



Triangle Sons & Daughters of Italy

Serving the North Carolina Triangle since 2004

2817

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IL GIORNALE DI TSDOI

Agosto, 2023



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 TSDOI

Editor Nick Verna

Send comments or suggested materials to
nickverna14@gmail.com

TSDOI Calendar of Events

Aug 15 – Beat the Heat
Sep 23 – Festa Italiana
Oct 29 – Italian American Heritage Celebration
Dec 10 – Christmas Dinner
Dec 17 – Holiday Cookie Exchange
Feb 4 - Opera

August Birthdays

This month we celebrate the birthdays of those members celebrating August: Anne Morey (1), Dr. Jennifer Schnitzer (3), Fran Giannuzzi (4), Lenny Cicero (4), Linda del Zio Zoffer (7), George Quartell (8), Larry Schiro (8), Lisa Ward (8), Paul Schmidt (9), Joseph Pirozzi (13), Caroline Connor (10), Doreen Gleason (16), Patrizia Stanganelli (16), Carrie Bernier (19), George Scalco (20), John Finizio (21), Robert Williams (21), Donna Kerrigan (27), Bradley Moses (29), Mark La Mantia (29), Gordon Griffiths (30), Marie Knight (30), Vincent Doria (31).



Letter From the President

Dear TSDOI Members:

1. As I recently mentioned, for our October 29th Italian American Heritage Celebration, we would like to incorporate actual photos of relatives who made the journey via ship from Italy to America. I have started to receive super cool photos. Please send me a photo(s) of your relative(s) who made this courageous trip to the USA to begin a new life.

This is an example of what the Planning Committee is seeking:

Photo: See Above
Name of Passenger(s): Francesco & Concetta Delli Santi
Relationship to TSDOI Member: Don Cimorelli's Maternal Grandparents
Port of Departure (If Known): Naples, Italy
Name of Ship (If Known): Conte Verde
Year of Departure (If Known): 1924



PLEASE SUBMIT YOUR PHOTO(S) DIRECTLY TO ME (Donald.cimorelli@gmail.com)



2. Register for our TSDOI Beat the Heat Summer Fun Activity on August 15th

TSDOI "BEAT THE HEAT" SUMMER FUN EVENT

Join us at Capri Flavors Italian Market to Cool Off! We're serving Gelato & Italian Cakes. We'll be showing a 1964 Beach Boys Concert and you can shop at a discount after the show.

DATE: Tuesday, August 15, 2023

TIME: 6:00 pm

PLACE: Capri Flavors Italian Market, 867 Bass Pro Lane, Cary, NC 27513

PRICE: \$5 for TSDOI Members; and \$8 for Guests without TSDOI Paid Membership

Register on the TSDOI website Events Page: <https://www.trianglersonofitaly.org/events-2-2/>

3. It's not too late to order our brand-new Volume 2 TSDOI Cookbook. If you missed the initial pre-order window, send an email to me (Donald.cimorelli@gmail.com) and I will email you the links to purchase online (\$15 each or two books for \$25).

Don Cimorelli

TSDOI 2817
President



Good and Welfare

Wishing Francine Cerami a strong recovery from recent cardiac surgery.



TSDOI "BEAT THE HEAT" SUMMER FUN EVENT

Join us at Capri Flavors Italian Market to Cool Off!

DESSERTS

Cup of Imported Italian Gelato
(Enjoy it plain or pour a shot of espresso over the gelato to create an affogato)

Italian Cookie

Italian Style Cake Slices such as
Limoncello/Rainbow/Tiramisu

ENTERTAINMENT

Special Showing on the Big Screen of Live
Beach Boys "The Lost Concert of 1964"

DISCOUNTED SHOPPING

10% Discount on All Grocery Food Shopping
and 10% Discount on Full Cases of Wine

DATE: Tuesday, August 15, 2023

TIME: 6:00 pm

PLACE: Capri Flavors Italian Market, 867 Bass
Pro Lane, Cary, NC 27513

PRICE: \$5 for TSDOI Members; and \$8 for
Guests without TSDOI Paid Membership

REGISTRATION: Click on appropriate link to
register and purchase tickets:

