



Triangle Sons & Daughters of Italy

Serving the North Carolina Triangle since 2004

2817

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IL GIORNALE DI TSDIA

Settembre, 2024



Follow us on Facebook at
“Triangle Sons & Daughters of Italy”



And on our YouTube Channel
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 TSDIA

Editor Nick Verna

Send comments or suggested materials to
nickverna14@gmail.com

TSDIA Calendar of Events

- Sep 21 – Festa Italiana North Carolina
- Set 16 - Scopa
- Sept 23 – Conversational Italian
- Oct 12 – Italian American Heritage Celebration
- October 28 – Conversational Italian
- November 25 – Conversational Italian
- December 8 – Christmas Party (Details to be Announced)

September Birthdays

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

Nanette Castiglione (1), Bob Wolf (1), Morgan Keith (5), Mark Celenza (6), Vera Cicero (6), Joey Paldino (11), Tony Bracci (11), Diane Riccobono (12), Bob Frum (15), Joseph Smolenski (19), Anthony DiTonno (20), Dennis Nachtrieb (21), Nicholas Verna (21), Kerry Thompson (22), John Zimmer (23), Brenda Pulverenti (24), Rae Giordano (26), Carmine Ragucci (27), Shannon Zarb (29)



Good & Welfare

Please keep **Brad Moses** in your prayers as he continues his rehabilitation. He is still wearing a brace from his neck to his waste but he now receives rehab at home. His next goal is to be able to drive again.

Always keep **Julia Bledsoe** in your prayers as she makes slow but steady progress from her spinal cord injury. Julia has continued working hard in OT and PT and they can definitely see that she is getting stronger in her arms and shoulders.

Please keep Vera Cicero in your prayers as she fully recovers from recent abdominal surgery and returns to full strength at home.

**YOU CAN'T BUY
HAPPINESS BUT YOU
CAN MARRY AN
ITALIAN AND THAT
KIND OF THE SAME
THING!**

Letter From the President

Dear TSDIA Members:

On Saturday, September 21st our region will celebrate Festa Italiana North Carolina in Apex. Many of our members serve as volunteers in a wide variety of capacities to bring this event to fruition. I hope that you are planning to attend to enjoy the food, music, merchandise, cooking demonstrations, and so much more! As part of your visit to Festa Italiana, please plan to stop by the Triangle Sons and Daughters of Italy Booth.



Typically through our booth at Festa, we meet new friends who then become part of our extended Italian American family as TSDIA Members.

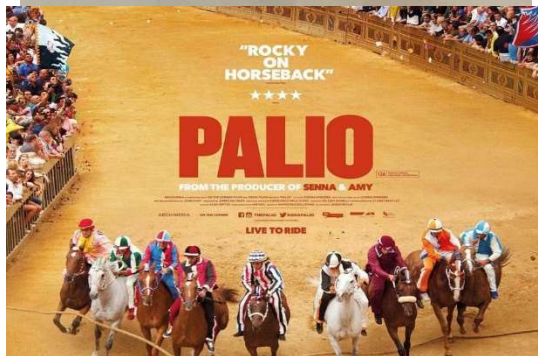
After Labor Day, we will open registration for additional Fall events. We plan to offer additional SCOPA card game nights, limoncello making, and our Christmas Dinner.

As always, if you have an idea for new event, please send me an email at Donald.cimorelli@gmail.com. It has been suggestions from our members that led us to plan new 2024 events such as the Italian Car Show and the Palio of Siena.

Thank you for spreading the good word about our Lodge. Your positive feedback and engagement is encouraging many others to join. I am very excited to see most of you at both Festa Italiana on September 21st, and our TSDIA Italian American Heritage Celebration on October 12th.

Don Cimorelli

Il Palio



Scopa at Southern Peak Brewery



Enrigo's Afternoon Dining Experience



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.

