



# Triangle Sons & Daughters of Italy

*Serving the North Carolina Triangle since 2004*

2817

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# IL GIORNALE DI TSDOI

Luglio, 2024



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



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

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

July 13 – Pasta Making Class  
July 18 – Eataly@CapriFlavors  
Aug 4 – The Palio of Siena  
Oct 12 – Heritage Night

## July Birthdays

This month we celebrate the birthdays of those members celebrating in July: Mike Frieda (1), Diane Goodman (3),



Lorraine Passaretti (5), Marie Scalco (7), Paul Caci (11), Becky Stinnett (11), Ralph Iovino (12), Susan Schiro (14), Ethan Biamonte (14), Frank DeMaria (20), Andrian Schaller (20), Mary Muth (22), William Ward (23), Eileen Dauginas (31).

## Good & Welfare

Please continue to pray for youth member Julia Bledsoe who is recovering from a diving accident. We shared with you the major diving accident which TSDOI Youth Member Julia Bledsoe had a few weeks ago. Since then, she has undergone significant spinal surgery and is facing the recovery challenges that coincide with this type of major accident. Julia has been transported to one of the finest spinal injury rehabilitation centers in the nation in Atlanta. She will enter an intensive 2–4-month program to improve mobility. The family received a significant number of gift cards from TSDOI Members. At this time, the family encourages members to send her cards, handwritten notes, scripture passages, and other inspiring mementos. The address is:  
Julia Bledsoe - Room 400, C/O Shepherd Center, 2020 Peachtree Rd NW, Atlanta, GA 30309

## Letter From the President

Dear TSDOI Members:

The Daily Dish Talk Show is the premier TSDOI event of 2024 to recognize Italian American Heritage Month and to honor the 20th Anniversary of our Lodge. This is a FREE Event for Members with TSDOI Paid Membership. Tickets are \$5 for guests without a TSDOI paid membership.

This event incorporates all aspects of everything that the Triangle Sons & Daughters of Italy represents. Everyone should register if they are in town and their health and family circumstances allow them to participate.



Celebrate Italian American Heritage Month & The 20th Anniversary of TSDOI

Register to be Part of "The Daily Dish Talk Show" Studio Audience

Live Professional Italian American Singer & Musician  
Italian American Comedy  
Enormous Italian Buffet  
Triangle Area Italian American Guest Speakers  
Special Messages to Honor TSDOI  
Leadership Awards  
Audience Participation  
New Member Welcoming Ceremony  
TSDOI & Italian Merchandise  
50-50

Date: Saturday, October 12th

Time: 3:00 pm

Place: Fallon Center Hall at Our Lady of Lourdes Church (2718 Overbrook Dr, Raleigh)

### TWO STEP REGISTRATION PROCESS:

1, Click on the Sign-Up Genius Link below to Indicate the Total Number of People (Members & Guests) in your party who are attending. Also fill in the food item (homemade or store bought) that you will bring for the buffet to serve 8-10 people.

<https://www.signupgenius.com/go/10C0F49ADA78-italian>

2. Click on the Square Payment Link to purchase a \$5 Guest Ticket for each guest in your party who does not have a TSDOI Membership

<https://square.link/u/Tu6ZMvyV?src=sheet>

Don Cimorelli  
TSDOI 2817 President

# The Palio of Siena

**Sunday, August 4, 2024**

**Time:** 3:00 pm

**Location:** KW Legacy Realty, 1483 Beaver Creek Commons Dr., Apex, NC 27502

**Price:** Free for TSDOI Members; \$5 for Guests without Paid Membership

## DESCRIPTION:

Looking for a totally unique, authentic, and breathtaking cultural experience? The Triangle Sons and Daughters of Italy is presenting a new event called **“The Palio of Siena”** on Sunday, August 4th at 3:00 p.m.

The Palio is the most important event of the Sienese town (Tuscany Region) dating back to the 13th century and our planning committee (Joe Pirozzi, Don Cimorelli, Frank Maurio, Mike D’Amore) has created a unique approach to bringing this fun, cultural, and educational Italian opportunity to TSDOI.

**The Palio is not just a horse race, but a passion.** It’s a chaotic medieval-style horse race that takes place in the Piazza del Campo, Siena’s famous central square. It’s an extremely emotional event that brings the Sienese to tears of joy and despair, despite the race’s macho nature. Nothing matters more to the Sienese than winning this race for their neighborhood. We will create small groups of neighborhoods at our TSDOI event.

**This is a FREE Event for TSDOI Members with paid membership.** The cost is \$5 for guests without a TSDOI membership. Dessert & Coffee will be served as part of this very lively program!

