



Triangle Sons and Daughters of Italy

Serving the North Carolina Triangle since 2004

Lodge 2817

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IL GIORNALE DI TSDIA

Marzo, 2025



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

Mar 2 – Italian-American Food Presentation, Amari Tasting

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

Mar 29 - Italian Citizenship Seminar

Mar 31 – Conversational Italian

Apr - Opera

Apr 25 - Italy Liberation Day Pasta Dinner

Apr 26 - ALS Walk & Fundraiser in Raleigh

Apr 28 – Conversational Italian

May 10 – Bocce Tournament

May 17 - European and Auto Show

May 19 – Conversational Italian

Jun 8 - Picnic

Jun 23 – Conversational Italian

June 8 – Family Picnic and Scholarship Awards

Sep 20 – Festa Italiana

Oct 11 – Italian American Heritage Celebration

Dec 6 – Christmas Party

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

Good & Welfare

We are sad to inform you that **Salvatore L. Giordano Jr.**, the son of Larry & Rae Giordano, has passed from glioblastoma. He had a wife, a daughter in college, and a son in high school. Please join us in extending our condolences and sympathy to the entire family. We are praying for them during this very difficult period.



We are saddened to share with you that TSDIA Member **Marie Scalco** (Spouse of TSDIA Member George Scalco), passed away. In recent weeks, she has been surrounded with family as her condition required her to be transferred to a small and caring residential living center. George Scalco and the remainder of the family are deeply appreciative of

the prayers and concern which our members have offered over the last few months. Marie was a well-known face to our members she joined George attending our events for nearly 15 years. One of the last events that Marie was able to attend was our Italian American Heritage Celebration in October 2024. I will always remember her that day. While her health was compromised, when all of us stood up to clap, sing, and dance to "Mamma Maria", Marie garnered the strength to stand on her own and join in the fun. It was a miraculous burst of energy and engagement that will always stay with me, and most likely many others who were in attendance. Marie Scalco was our "Mamma Maria" and we will miss her dearly.

Letter from the President



Dear TSDIA Members:

We've been off to a running start with TSDIA events during First Quarter 2025. We have great participation in everything scheduled through the end of March.

The pace is not going to slow down for Second Quarter. I want to make sure that you are looking ahead and reserving dates on your calendar so that you will be able to take advantage when registration is announced. Here are the big events to keep in mind:

Italy Liberation Day Pasta Dinner (Sponsored by Future of the Order Fundraiser) - April 25

ALS Walk & Fundraiser in Raleigh - April 26

TSDIA Tia DeMaria Memorial Bocce Tournament (Pancreatic Cancer Fundraiser) - May 10

TSDIA Auto Show - May 17

Family Picnic - June 8

Conversational Italian Meetup is scheduled for April 28, May 19, and June 23 from 1:00 - 2:00 pm. You need to request me to place you on the distribution list to receive registration information for these sessions.

Lastly, the next two dates for playing SCOPA at Southern Peak Brewery are March 27 and April 24. We are now playing on a Thursday night each month. In the meantime, I am excited about three near term events in the current month of March which are the Evolution of Italian American Cuisine on March 2, the Italian Coffee House & St. Joseph's Dessert Extravaganza on March 8, and the Italian Citizenship Seminar on March 29.

It's always a fun time to be able to engage with you as part of our extended Italian American family. Please encourage your friends to consider joining our organization.

Ciao!

Don Cimorelli

March Birthdays

This month we celebrate the birthdays of those members celebrating in March: Antoinette Finizio (1), Albert Genovesi (1), Susan McDermott (1), Roe DeMattia (3), Bill Cerami (4), Vince Stelluto (7), Josephine Romano (8), Frank Maurio (9), Kimberly Delfino (10), Elisa Rossi (10), Frank Bon (11), Christine Russo (16), Karen Fox (17), Barbara Caci (18), Noelle Marino (20), Gary Pezzullo (22), Peter Paldino (25), Constance Lanaro (27), Keegan Moro (29), Marissa Giamportone (30), Ric Riccobono (31).