New Members *Benvenuto*

Please welcome **James (Jim) Musilek** who has met us at the Raleigh Italian Festivals. He is originally from West Hills, California and relocated 32 years ago to North Carolina for job opportunity. His heritage is from Giano Vetusto (outside of Caserta) and Benevento. He is a VP for the NC Electric Cooperatives and he enjoys cooking, woodworking, traveling and exercising. Jim lives in Cary. Welcome Jim jmmusilek@gmail.com.

Please welcome **Rosanne Grieco** who heard about us through our Facebook page. She is originally from West Fields, NJ and in 2016 relocated to North Carolina to be near family. Her heritage is from Pescopagano and Lavello. She is a Nurse and enjoys reading, cooking, walking and crochet. She lives in Clayton. Welcome Rosanne r.grieco61@gmail.com.

Please welcome **William Davis** and spouse **Kimberly Ransom-Davis** who heard about us through our Facebook page. William is originally from Westfield, NJ and his heritage is from Prata Sannita a comune in the province of Caserta. Kimberly is originally from Callicoon, NY. They are both retired from IBM and live in Apex. William enjoys cooking, playing golf and cars. They both enjoy ballroom dancing, traveling and being with family. William is in the process of filing for dual citizenship. Welcome William: klakring042@gmail.com and Kimberly kimberlyransomdavis@gmail.com.

Please welcome **Susan and Mike McDermott** who heard about us from members Jim and Marianne Farina. Thank you both. They are originally from Long Island, NY, worked in the Washington DC area before relocating to Cary. Susan's heritage is from Naples and Trieste. She is a retired Special Education Teacher and enjoys cooking, reading and exercising. Mike is retired from the NY Times newspaper and currently works as a Greeter at Duke University Hospital. He enjoys reading and working in the yard. They both enjoy theater, being with family and socializing with friends. Welcome Susan and Mike: mcdermott4@aol.com.

October is Italian-American Month at the Seymour Senior Center in Chapel Hill!



Beginning Wednesday, October 2, the Seymour Center will host a Lecture Series by Sicilian-American author and filmmaker and member of TSDIA **Mark Spano**, to be held on four consecutive Wednesdays in October from 1-3 p.m. Topics will be:

October 2 — New Orleans: The Other Ellis Island.

October 9 — Why Mother Cabrini Is More Important Than Christopher Columbus.

October 16 — Italian Americans in Business, Arts, and Science

October 23 — The History of Italian, Neapolitan, and Sicilian Food in the United States

The cost to attend all four lectures is **\$10 per person per event**. The Seymour Senior Center is located at 2551 Homestead Road, Chapel Hill, NC 27516. To register to attend the series, call 919-968-2070 or go to the [Endless Possibilities Activity Guide](#)

<https://www.orangecountync.gov/187/Endless-Possibilities-Activity-Guide>.

UNVEILING ITALY: 21 FASCINATING FACTS YOU DIDN'T KNOW!"



1. Italy is home to the world's oldest university, the University of Bologna, founded in 1088.
2. The Fiat car brand, one of Italy's most famous, was established in 1899 in Turin.
3. Italy is the world's largest producer of wine, producing over 50 million hectoliters annually.
4. The country has more UNESCO World Heritage Sites than any other country, with 58 sites.
5. Italy is home to Europe's only three active volcanoes: Mount Etna, Stromboli, and Mount Vesuvius.
6. The oldest known cookbook in existence, "Apicius," dates back to ancient Rome and contains recipes from Italy.
7. The world's first bank, Banca Monte dei Paschi di Siena, was founded in 1472 in Siena, Italy.
8. Italy is the birthplace of opera, with the first opera performance, "Dafne," taking place in Florence in 1598.
9. The country is famous for its high-quality fashion industry, with Milan being one of the world's fashion capitals.
10. Italy has the highest number of cultural events and festivals organized annually, reflecting its rich cultural heritage.