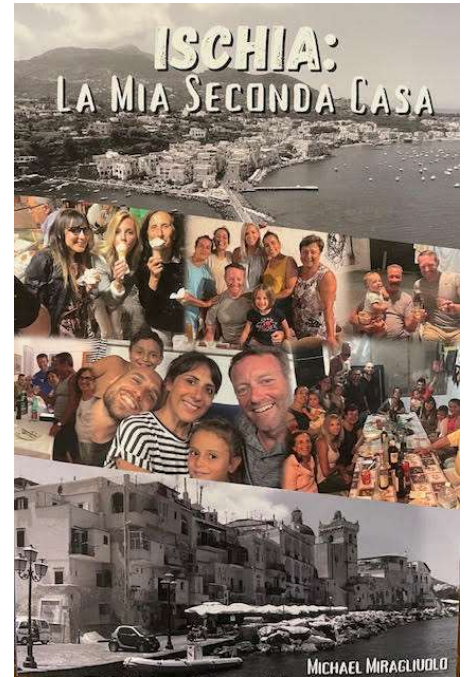
[CLICK FOR TSDOI MEMBER LINK \(\\$5 Per Ticket\)](#)

[CLICK FOR TSDOI GUEST LINK \(\\$8 Per Ticket\)](#)

ISCHIA: La Mia Seconda Casa

By Michael Miragliuolo

ISCHIA: La Mia Seconda Casa is the third work published by Michael Miragliuolo, a member of TSDOI. After *An American Boy* (2011) and *The Real Story of a High School Coach* (2014). In this new book, Michael writes of his firsthand experiences on the Italian island of Ischia in the Bay of Naples. His grandfather was born in the small town of Panza and Miragliuolo has been visiting family there for the past 20 years. He writes of the connection he has developed with the island and the people that live there. The book presents an in-depth view of the island and the people that live there. The book presents an in-depth view of the island, not from a tourists perspective, but from one who truly sees Ischia as his second home.



To understand more about this book, click on the link below to listen to a talk about the book from a publicist in Naples. Warning, the interview is in Italian.



[Ischia Book Review in Italian](#)

You can purchase the book at Barnes and Noble at <https://www.barnesandnoble.com/w/ischia-michael-miragliuolo/1143201803>

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

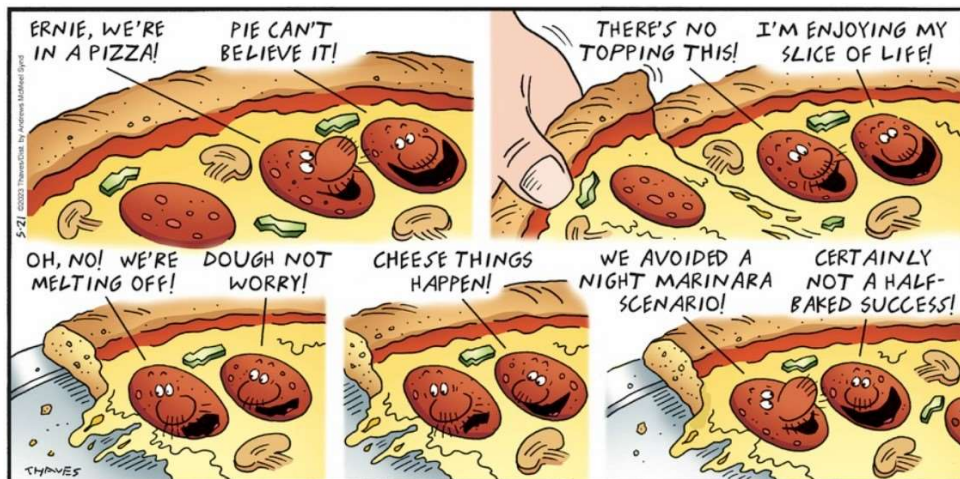
Please welcome Luigi and Bernadette Fabbricini who heard about us through Facebook. They attended our event at Lugano Ristorante and decided to join. They are originally from Staten Island NY and after visiting friends in Hope Mills, they decided to relocate. Luigi's Italian heritage is from Ercolano, Naples and Bernadette's heritage is from Palermo, Sicily. Luigi is a retired Banking Compliance Officer and enjoys sports, reading and singing. Bernadette is retired from Banking Operations and enjoys cooking and reading. They had a wonderful time at Lugano and look forward to future events. Please welcome Luigi and Bernadette at labfab1012@gmail.com.

Please welcome Amy Howard who heard about us from her father Albert Genovesi who is a member. Thank you Albert. Amy's Italian heritage is from Bari. She and her family are originally from Selden, Long Island and she relocated with them to Raleigh when she was a young girl. She is a UX Content Strategist with Fidelity Investments and she enjoys writing, cooking, fermentation and Tarot reading. Please welcome Amy at amgenove@gmail.com.

