



Triangle Sons and Daughters of Italy

Serving the North Carolina Triangle since 2004

Lodge 2817

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IL GIORNALE DI TSDIA

Febbraio, 2025



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 TSDIA

Editor Nick Verna

Send comments or suggested materials to
nickverna14@gmail.com

TSDIA Calendar of Events

Feb 2 – Mother Cabrini Movie & Presentation

Feb 18 - Scopa

Mar 2 – Italian-American Food Presentation, Amari, and Antipasto Potluck

Mar 8 – Italian Coffee House & St. Joseph's Dessert Extravaganza

June 8 – Family Picnic and Scholarship Awards

Sep 20 – Festa Italiana

Oct 11 – Italian American Heritage Celebration

NOTE: members need to Don Cimorelli an email to be included on the Conversational Italian distribution list for monthly meetups.

February Birthdays

This month we celebrate the birthdays of those members celebrating in February: Noah DiTomasso (1), Phil Sielatycki (1),



Lou Fabrizio (3), Anthony

Connochie (5), R. Jay Dewey (8), Becky Bertram (9),

Anthony DiSantostefano (9), Allen Lorie (13), Astrid

Amico (13), Mike D'Amore (13), Sherry Hicks (14), Robert

Sepe (14), Marcia Eisenberg (15), Cristina Ziller (15),

Deborah Zechini (15), Ricci Polsinelli Williams (16), Ann

Marie Fontana (17).Barbara Ascolese (18), Robert Russo

(18), William Schmidt (18), Phil DePalma (21), Suzy

Fanucci Schmidt (21), David Blackford (22), Paisley Wild

(23), David Zoffer (23), Gary Salamido (24), Carole

Meshot (25), Vita Fratarcangeli (26).

Good & Welfare

We are heartbroken to announce the passing of **Antoinette Marie Koytek**, June 15, 1959 – January 16, 2025. We extend our sympathy and condolences to her husband Anthony (TSDIA Member) and sister-in-law Jeannine (TSDIA Member) during this very difficult period. Visitation



will be held **Saturday, February 1, 2025, at 11 AM followed by a service at 12 PM** at Apex Funeral Home, 550 W. Williams St., Apex, NC.

We are sorry to announce that our dear member **Marie Scalco** is now in a home for individuals with memory loss and is also in hospice. She is residing in a house that houses 5 patients at a time and makes her feel more at home. Please keep her and her husband George Scalco in your prayers.

Letter from the President

**UPCOMING
EVENTS**

Dear TSDIA Members:

The Triangle Sons and Daughters of Italy is off to a rapid start in 2025. We offer a wide range of programs so that every member can participate in activities of interest to them. Through your attendance at TSDIA events, you will build stronger relationships with other members and feel a stronger bond with our extended Italian American family.

I encourage you to read my weekly emails which highlight upcoming events and the registration process. Since all events have capacity limits, register quickly if a particular event is high on your list. Additionally, periodically visit our website (<https://www.tsdia.org/>) which is a comprehensive source of information on all aspects of our Lodge.

If you have not done so, please make it a goal to attend at least 1 or 2 events by April, and even better yet if you can attend more than that.

I look forward to seeing you in person.

Don Cimorelli

TSDIA 2817 President

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

Please welcome **Robert Alfredson** who heard about us from Don Cimorelli while shopping at Capri Flavors Italian market. Robert was born and raised in the Raleigh/Triangle area and currently lives in Durham. His heritage is from the north Campania region. He is a Computer Programmer and works as a Research Technician at Duke University. His interests/hobbies are language learning, singing/playing the guitar, personal fitness, web development/internet entrepreneurship and volunteering. Robert volunteers on weekends for the hunger relief efforts at Duke University. He is looking forward to attending our Meet and Greet gathering on Thursday January 16th. Welcome Robert at robert.c.alfredson@gmail.com.

Please welcome **Dominic (Dom) Mastroianni III** who is the son of members Michele and Dominic Mastroianni. Dom is originally from Long Island and lives in Wake Forest. His heritage is from Naples and Bari, and he is a student at UNC Greensboro. He enjoys football, hockey, gym, golf and politics. Welcome Dom at dominicvmastroianniii@gmail.com.

