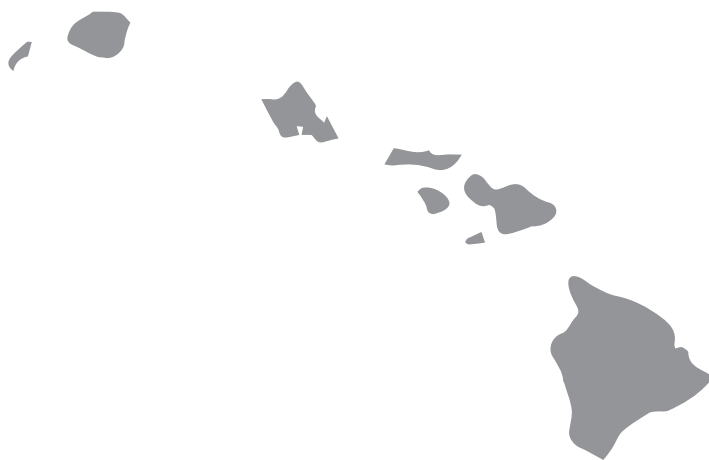


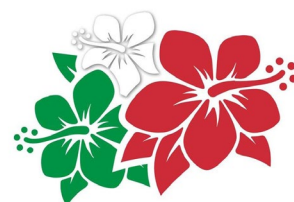
2020



# COOK BOOK

*Celebrating 30 years of  
the Friends of Italy Society of Hawai'i*

*Edited by Aurora A. Saulo  
Designed by Dario Failla*



FRIENDS OF ITALY  
SOCIETY OF HAWAII  
SINCE 1990

# Welcome

UNESCO has recognized the Mediterranean diet as an “intangible cultural heritage of humanity.” The Italian cuisine is the heartbeat of this cultural model that honors both health and sustainability. Fruit, vegetables, legumes, extra-virgin olive oil, grains, nuts, seeds, fish, and a moderate amount of dairy products and meat: this is the Italian lifestyle. Local food production and consumption are rooted in sustainable agriculture, as they have been proved to reduce the usage of water, energy, and land.

Founded in 1990 at the urging of the Italian Consulate in San Francisco and the Honorary Consul in Honolulu, the Friends of Italy Society of Hawai'i fosters knowledge, appreciation, and friendship between Italy and Hawai'i. After three decades, we remain committed to promoting the Italian cuisine not only as a way of cooking, but as a way of living. For 30 years, we have prepared and eaten food together, played outdoors after Sunday lunch, learned about the connections between Hawai'ian and Italian cultures, and experienced the sense of 'ohana, famiglia.

In commemoration of our 30-year anniversary, we share a selection of our favorite Italian recipes. Start your meal with an “insalata mista,” select ancient grains or whole wheat, and keep your pasta dish around weighing in at a perfect 90 grams (0.2 pounds). Taste your way through Italy, one recipe at a time!

Buon appetito!

Chiara Logli, Ph.D.,  
President, Friends of Italy Society of Hawai'i





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# Arancini

**Submitted by:** Andrea LaVecchia

**Regional Origin:** Sicilia

**Preparation time:** 15 minutes

**Cooking time:** 20 minutes

## DIRECTIONS

1. Combine all ingredients.
2. Cover and transfer to the refrigerator for at least 3 hours or preferably overnight.
3. Form into balls about 2 tablespoons in size.
  - a. For fried balls:
    - i. Dredge each ball in flour, then beaten egg, and then bread crumbs.
    - ii. Fry until golden brown.
  - b. For baked balls:
    - i. Put the prepared balls back in the fridge for 20 minutes to firm them up.
    - ii. Dredge each ball in flour, then beaten egg, and then bread crumbs.
    - iii. Generously spray the balls with olive oil.
    - iv. Place in a cookie sheet and bake at 400F for 20 minutes or until golden brown.



## SHOPPING LIST

- 3 cups cold risotto
- 1 egg
- 1 cup grated cheddar cheese
- 3/4 cup grated mozzarella cheese
- 1 1/2 tablespoons finely chopped fresh parsley
- 1/2 teaspoon salt

Makes 24 Arancini

## DIRECTIONS

1. Preheat oven to 350F.
2. Melt butter in a skillet over medium heat.
3. Add garlic and onion. Cook for 5 minutes until soft.
4. Add risotto rice and stir until grains turn translucent.
5. Add wine and turn up the heat to medium high.
6. Cook until the liquid is mostly absorbed or evaporated.
7. Add chicken broth and milk. Stir.
8. Bring to a simmer, cover, then transfer to the oven.
9. Baked covered for 30-40 minutes until all liquid is absorbed and rice is tender.
10. Remove from the oven and allow to cool.

## Baked Risotto



## SHOPPING LIST

- 2 tablespoons butter
- 2 garlic cloves, minced
- 1 small onion, finely diced
- 1 1/2 cups risotto rice
- 1/2 cup white wine
- 3 1/2 cups chicken broth or stock
- 1 cup milk

# Bruschetta

## CON PANE FATTO A MANO (VEGAN)

Submitted by: William Wright

Regional origin: Campania

Preparation time: 15 minutes

Cooking time: 15 minutes (when concurrently toasting bread and preparing this recipe)

### DIRECTIONS

1. While putting the bruschetta together, prepare the bread slices:
  - a. Cut bread loaf into slices about 1/3 inch (9 mm) thick.
  - b. Brush with olive oil.
  - c. Toast to desired doneness. Set aside.Alternative serving method:
  - a. Cut bread loaf into slices about 1/3 inch (9 mm) thick.
  - b. Toast to desired doneness. Set aside and serve with a bowl of olive oil.
  - c. Let guests dip their own toast in the bowl of olive oil.
2. Sauté minced garlic lightly in olive oil. Add salt. Do not overcook.
3. Transfer the sauteed garlic to a plate while the other bruschetta ingredients are prepared.
4. Put the diced tomatoes in a medium bowl. Add balsamic vinegar, thin ribbons of basil, and black pepper.
5. Add the sauteed minced garlic. Mix well and let sit for 2 hours before serving.
6. Two ways to serve:
  - a. Spoon enough bruschetta to almost cover each toast.
  - b. Or, guests may take a toast, dip in olive oil (as desired), and spoon the bruschetta.

### DIRECTIONS

1. Put the flour in a mixing bowl.
2. Recommend using a massive frying pan for mixing and kneading to have less mess.
3. Add to a smaller bowl, the water, yeast, salt, olive oil, and sugar. Stir to dissolve completely and use immediately.
4. Add the water mixture to the flour. Knead well with the hands (swish, squeeze, and squish again) for about 3 minutes until the dough gets stretchy and sticks to the fingers. Dough will be wet, oily, and will sit flat. Let sit for 30 minutes.
5. Divide the dough into 4 pieces and place on a cookie sheet. Let sit for 1/2 day.
6. Bake at 400F (200C) for about 45 minutes. It will be toasty brown.

#### NOTES:

- For best results, use homemade bread with no additives.
- Transferring sauteed garlic into a plate arrests further cooking.
- Avoid overripe Roma tomatoes. They make watery bruschetta.
- To make basil ribbons, roll basil leaves into logs then slice into very thin pieces. Unroll the sliced basil leaves to reveal long basil ribbons. Cut into desired lengths.
- This is a vegan recipe and is excellent without cheese. If cheese is desired, use freshly grated (not pre-grated) Parmesan Cheese.
- This bread dough makes elongated slices that are perfect for bruschetta.
- Letting the yeast sit in the salt-water mixture may kill the yeast. Use immediately.

