



Triangle Sons & Daughters of Italy

Serving the North Carolina Triangle since 2004

LODGE 2817

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IL GIORNALE DI TSDOI

Settembre, 2022



Follow us on
Facebook at "Triangle Sons & Daughters of Italy"



And on our new YouTube Channel

https://www.youtube.com/channel/UCyXc7MwrG_VCbo41MFL8AvA

Please note that we take photos and videos at all events. If you do not want your image to appear on either Facebook or YouTube, you must tell the photographer at that time.

IL GIORNALE DI TSDOI

Editor: Nick Verna

Send comments or suggested materials to
nickverna14@gmail.com.

TSDOI Calendar of Events

Aug 6 ___ Under 40 Cooking Class
Aug 18 ___ Limoncello Making Night
Sept 3 ___ Fundraising Breakfast O'Charley's
Sep 10 ___ Murder Mystery Dinner & Show
Sep 11 ___ Helen Wright Women's Shelter
Sep 24 ___ Festa Italiana
Oct 15 ___ Conversation and Coffee with Author Laura
Morelli - Italian Art History to Historical Fiction
Oct 16 ___ Potluck / Italian Heritage Celebration
Nov 6 ___ Helen Wright Women's Shelter
Nov 13 ___ Movie Night
Dec 11 ___ TSDOI Christmas Dinner
Dec 19 ___ Cookie Exchange



September Birthdays

This month we celebrate the birthdays of those members celebrating in September: Anthony Vittorio (1), Vera Cicero (6), Bob Frum (15), Joseph Smolenski (19), Dennis Nachtrieb (21), Nicholas Verna (21), John Zimmer (23), Brenda Pulverenti (24).

Festa Italiana Raleigh 2022

September 24, 2022, 11:00 – 7:00



TSDOI is proud to be a sponsor of the upcoming Festa Italiana Raleigh 2022. While we are not running the event, we will have a booth and our members are actively involved. Please stop by to enjoy the music, food, cooking demos, and vendors. The event will be held on September 24th, from 11:00 to 7:00 at the intersection of Glenwood Avenue and Tucker Street in Raleigh. Go to www.festaitalianaraleigh.com for additional information.

Letter from the President



Dear TSDOI Members:

Registration is now open for our Italian Heritage Celebration on Sunday, October 16th at 2:30 pm at the Carey Jones Center in Apex. This is our capstone event of 2022, and it will embody all that we are as Italian Americans. You don't want to miss the fun that we have planned.

ITALIAN HERITAGE CELEBRATION

The Triangle Sons & Daughters of Italy is your Italian "neighborhood" in North Carolina, and we invite our members and their guests over to our place for a BIG ITALIAN SUPPER like the old days. This is a FREE Event for TSDOI Members and \$5 for Guests. Your ticket to enter The Big Italian Supper is to sign up to bring your favorite Italian dish and share it with other Italian Americans who share a love for good food.

THE BIG ITALIAN SUPPER PROGRAM HIGHLIGHTS

A sentimental journey about "Growing Up Italian" with heartfelt commentary, music, & video

TSDOI Member and accomplished singer, Bob Gleason, will croon us with Italian American favorites

Long-time TSDOI Member, George Scalco, will share his experiences of living in Venice during WWII and immigrating to the USA

Hear from the North Carolina resident who has been selected to receive the TSDOI 2022 NC Outstanding Italian American Award.

Please see page 3 of this newsletter for additional information and directions on how to register.

Don Cimorelli

President TSDOI

Congratulations Mike

Please help us congratulate Mike D'Amore on his new position as Director of Operations at Keller Williams Young Professionals Triangle Chapter.



Good & Welfare

Karen Palasek had knee replacement surgery. Please keep her in your prayers. karenyvonp@gmail.com

Victor Navaroli is recovering from injuries incurred in a recent accident and his mother recently passed away as well. victor@carolinawealth.com



Italian Heritage Celebration

Sunday, October 16, 2022

2:30 PM

Carey Jones Center
309 Holleman Street, Apex,
NC 27502



The Triangle Sons & Daughters of Italy is your Italian "neighborhood" in North Carolina, and we invite our members and their guests over to our place for a big Italian supper like the old days.

This is a FREE Event for TSDOI Members and \$5 for Guests. Your ticket to enter The Big Italian Supper is to sign up to bring your favorite Italian dish and share it with other Italian Americans who share a love for good food.

TSDOI Member and accomplished singer, Bob Gleason, will be there to croon us with Italian American favorites. Long-time TSODI Member, George Scalco will share his experiences of living in Venice during WWII and immigrating to the US. The Lodge will present and hear from the North Carolina resident who has been selected to receive the TSDOI 2022 NC Outstanding Italian American Award. We will also formally welcome our newest TSDOI Members and engage in fun activities such as the largest tarantella ever danced in North Carolina.

Please join us to celebrate our Italian heritage at our biggest and most anticipated event of the year. We have plenty of Italian American surprises planned for you!

Go to our website at <https://www.trianglesonsofitaly.org/events/> to register on the signup list to complete a slot to bring either an Italian main dish, appetizer, salad, side dish, or dessert for 8-10 people.