2025 TSDIA Executive

Council

We are pleased to announce our 2025 TSDIA Executive Council. The new Council will be formally inducted at our March 8th Event.

- President:** Don Cimorelli (Returning)
- Vice President:** Mike D'Amore (Returning)
- Vice President:** Nick Verna (Returning)
- Secretary:** Lisa Rossi (Returning Council Member in New Role)
- Treasurer:** Ro Verna (New Council Member)
- Orator:** Billy Ward (Returning)
- Mistress of Ceremonies:** Fran Castellano (Returning)
- Master of Ceremonies:** Bernard Castellano (Returning)
- Guard:** George Scalco (Returning)
- Trustee:** William Delfino (New Council Member)
- Trustee:** Vivian Dewey (Returning)
- Trustee:** Lisa McCall (New Council Member)
- Trustee:** Mary Muth (Returning in New Role)
- Trustee:** Joe Pirozzi (New Council Member)
- Trustee:** Georgiana Schmidt (Returning)
- Trustee:** Gasper Ilasi
- Immediate Past President:** Bob Giannuzzi (Honorary)

Small Appliance Donations

for Western

NC

Thank you to all of our members that donated small home appliances for the flood victims in western North Carolina. Your generosity will be greatly appreciated.



Walk ALS Triangle



Fran and Bob Giannuzzi, long term and current TSDIA members and Past Presidents of our Lodge, have been dealing with a major health challenge facing their daughter Lisa.

Lisa Giannuzzi has been diagnosed with Amyotrophic Lateral Sclerosis (ALS) which is a progressive fatal disease that can affect anyone at any age, and there is no known cause or cure.

Italians often say “Un Grande Abbraccio” (A Big Hug). Whether you have met the Giannuzzi family or not, our TSDIA extended Italian American family can offer a big hug of support by joining them in one or two ways associated with the **Walk ALS Triangle on Saturday, April 26.**

You can register to be part of this Walk as part of the family's Walk Team (Tree Tree), or make a donation, or both. Lisa lives in San Diego, but the family is doing what they can here to raise money for expanded resources and access to care for people living with ALS.

Click on the link below to hear Lisa’s story and learn how to join the Tree Team for Lisa, or make a donation or both.

[Walk ALS Triangle: Tree Tree - ALS United North Carolina secure.alsnc.org](https://secure.alsnc.org)

Un Grande Abbraccio to Lisa and the entire Giannuzzi family.

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

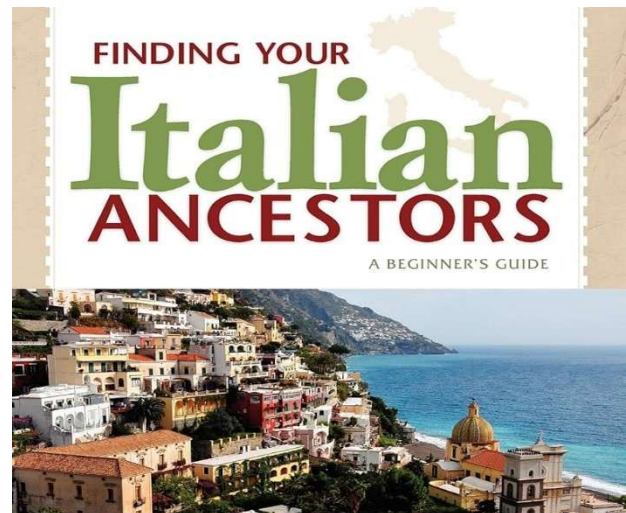
Please welcome **Peter and Sharon Galluzzo** who heard about us at the Italian Festival in Apex. Peter is originally from Freeport, Long Island and Sharon is from York, Pennsylvania. They have been in North Carolina since 1998 and live in Angier. Peter's heritage is from the Florence area, and he is an IT Architect. His interests/hobbies are Astrophotography (night photography of the stars and planets), playing golf and the beach. Sharon is a self-employed Profit Growth Strategist and enjoys the community theater, acting, social gatherings and business coaching and speaking. Welcome Peter pgalluzzo19@gmail.com and Sharon sgalluzzo1@gmail.com.