### SHOPPING LIST

- 1 loaf of bread made the same day
- 2 tablespoons extra virgin olive oil
- 1/4 teaspoon salt
- 3 cloves garlic, minced (use more if you love garlic)
- 8 ripe Roma tomatoes, cut into 1/2 inch pieces
- 1/2 cup fresh basil, sliced into ribbons
- 1 tablespoon balsamic vinegar
- Black pepper, freshly cracked, to taste
- 1/2 cup grated Parmesan cheese (optional if not vegan, excellent without cheese)



### SHOPPING LIST

- 1 1/3 pounds (580 grams) flour
- Recommend using King Arthur, 100% organic unbleached bread flour, non-GMO project verified, no preservative
- 1 1/2 cups (377 grams) filtered water
- 1 teaspoon dry yeast
- 2 1/2 teaspoons (12 grams) salt
- 3 tablespoons extra virgin olive oil
- 1/2 table spoon sugar

Makes 6 Servings

# Farinata di Ceci

**Submitted by:** Carlo Andrea Malanima

**Regional origin:** Pisa, (Cecina), Livorno (Torta), Nice (Socca), Lower Piemonte/Alessandria (Belecauda), Sardegna (Faine)

**Preparation time:** 5-9 hours (includes 8 hours resting time for the farinata batter)

**Cooking time:** 30 minutes



## SHOPPING LIST

- 3 3/4 cups (900 milliliters) water
- 3 1/4 cups (300 grams) chickpea flour
- 1/2 cup extra virgin olive oil (plus extra for greasing baking dish)
- Salt and pepper to taste
- Toppings (use as desired before baking: rosemary sprigs, gorgonzola cheese, small whitebait, finely sliced fresh artichokes)



## DIRECTIONS

1. Put the chickpea flour in a bowl. Add the salt and pepper.
2. Slowly add room temperature water, whisking to remove lumps.
3. Do not add oil to the batter.
4. Cover and let rest for at least 4 hours at room temperature. Eight hours are preferred to allow the flour to absorb the water.
5. Mix the batter every 2 hours. Remove foam that forms on top.
6. Preheat oven to 570F (300C). If oven does not have this temperature, set the temperature to the maximum. Set rack to the lower shelf.
7. Prepare the farinata pan:
  - a. Add only enough olive oil to cover the bottom of the pan that will be a protective film.
  - b. Preheat in the oven the pan with the oil for about 3 minutes.
8. Carefully take the preheated pan out of the oven.
9. Add salt to the batter and mix.
10. Carefully hold a spatula or spoon over the middle of the pan without touching the oil, and slowly pour the farinata batter on the spatula or spoon without disturbing the oil film. As the batter is added, the oil rises to the sides and eventually over the top surface of the farinata batter.
11. Add desired toppings to the farinata.
12. Place the pan with the farinata batter on the lower shelf of the oven. Bake until golden brown, about 20-25 minutes.
13. Turn off the oven but leave the farinata inside.
14. Turn on the oven function to grill until a nut-colored crust on the surface develops, about 5 minutes.
15. Sprinkle with freshly cracked black pepper and only serve warm.

Makes 4-6 servings





#### NOTES:

La farinata di Ceci is also known in Pisa with the nickname of “Cecina,” in Livorno as a “Torta,” in Nice, France as “Socca” and is also widespread in Lower Piedmont, particularly in the province of Alessandria, with the nickname of “Belécauda.” It is also prepared in Sardinia, especially in Sassari, where it is called “Fainè” and often cooked or topped with other ingredients such as onions, anchovies, sausage, porcini mushroom, eggplants or gorgonzola and finally sprinkled with black pepper. It is traditionally cooked in a pan in a wood oven and takes on a lovely golden color when cooked.

History: This recipe has very ancient roots. Various Latin and Greek recipes show flans of legume puree, cooked in the oven. A legend tells that it was born by chance in 1284, when Genoa defeated Pisa in the battle of Meloria in the Mediterranean Sea. The Genoese galleys, loaded with captive rowers, found themselves involved in a storm. In the hustle and bustle, some oil barrels and sacks of chickpeas overturned, soaking themselves in salt water. The provisions “were what they were” -and there was not much to choose from. They served anything that was recovered and the sailors were given bowls of a shapeless puree of chickpeas and oil. Some sailors refused the mush by leaving it in the sun, which dried the mixture into a kind of pancake. The next day, driven by hunger pangs, the sailors ate the dried mush “cooked by the sun” and this led to the discovery of a delicacy. Back on land, the Genoese decided to improve the improvised dish by cooking the puree in the oven. The result pleased and, to mock the defeated, was called “the gold of Pisa.”

The secret for making a perfect farinata like the one sold in the downtown alleys of the villages and towns of Liguria, Tuscany, and the French Riviera is to have the following fixed ingredient proportions:

75% water      25% chickpea flour      0.8-1% salt      10-12% olive oil

The perfect pan is round and made of copper, that is an excellent thermal conductor. The farinata, however, comes out good even in other pans, trays, cookie sheets, and disposable aluminum pans!

The foam that eventually forms on top of the batter is due to the impurities from the chickpeas.

Adding the batter without disturbing the oil in the pan creates a sort of “pajam” of oil that wraps the batter.

The thickness of the chickpea tart is fundamental. It must be between 0.3 and 0.4 in (0.7 and 0.9 cm). Only the right amount of batter inside the pan guarantees that cooked farinata would be moist underneath, cooked in the center and crispy on top. For this reason, each baking pan corresponds to a quantity of batter and, consequently, different doses of ingredients.

# Focaccia

## DI RECCO

**Submitted by:** Myra Grefaldia

**Regional origin:** Liguria

**Preparation time:** 1.5 hours

**Cooking time:** 7 minutes



### SHOPPING LIST

- 2 cups flour
- 1/2 cup plus 2 tablespoons water
- 1 tablespoon extra virgin olive oil
- 3/4 teaspoon fine salt
- 12 ounces Crescenza or Stacchino cheese (if unavailable, Taleggio cheese may be substituted)
- 1/2 cup Italian parsley, chopped (if desired)



### DIRECTIONS

1. Using a mixing bowl, combine flour, water, olive oil, and salt.
2. Form a soft dough. If sticky, adjust by adding a small amount of flour.
3. Knead for 5-6 minutes to form a smooth elastic dough.
4. Let rest for 1 hour at room temperature.
5. Oil a quarter-sheet pan completely, including the sides.
6. Divide the dough into two portions. Roll one dough until pastry thin, large enough to hang over the sheet pan.
7. Space dollops of cheese on top of the dough leaving a little bit of space between dollops.
8. Roll the other dough until pastry is thin and large enough to cover the sheet pan. Lay this pastry on top of the pastry with the cheese in the pan.
9. Seal the edges of the pastry over the sheet pan.
10. Using fingers, bore small holes between the dollops of cheese.
11. Sprinkle salt then drizzle olive oil over the top.
12. Bake at 500F until golden brown, about 6-7 minutes.
13. Serve warm with chopped Italian parsley, if desired.

Makes 6-8 servings.

