



# Triangle Sons & Daughters of Italy

*Serving the North Carolina Triangle since 2004*

LODGE 2817

## Table of Contents

TSDOI Calendar of Events.....	2
Read & Feed .....	2
September Birthdays .....	2
Fundraising Breakfast O'Charley's.....	2
Annual Italian Potluck Dinner and Installation.....	3
Olive Oil Tasting at Bona Furtuna.....	3
Go Play Save Books .....	3
A Summer Evening of Dinner, Movie and More!..	4
Food & Culture .....	5
Ricotta Gnudi with Lemon and Sage Sauce.....	6
Limone in Italy.....	6
Lemon Budino.....	6
Make Your Own Limoncello .....	7
Limoncello: Between History and Legend .....	7

# IL GIORNALE DI TSDOI

Settembre, 2021



### IL GIORNALE DI TSDOI

Editor: Nick Verna

Send comments or suggested

materials to [nickverna14@gmail.com](mailto:nickverna14@gmail.com).

## TSDOI Calendar of Events

- Sep 4 \_\_\_\_\_ Fund-Raising Breakfast
- Sep 25 \_\_\_\_\_ Festa Italiana
- Oct 13 \_\_\_\_\_ General Membership Meeting and Annual Italian Potluck Dinner
- Nov 10 \_\_\_\_\_ Tentative Outstanding Italian-American Dinner
- Nov 14 \_\_\_\_\_ Helen Wright Dinner
- Dec ? \_\_\_\_\_ Wine Tasting at Capri Flavors
- Dec ? \_\_\_\_\_ Christmas Dinner

## September Birthdays

This month we celebrate the birthdays of those members celebrating in September: Vera Cicero (6), Theresa Passaretti (14), Margaret Confalone (19), Joseph Smolenski (19), Jeanette Brognano (21), Dennis Nachtrieb (21), Nicholas Verna (21).



## Fundraising Breakfast O'Charley's

**Saturday, September 4, 2021**

**8:00 – 10:00 AM**

**O'Charley's Restaurant, 101 Ashville Avenue, Cary**



Cost: \$7.00, \$4.00 children 12 and under  
Includes: eggs, bacon, toast, potatoes, coffee/tea/soda, and orange juice.

Net proceeds support lodge's charity and scholarship programs. You may pay online at (<https://www.trianglesonsofitaly.org/events/>) or send a check made out to TSOI 2817 to

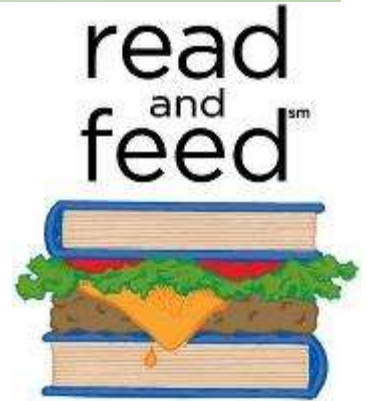
Bob Giannuzzi, 548 Clarenbridge Drive, Cary, NC 27519

**Tickets to be picked up at door.**



## Read & Feed

I hope everyone is enjoying the summer. With school starting up soon, TSDOI will again be supporting our neighbors, this time collecting donations of books and school supplies to support Read and Feed. The mission of Read and Feed is to strengthen literacy skills among underserved elementary school children and provide meals in a nurturing neighborhood environment.



Mary Muth will be collecting donations at the **Annual Breakfast at O'Charley's** on September 4. You can also drop off donations at Mary's house at 115 Beasley Court, Cary, NC (just please let her know ahead of time). Or, if it's easier for you, you can send her a check and she will purchase items to donate.

If you would like to donate books, these are the types of books requested by Read and Feed:

- New and gently used books intended for children in grades K5.
- Books honoring diverse backgrounds and experiences, including stories by and about people of color.
- Books written in English or bilingual (Spanish/English)

Lists of recommended books can be found at these links: [Amazon](#) or [Quail Ridge Books](#).

If you would like to donate school supplies, the requested items are:

- Pencil pouches (but not pencils since they are well-stocked)
- Large erasers
- Plain spiral bound notebooks
- Pencil sharpeners
- Pencil top erasers
- Crayons (24 pack)
- Multicultural crayons (8 pack)
- Colored pencils (12 pack)
- Earbuds with microphone

Please let me know if you have any questions. Thanks for your support!

Mary Smargiassi Muth  
[marykmuth@yahoo.com](mailto:marykmuth@yahoo.com)  
919-462-6382

## Annual Italian Potluck Dinner and Installation

October 13, 2021 5:00 PM to 9:00 PM

American Legion  
Post 67, 8523  
Chapel Hill Road,  
Cary.