Please welcome **Patrick (Pat) and Lisa Smelik**, who heard about us from members Vicki and Joe Pirozzi. Thank you both. Pat is originally from Euclid, Ohio, and Lisa from Waukesha, Wisconsin. After being married, they moved to Morehead City, lived there for 19 years and finally settled in Raleigh. Pat's heritage is from Campobasso in the Molise Region. Pat is Vice President and Principal of Kinetic Advanced Water Systems. He enjoys golf, music, collecting odds and ends, family, and new friendships. Recently, Pat has been devoting his time and material in helping those in North Carolina who have been devastated by hurricane Helene. His company, Kinetic, has been donating water purification equipment and services to provide clean water to the locals living in the mountains. Lisa assists with the company operation and is a full-time homemaker. She enjoys spending time with her grandchildren and traveling. Welcome Pat pat.smelik27@gmail.com and Lisa lisalynn816@aol.com.

Please welcome **Stefanie Vitale** who heard about us at the Apex Italian Festival. She is originally from Farmingdale, Long Island and has lived in Clayton for ten years. Her heritage is from Calabria and Sicily. She is a Social Worker and Mary Kay Consultant. Her interests/hobbies are crafting, gardening, cooking/baking and spending time with her dog, friends and family. She is looking forward to attending our premier event, The Italian Coffee House on March 8th. Welcome Stefanie stef613@gmail.com. Welcome Stefani stef613@gmail.com

Please welcome **Andrew Giambalvo** who heard about us from Ciro while dining at Mama Mia's Italian bistro in Holly Springs. Andrew is originally from Brooklyn, NY and has lived in Fuquay Varina for four years. His heritage is from Santa Margherita and Messina, Sicily. He is retired from a career in building construction. His interests/hobbies are board games, thrifting, music, car collecting and car showings. He looks forward to partake in our Auto Show on May 17. Welcome Andrew lostcelt@verizon.net.

Italea—Digging for Roots



WWW.italea.com/en

Italea is a program to promote roots tourism, launched by the Italian Ministry of Foreign Affairs and International Cooperation within the NRRP project and financed by NextGenerationEU.

The project aims to attract Italians abroad and Italian-descendants intending to discover the places and traditions of their origins, providing a set of services to facilitate travel in Italy, thanks also to the widespread organization of 20 groups, one in each Italian region, who will take care of informing, welcoming and assisting travelers from their roots.

Italea is a project dedicated both to those who already know their Italian origins and want to organize a trip to discover and rediscover the places, customs and culture of their ancestors, and to those who need to identify them, and who will be able to make use of a network of reliable genealogists.

Member Shout Out



Lisa Kropilak recently published her first children’s book titled “Hello Washcloth.”



This book is meant to be an introduction to the sequence of bathing for young boys and girls. It’s written in playful rhymes, making it fun to read, and adding a little joy into this every day, mundane task. It also has an educational page where children can label parts of the body. “Hello Washcloth” is available for sale on amazon.com. It makes a great gift, especially for baby showers!

Here is a link if you would like to check out the book or purchase it. <https://a.co/d/hLd7p4r>

★★★★★ 38

Hello Washcloth: An adorable introduction to the sequence of bathing using playful rhymes. Will help boys and girls learn and remember what to do when it's bathing time!

a.co

For those of you who purchase a copy, please take a moment to write a review. It would be so greatly appreciated!

Member Business Spotlight



Each month we will spotlight a member owned business.