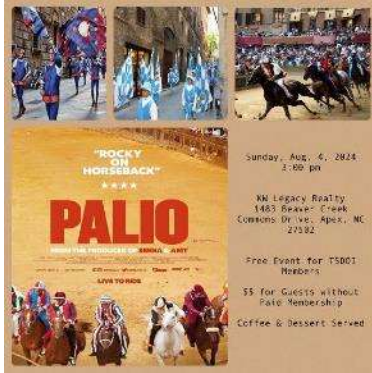
## TWO STEP REGISTRATION PROCESS

1. **CLICK ON THE SIGNUP GENIUS LINK BELOW TO REGISTER YOU AND ANYONE ATTENDING WITH YOU**

<https://www.signupgenius.com/go/9040A4DAAAF2EA6FE3-49770713-thepalio>

2. **PURCHASE \$5 GUEST TICKET FOR EACH PERSON INCLUDED ABOVE WHO DOES NOT HAVE A TSDOI PAID MEMBERSHIP**

<https://square.link/u/nGYfWyf4?src=sheet>



# Name Your Star

The Triangle Sons & Daughters of Italy is a vibrant Lodge due to the dedication of its members.

Expanding upon last year’s concept of beginning to recognize current members for their leadership, we will do the same during our Daily Dish Talk Show Italian American Heritage Celebration on Saturday, October 12th.



Our Lodge is now large enough to find outstanding leaders and members from within TSDOI who are enabling the success of our organization. We are only seeking nominations for individuals who are TSDOI members.

If you would like to nominate a TSDOI Member to be competitively considered for an Outstanding Leadership Award, please send Don Cimorelli an email, and write a paragraph describing why you feel that member is an Outstanding TSDOI Leader. Submit the nomination by August 12th to: [Donald.cimorelli@gmail.com](mailto:Donald.cimorelli@gmail.com).

# Sons and Daughters of Italy in America (OSDIA): a new brand identity to reflect our rich heritage and modern vision



# 2024 Scholarship Winners

## Elena Connor

I very pleased to announce Elena Connor as one of our Triangle Sons & Daughters of Italy Scholarship Winners. Elena is a direct descendant of 3 TSDOI Members, her mother Caroline Connor, and her grandparents Bob & Fran Giannuzzi.

Elena graduated from Cardinal Gibbons High School in May 2024 where she earned a GPA of 4.74. Her volunteer activities include a Music Program entertaining residents at a local nursing home, a Youth Member of the Triangle Sons & Daughters of Italy, Leukemia & Lymphoma Society, and Extracurricular Activities that include Classical Piano Training, Speech & Debate Team, Linguistics Club, and Newspaper Club. Her employment experience reflects her entrepreneurial spirit as a Piano Teacher and Pet Sitter. Her awards include National Merit Semifinalist, Junior Marshall, AP Scholar, and National Honor Society.

Elena has been accepted into a dual degree program between Trinity College in Dublin, Ireland and Columbia University in New York City. Her majors will be Middle Eastern and European Languages & Cultures and Religion.

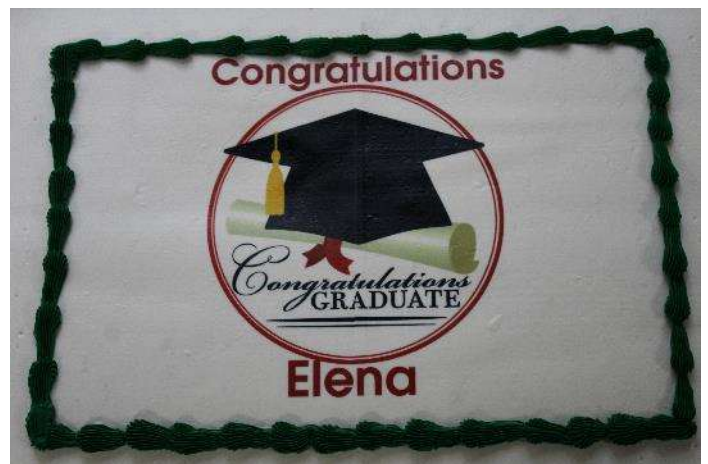
Elena's TSDOI Scholarship Application essay reflects her Italian American pride and her great appreciation for the Italian American traditions passed to her from her immediate family. Here is a subset of what she wrote:

My Italian heritage is well-represented by my family, especially my grandparents. I was raised to be proud of it because it was made clear to me how rich and beautiful it is. While the experiences of seeing my great grandfather's house in Italy and volunteering at Festa Italiana bolster my pride, simply being my grandparents' granddaughter has instilled the most pride within me. Watching my grandmother stride around the Italian festival, into which she put so much work to help create, to make sure it runs as smoothly as possible shows me how important her culture is to her. The fact that my grandfather seemingly knows every single Italian family in the Triangle demonstrates the strength of the Italian community. My grandmother's instinct to feed us and prepare the best food in the world for us has shown me the joy of making food with love to share with



family and friends and influenced my mother's and my journey to perfect homemade pasta.