What's better than a potluck with a group of Italians. Please join us at our Annual Italian Potluck Dinner



and Installation of the new council. This is a free event but we do need help setting up and cleaning up. If you can help, please email Nick Verna at [nickverna14@gmail.com](mailto:nickverna14@gmail.com).

Dinner will be served promptly at 5:30 and please come with your dish all prepared as there is no place to cook. Bring a serving spoon or fork for your dish. This is the one event we ask our members to bring some of your delicious, favorite Italian recipes.

Main dishes, vegetable/salad dishes, and desserts need to serve 8-10 people.

To register and sign up for what you are making go to our Sign-up Genius page at <https://www.signupgenius.com/go/10C0F49ADA78-annual>.

## Go Play Save Books

One of the major fund raising project that supports our Scholarship Program is the sale of GoPlaySave books. These coupon books are chock full of great savings from restaurants and movies to Goodberrys for a whole year! The cost is only \$30 and two dinners at the restaurants will have the expense recovered. The new GOPLAYSAVE books will be available at the 9/4/21



Breakfast at O'Charley's for purchase or you can email Bob Giannuzzi at [bgiannuzzi@hotmail.com](mailto:bgiannuzzi@hotmail.com) if you would like him to hold one for you. The books will cost \$30 and will be available in the TSDOI Festa Booth on September 25th and at our Pot Luck on October 6th.

The Lodge makes \$12.00 on each book sold so tell your friends, family and they also make great Christmas stocking stuffers. Below is the scatter sheet of some of the participating businesses.

<https://www.dropbox.com/s/1wny36tnv2a28x0/2022%20Raleigh%20Scatter%20Sheet%20Logos%20Color.pdf?dl=0>

## Olive Oil Tasting at Bona Furtuna - Eccezionale

Their 100% organic, gold medal winning olive oil comes from trees that are up to 1,500 years old, while the Biancolilla Centinara (meaning "ancient white lilac") olive varietal was rediscovered with help from our master botanist, Pasquale "Mimmo" Marino. Each olive is picked by local farmers, hand-inspected for the highest quality, and taken to their on-farm mill where their single-source olive oil is cold extracted and estate bottled within 24 hours.

<https://bonafurtuna.com/>



# A Summer Evening of Dinner, Movie and More!



# FOOD & CULTURE

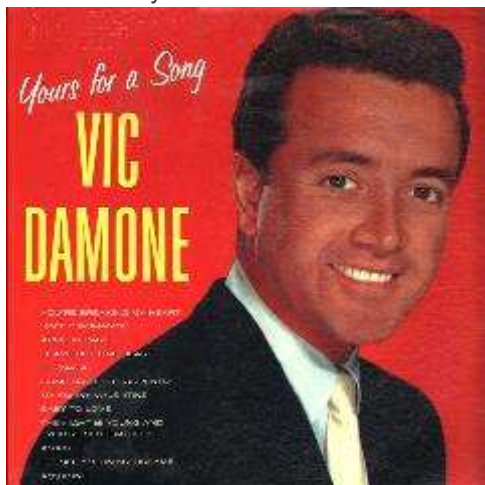
Interessante | Web Sites | Food | Culture | Places | Stories

Food & Culture showcases our Italian culture. If you have suggestions, please email Nick Verna at [nickverna14@gmail.com](mailto:nickverna14@gmail.com) and we can put it in a future newsletter.

## The Collision of Medicine, Music and 911

By Nick Verna

It was 1949 and America was rebounding from the war. Many Italian Americans fought bravely in the war and were now starting families and making a name for themselves. For some it was a period of decision. What should I do with my life? In Brooklyn, 2 young men were struggling with a major life decision – should we pursue a singing career or go to medical school. The two individuals were Vic Damone (born Vito Rocco Farinola) and Alfred Jannicelli, my cousin. The singing duo's career were just getting off the ground and Alfred had a difficult decision. Should he give up a promising career as a singer with his friend Vic or should he go to medical school. In the end he gave up his singing career to become a doctor and opened the only clinic in the Wall Street area. Vic became an American traditional pop and big band singer, actor, radio and television presenter, and entertainer. He was best known for his performances of songs such as the number one hit "You're Breaking My Heart". Alfred's legacy culminated in the wake of 911. Due to his proximity to the World Trade Center his clinic became the epicenter for medical care for the emergency responders after the fall of the twin towers. He once told me that he never regretted his decision. He was an Italian-American hero that exemplified love and compassion for everyone he came in contact with.

