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# IL GIORNALE DI TSDOI

Novembre, 2023



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



And on our YouTube Channel  
[youtube.com/@tsdoiyoutube7441](https://www.youtube.com/@tsdoiyoutube7441)

**Go to our Facebook page for additional photos of the Heritage Night Celebration**

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 TSDOI**  
Editor Nick Verna  
Send comments or suggested materials to  
[nickverna14@gmail.com](mailto:nickverna14@gmail.com)

## TSDOI Calendar of Events

Nov 27 – Conversational Italian  
Dec 9 – Triangle Disability & Autism Children  
Holiday Party  
Dec 9 – USO Cake Walk  
Dec 10 – Christmas Dinner  
Dec 17 – Holiday Cookie Exchange  
Feb 4 - Opera (sold out)

## November Birthdays

This month we celebrate the birthdays of those members celebrating in November:

Adena DiTonno (20), Kathy Maurio (20), Charlotte DiLeonardo (21), Maria Knall (21), Alex Gordon (23), Fran Castellano (28), Michael Taranto (29), Morgan Sue (30).



## Letter From the President

Dear TSDOI Members:

Follow the links to rewarding community service opportunities during the upcoming holiday season. I am appealing to our TSDOI members to review and begin registering for these heartwarming events.

### **VOLUNTEER OPPORTUNITY #1: Triangle Disability & Autism Services Children Holiday Party Support**

Sign-Up for a 2.5 Hour Volunteer Shift at The Triangle Disability & Autism Services Children Holiday Party on Saturday, December 9th at Good Shepherd Lutheran Church, 7000 Creedmoor Rd, Raleigh, Nc

Shift #1: 12:00 am - 2:30 pm (Setup & Party Support) OR Shift #2: 2:30 pm - 5:00 pm (Party Support & Clean-Up)

You will be assigned Volunteer Duties such as Sign-In Table, Assist with Gift Distribution Table, Assist with Arts & Crafts, Snack/food table, Santa's Helpers to assist children and their families as they take their picture with Santa & Mrs. Claus

Click on the Signup Genius link below to register to volunteer:

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

### **VOLUNTEER OPPORTUNITY #2: USO Cake Walk Baked Goods Donations & Support**

sign-up to donate store bought or home-made baked goods for the cake walk. Drop off baked goods at a TSDOI member's home on Friday, December 8th. Volunteers are also needed for the cake walk on Saturday, December 9th.



Fran Castellano will accept items at her home on Friday, December 8 in the AM. 405 Wapner Court - Carolina Preserve, Cary (919-650-1818).

Fran Giannuzzi will also accept items at her home on Friday, December 8 in the afternoon/evening. 548 Clarenbridge Drive, Carolina Preserve, Cary (919-349-0138)

We can also accept items on Thursday if people need to drop off them at that time instead of Friday. However, members need to call either Fran or Fran in advance to let them know when they are coming.

Items can also be dropped off at the USO Hanger (Department of Transportation Hanger at 1050 Meridian Drive, Morrisville, NC 27560) by 9:00 am on Saturday, December 9th.

Click on Signup Genius link below to register to donate home-made or store-bought baked goods. After you finish registering to donate baked goods, go back into Signup Genius a second time if you would also like to volunteer to assist at the cake walk. Volunteer slots are listed in the signup genius after the listing of baked good options.

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

**VOLUNTEER OPPORTUNITY #3: Gifts for Homeless Family.** In November, you will receive a separate e-mail with an additional opportunity to volunteer to donate holiday gifts for a family in transitional housing provided by the Family Promise Organization. Gifts will be brought to Nick Verna's home or dropped off at the TSDOI Christmas dinner on December 10th.

Let's go make a difference in our community for the upcoming holiday season.