Cape Fear Seafood Company of Raleigh

Member: Eddie Elliott, Owner

Address: 832 Spring Forest Road, Raleigh, NC 27609



4 locations in the Raleigh

Area: Raleigh-Spring Forest Rd, Raleigh-Village District, Wake Forest-Rogers Branch Rd, Cary-Coming Soon

Phone: 984-242-4600

Website: <https://capefearseafoodcompany.com/>

Email: eddie@capefearseafoodcompany.com

Services: "VOTED 2024 NEWS AND OBSERVER BEST SEAFOOD RESTAURANT IN RALEIGH AREA Cape Fear Seafood Company is locally owned & operated specializing in regional American seafood, signature dishes, hand cut fish, steaks and chicken along with freshly made desserts all served in a comfortable relaxed atmosphere. Recognized by Our State Magazine as one of five restaurants in NC to try Shrimp & Grits, we pride ourselves in using the freshest possible ingredients and preparing them with love. Cape Fear Seafood Company is where southern hospitality meets the sea."



For all of our TSDIA friends and Italian food lovers, we have many delicious favorites such as Shrimp Scampi, Lobster and Shrimp Risotto, Mussels with wine, garlic sauce, parmesan, and grilled ciabatta, and Calamari Fritti, of course! We'd love to have you and yours come by the restaurant and look forward to serving large group events in our private rooms at the North Raleigh location.

Cape Fear Seafood Company was founded in Wilmington, NC in 2008 and has 3 Greater Raleigh Area locations with one more on the way! We are proudly opening our CARY location this spring to join our existing Village District, North Raleigh, and Wake Forest locations. Our company actively supports the Trawick Pediatric Cardiology Research Fund at Duke Hospital and The First Tee of Raleigh through years of fundraising activities.

Basilicata: Italy's Best-Kept Secret

Tucked between Calabria and Puglia, Basilicata is one of Italy's most underrated regions, offering breathtaking landscapes, ancient history, and a deep sense of tradition. For those seeking an off-the-beaten-path experience, Basilicata is a hidden gem waiting to be explored.

Why Visit Basilicata?

Basilicata is a land of contrasts—dramatic mountains, rolling hills, and stunning coastlines. This region has preserved its authenticity, making it the perfect destination for those looking to experience Italy's raw beauty, medieval villages, and rich cultural heritage.



Must-See Destinations

1. **Matera – The City of Caves**
Matera is one of the world's oldest continuously inhabited cities, famous for its *Sassi*—ancient cave dwellings carved into limestone cliffs. This UNESCO World Heritage site is a must-see, offering a glimpse into Italy's past through its stone churches, winding alleyways, and stunning views.



2. **Castelmezzano & Pietrapertosa – The Dolomites of the South**
These two villages, perched high in the Lucanian Dolomites, offer some of Italy's most dramatic landscapes. Adventurous travelers can try the *Volo dell'Angelo* (Flight of the Angel), a thrilling zipline between the two towns.
3. **Maratea – The Pearl of the Tyrrhenian**
Basilicata's coastline may be small, but it's breathtaking. Maratea boasts stunning beaches, charming streets, and the towering Christ the Redeemer statue, which offers panoramic views of the sea.
4. **Melfi & Venosa – Castles and Wine**
Explore medieval castles in Melfi, once a Norman stronghold, and visit Venosa, the birthplace of Roman poet Horace. The region is also known for *Aglianico del Vulture*, one of Italy's finest red wines.

Basilicata's Culinary Delights

- **Pane di Matera:** This traditional bread, with its crisp crust and soft interior, is a staple in Basilicata.
- **Pasta alla Crapiata:** A hearty dish made with various local legumes, reflecting the region's agricultural roots.
- **Peperoni Cruschi:** Sun-dried sweet peppers, often fried and enjoyed as a crispy snack or garnish.
- **Aglianico Wine:** Grown on the slopes of Mount Vulture, this bold red wine is a must-try for wine lovers.