Please welcome **Eddie and Stephanie Elliott** who heard about us from Joe and Vicki Pirozzi. Thank you both. Eddie is originally from Silver Spring, Maryland and

Stephanie is from Burlington, Vermont. They live in Cary. Eddie's heritage is from Calabria and Norcia, province of Perugia and he is Principal of Cape Fear Seafood Restaurant. He enjoys playing golf. Stephanie is a Homemaker and enjoys being with family. Welcome Eddie at eddie@capefearseafoodcompany.com and Stephanie sbomb71@msn.com.

Please welcome **Ryan Pirozzi** who is the son of members Joe and Vicki Pirozzi. Thank you both. Ryan is originally from Princeton, New Jersey and lives in Cary. His heritage is from Pomigliano d'Arco, Naples and Serricella, Calabria. Ryan is National Severity Director for Travelers Insurance Company, and he enjoys baseball, golf, most sports, traveling and movies. Ryan was approved for Dual Citizenship in March 2023 and received Dual Passports, U.S. and Italian in March 2024. Welcome Ryan at rpirozzi72@gmail.com.

Please welcome **Antonio and Michelle Russo** who heard about us through the internet. Antonio was born in Foggia, Italy and came to the United States when he was 14 years old. His family settled in Brooklyn. His background is in accounting. He enjoys reading and playing bocce. Michelle was born in Troyes, France and came to the United States when she was 21 years old. She worked at Western Union in NYC. She enjoys playing cards, needlepoint and is a Seamstress. They live in Raleigh and would love to hear from our members. Welcome Antonio and Michelle tonyr278@yahoo.com.

Please welcome **Marissa Giamportone** who is the daughter of long-standing member Jack Giamportone. Thank you, Jack. Marissa

was born and raised in the Raleigh area and graduated from UNC Wilmington. Her heritage is from Roccapalumba and Messina, Sicily. She is an Edward Jones Financial Advisor and lives in Cary. Her interests/hobbies are hiking, yoga, cooking, baking, volunteering and traveling. Welcome Marissa giamportone.marissa@gmail.com.

Please welcome **Barry and Mary Ann Gilbert** who heard about us through our Facebook page. Barry is originally from Piscataway, NJ and Mary Ann is from Scotch Plains, NJ and they relocated to Clayton to be near family. Mary Ann's heritage is from Montazzoli, Abruzzo and Stefanaceni, Calabria. She is a retired Administrative Assistant and Barry is retired from a career in Property Management. They both enjoy kayaking and traveling. I had the pleasure of meeting them at last night's Meet and Greet event. They enjoyed meeting the membership and look forward to future events. Welcome Barry barrygilb@gmail.com and Mary Ann mgilbert57@hotmail.com.

Member Business

Spotlight

Each month we will spotlight a member owned business.



Melina's Fresh Pasta

Member Name: Carmella Alvaro

Address: 2717 Chapel Hill Rd, Durham, NC

Phone: (919)403-3663 – 2717

Website: www.melinaspasta.com

Email: info@melinaspasta.com

Services Offered : Using traditional recipes and methods learned in Italy, Melina's Fresh Pasta produces fresh pasta, ravioli, gnocchi and sauces using fresh and local ingredients. Our fresh pasta is made in the Italian tradition with just eggs and finely milled durum and semolina flour. We produce a variety of ravioli stuffed with

special blends of spices, seasonal vegetables and imported Italian cheeses. Our fan favorites ravioli includes Lemon Ricotta Ravioli, Pimento Cheese Ravioli & Fig Gorgonzola Ravioli along with traditional



flavors like Spinach & Cheese and Pumpkin. In 2022, Melina's was awarded the best overall Made in NC Product by Our State Magazine. Now in their 14th year Melina's Fresh Pasta can be found all over the Triangle in farmer's markets and stores. Owner, Carmella, is the first in her family born in the US to Italian immigrant parents. She travelled to Italy to learn traditional pasta making. Upon her return she founded Melina's Fresh Pasta (Melina is the nickname her family calls her) to bring fresh pasta to the Triangle.



Melina's Fresh Pasta can be found at the Pasta Shop in Durham, 6 local farmer's markets each Saturday and local retail outlets like Capri Flavors, The Butchers Market and Weaver Street Market.