10 *Antipasti*





# Focaccia

## AL ROSMARINO E UVA

**Submitted by:** Monica Schaefer

**Regional origin:** Toscana

**Preparation time:** 4 hours

**Cooking time:** 1 hour total

### DIRECTIONS

1. Preheat oven to 375F.
2. Place all the dough ingredients in a mixing bowl. Use a dough hook to mix and form a cohesive dough. Knead the dough until smooth.
3. Transfer to a lightly greased bowl, cover and let rise for 1-2 hours.
4. After 1 hour, gently punch the dough and let rise again (if desired).
5. While dough is rising, prepare the grapes.
  - a. Place grapes on baking sheet that is lined with parchment paper or lightly oiled.
  - b. Bake at 375F for 30-40 minutes or until grapes look darker, start to shrivel and become soft, and release some juice.
  - c. Take out of the oven and let cool.
6. Use a lightly oiled half-sheet pan, place the dough on the pan, and shape dough into one 18x13 inch focaccia or until the pan is filled.
7. Focaccia dough will keep on pulling back on the oiled pan. Let it rest covered for 10 minutes. Stretch it again to form the focaccia.
8. Brush focaccia with olive oil and layer with grapes.
9. Cover and let rise for 30 minutes.
10. If you want the grapes semi-buried in the dough, gently push the grapes down into the dough. Let rise another 20-30 minutes.
11. Top focaccia with raw sugar.
12. Bake 375F for 25-30 minutes or until golden brown.
13. Serve warm or at room temperature.



### SHOPPING LIST

#### DOUGH

- 1 cup (3.5 ounces) extra virgin olive oil
- 1 tablespoon dried or fresh rosemary
- 1 1/2 cups (12 ounces) cool water
- 5 cups (25 1/2 ounces) all-purpose flour
- 1 tablespoon plus 1 teaspoon instant yeast
- 2 1/2 teaspoons salt
- 4 tablespoons brown sugar
- 1 egg

#### TOPPING

- 1/8 to 1/4 cup (1-2 ounces) extra virgin olive oil
- 2.5 pounds seedless red grapes (about 80 grapes)
- Sugar in the Raw for sprinkling on top before baking (generous amount)

Makes 24 servings

# Insalata di Farro

Submitted by: Heather Bessee

Regional origin: Toscana- and Puglia-inspired

Preparation time: 10 minutes

Cooking time: 40 minutes



## SHOPPING LIST

### SALAD

- 1 cup semi-pearled farro, rinsed and drained
- 8 cups water (or 4 cups water plus 4 cups vegetable broth)
- 2 cups arugula, chopped
- 1 whole (fresh or jarred) roasted red, yellow, or orange pepper, chopped
- 1/2 - 1 cup peeled, shredded carrot (1 carrot)
- 1 cup shredded zucchini (1 small zucchini)
- 1-2 tablespoons capers or to taste
- 1/3 cup pine nuts, toasted
- 1/4 cup pistachios, roasted and coarsely chopped

### DRESSING

- 1/4 cup lemon juice (1-2 lemons)
- 1/4 cup extra virgin olive oil
- Zest of 1 lemon
- 1 shallot, finely minced
- Pinch of sea salt
- Freshly cracked black pepper (optional)



## DIRECTIONS

1. Cook farro according to package directions, or as follows:
  - a. Add water (or water-broth mixture) to a 3-quart saucepan and bring to a boil.
  - b. Add the rinsed and drained farro.
  - c. Reduce heat to medium. Cook with or without a cover until farro is tender, about 30 min.
  - d. Drain any remaining water. Let farro cool to room temperature in a large mixing bowl.
2. While the farro is cooking, sauté the capers in olive oil in a small frying pan until crispy. Set aside and let cool.
3. Add arugula, roasted pepper, carrot, zucchini to cooled farro.
4. To prepare the dressing, whisk together in a small bowl or mason jar, the olive oil, lemon juice, lemon zest, shallot, salt and pepper. Let sit for 10 min.
5. Add the dressing to the salad and toss.
6. To serve, add for texture 1 teaspoon each of the following to each individual serving:
  - a. Crispy capers
  - b. Toasted pine nuts
  - c. Pumpkin seeds
  - d. Pistachios



## DIRECTIONS

## *Warm Farro Variation*

1. Cook farro according to package directions, or as follows:
  - a. Add water (or water-broth mixture) to a 3-quart saucepan and bring to a boil.
  - b. Add the rinsed and drained farro.
  - c. Reduce heat to medium. Cook with or without a cover until farro is tender, about 30 min.
  - d. Drain any remaining water. Let farro cool to room temperature in a large mixing bowl.
2. While the farro is cooking, sauté the capers in olive oil in a small frying pan until crispy. Set aside.
3. Put a drizzle or two of olive oil in a large frying pan. Add the arugula, roasted pepper, carrot, zucchini, and shallots.
4. Add the rest of the dressing ingredients (the olive oil, lemon juice, lemon zest, salt and pepper) to the pan.
5. To serve, add for texture 1 teaspoon each of the following to each individual serving:
  - a. Crispy capers
  - b. Toasted pine nuts
  - c. Pumpkin seeds
  - d. Pistachios
6. Serve immediately.

Makes six 1-cup servings.

# Liptauer

FORMAGGIO SPALMABILE

**Submitted by:** Elisa Goines

**Regional origin:** Trieste (Friuli-Venezia Giulia)

**Preparation time:** 40 minutes

**Cooking time:** No cooking needed

## SHOPPING LIST

- 7.5 ounces (200 grams) ricotta cheese (preferably sheep's milk cheese)
- 7 tablespoons (100 grams) butter
- 1 medium onion, finely chopped
- 1 tablespoon sweet paprika
- 1 tablespoon mustard
- 1 small bunch parsley chives, washed and finely chopped
- Salt to taste

## DIRECTIONS

1. Place butter in a mixing bowl and cut into small pieces. Use a wooden ladle to soften the pieces until creamy.
2. Use a potato masher to sift the ricotta cheese. Add butter.
3. Whisk until a frothy cream is obtained.
4. Add the rest of the ingredients and mix until well blended.
5. Cover with plastic wrap and let rest in the refrigerator for at least 30 minutes until the mixture hardens.
6. Transfer to a decorative bowl and serve with slices of rye bread, boiled eggs, or various bite-size vegetables.

Makes 8 servings.



# Gnocchi

DI PATATE

Submitted by: Anuschka Faucci

Regional origin: Central Italy

Preparation time: 1.5 hours

Cooking time: 15 minutes

## DIRECTIONS

1. Wash potatoes and steam or boil whole with the peel until just cooked through, about 30-40 minutes.
2. Peel and mash potatoes (or use a ricer) while still warm in a large bowl.
3. Add flour and brandy to the mashed potatoes. Mix with a spoon until combined. Dough should be smooth and elastic but not sticky. Add more flour if sticky.
4. Flour work surface.
5. Take a fist-size dough and roll by hand into about 1/2 inch ropes.
6. Cut ropes into bite size pieces, about 1/2 inch squares. Sprinkle with flour.
7. Let dry for about 20-30 minutes.
8. Put salted water into a large pot and bring to a boil. Lower heat then gently drop gnocchi pieces in salted water. Cook gnocchi in 2-3 batches to prevent crowding and sticking to each other. Don't stir while cooking.
9. When gnocchi pieces rise to the top, remove with a slotted spoon and set in a serving bowl.
10. Top with your favorite tomato or meat sauce so that all pasta has sauce. Gnocchi is fluffy and delicate -- avoid mixing.
11. Grate Parmesan cheese over the dish and serve.