This pride has influenced my interests and my plan for my future. From manning a table at the Multicultural Fair at school to encouraging everyone I know to attend the Italian festival. I enjoy having the ability to share our traditions with others. I look forward to potentially studying Italian language and culture in college, where I can further deepen my connection to and knowledge of our rich history. I hope to travel to Italy again so that I can master the language, learn new traditions, and meet more people who share my heritage.



## LUCIA RICCI WILLIAMS

I am equally thrilled to announce Lucia Ricci Williams as one of our Triangle Sons & Daughters of Italy Scholarship Winners. Lucia is an adult member of the Triangle Sons & Daughters of Italy. She is a direct Italian American descendant of her mother Ricci Polsinelli Williams who is also a member of the Triangle Sons & Daughters of Italy.

Lucia has been a full-time student at Belmont Abbey College in North Carolina since 2022. She will be entering her Junior Year in Fall 2024 and is pursuing a degree in Business Management. Lucia has earned a Collee GPA of 4.0.

Lucia's volunteer experience includes North Carolina State University Catholic Campus Ministry, Leading other college students in a Summer Memory Challenge of Scripture Verses, Monthly Elderly Relative Support, and for the past 5 years she has a created and leads her own private business which designs, produces, and sells greeting cards.

Lucia's hobbies and interests include active participation in Triangle Sons & Daughters of Italy events particularly our Conversational Italian Meet-Up Group, Reading One Book Per Week primarily in Classic Literature and Non-Fiction History, Ballet & Dance, Travel, and Bible Study.



As Lucia reflected on her Italian American heritage, her essay included the following about family members who influenced her.

As I reflect on my Italian Heritage, it is hard to distinguish only one experience that generates pride and gratitude. I am amazed each day as I acknowledge the contributions that Italians and Italian-Americans have made throughout history to every facet of life. Despite the prejudice that people of Italian descent have faced, we continually rise to the top of every industry thanks to our fortitude and the support of our families and friends.

My Great Uncle John Runco attended UNC Chapel Hill on a football scholarship from 1958 to 1962. My Uncle John said that he sat down in the locker room on his first day at UNC and he thought to himself, "What am I doing here?" Despite the culture shock

that he experienced, he excelled in both athletics and academics, and he graduated with a degree in Business Administration.

When I first stepped onto the UNC, I noticed all of the non-ethnic names of donors and students from



the mid-twentieth century. My Uncle's name is now proudly inscribed on a stone at UNC's Kenan Memorial Stadium – a testament to all the Italian immigrants who rose from poverty and assimilated into American culture through their dedication and perseverance. I am filled with pride and overcome with emotion each time I visit that campus. I am truly blessed to stand on the shoulders of loyal and disciplined relatives who taught me how to work hard, love deeply, and exhibit pride in both my Italian roots and my American citizenship.

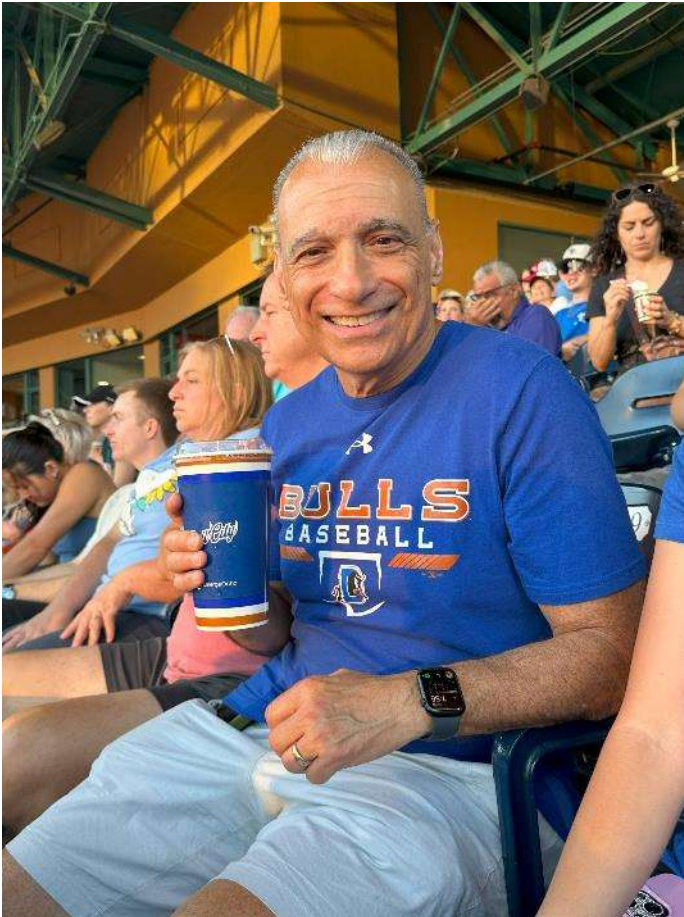


# Annual Family Picnic



# Durham Bulls







# 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).

Please welcome **John and Suzanne Caso** who heard about us through our Facebook page. John is originally from Tenafly, NJ and Suzanne is from Newark, Delaware. They have lived in Raleigh since 1981. John's heritage is from Naples, and he is a retired Certified Financial Planner. He enjoys learning Italian and ice hockey. Suzanne is a retired Administrative Assistant from Glaxo Smith Kline, and she enjoys knitting/crocheting, old movies, reading and gardening. They will be attending our picnic on Sunday so give them our warm TSDOI welcome. Welcome John [jcaso@nc.rr.com](mailto:jcaso@nc.rr.com) and Suzanne [suz1204@nc.rr.com](mailto:suz1204@nc.rr.com).