In 2024, Carmella opened **Il Laboratorio** – The Cooking Lab – a new kitchen dedicated to pasta making classes to be able to teach regional Italian pasta making & cooking. Public and private classes are available.

www.cookinglabnc.com – (919)228-9390 – 3101 Guess Rd, Unit E, Durham, NC 27705

Explore Calabria: Italy's Hidden Gem



Nestled in the toe of Italy's boot, Calabria is a region of rugged mountains, pristine beaches, and timeless traditions. Known for its rich history and warm hospitality, this often-overlooked corner of Italy offers an authentic and unspoiled travel experience. For members of the Sons and Daughters of Italy, Calabria presents an opportunity to connect with Italian heritage in a deeply personal way.

Why Visit Calabria?

Calabria's charm lies in its authenticity. Unlike the bustling tourist hubs of Rome or Florence, Calabria feels untouched by time. Here, you'll find small villages clinging to cliffs, ancient ruins with stories to tell, and culinary traditions that reflect the region's agricultural roots.

Must-See Destinations

1. Tropea:

Known as the "Pearl of the Tyrrhenian," Tropea boasts stunning views of turquoise waters and golden beaches. Don't miss the Sanctuary of Santa Maria dell'Isola, perched dramatically on a cliff overlooking the sea.

2. Scilla:



This picturesque fishing village combines myth and beauty. According to legend, it's the home of the sea monster Scylla from Homer's *Odyssey*. Walk through the charming Chianalea district, where homes rise directly from the water.

3. Reggio Calabria:

Visit this coastal city to see the famous Riace Bronzes, ancient Greek statues that are marvels of art and history. Stroll along the Lungomare Falcomatà promenade for stunning views of Sicily across the strait.

Calabria's Culinary Treasures

Calabrian cuisine is a feast of bold flavors, reflecting the region's agricultural bounty.

- *Nduja*: This spicy, spreadable salami is a Calabrian specialty, perfect on bread or in pasta sauces.
- *Cipolla Rossa di Tropea*: Sweet red onions from Tropea are a local delicacy used in everything from salads to marmalades.
- *Seafood*: The coastal villages serve up fresh catches like swordfish and anchovies, often grilled or marinated in olive oil and lemon.
- *Wine*: Calabria's vineyards produce robust red wines like Cirò, a perfect pairing for the region's hearty dishes.

Tips for Visiting Calabria

- *Off-the-Beaten-Path*: Calabria is less touristy than other Italian regions, so be prepared for a more authentic, rustic experience. Learning a few Italian phrases will go a long way, especially in smaller towns.

• *Best Time to Visit:* Spring and early fall offer mild weather, fewer crowds, and vibrant landscapes.

• *Transportation:* Calabria's remote villages and natural parks are best explored by car, so consider renting one to make the most of your trip.

Discover Your Roots

For Italian-Americans with Calabrian ancestry, visiting this region can be a deeply moving experience. Many travelers find joy in exploring their family's hometowns, connecting with local relatives, and walking the same streets their ancestors once did.

Calabria Awaits

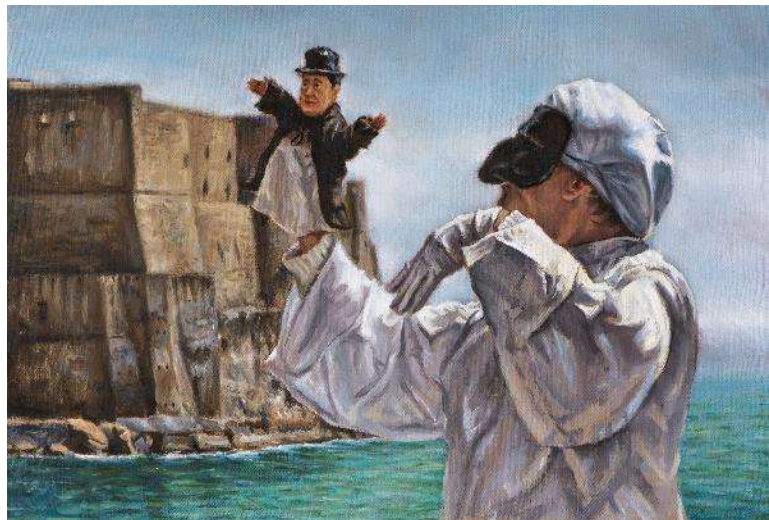
Whether you're drawn to Calabria's breathtaking coastline, its rich history, or its irresistible cuisine, this southern gem has something for everyone. Plan your trip in 2025 or beyond to uncover one of Italy's best-kept secrets. Buon viaggio! Reach out to me, Rocky Dimico rocky@flightsandfables.com to learn more!