If you are bringing a guest who is not a formal TSDOI member go to the same website and click on the additional link to pay \$5 for each guest who is not a member of TSDOI.



Passing Down Grandpa Nick's Recipes to the Next Generation





**Limoncello
Night**



TRIANGLE SONS AND DAUGHTERS OF
ITALY LODGE 2817

presents

14th Annual Italian Movie & Pizza Night
“Only You – A Love Story Written in the Stars”
Sunday, November 13, 2022



When: 4:00 pm sign-in

4:30 movie/6:00 pm dinner

Where: Carey C. Jones Community Center

309 Holleman Street, Apex, NC

Cost: \$10 per member/\$14 per guest

\$5 per child (under 12 years old)

MOVIE SYNOPSIS: A childhood incident has convinced Faith Corvatch (Marisa Tomei) that her true love is a guy named "Damon Bradley," but she has yet to meet him. Preparing to settle down and marry a foot doctor, Faith impulsively flies to Venice when it seems that she may be able to finally encounter the man of her dreams. Instead, she meets the charming Peter Wright (Robert Downey Jr.). But can they fall in love if she still believes that she is intended to be with someone else?

Movie Trailer:

https://www.imdb.com/video/vi406559769/?ref_=tt_vi_i_1

Purchase Tickets at: www.trianglesonsofitaly.org/Events



\$10/\$14 ADMISSION INCLUDES:

popcorn, pizza, salad, desserts, coffee (beverages available for purchase)

50/50 raffle, door prize drawings, & cookbooks for sale!

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.

Welcome New Members

Please welcome **Isabel Perry** who heard about us through a friend and our website. She is originally from Morgantown WV and moved to Raleigh in May. Isabel's heritage is from San Giovanni in Fiore, Cosenza, and Calabria. She is a Keynote Speaker and Property Manager in Raleigh. Some of her interests are socializing, community service, baking and serving on a committee.



Welcome Isabel: perryi@aol.com

Please welcome **Bob and Diana Frum** who heard about through our Facebook page and Don Cimorelli. Thank you, Don. They are friends with Isabel Perry who joined the past week and are also originally from West Virginia. Bob and Diana are currently living in Wilmington. Within a few weeks they will be relocating to Raleigh to be near their son and daughter. Diana's heritage is from Calabria and San Giovanni in Fiore. Bob is a retired Contractor and Diana a retired Dentist. They have signed up for Limoncello Making Night and look forward to meeting and socializing with our membership.

Welcome Bob: bobfrum@gmail.com

Welcome Diana: diana.frum@gmail.com

Please welcome **Anthony (Tony) and Kathy Fiore** who heard about us through our member Bob Gleason. Thank you, Bob. Tony's heritage is from Favara, Sicily. They are originally from Union, New Jersey and relocated to be near their six grandchildren in Holly Springs. Tony is a semi-retired engineer and Kathy works at home. They live in Apex and enjoy traveling, pickle ball and their grandchildren.
welcome Tony: awffiore.55@gmail.com
welcome Kathy: kathyfiore2413@gmail.com

James May Our Man in Italy

<https://www.imdb.com/title/tt21062030/>

This tongue and cheek show is quite funny. James May is on an Italian job: to explore this great country's history, culture, landscape, industry, and people. Can a bumbling, middle-aged, British bloke discover the secrets of 'la dolce vita'? Now available on Amazon Prime.



Relive Ancient Rome in 3D



If you have ever stood outside the monuments in Rome and wondered how the city appeared in Ancient Roman times, you are in luck. Go to [Relive history together \(relivehistoryin3d.com\)](http://relivehistorytogether.com). With the entire city in scale, the fabulous eight-minute video simulation soaring over the center of Rome. You will recognize the Forum and Colosseum, while marveling at the temples, baths, and homes that filled the city in 360 AD. Other video tours visit specific buildings, bringing features such as sculptures of Roman leaders to life, all in full color. The company has been at work for more than a decade on its next three-dimensional project, which features the Palace of Diocletian.

Regions of Italy

<https://www.italiangenealogy.blog/the-regions-of-italy/>

This genealogy site can provide you with a brief history of each region of Italy.



Pecorino Romano Crusted Cauliflower

By Nick Verna

Servings – 6-8

Ingredients

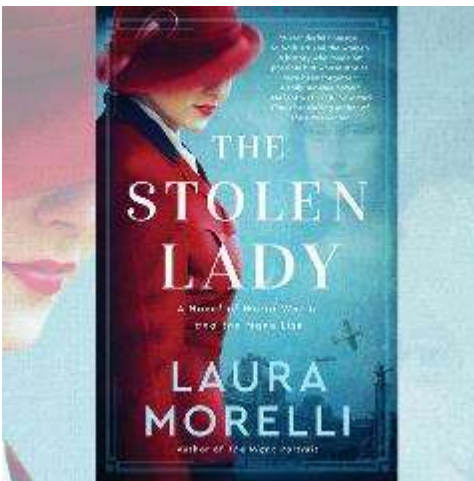
- 1 Head Cauliflower
- 1 Egg
- 1/8 tsp Red Pepper Flakes
- 1 tsp Smoked Paprika
- 1 ½ tsp Italian Seasoning
- ½ tsp Kosher Salt
- Black Pepper
- 2 TBS Extra Virgin Olive Oil
- 5 TBS All-Purpose Flour
- ½ C Water
- 1-2 Cups Grated Pecorino Romano or Parmesan Cheese