Please welcome **Anita and Peter Zelek** who heard about us when volunteering at the Raleigh Italian festival. They are originally from the Cleveland, Ohio area and after spending 42 years in Tennessee, they relocated to Pittsboro to be near family. Anita's heritage is from Marianopoli, Caltanissetta, Sicily and Oriolo, Cosenza, Calabria. Peter's heritage is from Civitella, Alfedena, Abruzzo. Anita is a retired Clinical Social Worker. Her interests and hobbies are languages including conversing in Italian, German, and Spanish and she enjoys cooking, sewing, pickle ball, travel, bocce and volunteer work. Peter is retired from a career in Software Sales and his interests are in wine education, wine tasting and wine classes. In addition, he enjoys Genealogy, bocce, travel, golf, cooking and volunteer work. They are currently the "day care" for their grandchild. Please give them our warm TSDOI welcome. Anita [azelek@att.net](mailto:azelek@att.net) and Peter [ppzelek@icloud.com](mailto:ppzelek@icloud.com).

Please welcome **Shelly Tripp Dates** who heard about us from member Sherry Carty Vetere. Thank you, Sherry. Shelly is originally from Oswego, NY and lives in Holly Springs. Her heritage is from Aliminusa, Sicily. She is in Marketing and since 2015 has been the Chief Strategy Officer for the NC Dental Society. Her interests and hobbies are gardening, cooking, reading and learning to speak Italian. She has attended Italian language classes and looks forward to attending our Conversational Italian classes and learning more about Dual Citizenship. Welcome [shellydates1@gmail.com](mailto:shellydates1@gmail.com).

Please welcome **Dennis and Celeste Troiano Ryan** who heard about us from member Diane Goodman and joined while attending our picnic. Thank you, Diane. They are originally from Garden City, Long Island, NY and live in Raleigh. Celeste's heritage is from Naples and Monte Sant'Angelo, a comune of Apulia. She is a Nurse at Raleigh Endocrine Associates and enjoys travel, theatre, hiking, cooking, gardening and reading. Dennis is a Sales Manager for Northwest and enjoys golf and the beach. Welcome Celeste [celestetryan@gmail.com](mailto:celestetryan@gmail.com) and Dennis [gamedaysportsoutlet@gmail.com](mailto:gamedaysportsoutlet@gmail.com).

Please welcome **Anthony and his sister Jeannine Olivieri Koytek**. Anthony is the husband of Toni Koytek who joined the Lodge last year. They attended our picnic and decided to join. Thank you, Toni. They are originally from Endicott, NY and their heritage is from Campochiaro, a comune of Campobasso. Jeannine lives in Cary and is a retired HR Program Manager. She enjoys reading, Pilates and decorating. Anthony lives in Apex and is a retired IT Program Analyst. He enjoys golf, exercising, biking and travel. Welcome Anthony [ajkoy56@gmail.com](mailto:ajkoy56@gmail.com) and Jeannine [jkoytek3@gmail.com](mailto:jkoytek3@gmail.com).

Please welcome **Ray and Joanna Occhipinti Rooney** who heard about us from Don Cimorelli and member Toni Koytek. They joined while attending our picnic. Thank you both. Ray is originally from Pleasantville, NY and is retired from IBM and Fidelity Investments where he knew Don Cimorelli at both firms. His heritage is from Northern Italy, and he enjoys music and cars. Joanna was born in Ragusa, Sicily and is from Tarrytown, NY. She is retired as an Executive Assistant, also from IBM, and enjoys organizing, decorating and shopping! Welcome Ray [rrooney001@nc.rr.com](mailto:rrooney001@nc.rr.com) and Joanna [jmrooney@nc.rr.com](mailto:jmrooney@nc.rr.com).

Please welcome **Christine Smith** who heard about us through the Internet and face book page. While attending our picnic, she decided to join. She is originally from Queens, NYC and lives in Newport. Her heritage is from Naples and Sicily. She is a Psychotherapist, and she enjoys cooking, artistic/crafts, music and reading. Welcome Christine [pchristinesmith@live.com](mailto:pchristinesmith@live.com).

Benvenuto

Please welcome **KathyLynn Gariboldi** who heard about us while attending the Andrea Bocelli concert. KathyLynn is originally from Cliffside, NJ and lives in Durham. Her heritage is from Milan, Lombardy region and Dorno. She is a retired interior designer, and her interests and hobbies are in art, music, yoga, and the Italian language. Welcome KathyLynn [klgariboldi@gmail.com](mailto:klgariboldi@gmail.com).