Travel Tips for Basilicata

- **Best Time to Visit:** Spring and fall offer mild weather and fewer crowds, making it ideal for exploring Basilicata's towns and landscapes.
- **Getting Around:** Public transportation is limited, so renting a car is the best way to explore the region's hidden treasures.
- **Less Tourist Infrastructure:** Basilicata remains untouched by mass tourism, so expect a more authentic, slow-paced experience. Learning a few Italian phrases will be helpful.

Discover Basilicata!

If you're looking for a destination that combines history, adventure, and authentic Italian culture, Basilicata is calling. Plan your trip to this extraordinary region and experience Italy in its purest form. Buon viaggio!

Reach out to me, Rocky Dimico
rocky@flightsandfables.com to learn more!

Rail Deal for Messina Strait Bridge



The Messina Bridge company has reached an agreement with the European Union to co-finance the rail links for the proposed structure linking Sicily and mainland Italy, the company said Monday.

The Società Stretto di Messina and CINEA, the Climate, Infrastructure and Environment Executive Agency of the European Commission signed a Grant Agreement for the EU to cover 50% of the executive design costs of the rail infrastructure of what would be the world's longest suspension bridge, to the tune of some 25 million euros.

"The signing of the Grant Agreement," commented the CEO of the Strait of Messina Company, Pietro Ciucci, "together with the recent inclusion of the Bridge in the 'Scandinavian-Mediterranean' corridor, by the European Council, confirms the strategic role of the project for Europe and lays the foundations for being able to find additional resources to cover the costs of construction of the work, with a concrete prospect of reducing the burden on the State budget". The bridge is currently costed at 4.6 billion euro and is scheduled to come into use in the early 2030s.

Carnival in Puglia



The Carnival in Puglia is one of the events most experienced by citizens and tourists. Carnival events in Puglia blend together masks, allegorical floats, parades and typical recipes. Going to Carnival in Puglia means



taking part in memorable celebrations and banquets, all very well attended by the population and by the many visitors.

There are many cities in Puglia that organize large Carnival parties that are worth visiting (because of their beauty, tradition, particular celebrations and number of visitors). Given the long period of the festivities, it is possible to visit several Carnival parties in the same year.

Carnival in Puglia is a unique and unforgettable experience. With its ancient roots and centuries-old traditions, the Apulian Carnival is a celebration of the life and culture of the region. Every year, the cities of Puglia come alive with color and sound as traditional masks parade through the streets.

The thing that strikes me most about the Apulian Carnival is its authenticity. There are no grand floats or elaborate displays, but rather a simple and genuine celebration of local culture. The traditional masks, such as the "Mamuthones" and the "Pizzicaroli" are an example of this authenticity, with their handmade costumes and painted wooden masks.

Music is also a big part of Puglia's Carnival, with traditional bands playing as masks parade through the streets. The engaging rhythm of the "pizzica" makes you feel immediately immersed in the party and makes you dance without even realizing it.

But the Apulian Carnival is not just fun and joyful, there are also deeper aspects linked to traditions and history. For example, some of the traditional masks have pagan origins and were used in the past to ward off evil spirits and protect crops.

In general, Carnival in Puglia is a celebration of the life and culture of the region, a unique experience that cannot be missed. I invite you to come to Puglia during the Carnival period and let yourself be carried away by its energy and authenticity.

Origin of the Feast of St. Josephs Table

The Feast of St. Joseph, which always falls in the middle of Lent, is especially commemorated and celebrated in Italy in general, and Sicily in particular, where St. Joseph has been long-regarded as the island's Patron saint. It is there, among Sicilians, that the tradition of the "Tavola di San Giuseppe" or "St. Joseph's Table" has its origins.

Legends from the Middle Ages attributed the end of a devastating drought to a prayer-devotion that the Sicilian people made to St. Joseph.



During a time of drought and famine, no rain fell on Medieval Sicily. Food crops for both people and livestock withered and died. The people prayed to St. Joseph for help.