Makes 4-5 servings.

### NOTES:

This dish is also delicious the next day.



## SHOPPING LIST

- 2 pounds (1 kilogram) Russet or all-purpose potatoes (the same variety used for making mashed potatoes)
- 1 1/4 cups (200 grams) all-purpose flour
- 1.5 ounces (1 shot glass) brandy
- Sauce, tomato or meat (your favorite)
- Parmesan cheese, freshly grated





# Pane Mmollo

## AMMOLLATO

Submitted by: Alessandra Di Vetta

Regional origin: Central Italy

Preparation time: 10 minutes

Cooking time: 30 minutes

### DIRECTIONS

1. Using a large pot, sauté garlic and chili pepper in olive oil.
2. Add chicory and enough water to let chicory cook, about 20 minutes, covered.
3. Add chickpeas and ham. Add more water to increase the amount of broth, if desired.
4. Season with salt to taste.
5. To serve, arrange bread pieces in bowls. Top with the vegetable-ham mixture and broth. Sprinkle with lots of pecorino cheese.

Makes 8 servings.

#### NOTES:

This recipe is from Alessandra's grandmother, Nonna Vincenzina. It is a special and different version from the traditional recipe.

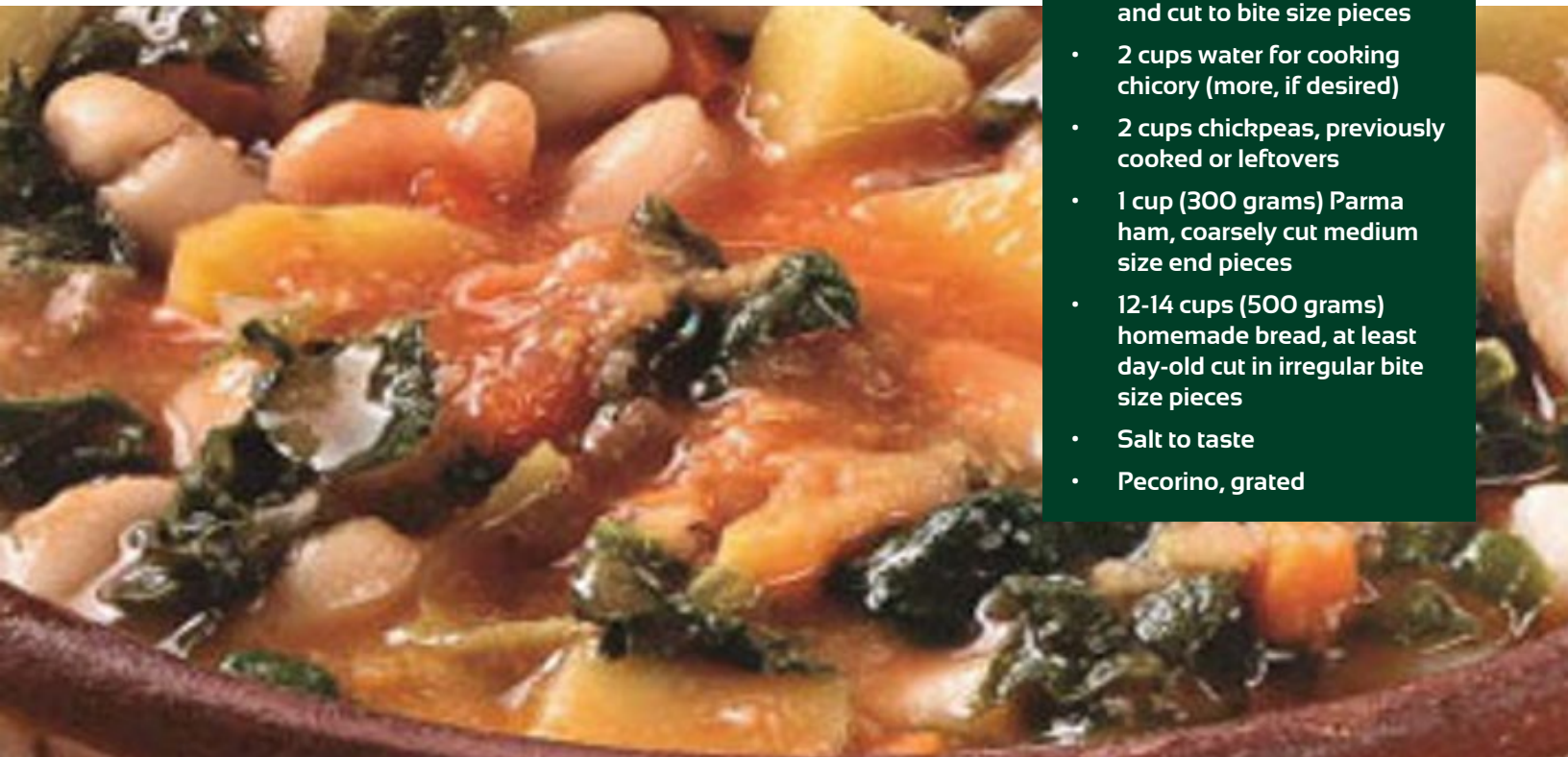
This is an ancient and very humble recipe. It is found in the regions of central Italy from Tuscany to Abruzzo, Molise and Lazio. Not far from Cassino, a summer festival is dedicated to soaked bread (i.e., soaked in water).

Pane mmollo, as it is commonly called, reminds Alessandra of her childhood in a village on the central Apennine in central Italy. This is a peasant recipe that requires the use of very good ingredients such as homemade bread, home-grown vegetables, and lots of love for tradition and family. In previous times, it was eaten by itself. Today, it may be considered a primo (first course).



### SHOPPING LIST

- 2 cloves garlic
- 1 chili pepper (or more, if desired)
- 2 tablespoons extra virgin olive oil
- 2 bunches chicory, washed and cut to bite size pieces
- 2 cups water for cooking chicory (more, if desired)
- 2 cups chickpeas, previously cooked or leftovers
- 1 cup (300 grams) Parma ham, coarsely cut medium size end pieces
- 12-14 cups (500 grams) homemade bread, at least day-old cut in irregular bite size pieces
- Salt to taste
- Pecorino, grated





# Pappardelle

## AI CARCIOFI E PROSCIUTTO

Submitted by: Mike Cote'

Regional origin: Parma (Emilia-Romagna)

Preparation time: 10 minutes

Cooking time: 20 minutes

### DIRECTIONS

1. Pasta
  - a. Follow package directions to cook the pasta al dente.
  - b. Drain pasta.
  - c. Set aside warm.
2. Sauce
  - a. Put olive oil in a large skillet.
  - b. Add garlic, artichoke cubes, dried tomatoes, and prosciutto.
  - c. Cook until artichoke hearts are brown, about 8 minutes with stirring.
  - d. Season with salt and pepper to taste.
3. Add sauce to cooked pasta. Toss gently.
4. Add Parmesan cheese on top and garnish with parsley.
5. Serve warm.

Makes 2-4 servings.