11. The Italian language has influenced many other languages worldwide, including English, due to Italy's historical significance.
12. Venice, built on a series of islands, has over 400 bridges, making it one of the most unique cities in the world.
13. The town of Campione d'Italia, surrounded by Switzerland, is an Italian enclave known for its casinos.



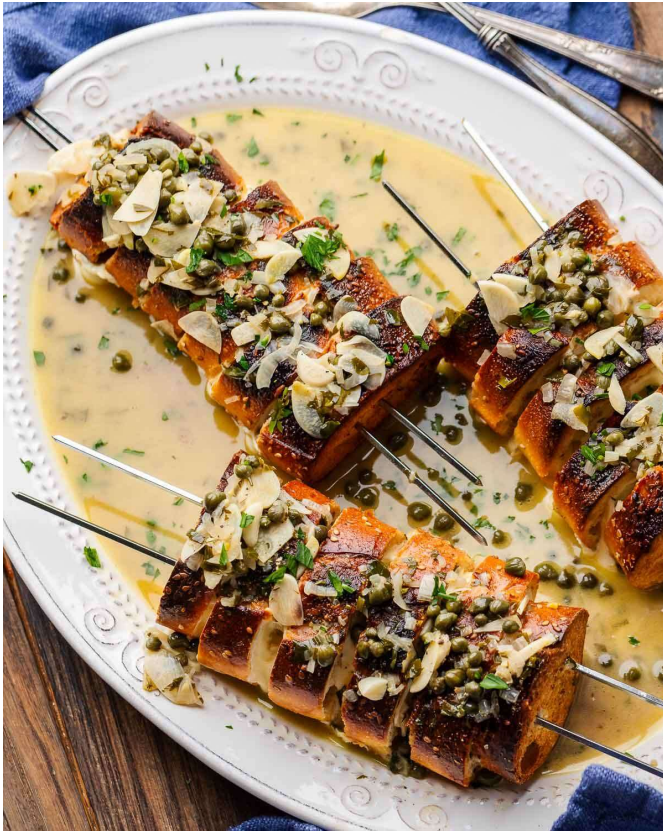
14. The concept of the Renaissance, a period of great cultural and artistic achievement, originated in Italy.
15. Italy is home to the world's smallest independent state, Vatican City, located within Rome.
16. The iconic Roman Colosseum, built in AD 70-80, is the largest ancient amphitheater ever built and could hold up to 80,000 spectators.
17. The first modern banknotes were issued by the Bank of Sicily in the 13th century, predating the invention of paper money in China.
18. Italy has the highest number of archaeological sites in the world, reflecting its rich history and cultural significance.
19. The city of Naples is home to the world's first known pizzeria, Antica Pizzeria Port'Alba, established in 1738.



20. Italy is known for its diverse regional cuisines, with each region boasting its own specialty dishes and ingredients.
21. The country has a unique tradition of aperitivo, where people gather for pre-dinner drinks and snacks, fostering socializing and relaxation.

Spiedini alla Romana

https://www.sipandfeast.com/spiedini-alla-romana/?utm_source=convertkit&utm_medium=email&utm_campaign=New!%20Spiedini%20alla%20Romana%20Recipe%20-%202014753390#wprm-recipe-container-27940



Spiedini alla Romana is an incredible Italian appetizer of bread and fresh mozzarella that's skewered, roasted, and topped with a delicious buttery anchovy, and caper sauce. The result is a toasty and melty combination that is sure to impress anyone lucky enough to be on the receiving end!

Ingredients

- 1 large loaf Italian bread see notes below
- 2 cloves garlic
- 1 pound fresh mozzarella sliced

For the sauce

- 3 tablespoons extra virgin olive oil
- 3 tablespoons capers drained and rinsed
- 6 large anchovy fillets
- 1 medium shallot minced
- 5 cloves garlic sliced
- 1/4 cup minced flat-leaf Italian parsley
- 1/2 cup dry white wine
- 1 1/2 cups low-sodium chicken stock
- 1 tablespoon fresh lemon juice
- 6 tablespoons unsalted butter cubed
- freshly ground black pepper to taste

Instructions

1. Preheat oven to 500f.
2. Slice the bread into 1/2" thick slices and slice 1 pound of fresh mozzarella. Blot the mozzarella with

a paper towel to remove any excess moisture. Lay the bread pieces out on a baking sheet and toast for 2-3 minutes. Once the bread comes out, rub each piece with a garlic clove and set aside.