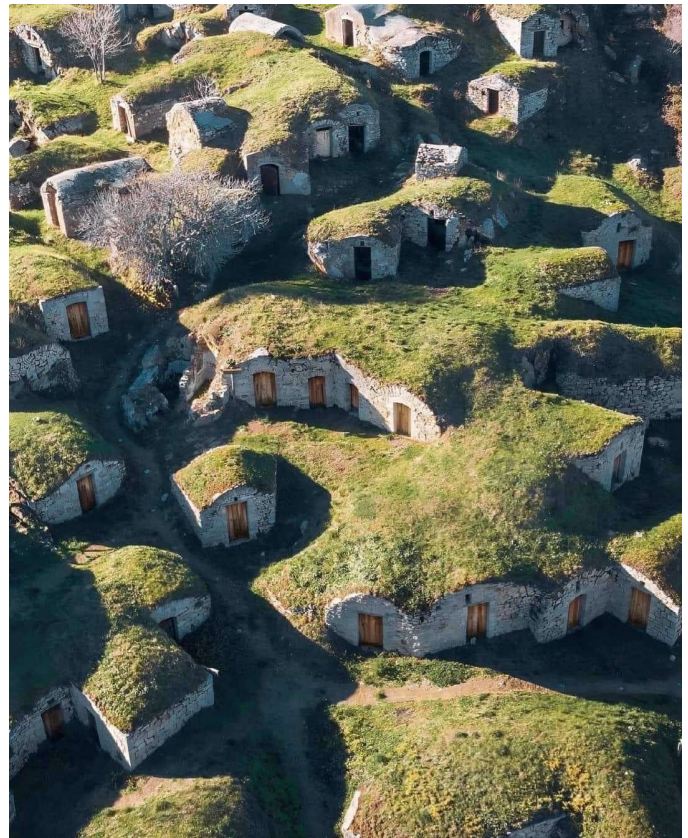
Please welcome **Deborah Zechini** who heard about us from member Caroline Sewell. Thank you, Caroline. Deborah is originally from Brandywine, Maryland and has lived in Cary since 1982. Her heritage is from Aquino and Napoli. She is a Professional Organizer and enjoys biking, hiking, traveling, and paddle boarding. Welcome Deborah [dzechini@gmail.com](mailto:dzechini@gmail.com).

Please welcome **Michelle Zanolini** and her daughter **Bridget McElroy** who heard about us through our face book page and from our Youth member Vinny Russo. Thank you, Vinny. Michelle was Vinny's Art Teacher. They are originally from Bucks County, Philadelphia and relocated to Apex 20 years ago. Their heritage is from Bolzano, Trentino-Alto Adige and Chieti, Abruzzo. Michelle is a Professional Artist and enjoys art, classic cars, gardening, hiking and paddle boarding. Bridget is an Arborist and enjoys plants, sewing and being outside. Welcome Michelle and Bridget [mickzano28@gmail.com](mailto:mickzano28@gmail.com).

Please welcome **Maureen and Brian Grier** who heard about us through our face book page. They are originally from NYC and relocated from New Hampshire to Raleigh as a result of job relocation. Maureen's heritage is from Sicily and she is a Part Time Reading Tutor in the Wake County Public School System. She enjoys hiking, cooking, novice gardening (herbs) and board games. Brian is a Manager at NetApp and he enjoys cooking (pizza & Thai) and video games. Welcome Maureen [maureenkcg@gmail.com](mailto:maureenkcg@gmail.com) and Brian [brianjgrier@gmail.com](mailto:brianjgrier@gmail.com).

## Pietragalla

Pietragalla, Italy In the province of Potenza, in Basilicata, there is the village of three thousand inhabitants called Pietragalla. Known by all for its "Parco dei palmenti". Recently also the FAI, the Italian Environment Fund has promoted its protection to elect it "place of the heart". 200 houses, represent a symbol of peasant civilization. Buildings that date back to the eighteenth and nineteenth centuries, although there are those who date them as early as the fourteenth century. They were once used for the production of wine, according to ancient traditions still known today. Over time this park has been recovered and made accessible thanks to the work of volunteers and local tourist guides.



### LIMONCELLO MAKING INVITATION FROM TIAHA

\$15 registration fee per person includes: Limoncello Making Class, - Take Home Sample of Limoncello, Hors d'oeuvres, Soft Drinks, 50/50 Tickets, Beer and Wine Available (Donations Appreciated).

Date: 07/17/2024 (Wed.)

Time: 6:00PM - 8:30PM EDT

Location: Our Lady of Lourdes 2718 Overbrook Dr ,Raleigh, NC 27608

Click on below link to Register. Cash or Card accepted at event for payment.