When the clouds opened, the desperately-needed rain poured down, and there was much rejoicing! After the harvest, to show their gratitude, they prepared a table with special foods to honor St. Joseph and to share with the poor. After thanking and honoring the saint, they distributed the food to the less fortunate.

This celebration became an annual tradition. Each year, wealthy families prepared huge buffets. The less fortunate people of the community, especially the homeless and sick, were invited, and all the remaining food and proceeds were given to the poor.

Through the years, the tradition has remained throughout Italy, and is also prevalent in Poland, Malta, Spain, the Philippines, and, with the influx of Sicilian immigrants to the US, here in our own country.

Three-Fold Purpose

The heart of this tradition can be found in these three aspects:

Veneration—special recognition of St. Joseph during Mass and at the "table."

The Table—both a kind of "altar of reverence", and a communal celebration.

The Poor—The intention of all the gifts is to help those in need.

Puglia's Most Famous Dish

Puglia has always been a land of passage and a gateway to other cultures. Long before tourists invaded, Puglia was conquered by the Greeks, Romans, and Ostrogoths. By the Byzantine Empire, Normans, Aragonese, and the French.

Many of their influences are seen today. In their architecture, local dialects (in some places more widely spoken than Italian) and, most significantly, in Puglia's cuisine.

Puglia is Italy's biggest producer of olive oil. Around 40% of Italian olive oil comes from Puglia. They are Italy's 2nd largest wine producing region, known for rich, full bodied reds. And they gave the world **burrata**.

Their tradition of la cucina povera ("peasant food") serves up simple but inventive dishes using seasonal, locally produced, fresh and flavorful ingredients. Most dishes use only a few ingredients and very little goes to waste. Humble and frugal, the end result is much more than the sum of its ingredients.

Orecchiette

Orecchiette the iconic pasta shape of Puglia | the Puglia Guys guides to Puglia's best food and restaurants Photo © the Puglia Guys for the Big Gay Podcast from Puglia guides to gay Puglia, Italy's top gay summer and destination. One of Italy's best foodie destinations.

Puglia's iconic pasta shape is traditionally served up with bitter cime di rapa (broccoli rabe). Turnip tops, the misleading literal translation found on menus, is a misnomer.



From a simple tomato sugo a rabbit ragù the voluptuous shape of orecchiette will offer a safe harbor for most sauces.

Orecchiette maritate are mixed with maccheroncini, or caserecci pasta. Symbolically served at weddings and other festivals.

Italian Sign

Language

How're you doing?

Come stai? (KOH-may-sty)



Orecchiette with Broccoli Rabe

<https://www.gaypugliapodcast.com/2022/08/24/cime-di-rapa/>

If there is one dish that best represents Puglia, this is it. Puglia's iconic orecchiette pasta served up with broccoli rabe. In recipes and on menus you will find cime di rapa translated as turnip tops, the literal translation. Cime = tops (cima, singular), rapa = turnip (rape, plural). In reality it is broccoli rabe (brassica rapa) rather than the green offshoot of a root vegetable.



They use the leaves and florets. Sowing takes place in late spring or during the summer months for an autumn/winter harvest, through to spring. Plants are cut at about 10 cm from the ground, before the florets flower.

Slightly sweet, but tending more towards bitter, florets and leaves of the rape are used to make a cooked "pesto" with garlic scented olive oil, melted anchovies and for added piquancy some deseeded red chilli. Golden sautéed breadcrumbs are sometimes added or sprinkled on top.

So iconic is this dish that the rape, a winter green, is preserved or frozen by restaurants to be served up to visitors all summer long.

A plate of orecchiette con le cime di rapa does not need grated cheese. Parmigiano-Reggiano, Pecorino Romano, are luxury ingredients. Instead we use toasted pangrattato, bread crumbs made from leftover stale bread lightly sautéed in our extra virgin olive oil.