Directions

1. Preheat your oven to 350°F
2. Cut the cauliflower into large florets.
3. In a medium bowl, whisk together the egg, 1/8 teaspoon red pepper flakes, 1 teaspoon smoked paprika, 1 ½ teaspoons Italian seasoning, ½ teaspoon kosher salt, black pepper to taste, and 2 tablespoons of extra virgin olive oil until well blended. Stir in the 5 tablespoons of Flour and ½ cup of water into the spice mixture until smooth.
4. Dip each cauliflower floret into the egg mixture, making sure it is entirely covered, then dip it into the grated Pecorino Romano cheese to coat (see bottom photo).
5. Place the coated florets on a rimmed cookie sheet and baked in the preheated oven for 30 minutes. Turn your oven to broil for the last 5 minutes so that you have a pale brown crust. Serve immediately.

This recipe can also be found on our TSDOI Italian Heritage Blog at <https://tsdoifoodheritage.blogspot.com/2022/08/pecorino-romano-crust-cauliflower.html>

Good Books – Laura Morelli



Author Laura Morelli, who will be telling us about her historical novels that blend Italian art history and historical fiction, will be presenting to our members on

Saturday, October 15. I have just read two of her books and I could not put them down. You can get *The Stolen Lady* and *The Night Portrait* from the Wake County Public Library. They only have copies in the main libraries so you may have to order them. After reading them you will have lots of questions for her. Go to <https://www.trianglesonofitaly.org/events/> for additional details about this event.

Italian Roasted Vegetables

<https://www.food.com/recipe/italian-roasted-vegetables-179864>



Serves: 8-12

INGREDIENTS

2 yellow bell peppers, cut into chunks
2 red bell peppers, cut into chunks
2 green bell peppers, cut into chunks
3 zucchini, sliced lengthwise
2 bunches green onions, trimmed
2 Japanese eggplants, sliced
24 asparagus spears, trimmed
1 lb new potato, thinly sliced
8 ounces mushrooms, halved
1 bunch fresh rosemary, chopped
12 garlic cloves, chopped
1/4 cup extra virgin olive oil
salt and pepper, to taste

DIRECTIONS

1. Preheat oven to 500°F.
2. Put veggies into open roasting pan. Toss with rosemary, chopped garlic, salt and fresh ground black pepper and just enough olive oil to coat.
3. Roast for about 45 minutes, or until crisp tender.

An Overview of Scamorza Cheese

Also referred to as scamorze cheese, scamorzo, scamorza is an Italian semi-soft, chewy, stringy, and firm cheese. It is sweet yet slightly salty (it is dipped in brine before being spread to ripen).

At the end of the cheese production process, the makers mold the cheese into a round shape, string a loop around it, then hang to dry. This process is commonly known as strangling, and it takes about two weeks to ripen. This simple end process confers scamorza with an easily recognizable, funny look – a tiny 'head' sitting on a much larger 'body.' In fact, the literal English interpretation of scamorza is "beheaded."

Unlike mozzarella that exists in about five different forms, scamorza is not so multifaceted. However, it has one major physical variant: once formed, scamorza is white, fresh, and milky (called scamorza bianca). It can be sold this way or further tossed on a flaming straw for about 10-15 minutes. This is its smoky variant with a peculiar smoky flavor and mild caramel presence. This smoky variant is called Scamorza Affumicate.

Scamorza and Potato-Stuffed Bell Peppers

<https://www.lacucinaitaliana.com/recipe/sides-and-vegetables/scamorza-and-potato-stuffed-bell-peppers>



Serves 6

INGREDIENTS

3 Yellow Bell Peppers
1 lb. Baby Potatoes
9 oz. Scamorza Cheese *
1 pint Cherry or Grape Tomatoes
Bay Leaf
Basil
Bread Crumbs
Extra-Virgin Olive Oil
Salt

Directions

1. Preheat the oven to 400 °F.
2. Dice the unpeeled potatoes into 1/4" cubes, toss them with 2-3 Tbsp. oil and a bay leaf, add salt and cook them, covered, for 10 minutes on medium high. Dice the tomatoes and add to the potatoes.
3. Cut the tops and bottoms of the peppers off, then cut the remaining peppers in half, obtaining 6 pepper rings. Place them on a baking sheet lined with parchment paper.
4. Blend the scamorza with 10 basil leaves. Chop the remaining parts of the peppers and put them in the pepper rings with some bread crumbs. Add the tomatoes and potatoes, then top with the blended cheese. Bake for around 18-20 minutes. Garnish with fresh basil leaves and serve.

* **NOTE** –
Mozzarella can be substituted for Scamorza