The Wit and Truth of Neapolitan proverbs

<https://italoamericano.org/neapolitan-proverbs/>

Recently, I stumbled upon an interesting article online about the wisdom of Italian proverbs. Needless to say, the ones from Naples stood out as particularly colorful and direct, just like the city



itself and just like its people. Their blend of wisdom, irony, and practicality is as charming as it is unique and definitely worth a closer look! To begin with, let's clarify something: proverbs in Naples are an integral part of daily life. They reflect the city's worldview, shaped by centuries of cultural exchanges, hardships, and celebrations. In Naples, oral tradition has always been valued, and proverbs are an example of it: beside their literal meaning, they act as tools for storytelling, vehicles for humor, and even mechanisms for social commentary. A simple proverb can settle an argument, make a profound statement, or lighten the mood in a challenging moment. They are, to put it simply, as much about connection as they are about communication.

The origins of Neapolitan proverbs go back to the city's long history as a crossroads of civilizations, because in Naples, influences from the Greeks, Romans, Spanish, and French left their mark not only on architecture and cuisine but also on language. Some proverbs, for instance, have roots in ancient Rome, like *A meglio parola è chella ca nun se dice*, which translates to "The best word is the one left unsaid." This cautionary saying,

particularly loved by Neapolitan elders, has similarities with the Roman philosopher Seneca's teachings on prudence and restraint, and shows the deep philosophical lineage of Neapolitan wisdom.

But, more than their illustrious connections with the greatest thinkers of the past, Neapolitan proverbs strike for the way they are part of the very fabric of human interactions. They are often used to express emotions, give advice, or offer commentary on life's unpredictability, just like in the case of *Ntiempo 'e tempesta, ogne pertuso è puorte'*, meaning "In times of storm, every hole is a harbor." What a universal truth! And, even more importantly, how these words resonate with the all-Neapolitan tendency to find solace and solutions even in the direst situations!

Another popular saying, *Chi pecora se fa, 'o lupo s'o magna*, or "If you act like a sheep, the wolf will eat you," is a reminder to avoid submissiveness and stand one's ground, something that well mirrors the resilience and character of Neapolitans.

Pulcinella, a true symbol of Neapolitan wit

Of course, we couldn't speak about proverbs without mentioning their humorous undertone, even when addressing serious topics: humor, after all, is a cornerstone of Neapolitan life. Sayings like *A carne 'a sotto e 'e maccarune 'a coppa* (The meat underneath and the macaroni on top) humorously lament situations where things are not as they should be, a playful yet pointed critique of life's occasional absurdities. Similarly, *Quanno uno s' à da mbriacare è meglio che se mbriacasse de vino buono*, which translates to "If you're going to get drunk, it's better to do it with good wine," mirrors quite well the Neapolitan philosophy of embracing life's pleasures fully, even if things may not be going the way we expect.

Very importantly, from a cultural point of view proverbs also serve as a reflection of Naples' distinct identity within Italy, with expressions like *Vide Napule e po' muore* (See Naples and then die) highlighting the city's pride in its beauty and cultural significance. At the same time, many others tap into universal truths, bridging regional identity with shared human experiences; for

example, *O' munno è munno: chi saglie e chi va a funno* (The world is the world: some rise, others fall) offers a universal commentary on life's cyclical nature, while also reminding us of the impermanence of success and failure.

A witty Neapolitan saying: "Who hates this home, may they die before they get in!" (Photo: Bolkan73/Dreamstime)

Relationships, whether familial, romantic, or platonic, are another central theme in Neapolitan proverbs. Some present culturally distinctive truth, like *Chi te vo' bene cchiù de mamma, te 'nganna* (Whoever loves you more than your mother deceives you), while others stress with comedic flair the at times cold reality of certain relationships, as in *L'amico è comme 'o 'mbrello: quanno chiove nun o truove maje*, "A friend is like an umbrella: you never find it when it rains." In the context of romantic liaisons, proverbs like *Ammore fa passà 'o tiempo e 'o tiempo fa passà l'ammore* (Love makes time pass, and time makes love pass) reflect a realistic and experiential understanding of love's fleeting nature. Meanwhile, *A femmena bona vale 'na curona* (A good woman is worth a crown) celebrates the virtues of a loyal and honorable partner, emphasizing respect and appreciation.