<https://www.signupgenius.com/go/10C0D4EA4A72AA1FCC52-49999137-tiaha#/>

## 9 MUST-VISIT Italian Coastal Destinations

How many have you been to?

**1 Venice:** Get lost in the labyrinthine canals and alleyways of Venice, a city built on water. Keep an eye out for hidden gems, like Libreria Acqua Alta, one of the most unique bookstores in the world, with books piled high on shelves and even bathtubs, a quirky defense against the occasional acqua alta!

**2 Gargano:** Trade your gondola for hiking boots and explore the rugged beauty of the ancient Umbra Forest in the Gargano National Park. After your hike, cool off on the white-sand beaches of the Baia delle Zagare, where the crystal-clear Adriatic Sea laps against the shore.

**3 Salento:** The Southern-most province of Puglia, Salento is full of white-washed villages. Dive into the crystal-clear Adriatic, where colorful sea life puts on a dazzling underwater show. Afterward, savor orecchiette, a local pasta shaped like little ears, a delicious reminder of the region's culinary heritage.

**4 Sicily:** Witness the fiery spirit of Mount Etna, Europe's most active volcano. Then, explore the Valley of the Temples, where ancient Greek ruins whisper tales of bygone eras. And don't forget about the beautiful beaches! Sicily has plenty!

**5 Coast of the Gods (Calabria):** Unwind on the idyllic beaches of the Coast of the Gods, where the sparkling Tyrrhenian Sea meets dramatic cliffs. This is one of the quietest and most pristine coastal retreats in all of Italy.

**6 The Amalfi Coast:** Wind your way along dramatic cliffside roads that hug the coastline, stopping to peek into pastel-colored villages that cascade

down the mountains like colorful confetti. Experience the ultimate "Dolce Vita"!

**7 Sardinia:** Endless pristine, white-sand beaches where the water shimmers like sapphires.

Delve into the island's prehistoric past by exploring the mysterious, beehive-shaped Nuragic towers.

**8 The Italian Riviera:** Mingle with the glamorous crowds in Portofino, a postcard-perfect village frequented by the jet set. Be sure to also explore charming seaside towns, such as the Cinque Terre, Portovenere and Tellaro, where fishermen mend their nets, and the scent of fresh focaccia fills the air.

**9 The Tuscan Archipelago:** Island hop through a paradise of secluded coves and hidden beaches. Snorkel in crystal-clear waters teeming with marine life and explore charming fishing villages.



## Walter Lantz – Cartoon Kingmaker

Walter Lantz was born April 27, 1899, in New Rochelle NY into an immigrant Italian Family whose surname, Lanza, was Anglicized on Ellis Island. Walters parents immigrated from the Campania Region.

Walter grew up drawing silly images: and perhaps, surprising for the times, the young man was encouraged to continue his unusual hobby by his parents. His career started at the age of 16 at William Randolph Herst's New York American. He was recommended for the position by a wealthy and well-connected customer who noticed some of Walter's drawings on the bulletin board of the auto shop where he worked as a mechanic. His timing was perfect. Hearst had just opened an animation studio. Lantz was hired as an artist to help make animated cartoons of the famous Hearst comic characters like Mutt and Jeff.

One year a woodpecker kept drilling holes in the asbestos shingles of his lakeside cottage. At first the cartoonist was skeptical of the character's potential but decided to try it out. The rest is animation history.



## Piazza Navona

Piazza Navona is a public open space in Rome, Italy. It is built on the site of the 1st century AD Stadium of Domitian and follows the form of the open space of the stadium in an elongated oval. The ancient Romans went there to watch the agones, and hence it was known as "Circus Agonalis".



## Pompeii: The New Dig

Still springing surprises. The biggest dig in a generation unearths fascinating secrets. Exciting discoveries and illuminating animations bring the ancient Roman city to life. This documentary series can be viewed on the PBS app for free or on Amazon Prime for a fee.



## North Carolina Museum of Art - Opera in the Park



Join us for a spectacular evening under the stars when the NC Opera performs the greatest hits from opera's most beloved masterpieces at the Joseph M. Bryan, Jr., Theater in the Museum Park. Come to hear the soaring arias of Verdi and Puccini and the enchanting melodies of Mozart and Bizet—the stunning vocals, captivating storytelling, and breathtaking backdrop of nature will have you cheering “Bravo!”

Featuring Benjamin Taylor (Baritone), Rebecca Krynski Cox (Soprano), Jason Karn (Tenor), and Taylor Raven (Mezzo-Soprano), conducted by Tyson Deaton.