Don Cimorelli

TSDOI 2817 President

# TSDOI Christmas Dinner at Mamma Mia! in Holly Springs

**Sunday, December 10, 2023, 5:00 pm**

Mamma Mia! Italian Bistro

301 S. Main Street, Holly Springs, NC 27540

Co-Chairs: Fran Castellano, Don Cimorelli, Nick Verna

**MENU** (\$45 for Members & \$50 for Guests)

- Appetizers for Each Table: Calamari, Bruschetta, Caprese Salad
- Entrees Served Over Pasta (One Per Guest): Salmon Piccata, Chicken Marsala, Chicken Parmigiana, Eggplant Parmigiana
- Dessert for Each Table: Mini-Cannoli
- Drinks: Water, Sweet/Unsweetened Cold Tea, & Soft Drinks (Included), Self-Service Coffee Station
- Cash Bar for Wine & Beer



50-50 & Gift Raffles

Registration & Payment Deadline (Sunday, Dec. 10). Click on the link below to register and pay for tickets online, or mail a check made payable to TSDOI to: Don Cimorelli, 132 Wards Ridge Drive, Cary, NC 27513

[\\$45 Member Payment Link \(For Individuals with Paid TSDOI Membership\)](#)

[\\$50 Non-Member Payment Link](#)

## Good & Welfare

Our Lodge wishes to express its condolences to TSDOI Members John & Kristen Zimmer, and Tony Bracci. Both John and Tony's mothers recently passed away during October.

## TSDOI Heritage Celebration



**Our Outstanding Italian American of North Carolina award winner Michele Fazio**



**Three of our Italian Enthusiast Award Winners, Nick Verna, Bernard and Fran Castellano. Fran and Bob Giannuzzi also won but were not able to attend the dinner.**

# TSDOI Heritage Celebration



**The team that made this event happen.**



**Our singer Bob Gleeson**



**The newcomers award for outstanding enthusiasm and work from new members was given to Billy Ward, Mike Damore and Isabel Perry.**



**Food Glorious Food**



**Let's Dance!!!!**



**150 attendees, wow!**

***Check out our Facebook page for more photos from this event***

# 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](mailto:nickverna14@gmail.com).

## New Members

Please welcome **Phil and Sandra (Sandy) DePalma** who heard about us from George Scalco. Thank you, George. They are originally from Syracuse, NY and have lived in Zebulon for 27 years. Phil's heritage is from San Salvatore, Campania and he is a Purchasing Manager at ECU. Sandy's heritage is from Sicily and Abruzzo, and she is a retired Nurse. Phil enjoys woodworking and Sandy enjoys pottery and reading. Welcome Phil [pdepalma35@gmail.com](mailto:pdepalma35@gmail.com) and Sandy [sldepalma@gmail.com](mailto:sldepalma@gmail.com)

Please welcome **Michael Lein** who heard about us through our web site. Michael is joining as a social member and enjoys everything Italian. He is originally from Albany, NY and relocated to Fuquay Varina for job opportunity and warmer climate. He is a Senior VP of Sales. His wife is Italian, and they have a son and a daughter who keep them busy. Michael likes playing the guitar and enjoys the music from the 50's and 60's. Welcome Michael: [michael.lein@hotmail.com](mailto:michael.lein@hotmail.com)

Please welcome **Alysia Matteucci and William (Bill) Eubanks** who heard about us from Joe Pirozzi. Thank you, Joe. They are from Connecticut and moved to Cary because of job relocation. Alysia's heritage is from Sciacca and Taurasi. She is a Special Education Teacher and Bill is a Computer Engineer. They enjoy cooking, travel, genealogy and learning Italian. Their favorite Italian game is Scopa, and they look forward to hosting a Scopa event. Welcome Alysia [alysia.matteucci@yahoo.com](mailto:alysia.matteucci@yahoo.com) and Bill [beubanks@me.com](mailto:beubanks@me.com)

Please welcome **Rose Lynn and Dan Wild** and their two children Paisley and Finley. They heard about us through searching the internet and Facebook. They are originally from New York City and relocated 14 years ago. Rose Lynn's heritage is from Provincia di Salerno Campania, and she has dual citizenship. She is a Homemaker and

enjoys the Italian language and culture, travel and walking. Dan is a Gastroenterologist at Duke and enjoys cooking and running. They live in Chapel Hill and both children are in school. Paisley attends Culbreth Middle School and enjoys baking and tennis. Finley attends East Chapel Hill High School and enjoys running, fishing and piano. We are delighted to have their family be part of our family. Welcome Rose Lynn [roselynn@alumni.brown.edu](mailto:roselynn@alumni.brown.edu) and Dan [danwild77@gmail.com](mailto:danwild77@gmail.com).