### SHOPPING LIST

- 2/3 pound (300 grams) pappardelle
- 8-10 slices prosciutto di Parma
- 3 tablespoons extra virgin olive oil
- 2 garlic cloves, minced
- 6-8 dried tomatoes in oil, cut into 1/2 inch slices
- 4-5 artichoke hearts, boiled or steamed or canned, cut into 1/2 inch cubes
- Salt to taste
- Pepper to taste
- 1/2 cup Parmesan cheese, freshly grated
- 2 tablespoons chopped fresh Italian parsley or 1/2 cup whole parsley leaves

# Parmigiana

## DI MELANZANE

Submitted by: Iolanda Marinelli

Regional origin: Campania

Preparation time: 20 minutes

Cooking time: 30 minutes

### DIRECTIONS

1. Preheat oven to 350F.
2. Eggplant slices
  - a. Pat dry eggplant slices and dredge in flour.
  - b. Dip in beaten egg.
  - c. Pour 1/2 inch vegetable oil in frying pan.
  - d. Pan fry eggplant slices (floured and dipped in egg) until golden on both sides. Set aside.
3. Using an 8x11 inch oven-safe baking dish, prepare the dish as follows:
  - a. Spread tomato sauce to cover the bottom of the dish.
  - b. Place a single layer of prepared eggplant slices on top of the sauce.
  - c. Add mozzarella and Parmesan cheeses over the eggplant slices.
  - d. Repeat the eggplant-cheeses layers.
  - e. Top with the tomato sauce and Parmesan cheese.
  - f. Garnish with individual basil leaves.
4. Place the baking dish on the middle shelf of the preheated oven.
5. Bake at 350F until golden brown, about 30 minutes.

Makes 6 servings.

#### NOTES:

Eggplant Parmigiana is one of the richest and tastiest dishes of the Italian culinary tradition. For this reason, it may be served as a primo. It is often served, however, as a side dish (contorni) with meat.

Like many other recipes, Parmigiana is prepared with different variants in various areas of Italy.

This recipe is from Campania.

### SHOPPING LIST

- 4 long eggplants, sliced 1/4 inch thick lengthwise
- 1 cup flour for coating eggplant slices
- 2 eggs, beaten with a pinch of salt
- 1/2 cup vegetable oil for frying
- 1/4 (2 cups) pound mozzarella cheese, shredded
- 1/2 cup Parmesan cheese, grated
- 2 cups cooked tomato sauce
- 1 cup fresh basil sprigs for garnish



Submitted by: Ka'ulani "Kai" Cowell

Regional origin: Toscana

Preparation time: 10 minutes

Cooking time: 30 minutes

# Pasta

## AI FUNGHI, PANCETTA E PANNA

### DIRECTIONS

1. Fry pancetta in a hot pan until almost crispy, about 5 minutes. Set aside.
2. Sauce
  - a. Put butter and olive oil in the same pan.
  - b. Add garlic and leeks. Sauté until leeks are soft, about 3 minutes.
  - c. Add the spices and mushrooms. Sauté until mushrooms are done.
  - d. Add cream and broth. Let simmer for 1 minute.
  - e. Adjust the seasoning, cook and stir for another 5 minutes. Add more broth, if needed.
3. Pasta
  - a. Bring water and salt to a boil.
  - b. Add pasta and follow package directions until pasta is al dente.
  - c. Drain well and put in a serving bowl.
4. Add the sauce to the pasta. Mix gently to coat the pasta.
5. Add pancetta and basil. Toss gently.
6. Sprinkle top with Parmesan cheese.
7. Serve warm.

Makes 4 servings.

#### NOTES:

Ka'ulani Cowell (also known as Kai) is the manufacturer of Ka'ulani Spice. She uses her organic Hawai'i-made spices to prepare a traditional Italian dish. Prepare to be pleasantly surprised!

### SHOPPING LIST

- 6 strips thick pancetta, cut into cubes
- 2 tablespoons unsalted butter
- 1 tablespoon extra virgin olive oil
- 1 tablespoon garlic, minced
- 1 leek, chopped
- 1 tablespoon Ka'ulani Alaea Spice
- 1 tablespoon Ka'ulani Pele's Fire Spice
- 1 tablespoon Ka'ulani Herb Garden (no salt, no sugar)
- 1/2 pound porcini mushrooms, sliced crosswise (or assorted shiitake and cremini mushrooms)
- 1/4 cup heavy cream
- 1/2 - 1 cup chicken broth
- 1/2 pound pasta
- 6 cups water
- 1 teaspoon salt
- 1/3 cup fresh basil, chopped
- 1/4 cup Parmesan cheese, freshly grated



**Submitted by:** Holly Rudin-Braschi

**Regional origin:** Genova (Liguria)

**Preparation time:** 60 minutes

**Cooking time:** 10 minutes

# Pasta AL PESTO

## SHOPPING LIST

- 1/2 cup toasted pine nuts
- 1/2 cup sliced or slivered toasted almonds
- 1/2 cup toasted walnuts
- 1/2 cup shredded Romano cheese
- 1/2 cup Pecorino or Parmesan cheese
- 6 tablespoons salted butter, cut into small pieces
- 1 cup peeled garlic cloves (but use only 2 table-  
spoons roasted garlic to make the pesto)
- 1/2 cup coarsely cut green onion, about 4 medium  
green onions using both the green and white parts
- 2 cups densely packed fresh basil leaves
- 3/4 cup olive oil
- 1/4 - 1/2 teaspoon salt, to taste

## DIRECTIONS

1. Toast nuts
  - a. Position oven racks in the middle of the oven.
  - b. Preheat oven to 350F.
  - c. Spread nuts in a shallow baking dish.
  - d. Bake until lightly toasted stirring 1-2 times, about 8-10 minutes total.
  - e. Cool completely for pesto. If pesto is prepared at a later date, toasted nuts may be kept frouncesen in an air-tight container or bag for up to 4 months.
2. Roast garlic cloves (1 cup)
  - a. Preheat oven to 375F.
  - b. Line a rimmed baking sheet with parchment paper, silicon mat or foil.
  - c. Spread peeled garlic cloves in a single layer over the lined baking sheet. Drizzle olive oil such that each clove is just coated.
  - d. Roast until fork tender and golden brown, about 45-60 minutes, gently shaking the pan after 20-30 minutes.
  - e. Cool completely. Reserve 2 tablespoons roasted garlic to make the pesto. Store leftovers in small airtight containers or jars. Fill containers with olive oil and keep in the refrigerator or freezer for up to 6 months.
3. Pesto
  - a. Process nuts in a food processor fitted with a metal chopping blade until nut butter is produced.
  - b. Add the cheeses, butter and garlic.
  - c. Process until smooth, stopping the processor intermittently to scrape down the sides of the work bowl with a spatula to put the sauce spatter back onto the chopping blades.
  - d. Add green onion and basil.
  - e. Continue processing and slowly dribble the olive oil. Scrape the sides intermittently. Process until desired smoothness.
  - f. Season to taste with salt.
4. To serve with pasta
  - a. Place pesto at the bottom of a serving bowl.
  - b. Cook the pasta al dente. Drain pasta well but reserve 1/4 cup of pasta cooking water. Set aside.
  - c. Mix 1-2 tablespoons of hot pasta cooking water to the pesto in the bowl to thin the pesto slightly. If thinner pesto is desired, add more pasta cooking water and mix well.
  - d. Put pasta on top of the pesto and fold pesto into the pasta with a spatula.
  - e. Garnish with extra cheese and fresh basil leaves.
  - f. Serve immediately.

Makes 2 1/2 cups pesto.