Don't Call It Ice Cream: How Italian Gelato Artigianale Is Made | Food Secrets Ep. 13

<https://youtu.be/Q5J2Sv1E3kk>

Gelato Artigianale isn't just ice cream. It's always made by hand with fresh and local ingredients. Sergio Dondoli from San Gimignano is a true gelato-making master and has won the Ice Cream World Championship twice. These are the secrets to his success.



Pasta e Fagioli with Parmesan and Fresh Thyme

https://www.wsj.com/articles/pasta-e-fagioli-recipe-italian-noodle-soup-pantry-bd8fce6f?mod=life_work_major_1_pos5

Fortifying store-bought broth with wine, herbs and Parmesan rind is a shortcut to slow-cooked flavor.

SERVES: 4

Ingredients

8 cups chicken broth
1 (3-inch) piece Parmesan rind and ½ cup grated Parmesan, plus extra
2 medium carrots
1½ yellow onions
3½ celery stalks
½ cup white wine
1 (approx. 15-ounce) can cannellini beans, drained
3 cups water
8-10 sprigs fresh thyme
3 cloves garlic, smashed
¼ cup olive oil, plus extra for drizzling
Kosher salt
1 cup ditalini or other small pasta



Directions

Set a medium pot over medium heat. Add the chicken broth, Parmesan rind, 1 carrot, 2 onion halves, 2 roughly-chopped stalks of celery and wine. Simmer until liquid is reduced by a quarter, about 20 minutes.

Meanwhile, place the beans in a medium pot with water, thyme, garlic and 2 tablespoons oil. Simmer over medium heat until warmed through, about 15 minutes. Fill a third pot with salted water and bring to a boil over high heat. Add pasta; cook until just al dente. Strain and toss with a bit of olive oil.

Assemble the soup: Strain broth into a heatproof bowl and set aside; keep the pot at hand. Finely dice the remaining onion, carrot and celery. Add to drained pot with 2 tablespoons olive oil. Season with salt. Sweat over medium heat until onion turns translucent, about 5 minutes.

Pour in the reserved broth and bring everything to a simmer. Meanwhile, strain beans, discarding cooking liquid, garlic and thyme. Add beans and pasta to broth and simmer until flavors meld, about 3 minutes. Turn off heat, stir in ½ cup grated Parmesan and season to taste with salt. Ladle into bowls and top with extra grated Parmesan and olive oil.

Pasta e fagioli

Pasta e fagioli (pronounced [*ˈpasta e ffaˈdʒoːli*]), meaning "pasta and beans", is a traditional Italian pasta soup. It is often called **pasta fasul** or **pasta fazool** in the New York Italian dialect, derived from its Neapolitan name, *pasta e fasule*.

Preparation

Recipes for *pasta e fagioli* vary, the only true requirement being that beans and pasta are included. While the dish varies from region to region, it is most commonly made using **cannellini beans**, **navy beans**, or **borlotti beans** and a small variety of pasta such as **elbow macaroni** or **ditalini**. The base typically includes **olive oil**, **garlic**, Minced **onion**, **celery**, **carrots**, and often stewed **tomatoes** or **tomato paste**. Some variations omit tomatoes and instead use a broth base. Preparation may be vegetarian, or contain meat (often **bacon**, **ground beef**, or **pancetta**) or a meat-based stock.

Variations

A tomato-based pasta e fagioli with ground meat



The recipe varies greatly based on the region or town in which it is prepared, depending on

available ingredients. The consistency of the dish can vary, with some being **soupy**, while others are much thicker. For instance, in **Bari** the dish is thicker in consistency and uses mixed pasta shapes. It also uses **pancetta** in the base of the sauce. Other varieties call for the beans to be passed through a food mill, giving it a stew-like consistency. **Pasta e ceci**, a version replacing the beans with **chickpeas**, is common in **Rome**

In popular culture

"**Pastafazoola**", a 1927 **novelty song** by **Van and Schenck**, capitalizes on the Neapolitan pronunciation in the rhyme, "Don't be a fool, eat pasta fazool." The song "**That's Amore**", by **Warren and Brooks** (popularized by **Dean Martin**), includes the rhyme "When the stars make you drool, just like pasta fazool, that's amore". *Pasta e fagioli* was also among Dean Martin's favorite foods.