Please welcome **Leonard (Len) and Astrid Amico** who heard about us through the Festa Italiana poster in Capri Flavors and Anthony, the store owner. Len is originally from Buffalo, NY and Astrid is from London, UK. Len's heritage is from Palermo, Leonforte and Serradifalco, Sicily. He is a Pharmaceutical Consultant and Astrid is a Clinical Pharmacist. They live in Cary and enjoy winemaking, cooking, culture, outdoors, gardening, woodworking and stained glass. They look forward to joining us at our Italian American Heritage Celebration on Sunday, October 29th. Welcome Len [lenamico@yahoo.com](mailto:lenamico@yahoo.com) and Astrid [astridfearn@yahoo.co.uk](mailto:astridfearn@yahoo.co.uk).

Please welcome **Michael and Kathleen (Kathy) Salce** who heard about us from Michael's two sisters and husbands who recently joined. His two sisters are Sandy DePalma and Stacey Stelluto. Thank you to these families who are now part of our family. They are originally from Syracuse, NY and relocated to Zebulon to be near family and for warmer climate. Michael's heritage is from Abruzzo and Sicily and he is retired from Carrier Corporation. Kathy is retired and enjoys sewing, gardening and music. Welcome Michael and Kathy [mjsalce@outlook.com](mailto:mjsalce@outlook.com).

Please welcome **Antoinette (Toni) Koytek** who heard about us from Lodge members Ricci Polsinelli Williams and Antoinette and John Finizio. Thank you all. Toni is originally from Sayre, Pennsylvania and relocated to Apex four years ago. Her heritage is from the Abruzzo and Lazio Regions. She is a retired Business Planner from IBM Corporation and enjoys reading, working out, biking, cooking/baking, golf and travel. She looks

forward to meeting with friends. Welcome Toni [tkoy121@gmail.com](mailto:tkoy121@gmail.com).

Please welcome **Vince and Stacey Stelluto** who heard about through our web site. Vince is originally from Fairport, NY (suburb of Rochester) and Stacey is from Syracuse, NY. They relocated three years ago to Clayton to be near Stacey's sister and for a warmer climate. Stacey's sister Sandy and husband Phil DePalma joined last week. Vince's heritage is from Casalvecchio di Puglia, Casalnuovo Monterotaro in Foggia province and Anagni and Giuliano di Roma. Stacey's heritage is from Abruzzo and Sicily. Vince is an IT Manager for Constellation Brands Inc. and enjoys running, disc golf, sporting events and music. Stacey is a Homemaker and enjoys reading. Welcome Vince [vincent.stelluto@gmail.com](mailto:vincent.stelluto@gmail.com) and Stacey [staceystelluto@gmail.com](mailto:staceystelluto@gmail.com).

Please welcome **Peter Vetere and Sherry Carty Vetere** who heard about us through Facebook. Peter is originally from Pennsylvania and Sherry is from Virginia. They live in Raleigh. Peter has dual citizenship, and his heritage is from the Calabria region, Longi and Castellammare del Golfo, Sicily. Sherry is learning about Italy through Peter's heritage and plans to pursue dual citizenship. Peter is a Software Engineer and enjoys music and art. Sherry is a Patent Agent and enjoys cooking, travel, music and art. They will be joining us on Sunday at our Italian American Heritage Celebration. Welcome Peter [pvetere@gmail.com](mailto:pvetere@gmail.com) and Sherry [sherry.carty@gmail.com](mailto:sherry.carty@gmail.com).

Please welcome **Philip (Phil) and Mervi Fantasia** who heard about us at our booth at the Raleigh Festa Italiana in 2022. Phil is originally from Cambridge, Massachusetts and Mervi is from Finland. They live in Cary. Phil's heritage is from Roccascerana, a commune in the province of Avellino, Campania. He is awaiting approval for dual citizenship. He is retired from a career in Pharmaceutical Biotechnology. Mervi is also retired and worked in banking and finance. She enjoys swimming, playing scrabble, traveling, cooking and reading. Phil is a Pianist, Organist, enjoys Genealogy, hiking and travel. They will be joining us on Sunday at our Italian American Heritage Celebration. Welcome Phil [pmfantasia@gmail.com](mailto:pmfantasia@gmail.com) and Mervi [mervi.fantasia@gmail.com](mailto:mervi.fantasia@gmail.com).