#### NOTES:

- Allow 1/2 cup pesto for 12 ounces of pasta.
- The best pasta shapes for pesto are those that have curves and grooves that hold the sauce and allow the herb-based oil to stick to the pasta. Try fusilli, cavatappi, tortellini or rotini.
- The Three-Nut Pesto recipe was created by Holly Rudin-Braschi, recipe developer and author of *Grill Power* (over 50K copies sold). To read more about Holly and get more great recipes from articles that she wrote for national publications, please visit <https://grillpower.com/articles/>
- “Pesto” in Italian means “pestle,” as in “mortar and pestle. Holly learned to make this version of pesto when she was studying music one summer with Tito Gobbi in Florence, Italy at Villa Schifanoia in Fiesole. World famous for his portrayal of the evil Scarpia opposite Maria Calla’s *Tosca* <https://www.youtube.com/watch?v=xnFlgzlhPc>. Gobbi taught master classes at the Villa every summer. Holly had the honor of being one of his 10 summer students. But she was also a culinary student of the nuns who ran the school. Every afternoon when everyone was taking their Italian siesta, the nuns would prepare dinner and Holly would be there to watch. When they made pesto, they picked the pine nuts from the pine trees growing outside the garden kitchen. The nuns made the pesto in a mortar and pestle. To save time with her busy schedule, Holly uses a food processor. She makes several batches of pesto at the same time and freezes them in 1/2 cup containers.
- Roasting garlic caramelizes the sugars in the garlic, intensifies the flavor yet makes it milder because it buffers the acid in the raw garlic. Most grocery stores offer bags of peeled raw garlic in their fresh produce section. It is always better to roast more than needed. Use the extra roast garlic as a puree to enhance stews, sauces and other dishes.
- *Al dente* literally means “to the tooth” or firm to the bite.
- Adding hot pasta cooking water to the cooled pesto heats the oils and cheeses in the pesto, making it slightly thinner in consistency and easier to adhere to the pasta.

**Submitted by:** Malia Yee  
**Regional origin:** Puglia  
**Preparation time:** 5-10 minutes  
**Cooking time:** 20-25 minutes

# Pasta

## ALLA SALSICCIA, PINOLI E COSTE



### SHOPPING LIST

- 1 pound short pasta (orecchiette, cellentani, or gemelli)
- 1 teaspoon Hawai'iian salt
- 1/3 cup pine nuts, lightly toasted
- 2 tablespoons extra virgin olive oil
- 1/2 pound Italian sausage\* (mild or spicy)
- 2 tablespoons extra virgin olive oil
- 1/2 red onion, diced
- 1/2 pound crimini mushrooms, wiped clean and sliced (optional, but recommended)
- 3-4 cloves garlic, minced
- 1/4 cup dry red wine
- 1 teaspoon chicken base (e.g., refrigerated bouillon)
- 1 pound (2 bunches chard), large bite-sized pieces
- 1/4 cup grated Parmesan
- 1/4 cup pine nuts
- Salt and pepper to taste
- Red pepper (hot)



### DIRECTIONS

1. Chard
  - a. Wash thoroughly.
  - b. Remove tough stems.
  - c. Cut into large bite-sized pieces.
2. Pasta
  - a. Bring water to a boil, add salt, then cook pasta in the boiling water to 1 minute less than what is stated in the package directions.
  - b. Test for doneness – should be al dente at most.
  - c. Set aside 1 cup of pasta cooking water.
3. While pasta is cooking, prepare the sausage.
  - a. To a large skillet over medium heat, add 1 tablespoon olive oil and sausage.
  - b. Break up the sausage and cook until browned, about 5 minutes.
  - c. Remove sausage from the skillet and set aside.
  - d. Leave about 1 tablespoon of sausage drippings in the skillet.
4. Prepare the mushroom-chard-sausage mixture.
  - a. Turn the heat down to medium. Add to the skillet another 1 tablespoon olive oil, then onions and mushrooms.
  - b. Sauté with stirring until onions are slightly translucent on the edges.
  - c. Add garlic and cook for another minute. Do not allow garlic to burn.
  - d. Deglaze the skillet with red wine, scraping the bottom with a wooden spoon.
  - e. Add chicken base.
  - f. Add chard and cook until tender, about 2-3 minutes.
  - g. Add pasta cooking water if mixture is dry.
  - h. Add sausage to the skillet and mix.
  - i. Season with salt and pepper to taste. Under salt for now.
  - j. Turn heat to low.
5. Add pasta to the mushroom-chard-sausage mixture and mix. Add more pasta cooking water, if needed.
6. Add Parmesan cheese and pine nuts to the skillet mixture. Check the salt level and adjust if necessary.
7. Season with salt and pepper to taste.
8. Serve hot red pepper on the side.

Makes 4-6 servings.



**NOTES:**

Kale or radicchio may be substituted for chard for an interesting variation. Reduce the amount to 1 bunch kale or 1 head radicchio and increase sausage to 3/4 pound.

Start with large bite-sized chard pieces because as chard cooks, its volume will decrease significantly.

Cheese has salt and therefore, gives added salt taste to the dish. Check the salt level after adding the cheese.



# Pasta Fresca

**Submitted by:** Daniela Agnesini

**Regional origin:** All Italy

**Preparation time:** 1 hour (includes 30 minutes of dough resting in the fridge)

**Cooking time:** 5 minutes

## DIRECTIONS

1. Gather flour with the hands to make a round on a smooth work surface.
2. Make a well in the middle and put one egg in the well.
3. Knead for at least 15 minutes until well mixed.
4. Form dough into a ball and put in plastic wrap.
5. Let dough ball rest in the fridge for at least 30 minutes.
6. Dust work surface lightly with flour.
7. Use a rolling pin to form thin sheets of pasta.
8. Cut pasta into desired thickness and shape.
9. Bring a large pot of water to a boil. Add a pinch of salt.
10. Add pasta to boiling salted water and let cook until al dente, 3-4 minutes.
11. Drain.
12. Place the pasta in a bowl. Serve with butter and sprinkle with Parmesan cheese.

Makes 2-4 servings.

## SHOPPING LIST

- 1 cup less 2 teaspoons (1/4 pound) flour
- 1 egg
- Pinch of salt



**Name of Dish:** Penne alle melanzane

**Submitted by:** Stephanie Mele

**Regional origin:** Sicilia

**Preparation time:** 15 minutes

**Cooking time:** 30 minutes

# Penne ALLE MELANZANE

## DIRECTIONS

1. Cover eggplant slices with water.
2. Add salt.
3. Put a weight on top of the eggplants to let them stay underwater for about 30 minutes.
4. Drain eggplants and rinse twice to remove all the salt. Pat dry.
5. Cover the bottom of a frying pan with olive oil (about 1/4 cup) and set on high.
6. When oil is hot and sizzling, slide eggplant rounds one at a time to fill the pan but without overlapping. As a slice browns, lift out with a fork, immediately slide another eggplant round to prevent oil from smoking or burning. Add more oil as needed for frying.
7. Set fried eggplants on paper to absorb the oil.
8. Sauce
  - a. Use a large stainless steel sauce pan to fry the onion and garlic cloves in olive oil until soft.
  - b. Put crushed tomatoes and basil. Let simmer for about 30 minutes.
  - c. Add salt to taste.
  - d. Leave on low heat.
9. Follow package directions to cook the pasta al dente.
10. Drain pasta well and place in serving bowl.
11. Add warm sauce and top with fried eggplants.
12. Sprinkle with Parmesan cheese and serve warm.

Makes 4-6 servings.