The same is true generally of any dish made with orecchiette. However when served with tomatoes, or with a tomato sugò, we will usually finish the dish with some grated cacioricotta pugliese.

Ingredients:

broccoli rabe (cime di rapa) 1 kg / 2¼ lb
olive oil 100 ml / 3½ fl oz (½ cup)
1 small red chilli seeded and sliced
garlic cloves 2 finely sliced
anchovy fillets 4-5
salt and pepper
orecchiette 500g, fresh or dried

Method

Wash thoroughly. Remove any thick stalks and roughly chop the cime di rapa (though you can include them, just allow for a slightly longer cooking time). Blanch the cime di rapa in salted boiling water for 2 - 3 minutes. Unlike broccoli the cime di rapa breaks down quickly and changes color from a deep to bright green.



Drain well. We usually let it sit in a colander and cover with a pan lid, so it continues to cook in its own heat.

Cook the orecchiette in a large saucepan of salted boiling water until al dente. In the spirit of minimal waste, we use the water left over from the cime, though this is optional.

In the meantime, heat some of the oil in a frying pan, add the broccoli rabe (optional | at this stage you can add a 8 -12 halved or quartered cherry tomatoes), and fry for 2-3 minutes until cooked through. Season well. Turn off the heat and cover with a lid if you have one.

Heat the remaining oil in a separate, deep bottomed frying pan (remember we add the cooked pasta to the sauce, not the other way round). Add half the chili and fry for 1-2 minutes, until softened. Add the garlic and fry until fragrant. Stir in the anchovies, breaking them up.

Once the anchovies have broken up and partly melted, taking care not to burn the garlic, turn off the heat. Add the cooked orecchiette and the broccoli rabe. Stir well and season to taste.

Finish with sautéed breadcrumbs and or drizzle with extra virgin olive oil. Although we would never add Parmesan, we do allow ourselves some grated cacioricotta from time to time.

12 Traditional Italian Easter Foods



Easter is a feast day when families gather around the table to celebrate together. This religious festival in Italy is celebrated with a great abundance of food, drinks and sweets, which fill the tables of Italian families.

Easter lunch usually begins with appetizers, including meats, cheeses, olives, croutons and other delicacies. These appetizers are often accompanied by white and red wines, such as Chianti, Montepulciano and Barolo.

Traditional Italian food for Easter

From savory to sweet, here are the traditional Italian foods for Easter:

Homemade pasta

On feast days in many houses is traditionally made homemade pasta: agnolotti, Lasagne, orecchiette and many other formats.

Cold cuts

The chopping board of cold cuts (called fellata in Campania) is essential in the Easter meal: soppressata, salami, capocollo, ham, pork loin, bacon and pork.

Casatiello

Casatiello is a rustic cake in the shape of a donut typical of Campania, filled with a mixture of meats, cheeses and hard-boiled egg.

Crescia di Pasqua

The Easter crescia is a typical recipe of the Marche region, a kind of salted panettone rich in cheese. The name "Crescia" comes from the strong increase in the volume of dough during leavening, which makes the original mass "grow" twice.

Easter Pie

A typical recipe of Liguria, in particular of Genoa. It is a savory cake formed by 33 sheets in homage to the

years of Christ. The sheets are stuffed with a filling of chard or artichokes, Ligurian prescinseua, eggs and fresh chopped marjoram.

Lamb

Lamb is a second dish that on Easter day is prepared differently depending on the region. Its origins date back to Passover, when the people of Israel sacrificed a lamb and ate it.

Coratella

Coratella is a well known and widespread sausage in the Umbro-Marche tradition. The name comes from the coral gut gentle, or the first tract of the colon of the pig. It is in fact a dish based on offal and entrails of lamb.

Vegetables and broad beans

In the spring period that also coincides with Easter, there are a wide variety of products of the earth: artichokes, asparagus, chard, spinach, green beans. Don't miss the fresh beans, to eat with pecorino cheese, salami and bacon.

