in it, it's just a normal way to express connection and understanding. I do admit, however, that it can be grossly misinterpreted when living abroad, so we should really learn to control it better, especially with non-Italians.

8. Stores closing for lunch

Yes, our stores— although in cities this is not as common anymore — close between 12.30 and 15.30. It's a habit, but it's a painful one. And it's not only foreigners who may need or like to do their shopping at lunch time. Also, a three-hour long break to eat? Ok, food is a big deal in Italy, but come on... So, yeah: I agree, this is an annoying habit.

9. The way we drink coffee

... Quickly, often standing up at the bar, the shortest break during our walks around town. This is certainly different from North American coffee culture, where people get their drinks "to go" and sip them while out and about. Personally, I like both ways to enjoy coffee and I think they can cohabit. Actually, they should! Of course, Italians like sitting down and enjoy their *caffé* with friends or with the newspaper just like everyone else in the world, especially in the morning, perhaps with a *cappuccino*.

10. We have a very relaxed lifestyle

I am afraid of crushing so many people's dreams, but no, relaxed life is not necessarily a thing in Italy: we stress, we rush, we run and we burnout just like everyone else. That "relaxed" attitude one may sometimes experience in public offices around the country is as annoying and unacceptable to an Italian as it is to a foreigner, believe me. Yet, there is some truth in this old stereotype, we do love enjoying small pleasures like having a meal with our families and we are a people of creatives, so we do give importance to the good all that is beautiful can give us. Perhaps, we do it more than other people in the world. Still — and unfortunately — we're far from being the relaxation-filled heaven of certain movies!

AN UMBRIAN BREAKFAST TRADITION: TORTA DI PASQUA

By Letizia Mattiacci | March 7, 2021; <https://italoamericano.org/umbrian-torta-di-pasqua/>

I feel fortunate to have experienced a completely different way of life in Italy. I was a child in the late 1960s, when many Umbrian villagers still didn't have home ovens and took their bread to the bakery for cooking. Easter was an especially busy time, with women preparing Torta di Pasqua, a leavened cheese bread shaped like a squat panettone and traditionally served for Easter breakfast.

My own dough-making grandmother Maria, required two or three strong people to knead the dough she'd assembled over two days. Rich in eggs, cheese and butter (or lard), the breads rose slowly in their terracotta molds. I loved baking day. We had to pack the breads on a wooden board and cover them with thick towels to make sure they didn't cool and deflate. Then we walked to the bakery, where we'd booked a time slot for the cooking.

By Saturday, everything was finished (to everyone's relief). We'd pack a Torta di Pasqua, a salami, a thick slab of chocolate, a bottle of sweet wine and a few hard-boiled eggs and take them all to the local church for a blessing so that we could have a proper Easter breakfast the next day. The Easter breakfast tradition is still honored in many Umbrian homes even though not everyone makes the torta, which is now available in the supermarkets all year's long. The commercial version however is a pale imitation of the real thing. This wonderful, rich cheese bread must be started the night before it is baked. Please note that it tastes best a few hours after baking. Young pecorino might be difficult to find, in which case substitute Emmentaler, young provolone or another mild cheese. Also note that pre-grated cheeses have additives to prevent clumping that might affect rising or oven spring.

Ingredients

250 g (1/2 lb.) AP Flour (divided)
100 g (3 1/2 oz) grated cheese (1/2 parmigiano, 1/2 aged pecorino)
60 g (2 oz) young pecorino cut into small dice
3 eggs
30 g (1 oz) softened butter or lard
2 tablespoons olive oil
125 ml milk (1/2 cup), divided
1 teaspoon salt
3 g (3/4 teaspoon) active dry yeast, divided