### NOTES:

Soaking eggplant slices in salt water leaches out the bitterness of the eggplant.

## SHOPPING LIST

- 4-6 large globe eggplants, sliced into rounds
- 6 cups water
- 1/4-1/2 cups salt
- 3/4 cup extra virgin olive oil for frying of eggplants
- Parmesan cheese
- 1 pound penne or rigatoni pasta (1 pound pasta for every 5 persons)

### Sauce

- 2-3 garlic cloves, sliced
- 1/2 medium yellow onion, sliced
- 1/4 cup extra virgin olive oil
- 1 1/2 cans crushed tomatoes
- 10-12 sprigs of fresh basil (be generous)
- Salt to taste



# Zuppa

DI VONGOLE  
BIANCA

**Submitted by:** Aurora A. Saulo

**Regional origin:** Coastal towns (e.g., Liguria)

**Preparation time:** 1.5 hours (includes 1 hour stress-free cleaning of clams)

**Cooking time:** 10 minutes

## DIRECTIONS

1. Clean clams.
  - a. Cover clams with cool tap water.
  - b. Sprinkle corn meal.
  - c. Place in the fridge for 1 hour.
  - d. Clams will spit out sand. (Watch out for spitting clams!)
  - e. Drain the water and corn meal.
  - f. Rinse clams with cool water and set aside.
2. Heat oil in a deep sauté pan over medium heat.
3. Add garlic, ginger, and onion. Cook for 2-3 minutes until spice fragrances are smelled.
4. Add cleaned clams and sauté with the spices.
5. Add water and wine to cover clams. Reduce the amount of liquids (in equal amounts) for a heightened clam flavor.
6. Cover and bring to a boil.
7. Immediately reduce heat to simmer.
8. When shells open (about 2 minutes), remove the pan from heat. Discard any clams that remain closed.
9. Crack salt and fresh pepper and sprinkle with chopped parsley or green onions before serving.
10. Serve with lightly toasted, sliced French bread.

Makes 4-6 servings.

## SHOPPING LIST

- 2 pounds fresh clams, littleneck or Manila
- 1 teaspoon corn meal
- 6 cloves fresh garlic, chopped
- 1/4 cup fresh ginger, julienned (may be omitted)
- 1/2 cup white or yellow onion, 1 inch slices
- 1 tablespoon extra virgin olive oil
- 1 cup water
- 1 cup dry white wine (may substitute 1 cup water)
- 1/3 cup fresh Italian parsley or green onions, finely chopped
- Salt and pepper to taste
- 1 loaf of bread, 1 inch slices



**Name of Dish:** Frittata di coste e parmigiano  
**Submitted by:** Gigi Cocquio  
**Regional origin:** Multiregional (e.g., Toscana, Sicilia, Basilicata)  
**Preparation time:** 5 minutes  
**Cooking time:** 25 minutes

# Frittata

## DI COSTE E PARMIGIANO

### SHOPPING LIST

- 1 bunch (1 1/4 pounds) Swiss chard
- 4 tablespoons extra virgin olive oil
- Chicken or vegetable broth
- 1 small onion, thinly sliced
- Salt and combination of dried herbs (rosemary, oregano, basil)
- 4 eggs, beaten
- Parmesan cheese to taste

### DIRECTIONS

1. Cut the chard stem and discard.
2. Coarsely chop chard leaves crosswise.
3. Put olive oil in a large frying pan (about 10-12 inch) over medium heat.
4. Sauté onion until tender.
5. Add chard leaves and dried herbs.
6. Season salt to taste.
7. Add broth and cook until tender, about 5 minutes.
8. Spread the chard evenly in the pan.
9. Add beaten eggs slowly. Refrain from mixing the eggs.
10. Remove from heat when eggs are cooked.
11. Sprinkle with Parmesan cheese to taste.
12. Serve immediately in the frying pan or transfer to a serving plate.

Makes 2-3 servings.

#### NOTES:

This frittata with Swiss chard and Parmesan cheese is the recipe of Gigi's mom, Angelina. Do not mix the eggs after adding to the vegetables in the pan. Scrambled eggs may result.



# Polpette

**Submitted by:** Lisa Maraventano

**Regional origin:** Multiregional (e.g., Abruzzo, Calabria, Campania, Sicilia)

**Preparation time:** 25 minutes

**Cooking time:** 3 hours



## SHOPPING LIST

### Polpette:

- 1 pound ground beef
- 1 teaspoon dried parsley
- 8 fennel seeds
- 1/2 cup bread crumbs
- 1/2 teaspoon salt
- Dash of pepper
- 1 egg
- 1 tablespoon Parmesan cheese
- 1/3 teaspoon garlic salt

### Sauce:

- 1 small can (12 ounces) tomatoes
- 1 can (6 ounces) tomato paste
- 2 tomato paste cans filled with water
- 2 bay leaves
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- Dried oregano and dried basil to taste



## DIRECTIONS

1. Polpette
  - a. Combine all ingredients well.
  - b. Form into balls of desired size.
  - c. Brown in oil. Do not overcook.
  - d. When brown, add to sauce.
2. Tomato sauce
  - a. Combine all ingredients in a large sauce pan.
  - b. Let simmer slowly, about 2-3 hours.
  - c. Stir occasionally to prevent burning at the bottom of the pan.
3. To serve, add polpette to sauce. Serve with pasta, if desired.

Makes 6 servings.

### NOTES:

This recipe is from Lisa's grandmother, Georgia Stavrou Maraventano (1918-2004). Lisa's grandmother was taught by Lisa's great grandmother, Carmela Arcuri Maraventano (1882-1958), who immigrated from Sicily to the U.S. on November 25, 1908. Lisa's family resides all over the U.S. and still makes this recipe.





# Scaloppine

## AL LIMONE

**Submitted by:** Daniela Minerbi

**Regional origin:** Milano (Lombardia)

**Preparation time:** 30 minutes

**Cooking time:** 20 minutes



### SHOPPING LIST

- 4 Skinless boneless chicken breasts (about 1 1/2 pounds)
- Salt
- Pepper
- 4 cups all-purpose flour
- 4 cups extra virgin olive oil
- 2 lemons
- 1/2 cup water



### DIRECTIONS

1. Squeeze the lemons and add water to the juice. Set aside.
2. Cut the chicken breasts and/or thighs into thin slices.
3. Coat each slice with flour, shaking off any excess flour. Set aside in a single layer.
4. Heat plenty of olive oil in a pan to medium-high. Be careful - oil level will rise when chicken slices are added.
5. Add floured slices in a single layer to the hot oil. Do not overlap.
6. Cook one side for 2 minutes, turn over the slices, and cook the other side for another minute.
7. Remove cooked slices from the oil and set aside on a plate.
8. Repeat until all slices are cooked.
9. Return all cooked slices to the pan and pour the lemon juice–water mixture.
10. Remove pan from heat.
11. Arrange on a plate and add salt and pepper to taste.

Makes 4-5 servings.

NOTES:

Chicken thighs may also be used.