Raging Wildfires Shut Down Italian Airport



Palermo's international airport was shut down as fires burned around its perimeter. The wildfire is one of several on the island of Sicily and has spread due to windy conditions. Southern Italy has been sweltering through weeks of extreme heat. On Monday, temperatures in Palermo reached a record 116F.

Italy's water resources hit rock bottom



Italy's available water resources hit an all-time low in 2022, as a combination of rising temperatures and lower rainfall halved fresh supplies compared to the average of the last 30 years, data showed on Friday.

A drought last year also disrupted Italian olive oil output, which fell to its lowest level since 1990, said ISTAT, the national statistics institute.

Total water supplies were "almost 50% below" the annual average of 133 billion cubic meters (bcm) from 1991 to 2020, ISTAT said in its annual report.

Dry spells have become increasingly common in Italy, while human-induced climate change and rising demand for water have shrunk reservoir volumes globally.

Severe droughts affected about 20% of the country in 2022, ISTAT said, in an extension of a steadily rising trend over the last 70 years.

Agriculture Minister Francesco Lollobrigida told Reuters in May that Italy must adjust to the reality, as "drought is not a (one-off) emergency."

'Pizza' Painting Found in Ancient Roman Ruins of Pompeii



A fresco that depicts what might be an ancestor of the Italian pizza has been found on the wall of a house in the ancient Roman city of Pompeii, Italy's Culture Ministry said on Tuesday.

Archaeologists presume that the flat bread depicted in the painting, next to a wine goblet, may have been eaten with fruits such as pomegranates or dates, or dressed with spices and a type of pesto sauce, the ministry said.



Recipes from Italian Americans in the Kitchen – TSDOI Volume 2 Cookbook

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ANTIPASTO LORETO APRUTINO

Servings: 8

By Adena and Anthony DiTonno



This is a DiTonno family version of a different kind of antipasto, more closely resembling a tapenade. It is salty because of the olives, capers and anchovy and tastes great with warm crusty bread as a start to the meal. It keeps for several days in the fridge, and the flavors even meld better if it is allowed to sit for a bit before eating. If refrigerated, let sit at room temperature for an hour or so before eating. Sometimes we add an ice cube and let it melt to increase the juices.

Ingredients

10-12 oz. Jar Large Pitted Green Olives (remove pimentos)
3 Stalks Celery
½ of a 2 oz. Can Anchovy Filets (or to taste)
½ jar of capers, no juice (or to taste)
Extra Virgin Olive Oil
Red Wine Vinegar
Black pepper to taste
Dash salt if needed
Italian Bread (optional)

Directions

Coarsely chop the jar of pitted green olives (remove pimentos if present) and place them in a medium bowl. Drain the juice from the anchovies into the bowl with the olives. Finely chop the 3 stalks of celery and ½ can of anchovy filets and place them in the bowl with the olives. Spoon ½ jar of capers (without the juice) into the mixture.

Add olive oil to coat the mixture thoroughly and to taste. Add red wine vinegar to taste. Add black pepper to taste. Mix it all together. Let flavors meld for at least 2 hours. Taste and add salt and/or additional pepper, oil or vinegar if needed, to taste. Best if made one day ahead. Serve with warm bread chunks.

What is Antipasto?

First off, the word antipasto is singular, and the plural is antipasti. So for a single dish, say, a small bowl of olives, which is quite typical, we'd call it an "antipasto," whereas we would refer to a platter of several different items as "antipasti." And the plural version, antipasti, is how we refer to it generally. In terms of the meaning, the word is derived from Latin, where ante means "before" and pastus means "meal." Thus, antipasti is simply the course that comes before the main meal.

Because it comes at the start of the meal, antipasti are meant to whet the appetite (including visually) rather than satisfy it. Thus, it is principally made up of small bites and small portions. Traditionally antipasti are presented so-called "family-style," meaning that the various ingredients are served on a main platter or board, from which everyone at the table will serve themselves (although at restaurants it is sometimes served in individual portions). Moreover, because antipasti consists of just a few bites, those bites pack intense flavor, as well as comprising contrasting and complementary colors, flavors and textures. It's made up of regional specialties, and, to a lesser extent, what's in season. Typical ingredients include olives, mushrooms, peppers, cured meats, cheeses, and vegetables which can be served raw, grilled, or roasted, or pickled.