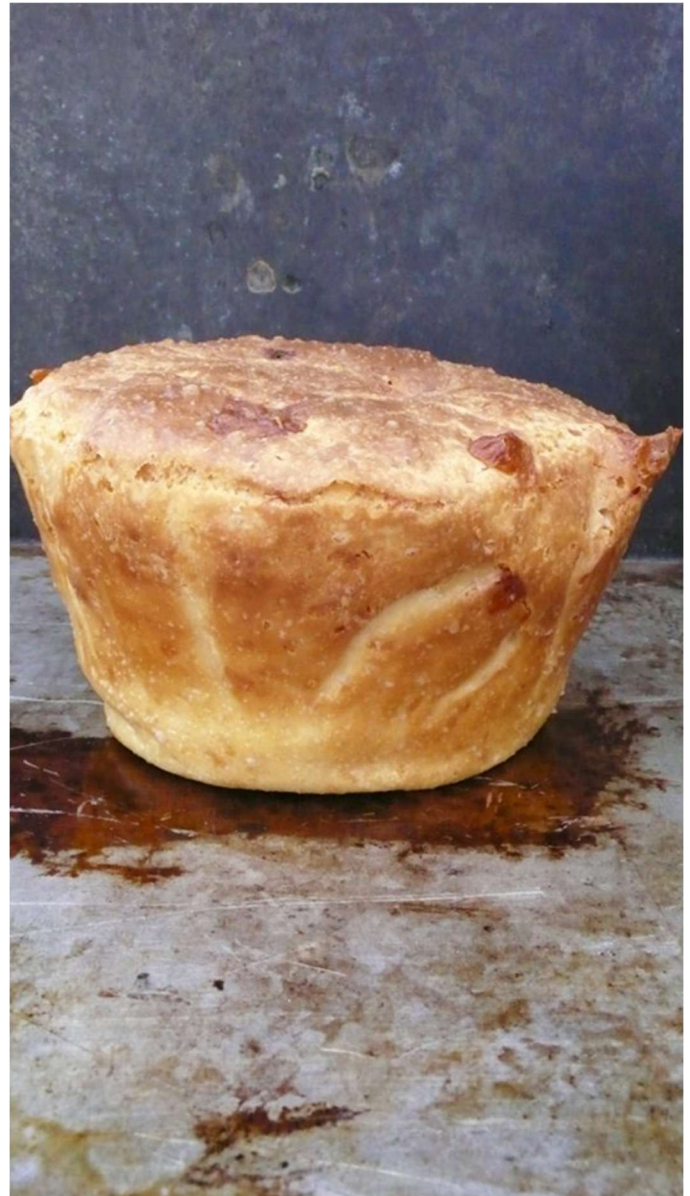
For this recipe I use a 1.2-liter (4 cups) loaf pan or an 18 cm (7 inches) diameter round cake pan that must be at least 12 cm (5 inches) tall. If you have a choice, please use deep narrow pans in preference to wide shallow ones.

Enriched breads require more steps in preparation, as fats or sugar might prevent fermentation if added too early in the process.

Torta di Pasqua is served at breakfast on Easter morning.

Preparation

Day 1. Evening



Make a bread dough starter using half of the flour, 1/4 teaspoon of yeast and 1/2 to 2/3 of the milk. Different flours will absorb different amounts of liquid. The starter should make a firm and smooth ball, so adjust with more or less milk (by the tablespoon) and knead until you reach the desired consistency.

Please note that you will be adding 3 eggs in the next step, so the starter needs to be firm (but not dry) to prevent a runny final dough.

Coat the dough in 1-2 teaspoons of olive oil, cover with a lid or plastic wrap and place in a draft-free area overnight.

Day 2. Morning

Bring all remaining ingredients to room temperature. Crack open the eggs in a bowl, add the rest of the flour, olive oil, salt, grated cheese, softened butter and 1/2 teaspoon of yeast. Stir well each time you add an ingredient, then add the starter. Keep mixing until all the ingredients are thoroughly incorporated.

The dough should be well-hydrated, so a stand mixer definitely helps as this is quite a sticky dough. If it looks dry, add some milk, a tablespoon at the time.

Finally, add the diced cheese and stir to distribute it through the mixture. Transfer into a well-buttered mold, taking care not to fill it more than half-way. You can also line the mold with parchment paper.

Cover and place in a draft-free environment until the dough fills the mold, 2-4 hours.

Poke test

To assess if the bread is ready to bake, press an oiled finger into the dough. If it's elastic and the mark of your finger disappears, it hasn't fermented long enough. If your finger leaves an indent that stays unchanged, the bread is over-proofed. Ideally, the mark of your finger should not remain in the dough, but spring back partially and leave a shallow indent.

In winter, you might place the dough in a switched off oven with the light on to keep it warm and encourage fermentation.

Pre-heating, steaming and baking

Pre-heat the oven at 200°C (390°F). Once it has reached the temperature, place a pan full of boiling water in the bottom of the oven. Place the mold with the dough inside the oven, and using a spray bottle, quickly spray towards the left and right sides of the oven.

Close the oven door to trap the steam inside and bake for 15 minutes. Remove the pan with water and continue baking for about 45 minutes until the bread is golden brown and the internal temperature measures 98-99°C (209-210°F).

Once cooked, let the torta rest a little and wait until it has retreated from the edges of the mold before place on a cooling rack.

Slice only when completely at room temperature. It will taste best after a few hours and pairs beautifully with red wine and salami, but also with soups and green salads or steamed greens.

Letizia Mattiacci is a cookbook author and owner of Alla Madonna del Piatto Cooking School and Agriturismo in Assisi, Umbria, <https://incampagna.com>. This recipe has been previously published in Mrs. Mattiacci cookbook entitled "Festa Italiana."