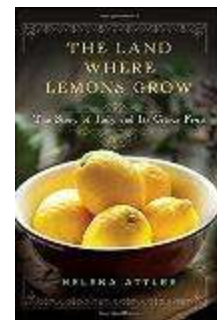


## The Land Where Lemons Grow: The Story of Italy and Its Citrus Fruit Hardcover

by Helena Attlee

<https://www.amazon.com/Land-Where-Lemons-Grow-Citrus/dp/1581572905>

The Land Where Lemons Grow is the sweeping story of Italy's cultural history told through the history of its citrus crops. From the early migration of citrus from the foothills of the Himalayas to Italy's shores to the persistent role of unique crops such as bergamot (and its place in the perfume and cosmetics industries) and the vital role played by Calabria's unique Diamante citrons in the Jewish



celebration of Sukkoth, author Helena Attlee brings the fascinating history and its gustatory delights to life. Whether the Battle of Oranges in Ivrea, the gardens of Tuscany, or the story of the Mafia and Sicily's citrus groves, Attlee transports readers on a journey unlike any other.

## Amalfi Coast Pottery & Its Love of Lemons



<https://magazine.amaselections.com/ceramics-of-the-amalfi-coast/>

The Amalfi Coast is famous for its cliffs and terraced hillsides verdant with bright yellow lemon groves. Bursting with brilliant blues, yellows, reds and greens, the ceramics created here reflect the colors that saturate this coast. Made from the local red clay mixed with limestone, pottery has been formed and fired here for thousands of years. From ancient Rome to the present, cups, bowls and plates have functioned as practical and decorative objects for the poorest to the wealthiest residents.

After the pots have been formed and fired, they are dipped in a substance that coats them in white so that the hand-painted designs and colors will stand out. Ceramics production among the towns of the Amalfi coast goes back to the fifteenth century and has only increased in popularity over the centuries. Today the largest center of production is Vietri sul Mare where you can also find the Museo della Ceramica (Ceramics Museum) but there are wonderful ceramics shops up and down the coast, the most famous being in the towns of Positano, Ravello, Sorrento and Amalfi.

## Limone in Italy

<https://www.ditalia.com/blogs/the-secret-sauce/all-about-italian-lemons>

From fresh squeezed lemon on top of almost any dish to lemon flavored desserts and more, lemons are an essential part of Italian life. In Italy, the significance of lemons is brighter than their bright, yellow color. Walking through different regions and cities in Italy, you will often see bright, big lemons painted on ceramics, bottles of limoncello in every little store, and fruit stands filled with lemons the size of softballs. Though lemons grow in many parts of Italy, lemons in Italy are most often grown on the Amalfi Coast and in Sicily. While the Amalfi Coast claims to be the home of the true lemon, Sicilian lemons are more widely known and distributed throughout Italy, and many European countries. Although there may be arguments based on what region the best lemons come from, one thing all Italians can agree upon is the culinary importance of this vibrantly delicious fruit.

## Ricotta Gnudi with Lemon and Sage Sauce



<https://www.delicious.com.au/recipes/ricotta-gnudi-lemon-sage-sauce-recipe/8xsqb19i?r=recipes/group/k81jygch>

### Ingredients

1 lb.(500g) fresh ricotta, well drained  
1 cup (80g) parmesan, finely grated  
2/3 cup (100g) plain flour, sifted  
1/3 cup (55g) fine semolina, plus 1/4 cup extra to dust  
2 tbs chopped sage, plus extra whole leaves to fry  
2 eggs, lightly beaten  
Pinch ground nutmeg  
Finely grated zest of 1 lemon, plus juice of 1/2-1 lemon to taste  
1/2 cup (125ml) extra virgin olive oil  
4 Tablespoons (50g) unsalted butter, chopped  
1/2 garlic clove, finely chopped  
Grated parmesan, to serve

### Directions

Place ricotta, parmesan, flour, semolina, chopped sage, eggs, nutmeg, lemon zest and 1 tsp salt flakes in a bowl and mix gently. Using 2 kitchen spoons, work mixture into 24 rough quenelle-shaped dumplings. Dust semolina over a

baking tray and place dumplings in a single layer. Chill, uncovered, for at least 1 hour.

Heat half of the oil in a large non-stick frypan over medium-high heat. Add half the gnudi and cook, turning carefully, for 4-5 minutes until golden and crispy on the outside. Remove from the pan and place on a tray and keep warm. Repeat with remaining oil and gnudi.

Add the whole sage leaves to the pan and fry in leftover oil for 10 seconds or until crisp, then remove and set aside. Add lemon juice, butter and garlic to the pan. Simmer for 2-3 minutes until butter is nutty and garlic is golden. Drizzle gnudi with lemon sauce and top with fried sage. Scatter over grated parmesan to serve.