3. Heat a pan to medium heat with the olive oil and shallot. After 1 minute, add the garlic and anchovies and cook until golden. Smash the anchovies with a wooden spoon to break them up. Once the garlic turns golden add the wine and stock and bring to a boil. Add the capers, lemon juice, and parsley and reduce the heat to a simmer.
4. Whisk in the butter, 1 cube at a time, until a smooth sauce forms. Add some fresh ground black pepper to the sauce and taste for salt. You will probably not need to add any salt. Turn the heat to the lowest level to keep the sauce warm.
5. Top each slice of bread with a slice of mozzarella and a piece of bread. Repeat until you have 3-4 stacked sandwiches. Turn them onto their sides and place 1-2 large skewers into each section to hold together. Place the skewers on a foil-lined baking sheet that has been sprayed with nonstick cooking spray.
6. Bake for 10-12 minutes or until browned on all sides. To achieve even cooking turn the skewers every few minutes. Also, once the cheese starts to melt, be sure to press each skewer section together so that the cheese sticks to the bread on both sides.
7. Place the spiedini onto a platter and pour the sauce all over the top and onto the platter. Serve immediately. Enjoy!



Don Cimorelli's Pasta in a Creamy Basil Ricotta with Peas

Ingredients (To serve 4 adults)

1 lb. of Penne Pasta
15 Ounce container of Whole Milk Ricotta
1 Cup of Heavy Cream
1 Container of Garden Gourmet Lightly Dried Basil or Chopped Basil (.42 Ounce Container in Refrigerated Produce Section)
10 Ounce Bag of Frozen Peas
1 Cup of Grated Cheese such as Pecorino Romano, Parmesan, or Mixture; Plus, Extra to Top Finished Dish
1 Cup of Toasted Pignoli Nuts, Sliced Almonds, or Crushed Walnuts
Reserved Ladle of Pasta Water if Needed

Directions

1. Bring 6 quarts of water to a boil and then add 2 tablespoons of salt
2. Add Penne Pasta to the boiling water, stir frequently, and cook until al dente per package directions
3. While pasta is cooking, heat ricotta in large frying pan til thinned out like a sauce
4. Add heavy cream to the frying pan and thoroughly mix
5. Add grated Italian cheese to the frying pan and mix into the sauce
6. Add chopped basil to the ricotta sauce and continue to stir
7. Add frozen peas and continue to mix until all ingredients are well blended and hot
8. Optional: Add ½ cup of toasted pignoli nuts or sliced almonds or crushed walnuts to the sauce. Separately reserve the remaining ½ cup of the same type of nut on the side
9. Scoop al dente pasta from the pasta pot into the frying pan and blend with the sauce. This method will transfer some pasta water to the frying pan to enhance the texture of the sauce. Additional pasta water can be added if personally desired.
10. Optional: Sprinkle remaining pignoli, almonds, or walnuts on the top of the pasta
11. Sprinkle extra grated Italian cheese on top of the pasta



Italian Americans in the Kitchen Cookbook

This is an excerpt from the TSDOI Italian Americans in the Kitchen Cookbook. Click on the link below to order your cookbook for \$23 each (Total price includes shipping to your home.) <https://square.link/u/tjBvLUbF>. Cookbooks are also sold at most TSDOI events.