Food, an essential aspect of Neapolitan life, also features prominently in the city's proverbs. Sayings like *Frije 'e pisce e guarda 'a jatta* (Fry the fish and watch the cat) serve as ironic yet practical advice, reminding people to remain vigilant and not let distractions ruin their efforts.

As modern life increasingly moves away from oral traditions, there is a growing effort to preserve Neapolitan proverbs as a cultural treasure: these expressions offer valuable insights into the collective mindset and values of the city, and help us bridge the past with the present, while keeping alive the times and words of our ancestors. Local initiatives, such as publishing collections of proverbs or incorporating them into educational curricula, aim to ensure that this unique heritage continues to thrive in the years to come. Crucial in this context are also contemporary Neapolitan music, theater, and film, where traditional proverbs keep finding a place.

Cirio Conserve: a staple in every pantry

<https://italoamericano.org/cirio-conserve/>



Cirio Conserve, an iconic name in the Italian food industry, represents a significant part of Italy's culinary history. Founded by Francesco Cirio in 1856, the company became a pioneer in the industrial preservation of tomatoes and other vegetables. Cirio's impact on the food industry is profound, largely due to its innovation in the canning process, which revolutionized the way food was stored and distributed, not only in Italy but around the world.

Francesco Cirio, born in 1836 in Nizza Monferrato, was a visionary entrepreneur: he moved to Turin, where he began experimenting with the preservation of vegetables through a canning process. This was a time when food preservation was becoming increasingly important due to the growing urban populations and the need for stable food supplies that could withstand long periods without spoiling.

Cirio's first major success came with tomatoes, a staple in Italian cuisine: he managed to develop a technique for canning them in a way that retained their taste and nutritional value, something revolutionary at the time. The process involved blanching the tomatoes to remove their skins, sealing them in tin cans, and then sterilizing the cans through boiling. This method allowed tomatoes to be shipped and stored for long periods, making them accessible to people far from where they were grown.

Italian Valentine's Day Traditions

Valentine's Day in Italy looks almost nothing like in the US. The traditions of Valentine's Day in Italy are embedded in a long history – long before Hallmark came along! We hope that you have a lovely Valentine's Day with your sweetie and your loved ones!

History of Valentine's Day

Valentine's Day is an old tradition from the Roman Empire. Taking place on February 14, Valentine's Day celebrates the Queen of Roman gods and goddesses – Juno, the Goddess of Women and Marriage. In Italy, Valentine's Day is known as La Festa Degli Innamorati.

Traditions for Couples

Valentine's Day in Italy was historically celebrated as a Spring Festival. They will celebrate the advent of spring together by spending time outdoors, strolling in parks, sitting under trees or in beautiful gardens, and listening to music or talking.



Contemporary Italian couples may present each other with small, chocolate-covered hazelnut candies by Perugina, which are filled with a sweet cherry liquid center. The inside wrapper of Perugina Baci candies boasts romantic poetry.

Italian couples also follow the tradition of padlocking their love to a bridge or railing and throwing the key away.

In Verona, Italy – known as the city of Romeo and Juliet – there is a four-day Valentine's celebration, with heart lanterns lining the city and free concerts in the Piazza dei Signori.

There is also a love-letter writing contest and romantic dinner specials in restaurants around town.

Traditions for Singles

For young, single girls in Italy in the past, it was believed that the first man they saw on Valentine's Day would be the man they married – or at least a man who looked like him! As such, young girls would wake up early and look out their window at men who walked by.

Many Different Ways to Say I Love You

Italian is a romantic language – and the originator of Romance languages! Now, if you have a sweetie who is Italian and you want to impress, here are a few ways to profess your love in Italian!