## Lemon Budino



<https://www.bonappetit.com/recipe/meyer-lemon-budino>

6 Servings

### Ingredients

1/2 cup plus 2 tablespoons sugar  
3 large eggs, separated  
1/4 cup all purpose flour  
1/4 cup fresh lemon juice  
2 tablespoons fresh regular lemon juice  
2 tablespoons finely grated lemon peel  
3/4 cup plus 2 tablespoons whole milk  
1/4 teaspoon salt  
Whipped cream (optional)

### Preparation

#### Step 1

Preheat oven to 350°F. Butter six 3/4-cup custard cups or ramekins. Combine 1/2 cup sugar, egg yolks, flour, lemon juice, and lemon peel in large bowl; whisk until well blended. Whisk in milk.

#### Step 2

Using electric mixer, beat egg whites and salt in medium bowl until frothy. Gradually add remaining 2 tablespoons sugar and beat until soft peaks form. Fold beaten egg whites into lemon mixture in 2 additions. Divide mixture among prepared custard cups. Place custard cups in roasting pan. Pour enough hot water into roasting pan to come halfway up sides of custard cups. Bake puddings until tops are golden and spring back when lightly touched, about 30 minutes. Remove cups from water. Serve warm or cold with whipped cream, if desired.

## Limoncello: Between History and Legend

<https://www.florenceinferno.com/true-story-italian-limoncello/>

Limoncello's origins are shrouded in mystery and the theories are many, as always. Sorrentini, Amalfitani, and Capresi alike claim its ancestry. In small plots of kilometres, these three populations boast of a production of limoncello passed on by various generations. In Capri, some say that its origins are linked to the events of the family of the businessman Massimo Canale, who, in 1988, registered the first trademark "Limoncello."

The liquor originates from the beginning of the 1900s, in a small boarding house on the island of Azzurra, where the lady Maria Antonia Farace took care of a rigorous garden of lemons and oranges. During the post-war period, her nephew opened a bar near Alex Munte's villa. The speciality of that bar was the lemon liquor made with nonna's old recipe.

In 1988, the nephew's son, Massimo Canale, started a small handmade production of Limoncello, registering the trademark. However, Sorrento and Amalfi have their own legends and stories regarding the production of the traditional yellow liquor.

On the Sorrentine coast, for example, the story goes that at the beginning of the 1900s, the big families of Sorrento would always ensure that their illustrious guests get a taste of Limoncello, made according to their traditional recipe. Moreover, in Amalfi, some believe that the liquor has even older origins, being almost linked to the cultivation of lemons. However, as it frequently happens in these circumstances, the truth is vague and the hypotheses are many and interesting.

Some recall the peasants and fishermen's custom of drinking a little lemon liqueur in the morning to ward off the cold. Others speak of diligent monks intent on preserving the pleasures of life between prayers, during the Middle Ages, when the roads were hazardous and the seas populated with plundering Saracens.

According to Lee Marshall, a British journalist who has been living in Italy since 1984 and who writes for the Italian weekly publication *Internazionale*, Limoncello's history is short and is not rooted in agrarian tradition, as is typically the case.

There is no historical documentation regarding the use of Limoncello before the beginning of the twentieth century. Moreover, Marshall writes that outside of a handful of families and social circles, few drank it before 1988, when the entrepreneur Massimo Canale of Capri registered the trademark "Limoncello di Capri" and began producing the yellow liqueur in quantities that could first satisfy bars, restaurants, and supermarkets throughout the area, and then around the world.

## Make Your Own Limoncello



By Nick Verna

Makes 2 750mL Bottles

### Ingredients

12 Lemons (organic preferred)  
1 750mL Bottle of Everclear □  
6 C Water  
4 C Sugar  
Microplane Zester

### Directions

Rinse and wipe off the lemons. Zest the lemons using a microplane zester. Make sure you avoid the white parts of the lemon skin, this can be very bitter. You can then squeeze all of the zested lemons and freeze the lemon juice in ice cube trays for future use.

Place the lemon zest and the Everclear into a 1 Liter bottle that has been sanitized. Place it in a dark cabinet or closet for two weeks. Stir or shake daily!

At the end of two weeks, make a simple syrup with the sugar and water. Bring the water to a boil, add the sugar and stir until it has turned clear. Cool the simple syrup to room temperature.

Strain the zest from the alcohol by placing a coffee filter in a strainer over a large bowl. Discard the lemon zest. Add the cooled simple syrup to the strained alcohol then pour it into smaller bottles.

Store in the refrigerator for at least 5 days before drinking. Limoncello must be stored in either the refrigerator or freezer.

NOTE: Everclear is a brand name for 151-proof (75.5% ABV) grain alcohol. It is also called diesel alcohol.