Torta di Crema Pasticcera al Cocco – Coconut Custard Pie

Servings: 8 By Joe Pirozzi



Ingredients

5 Eggs
1 ½ C Whole Milk
1 C Heavy Cream
1 tsp Vanilla
¼ tsp Table Salt
¾ C Sugar
1 TBS Corn Starch
¾ to 1 C (to taste) Shredded Coconut + 2 TBS to sprinkle on top of pie
1 purchased 9 Inch Pie Shell

Directions

Except for pie shell, pour all ingredients in a blender and mix.

Lay pie shell in pie pan, crimp around the outside edge, and pour the mixture into the pie shell. Sprinkle the two tablespoons of coconut on top of mixture – sprinkle to taste. Be aware the mixture will fill the pie shell to the top so be careful when putting in oven.

Bake at 370 for 40 to 50 minutes. Bake until the knife comes out clean.

Why Italian Cookies Are the Breakfast Power Move

https://www.wsj.com/arts-culture/food-cooking/why-italian-cookies-are-the-breakfast-power-move-cfe69036?mod=hp_listc_pos2

By Sarah Karnasiewicz Wall Street Journal



Something slightly sweet to dunk in your cup makes a morning *molto bene*. Served with an affogato of espresso and frozen yogurt, this quick-baking oat biscuit is an attainable luxury worth welcoming into your morning routine.

Marrying into an Italian-American family has taught me a lot. I can now go to the deli and order capicola without sounding like a fool. (Hint: That sentence rhymes.) My lexicon of rude hand gestures has also expanded significantly. But of all the habits I've adopted from my in-laws, none has been more life-improving than having cookies for breakfast.

I'm not talking about Oreos. The morsels Italians around the world routinely dunk in their morning latte might more accurately be called biscuits—unshowy, whole-grain, only barely sweet. (And really, are muffins any more virtuous?) I've settled on a recipe simple enough for a child to master.

Want to share a taste of *la dolce vita* with someone you love? Snuggle a few against their daily cuppa—or go all in the Italian way and pair with an a.m. riff on an espresso affogato, swapping in a scoop of lightly sweet frozen yogurt for the traditional gelato. It's OK: Mamma approves.

Italian Breakfast Cookies With Frozen Yogurt Affogato

Total Time: 40 minutes

serves: 4

Ingredients

For the cookies:

1 egg
1/3 cup granulated sugar
1/4 cup milk, plus extra for brushing
1/4 cup olive oil
1/2 teaspoon almond extract
1 teaspoon vanilla extract
Zest of 1 orange (optional)
1/4 teaspoon kosher salt
1 cup all purpose flour
1 cup whole-wheat flour
1/2 cup old-fashioned oats, pulsed in food processor until coarsely ground
2 teaspoons baking powder
1/2 cup turbinado sugar

For the affogato:

1 pint vanilla frozen yogurt
4 shots espresso
Cinnamon (optional)

Directions

Make the cookies: Preheat oven to 350 degrees. Line two baking sheets with parchment paper. In a large bowl, whisk together egg, sugar, milk, oil, almond extract, vanilla extract and orange zest, if using. In a separate bowl, stir together salt, all-purpose flour, whole-wheat flour, oats and baking powder. Add flour mixture to egg mixture and stir until just combined. Use your hands to bring dough together in a smooth ball. Chill 10 minutes.

Scoop about 1 heaping tablespoon dough and form a walnut-size ball. Repeat with remaining dough until you have 20-24 dough balls. Roll each ball in turbinado sugar and place on prepared baking sheets, leaving 1 inch between balls. Use your fingertips to flatten balls slightly so they are football shaped. Brush tops with milk. Bake until firm and lightly golden, about 25 minutes. Transfer to a wire rack to cool.

Just before serving, make the affogato: Scoop 1 heaping scoop frozen yogurt into 4 small bowls. Pour 1 shot hot espresso into each bowl so it pools around scoop and yogurt begins to soften. Sprinkle each with a pinch of cinnamon and serve immediately with 2 cookies for dipping. (Remaining cookies will keep well, in an airtight container, for 1-2 weeks.)