## 2,000-year-old 'Tomb of Cerberus' with stunning frescoes discovered in Italy



A remarkably well-preserved chamber tomb has recently come to light within cultivated land situated in the municipality of Giugliano in Campania, near Naples, during an archaeological survey in advance of updates to the city water supply system. Early examinations estimate the tomb dates back approximately 2,000 years.

The tomb's entrance was sealed with a tuff slab, and upon entry, the chamber revealed stunning frescoes adorning its walls. Among these frescoes is a notable representation of the three-headed dog, Cerberus, which has led to the tomb being aptly dubbed the 'Tomb of Cerberus.'

## Italian Life Problems #701

Having to explain to friends that your family isn't fighting, that is just how they talk.

# The Legend of Panettone, Italy's Mythical Christmas Cake

It began in Milan, but bakers across Italy keep the centuries-old tradition alive. There is nothing more *natale* (Italian for Christmas) than panettone, a holiday pastry that some (mistakenly) consider the Italian cousin of the fruitcake. But it isn't that at all. In Italy, the panettone is tradition, identity and a delicacy. Beautifully packaged and given as gifts, the panettone is eagerly awaited by everyone.

The lovely baked dome of sweet, soft and aromatized bread, originally from Milan, makes its way out of the ovens by November. A truly great,



artisanal panettone gives you bragging rights all through the festivities. If you're turning your nose up because you think it's just a dry, boxed cake, you have never had a proper panettone.

## The Legend of The Cake

The story of Panettone is a mix of legends and facts. Ancient Romans feasted on *panem triticum*, a loaf of bread sweetened with egg and raisins. In the Middle Ages, the Milanese celebrated Christmas with three large loaves of wheat bread, which became official in a 1395 decree stating that all bakeries make *pan de' sciori* or *pan del ton*, a sweetened white wheat loaf, available to all on Christmas.

But sweeter is the legend of Toni, a kitchen boy in the court of Ludovico il Moro, Duke of Milan. Toni accidentally burnt the duke's Christmas Eve desserts, and to make up for it, he mixes leftover dough with sugar, egg, candied fruits and raisins and bakes a voluminous loaf. Ludovico loves it, and *el pan de Toni* becomes a court favorite and the official Christmas dessert.

## The Baking Process

All over Milan and across Italy, bakers spend years perfecting their recipe. During the "season", around the end of September to Christmas Eve, shops churn out thousands. Stacks of cheerfully packaged panettone are everywhere, from bakeries to delis to supermarkets. What separates the good from the processed, and the great from the good, is the quality of ingredients, the traditions and the creativity.

Giovanni Giberti makes panettone in Milan on Dec. 17. Rounding the dough, by turning it between Giberti's hands on the work surface, ensures a uniform shape. (Alberto Bernasconi for The Washington Post)

Panettone begins with the *lievito madre* (starter culture), mixed with egg, flour and butter to create a dough that is then nourished and worked on for at least three days. What happens next depends on where you're from. The classic Milanese panettone mixes in candied fruits and raisins, then has a crosscut into its top before it is baked. After it emerges from the oven, it is hung upside down for five to 10 hours to maintain the dome.

Head south, the process is the same, except the panettone is glazed with sugar or anything else sweet. Over the years, bakers have gone out of the box with a lineup of creative versions like pear and chocolate, *gianduja* (a sweet chocolate spread), and peach and *amaretto*.



## THE STYLES

### The Milanese

Milan is the motherland of panettone. Here is where it was invented, and its shape was popularized. It is also officially enjoyed for a season longer than the traditional Christmas period; a slice is always saved for Feb. 3, *Festa di San Biagio*, the Feast of Saint Blaise, who protects from ailments of the throat.

“For a city that has no dolci (pastries), this is our identity,” says Luca Scanni, co-owner of Pavè Milano bakery, who advocates enjoying panettone at any time of the year. Since 2012, Pavè has been baking artisanal panettone, from the classic to dark chocolate and lemon. For Scanni, and partners Giovanni Giberti and Diego Bamberghi, their ovens are making panettone every day to make sure the Milanese dolce is always present.

Panettone cools at the Pasticceria Martesana workshop in Milan on Dec. 18. Once the panettone is baked, it must quickly be turned upside down to cool for hours. Milan’s grand dame Pasticceria Martesana has been delighting its loyal clientele for 50 years, thanks to the loving hands of baker and founder Enzo Santoro. “Panettone for us is like a son, it is the result of the combination of love and passion with the best mother there is: lievito madre (yeast starter), which we take care of every day and we’ve keep it alive for over half a century, making it one of the most historic in Milan,” Santoro said.