**DATE Sep 12, 2024**

**TIME 7:30 PM**

**COST** - Ticket prices before taxes/fees:  
Lawn/general admission: \$22.50 Members, \$25 Nonmembers; Reserved: \$36.50 Members, \$40 Nonmembers; Premium reserved: \$49.50 Members, \$55 Nonmembers; Stage premier tables (2-tops): \$135 Members, \$150 Nonmembers; Stage premier tables (4-tops): \$270 Members, \$300 Nonmembers

**LOCATION** Joseph M. Bryan, Jr., Theater in the Museum Park

**Go to**  
<https://ncartmuseum.org/events/the-ncma-and-nc-opera-present-opera-in-the-park/> for additional information

## Skip the Summer Crowds in Italy. Try This Underrated Destination Instead - Lake Orta, Italy



The jet set has long viewed Italy's Lake Como as the go-to for indulgent lakeside escapes, complete with celebrity sightings, opulent Michelin-starred meals and over-the-top hotels. But if you want the same natural beauty, and can survive with a bit less glam, Lake Orta, about 70 miles away, offers a chic, crowd-free alternative. Here, you can still indulge in some elements of the high life. Michelin-starred Villa Crespi, for instance, serves diners in a stunning setting that evokes a Moorish palace. But the luxury feels quieter at places like Laqua by the Lake, a modern “aparthotel” where celebrated chef Antonino Cannavacciuolo mans the kitchen and where a tranquil lakefront beach club makes for ideal Negroni-sipping terrain. Soul-soothing hikes lead up to Sacro Monte di Orta, a pilgrimage site, and don't miss San Giulio Island, home to a basilica adorned with ancient frescoes. —Jordi Lippe-McGraw



# Shrimp Scampi Rolls

[https://www.sipandfeast.com/shrimp-scampi-rolls/?utm\\_source=convertkit&utm\\_medium=email&utm\\_campaign=6%20Summer%20Seafood%20Must%20Make%20Recipes%20-%2014214488](https://www.sipandfeast.com/shrimp-scampi-rolls/?utm_source=convertkit&utm_medium=email&utm_campaign=6%20Summer%20Seafood%20Must%20Make%20Recipes%20-%2014214488)

## Ingredients

### *For the tomato topping (optional)*

24 ounces cherry tomatoes halved  
3 tablespoons olive oil  
salt and pepper to taste

### *For the garlic bread*

4-6 large rolls split hot dog buns, round rolls, hero rolls all work well  
3 cloves garlic paste  
4 tablespoons butter

### *For the shrimp scampi*

1 1/4 pounds extra-large shrimp (around U26 size) deveined and tails removed  
1/4 teaspoon baking soda  
1 teaspoon kosher salt  
1/4 teaspoon crushed red pepper flakes optional  
6 tablespoons unsalted butter  
2 tablespoons olive oil  
6 cloves garlic minced  
1 cup dry white wine  
2 tablespoons fresh lemon juice  
3 tablespoons parsley minced  
salt and pepper to taste

## Instructions

In a bowl mix together the shrimp with a 1/4 teaspoon of baking soda, 1 teaspoon of kosher salt, and a 1/4 teaspoon of red pepper flakes. Set the shrimp aside and move on to the next steps.

### *For the tomato topping (optional)*

Heat a large pan to medium and add the olive oil and tomatoes. Give the tomatoes a sprinkle of salt and sauté until they are wilted and most of the liquid has evaporated (about 7-10 minutes).

Taste test and adjust salt and pepper to taste then place tomatoes into a bowl and set aside.

### *For the garlic bread*

Wipe down the same pan and add 4 tablespoons of butter and the garlic paste. Cook over medium-low heat until the garlic is fragrant (about 2 minutes) then pour the garlic butter into a glass bowl and set aside.

Spread the garlic butter on the inside of the rolls and toast the rolls buttered side down in the pan over medium heat until golden (about 3 minutes). Watch for burning! Set the garlic bread aside.



### *For the scampi*

Heat a large pan to medium heat and add the olive oil and butter to the pan. Once the butter melts add the minced garlic and sauté for 2-3 minutes or until lightly golden.

Add the white wine and turn the heat to medium-high.

Once the wine reduces by about half (around 2-3 minutes) add the shrimp to the pan and turn the heat back down to medium.

Cook the shrimp until they turn light pink and firm. Depending on the size of shrimp this will take anywhere from 2-4 minutes.

Once the shrimp are cooked turn off the heat and add the parsley and 2 tablespoons of lemon juice.

Taste test the sauce and make any final adjustments to lemon juice, salt, pepper, and crushed red pepper if required. Serve on garlic bread and top with the tomatoes. Make sure to use the extra sauce for dipping. Enjoy!

## Notes

Baking soda makes shrimp plumper and juicier but you can easily omit it. Just don't overcook your shrimp!

Use any roll you like. For a larger portion, sub/hero rolls work well.

Though the tomatoes are optional they really brighten the dish and add a great blast of flavor.