Boiled eggs

Hard-boiled eggs date back to ancient times and are the emblem of rebirth. With the advent of Christianity in the Western world, the egg was associated with the Christian feast of Easter as a symbol of Jesus' rebirth and hope in eternal life.

Pinza triestina

Pinza triestina is a slightly sweet bread made with simple ingredients such as eggs, flour, butter and sugar. It is a traditional Easter recipe from Trieste, so much so that it is often associated with Happy Easter greetings in the region: "Bona Pasqua, bona pinza".

Colomba

La Colomba is an Easter cake typical of the Lombardy Region. Symbolically the dove represents peace and salvation. It is made from wheat flour, sugar, eggs, candied citrus peel, yeast and salt.

Chocolate eggs

In the fourteenth century the eggs were decorated and given away. Chocolate eggs are born with Louis XIV, thanks to the first French chocolatier maître David Chaillou.

Pastiera

The pastiera, although now made in many regions, is native to Campania. A dessert made with shortcrust pastry filled with ricotta, cooked wheat and candied fruit.



Italian Dove Bread for Easter (Colomba di Pasqua)

<https://www.christinascucina.com/traditional-italian-dove-bread-easter-colomba-di-pasqua/>



Ingredients

6 oz (175 ml) warm water (about 110°F/43°C)
4 large egg yolks
2 tsp vanilla
½ c (113 g) sugar
1 tsp each of grated lemon and orange rind (preferably from organic fruit)
½ tsp salt
½ c (113 g) good quality unsalted butter, softened and cut into pieces
3¼ cups (454 g) organic, unbleached flour (bread flour is best, but all purpose or plain works too)
1 pkg dry yeast (preferably for bread machines, but any type will work-I used regular)

Topping

1 egg white
1 tsp corn starch
¼ cup (40 g) ground almonds
just under ⅓ c (65 g) sugar
Belgian pearl sugar and/or Swedish pearl sugar
whole almonds

Instructions

Place the water, egg yolks, vanilla, and grated peel into the bread machine first. Next add the sugar, salt, flour and pieces of butter around the outside of the metal pan on top of the flour (see photo below). Make an indentation in the flour and add the yeast. Start the bread machine on "dough" setting.

When the machine is finished, allow it to rise until doubled in size.

To make the mold. Cut pieces of aluminum foil and fold them over and over to make a long strip (see photo in post). Join them together with metal paper clips and shape them into a "dove" shape. I didn't have heavy duty aluminum foil, but this type would be best as it holds its shape better. Alternatively (and a better option), use a paper dove mold.

Once the dough has doubled in size, punch it down and knead it into a ball then cut 1/3 of the dough off and shape into a log. Shape the larger piece into a larger log.

The larger piece will go lengthwise into the mold and be the body of the dove, while the smaller piece will go across the top and become the wings. Place the dove shaped dough into the oven (with the oven off) and allow to rise until at least doubled (probably 2 to 3 hours).

When the bread has finished rising, remove it from the oven and preheat the oven to 350°F/175°C.



Beat the egg white, corn starch, almond meal, and regular sugar with a fork in a small bowl until well combined. I used almond meal which has the peel in it and it still looks fine when baked. Brush this over the top of the dove bread.

Next, scatter the Belgian and/or Swedish pearl sugar over the top, and dot with whole almonds.

Bake for 30 minutes, then reduce heat to 325°F/160°C and continue to bake until a long, thin skewer comes out clean (about another half an hour). If the top browns too quickly, cover with aluminum foil. Remove from oven and allow it to cool on the tray for about 15 minutes.

Remove the aluminum foil after the bread has cooled. This bread will keep for a week or so and remember that it's great for making those bread puddings I told you about, if it gets a wee bit stale.

Notes

If you cannot find the paper dove mold, you can shape your own using aluminum foil. It won't look as nice, but will taste exactly the same.