### The Romans

Giorgia Proia, co-owner and head baker of pastry and coffee shop Casa Manfredi, has been experimenting with panettone. “For us in Rome, it means Christmas, happiness and festivities, but we’ve started serving panettone in June to see what would happen,” she says. The result? People love panettone any time of the year. Proia makes a classic panettone, decorated with sugar sprinkles and toasted almonds, and a “chocolate cubed” panettone, which is a triple threat with milk chocolate, dark chocolate and cacao. Giorgia Proia, Casa Manfredi’s pastry chef and owner in Rome, pierces her chocolate panettone.

Pasticceria Bompiani is Rome’s art house pastry shop. Owner and pastry chef Walter Musco has been wowing the Eternal City for about a decade with his edible contemporary art confections like his Easter egg series inspired by artists such as Cy Twombly, Arne Jacobsen and Hans Hartung and cakes inspired by the Bauhaus and artists Jackson Pollock and Alberto Burri. Musco mixes up art with top-quality ingredients, and he is always up for a good tradition. For the Christmas season, Bompiani has a classic panettone, and he then adds a little flair with an unexpected version. In 2020, it was a white chocolate and caviar panettone.

### The Leftovers

But what about all that leftover panettone? In Milan, it’s all about torta meneghina, says Scanni of Pavè. Heat up leftover slices of panettone on the griddle, toast both sides well, and pour some Grand Marnier over it. Or just heat up a slice and coat it with a spalmabile, which is anything spreadable such as mascarpone, Nutella, jam, whatever you like. Casa Manfredi’s Proia says the best way to eat leftover panettone, if there is any, is to heat a slice and then add a heaping dollop of homemade zabaglione. “Or you can just add gelato alla crema for something lighter.” Olivieri suggests making French toast. Yep, everyone’s favorite breakfast is all’italiano.

## Italian cuisine in world value up 11% to 228bn



The value of Italian cuisine around the world has risen 11% in the last year to 228 billion euros, Deloitte said Wednesday in the 2023 edition of its Foodservice Market Monitor report. The global worth of Italian cookery and dining has thus returned to pre-pandemic levels, with it notching up 236 billion in 2019, the report said. It is top in the world in terms of penetration of traditional restaurants, with a score of 19%.

"The data confirm the fundamental role that Italian cuisine plays on the world culinary scene," said Farm and Food Sovereignty Minister Francesco Lollobrigida, "demonstrating that the Italian gastronomy sector is in constant evolution and remains a resource of great value for our economy."



## Sicilian Tuna Pasta

<https://www.jamieoliver.com/recipes/pasta-recipes/sicilian-tuna-pasta/>



### Ingredients

- ¾ lbs. dried pasta shells
- 4 heaped teaspoons baby capers
- 1 lb. ripe mixed-color cherry tomatoes
- 1 tablespoon dried oregano
- 8 oz. jar of tuna in olive oil

### Instructions

1. Cook the pasta in a pan of boiling salted water according to the packet instructions.
2. Meanwhile, place a large non-stick frying pan on a medium-high heat with 1 tablespoon of olive oil. Add the capers, fry until super-crispy, then scoop out and put aside, leaving the fragrant oil behind.
3. Halve and add the tomatoes, then sprinkle in most of the oregano.
4. Drain and flake in the tuna, add 2 ladlesful of pasta cooking water, and simmer until the pasta is done.
5. Drain the pasta, reserving a mugful of cooking water, then toss the pasta into the tuna pan, loosening with a splash of reserved cooking water, if needed.
6. Taste, season to perfection with sea salt and black pepper, then dish up. Sprinkle over the crispy capers and the remaining oregano from a height, drizzle with 1 teaspoon of extra virgin olive oil, and tuck in.

## Lobster Oreganata

<https://thetopmeal.com/lobster-oreganata/#mv-creation-210-jtrIngredients>



- 2 lobster tails (or whole lobsters)
- 3 tablespoon seasoned breadcrumbs
- 1 tablespoon grated Parmesan cheese
- 2 tablespoon chopped parsley
- splash of white wine (about ½ cup)
- ¼ cup olive oil

### Instructions

Preheat oven to 400 degrees.