Buon San Valentino, Amore Mio (Happy Valentine's Day, My Love)

Con te ogni giorno e San Valentino...Grazie Amore (Every day with you is St. Valentine's Day...Thank you, Love)

San Valentino e solo un nuovo pretesto per dirti quanto sempre ti amo! (Valentine's Day is only a new excuse to tell you how much I always love you!)

Amo te oggi e sempre. Buon San Valentino (I love you today and forever. Happy Valentine's Day)

Il giorno migliore per festeggiare il mio immense amore per te! Buon San Valentino (The best day to celebrate my immense love for you! Happy Valentine's Day)

Grazie Amore per rendere speciali i giorni della mia vita. Buon San Valentino (Thank you My Love for making the days of my life special. Happy Valentine's Day)

Italian Food Quiz

1. In which city was pizza invented?
2. How are appetizers called in Italy?
3. How is a pizza that does not use tomato sauce called?
4. Which white sauce is used to make lasagna?
5. At what time of the year would you eat Panettone?
6. Which pizza was named after a queen?
7. What is polenta made of?
8. Which Italian dessert's name means half frozen in Italian?
9. Which dish consists of meat thinly sliced?
10. Which shape are cannelloni?



1. Naples
2. Antipasti
3. White pizza
4. Bechamel
5. Christmas
6. Pizza Margherita
7. Cornmeal
8. Semifreddo
9. Carpaccio
10. Cylindrical

Sugo Finto (Vegetable Sauce)

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Servings: 4 – 6

Sugo Finto is a traditional Tuscan sauce that uses hearty vegetables instead of meat. The vegetables are simmered with tomatoes, red wine and delicious herbs to create a flavor-packed sauce that's perfectly served with pasta.

Ingredients

3 carrots
3 celery stalks
3 brown onions
1 garlic clove, peeled and kept whole
1 sprig rosemary
1 sprig sage leaves, (about 5-6 leaves)
1 bay leaf
½ cup (80ml) Italian red wine
1 tablespoon tomato paste, concentrate
6 sun dried tomatoes, jarred in oil
14 oz (400g) canned peeled plum tomatoes, (we used Mutti Peleti)
2 cups (500ml) vegetable stock
Olive oil
Salt

For serving

1 lb (450g) dried pasta , (we used rigatoni)
Pecorino Romano or Parmigiano Reggiano, for grating on top

Instructions

Finely chop the carrot, celery and onion and peel the whole garlic clove.

Add around 2-3 tablespoons of olive oil to a large pan on a medium-low heat. Add the vegetables, whole garlic clove, rosemary sprig, sage leaves and bay leaf with a good pinch of salt. Sautè the veg slowly until soft

but not browned. This step takes around 30 minutes, stir the vegetables every so often so they don't catch on to the pan.



Once the vegetables have softened, add the red wine and let it simmer and reduce for 1-2 minutes whilst stirring.

Next, add the chopped sun-dried tomatoes and the tomato paste and stir it into the vegetables.

Add the canned tomatoes and vegetable stock, breaking the tomatoes up with the side of a wooden spoon. Bring the sauce to a simmer and let it simmer gently for 30 minutes until reduced and thickened.

After 30 minutes you can taste the sauce and if you'd like the vegetables to have a softer texture continue to simmer it for another 10-15 minutes. Add a little extra water or stock if the sauce reduces too much. Add more salt to taste at the end.

Note: when the sauce is done you can remove the whole garlic clove, bay leaf and the herb stalks.

Italian Sausages and Lentils

https://www.insidetherustickitchen.com/italian-sausages-and-lentils/?utm_medium=lentils+and+sausages&utm_source=newsletter&utm_campaign=*NEW*+Sugo+Finto%F0%9F%87%AE%F0%9F%87%B9+-+16204445&sh_kit=3fe654037a3205e848b73cd22ecca4fbd9bd698dbb53eaa2d16cd7d21f41fe5f

Servings: 4 servings

Italian sausages and lentils made with delicious hearty vegetables, rosemary and garlic. This rustic dish is all made in one pot making it super easy, comforting and full of flavor!