## Berry Granita

<https://www.americastestkitchen.com/recipes/14001-berry-granita/print>

Serves 8

### INGREDIENTS

1 pound fresh or thawed frozen berries  
3/4 cup water  
1/2 cup sugar  
1/4 cup lemon juice (2 lemons)  
Pinch table salt



### BEFORE YOU BEGIN

This recipe can be halved, if desired; if halving, use an 8-inch glass baking dish. You can use fresh or thawed frozen blueberries, raspberries, blackberries, hulled strawberries, or a combination of berries. If using fresh strawberries, weigh them after hulling. If using any type of thawed berries, do not drain them before adding them to the blender. Serve this granita on its own or garnish it with unsweetened whipped cream (layer it to make a parfait, if desired), fresh berries, or a splash of prosecco or your favorite liqueur.

### INSTRUCTIONS

Process berries, water, sugar, lemon juice, and salt in blender on high speed until very smooth, 1 to 2 minutes. Strain mixture through fine-mesh strainer into 13 by 9-inch glass baking dish. Freeze, uncovered, until edges are frozen, and center is slushy, about 1 hour. Using a fork, scrape edges to release crystals. Stir crystals into middle of mixture and return dish to freezer. Repeat scraping and stirring, using tines of fork to mash any large chunks, every 30 minutes to 1 hour until granita crystals are uniformly light and fluffy, 2 to 3 hours.

Immediately before serving, scrape granita with fork to loosen. Spoon into chilled bowls or glasses and serve. (Any remaining granita can be transferred to an airtight container and frozen for up to 1 week. Scrape granita again to loosen before serving.)

## Summer Vegetable Pasta

<https://www.foodnetwork.com/recipes/katie-lee/summer-vegetable-pasta-19577108>

### Ingredients

Kosher salt and freshly ground black pepper  
1 pound spaghetti  
One 4-ounce package diced pancetta  
2 cloves garlic, thinly sliced  
1 shallot, minced  
1/4 teaspoon crushed red chili flakes  
2 medium zucchini, grated  
1 cup cherry tomatoes, halved  
1 ear fresh corn, kernels removed, and pulp scraped  
4 tablespoons unsalted butter  
1/2 cup grated Parmesan  
3/4 cup grated Pecorino-Romano  
1 1/4 cups torn fresh basil  
Zest of 1/2 lemon

### Directions

Bring a large pot of salted water to a boil. Boil the spaghetti until al dente according to the package instructions.

Meanwhile, in a large skillet, add the pancetta and cook over medium heat until the fat has rendered, and the pancetta is golden brown and crispy, 7 to 9 minutes. Using a slotted spoon, remove the pancetta to a plate lined with a paper towel. Drain all but 2 tablespoons of the pancetta fat from the skillet.

Return the skillet to medium-high heat. Add the garlic, shallot and chili flakes and allow to cook until fragrant and softened, about 2 minutes. Add the zucchini and cherry tomatoes and cook until the tomatoes have broken down and become jammy, 8 to 10 minutes. Season with 1 teaspoon salt and pepper to taste.

Add the corn, butter and reserved pancetta and cook until the butter has melted, an additional minute. Drain the pasta, reserving 1 cup of the starchy pasta water.

Add the pasta to the skillet and slowly drizzle in the pasta water (you may not need all of it). Toss to coat the noodles in the vegetables and to form a sauce.

Remove from the heat and add the Parmesan, 1/2 cup Pecorino-Romano and 1 cup basil. Toss again to coat.

Divide among bowls and garnish with the remaining 1/4 cup basil, the lemon zest and the remaining 1/4 cup Pecorino-Romano.



# LEMON, RICOTTA & ALMOND CAKE

<https://cookingitalians.com/almond-ricotta-lemon-cake-a-mouthwatering-cake-from-italy/>

SERVINGS:6-8

## Ingredients:

7 TBS Unsalted Butter  
1 ½ C Almond Flour  
¾ C All-Purpose Flour  
1 tsp Baking Powder  
Grated Peel 2 Lemons  
3 Eggs  
¾ C Granulated Sugar  
Pinch of Salt  
1 C Whole Milk Ricotta Cheese  
2 TBS Lemon Juice  
½ C Slivered Almonds  
Grease & Flour to coat pan  
1 TBS Turbinado Sugar (optional)  
Confectionary Sugar

## Method

1. Melt the butter in a small saucepan and let it cool.
2. In a bowl, sift the dry ingredients: flour, almond flour, baking powder and the grated peel of a lemon.
3. In another bowl, beat, using an electric mixer, the eggs with the sugar and pinch of salt. Work until the mixture is frothy, light, and fluffy. Soften the ricotta with a fork and gently add it to the mixture. Pour in the butter and then the limoncello in a trickle.
4. Add the dry ingredients 1/3 at a time, mixing them well into the mixture.
5. Grease and flour a 9 X 2 inches baking pan lined with parchment paper and gently pour in the mixture. Add the slivered almonds on top. Sprinkle with 1 tablespoon of turbinado sugar.



6. Finally, bake in a preheated oven at 350°F for 40-45 minutes. Always do the toothpick test to make sure it is cooked.
7. Remove the cake from the oven and allow it to cool on a cooling rack for 30 minutes.
8. When the cake is completely cool, top with confectionary sugar.