Place lobsters in the baking dish that almost fit the size of your lobsters or lobster tails. Cut the shell lengthwise on the belly side of the lobster. Open it a little bit and cover with olive oil, breadcrumbs, parsley and grated cheese.

Add wine, some right on top of the tails and some to the baking dish.

Cook for 15-20 minutes. Cooking time depends on the size of your lobsters\*

### NOTES

\* We highly recommend using an instant meat thermometer to ensure that the lobster is cooked properly. Stick it in the thickest part of the lobster tail. The temperature should be 145 degrees Fahrenheit. Do not overcook!

Use only good white wine, like the one you will drink yourself out of glass.

Reheat in a microwave, air fryer or in the oven.

What is the difference between oreganata and scampi? Oreganata and scampi are very similar Italian dishes. Both are cooked in garlic butter or olive oil sauce with fresh herbs, grated cheese, and white wine. However, the key difference is that oreganata is always made with a breadcrumb mixture and for scampi it's optional.

Often times you will see shrimp or lobster scampi sauteed in a garlic butter sauce, but it can be stuffed with breadcrumbs as well.

# Marinated Squid

From the TSDOI Cookbook V2

Servings: 4

By Blake Anthony Tedder



My grandfather Commander Adam F. Panarese, Sr. (Navy) used to make this delicious squid salad, and I wish I could share it with him now that I've grown to love it probably as much if not more than he did. His family was from the Benevento region of Campania, and his father Michael Anthony Panarese came through Ellis Island as a young boy in 1905. My middle name honors my great grandfather and my Italian heritage, so does making a delicious squid salad.

## Ingredients

1 lb. whole squid or leftover tentacles or both  
1 qt. boiling water  
1/2 cup olive oil  
1/4 cup lemon juice  
1/2 cup onion, sliced thin  
2 or 3 cloves garlic, minced  
1 T. parsley, chopped  
Salt, and pepper to taste

## Directions

Clean squid and slice mantle into 1/2- inch rings. Coarsely chop the tentacles.

Have boiling water ready. Put the squid into the boiling water and when the water boils again the squid is cooked. Rinse in cold water.

Make a dressing by combining the remaining ingredients. Pour over squid and refrigerate. Serve on salad greens.

# Stuffed Calamari with Tomato Sauce

Servings: 2 people

0.5 lb Potatoes  
2 lb Calamari / Squids  
2 slices crustless Bread  
1 Garlic clove  
1/4 cup Milk  
1 Egg  
1/4 cup Breadcrumbs  
White Wine  
Chili Pepper flakes  
Parsley

Nutmeg  
EVO Oil

## For the Sauce

2 Garlic cloves  
EVO Oil  
1 can Cherry Tomatoes,  
pureed or chopped  
Salt  
Black Pepper  
Chili Pepper flakes  
Parsley

## Instructions

Clean thoroughly the calamari and remove the tentacles, leaving the tubes clean and intact. Set the tubes aside.

Boil the peeled potatoes in salted water for about 20 minutes, or until a fork can pierce them easily. Drain the potatoes, mash them and set them aside to cool down.



Drizzle a pan with olive oil and sauté the garlic clove until it starts to brown. Add the chopped squid tentacles to the pan and sauté a couple of minutes. Remove the garlic and add the chopped bread.

Let it brown for a couple of minutes, then pour a dash of white wine and it evaporate completely.

Remove from heat and let it cool down completely. Add the mashed potatoes, the egg, the breadcrumbs, the milk and the finely chopped parsley.

Mix well and season with salt, black pepper, chili pepper flakes and a pinch of ground nutmeg.

With a spoon or with your hands, stuff the calamari, leaving at least 2-3 cm (1 inch) from the top, as the squids will shrink a lot while cooking. Close the top with a toothpick.

In a large pan, drizzle some olive oil and sauté the garlic cloves for a couple of minutes. Add the squid and brown on all sides, then set them aside.

Add the tomatoes and season with salt, black pepper and chili pepper flakes. (If too acidic, add also a teaspoon of sugar).

Turn down the heat and let the sauce simmer for 15-20 minutes, then add the calamari back in the pan and cook for another 15-20 minutes.

Let it rest for about 5 minutes before serving (otherwise the filling will be too soft), then add a generous amount of finely chopped parsley and enjoy!