Ingredients

1 cup (200g) Umbrian Castelluccio lentils , (or use dried puy lentils)
6 Italian Sausages, (about 490g)
1 large carrot
1 large celery stick
1 medium onion
1 clove Garlic, whole, peeled
¼ cup (60ml) Italian white wine
1 bay leaf
1 sprig Rosemary
1 cup (260g) Passata (tomato puree US)
3 cups (700ml) water
Salt and pepper
Olive oil

Instructions

Castelluccio lentils do not need prior soaking, but you do need to rinse them until cold running water for a few seconds. If you are using other lentils make sure to check the packet instructions just in case, they do need to be soaked first.

Finely chop the vegetables so you have roughly the same amount of each and cut roughly the same size. Peel the garlic clove but keep it whole.

To make Italian sausages and lentils

Cut each Italian sausage into 3 chunks. Add a drizzle of olive oil to a large pot on a medium heat and brown the sausages (don't cook them all the way through). Remove them and set aside on a plate.



Add 1-2 tablespoons of olive oil to the pot and sauté the chopped vegetables and garlic until soft. Do this on a medium-low heat making sure the vegetables soften but don't brown.

Once softened, add a small pinch of salt to the vegetables then add the sausages back to the pot.

Add the wine and let the wine simmer until it has reduced by half then add the rinsed lentils, passata, water and the bay leaf and rosemary sprig.

Bring the pot to a simmer then turn it down low and let it simmer uncovered for 35 minutes. Finish with some freshly ground black pepper and serve.

Notes

Using water instead of stock – Italian sausages are usually generously seasoned with salt, so I don't recommend using stock. Water is traditionally used in this dish and believe me when I say that it has so much flavor!

Authentic Italian Tiramisu Recipe

<https://www.recipesfromitaly.com/tiramisu-original-italian-recipe/>

Tiramisu is the ultimate Italian dessert and is often served on Valentines Day—a true masterpiece! It's incredibly easy to make and absolutely delicious, using just four main ingredients: mascarpone cheese, eggs, ladyfingers, and coffee.

Servings: 8

Ingredients

300 g (~10 oz) of Savoiardi (Ladyfingers) - about 30 cookies.
500 g (1.1 pound) of mascarpone cheese.
4 medium pasteurized eggs (~220 g / 7.7 oz.)
100 g (½ cup) of granulated sugar
300 ml (1 ¼ cup) of espresso coffee
2 tablespoons of Marsala Wine
Unsweetened cocoa powder (for decoration)

Instructions

Step 1) - First of all, make the coffee. For a quick and delicious Italian coffee, we used an Espresso Machine. Then add 2 tablespoons of Rum or Marsala wine. This is optional. If you don't like liqueurs or you are making Tiramisu for children, don't use it. Your tiramisu is great all the same, even without liqueur. Set aside and let cool.

Step 2) - Separate the egg whites from the yolks. Set aside the yolks and whip the egg whites until stiff: you will get at it when the egg whites will not move if you turn the bowl over. Remember that to whip egg whites to stiff peaks, there should be no trace of yolk. Once ready, set aside.

Step 3) - Now, in a bowl, beat the egg yolks with sugar until light and smooth, 3 to 5 minutes.

Step 4) - In the meantime, pour the mascarpone cheese into a bowl and work it with a spoon to make it softer. Mascarpone



cheese must be of excellent quality, creamy and thick. When the yolks are ready add the mascarpone cheese.

Step 5) - Using the flexible-edge k-beater, slowly whip the mascarpone cream for 2 to 3 minutes. Now add the stiffly beaten egg whites.

Step 6) - Mix with a wooden spoon, from bottom up. Mix slowly until smooth and creamy.

Step 7) - Now let's prepare the layers of ladyfingers and mascarpone cream. You can make 2 or more layers, depending on the width and depth of your pan. Dip the ladyfingers quickly (1 or 2 seconds) into the coffee. Then arrange the ladyfingers in the casserole of your liking. *IMPORTANT:* The ladyfingers should not soak too much coffee, otherwise the tiramisu will be too rich in coffee and runny.

Step 8) - Arrange them so that they cover the bottom of the casserole. Then spread the mascarpone cream over the ladyfingers.

Step 9) - Add another layer of ladyfingers and then top with more mascarpone cream. If you are making the last layer, spread the mascarpone cream generously.

Step 10) - Finally, sprinkle with cocoa powder. You can even add dark chocolate chips if you like. Allow it to rest 3 hours in the refrigerator before serving. Even better if you prepare the tiramisu the day before, letting it rest overnight.