# Tonno

## AL SALMORIGLIO

**Submitted by:** Paola Steingrebe

**Regional origin:** Sicilia, Calabria

**Preparation time:** 2.5 hours

**Cooking time:** 8 minutes



### SHOPPING LIST

- 4 tablespoons extra virgin olive oil
- Juice from 1 medium lemon
- 2 cloves garlic, minced
- 1 bunch fresh parsley, chopped
- 1 tablespoon dried oregano
- 1-3 hot chili peppers (e.g., serrano), in very thin slices (optional – see Notes below)
- 4 tuna steaks, 1 inch thick each



### DIRECTIONS

1. Salmoriglio marinade
  - a. Mix olive oil, lemon juice, garlic, parsley, oregano and a small amount of chili slices (optional) in a medium bowl. Whisk until well mixed. Season with salt to taste. Observe the heat from the chilis.
2. Place tuna steaks on a baking sheet pan and pour just enough marinade to evenly cover the fish. Reserve some salmoriglio to serve with the cooked steaks.
3. Let marinate in the refrigerator for 40 minutes. Turn the fish steaks and marinate for another 40 minutes.
4. When grill is ready, cook tuna steaks about 1 minute per side or to desired doneness.
5. Immediately serve cooked tuna steaks on a decorative plate and pour the reserved salmoriglio over the fish. Serve sliced chilis on the side for those who would like more heat.

Makes 4 servings.

#### NOTES:

One of the simplest recipes known to Paola. Swordfish may be substituted for tuna.

Please wear gloves before handling chilis! Dispose the gloves after handling the chilis and wash your hands thoroughly with soap and water.



# Amaretti

**Submitted by:** Chiara Giordano

**Regional origin:** Venezia (Veneto)

**Preparation time:** 50 minutes

**Cooking time:** 15 minutes



## SHOPPING LIST

- 5 1/3 cups (500 grams) almond flour
- 4 cups (500 grams) confectioners sugar (powdered sugar)
- 6 egg whites (180 grams) at room temperature
- Pinch of salt or 1/4 teaspoon of lemon juice
- 3/4 teaspoon (5 grams) honey
- Confectioners sugar to coat the amaretti as needed



## DIRECTIONS

1. Preheat oven to 350F.
2. Line flat baking sheets with parchment paper.
3. Sift together in a bowl, almond flour and confectioners sugar. Set aside.
4. Use a stand mixer (or a hand mixer) to whisk egg whites with a pinch of salt (or lemon juice) until stiff peaks form.
5. Change beater to a paddle (K) or use a mixing spoon and add the flour-confectioners sugar mixture and honey.
6. Mix until the dough is sticky. Do not overmix.
7. Let the dough sit in the refrigerator for 30 minutes.
8. Prepare a bowl with confectioners sugar to coat the cookies.
9. Spoon two teaspoons per cookie and make a round ball.
10. Roll the cookie ball in confectioners sugar then pinch the dough using the thumb and index finger to give the amaretto shape (see photo).
11. Arrange each cookie on the parchment paper-lined baking sheet.
12. Chill in the refrigerator for 10 minutes to prevent cookies from collapsing.
13. Bake at 350F for 12 minutes or until a golden crust forms.
14. Cool completely before serving. Store cookies at room temperature in an airtight container for up to a week.

Makes 100 cookies.

## NOTES:

- Chiara Giordano is the Italian Pastry Chef-Owner of Flour in Paradise. She bakes heavenly cakes for special occasions.
- Egg whites must be at room temperature for best whipping quality. To warm up eggs from the fridge, microwave on high for about 10 seconds. Test one microwaved egg to ensure it is not cook.
- Very small amounts of lemon juice “shakes” the egg proteins and makes the meringue more stable, with a perfect cloud texture, especially in humid conditions.
- Amaretto shape is similar to a face puckered up for a kiss.
- Keeping the dough chilled will prevent the collapse of this cloud texture.

# Babà

## NAPOLETANO

**Submitted by:** Tommaso Mastroianni

**Regional origin:** Napoli (Campania)

**Preparation time:** 3.5 hours

**Cooking time:** 35 minutes



### SHOPPING LIST

- Babà
  - o 2 cups plus 6 tablespoons (300 grams) all-purpose flour
  - o 1/3 tablespoon (2.5 grams) active dry yeast
  - o 2 tablespoons fresh whole milk
  - o 3 1/2 tablespoons (25 grams) confectioners sugar
  - o 6 cold medium eggs, lightly beaten
  - o Pinch of salt
  - o 1/4 cup plus 3 tablespoons (100 grams) butter, at room temperature and cut into cubes
  - o Butter to grease the pan
- Rum and Citrus Syrup
  - o 1 quart (1 liter) water
  - o Zest of 1 lemon
  - o Zest of 1 orange
  - o 2 cups (400 grams) sugar
  - o 1/2 pint (200 milliliters) rum



### DIRECTIONS

1. Use a stand mixer with a paddle attachment.
2. Place flour in the bowl and add yeast and milk. Mix at medium-low speed.
3. Add sugar and eggs.
4. Mix for about 20 minutes until the dough becomes elastic and pulls away from the sides of the bowl.
5. Switch to a dough hook attachment. Continue mixing.
6. Add a pinch of salt.
7. Add one butter cube at a time and mix well before adding the next butter cube.
8. After all butter cubes are mixed in the dough, continue mixing for another 10 minutes until dough looks soft and is a pale yellow.
9. Butter a Bundt cake pan then pour the cake dough in the pan.
10. Cover the pan with a cloth kitchen towel and set inside the oven. Avoid opening the oven or moving the pan.
11. Let rise for 3 hours or until it is two-finger wide from the top of the pan.
12. Meanwhile, prepare the syrup.
  - a. Place water, lemon zest, orange zest and sugar in a pot over medium heat.
  - b. Let simmer and stir.
  - c. When sugar has dissolved, remove the pot from the heat and let cool.
  - d. Add rum.
13. With the Babà still inside the oven, remove the kitchen towel and set the oven temperature to 355F.
14. Bake at 355F for 30-35 minutes until deeply golden brown.
15. Take the Babà out of the oven and allow to cool completely in the pan.
16. Warm up the syrup just slightly, remove from the heat.
17. Use a spoon to baste the Babà with the warm syrup one spoonful at a time while still in the pan. Do not hurry. Let the cake absorb all of the syrup.
18. Let basted Babà sit in the pan for 10 minutes.
19. Place a plate on top of the Bundt cake pan and flip both over so that the Babà rests on the plate. Pour the leftover syrup in the pan over the Babà.
20. Serve with fresh whipped cream and fruit.

Makes 8-10 servings.



#### NOTES:

Babà is a light and soothing rum cake that is used year-round in all households in Naples. It has French origins and it is thought to have been introduced in Naples by the Bourbons of France who ruled much of southern Italy in the 18th and 19th centuries.

Warming the syrup will allow it to be better absorbed by the Babà. But too hot a syrup will evaporate the rum.

**Submitted by:** Khara Markham  
**Regional origin:** Sicilia  
**Preparation time:** 1 hour 45 minutes  
**Cooking time:** 30 minutes

# Cannoli

## ALLA RICOTTA

### SHOPPING LIST

- Cannoli shells
  - o 1 1/4 cup all-purpose flour
  - o 2 tablespoons lard or vegetable shortening
  - o 1/3 cup sugar
  - o 1 egg yolk
  - o 1 teaspoon espresso coffee powder
  - o 1 tablespoon white vinegar
  - o 1/3 cup sweet white wine or water
- 1 egg, beaten with 1 teaspoon of water
- Oil for frying
- Cannoli filling
  - o 4-5 cups ricotta cheese (read Notes)
  - o 3/4 cup powdered sugar
  - o 1 tablespoon marsala wine or dark rum
  - o For cannoli ends (optional): 1/3 cup each of finely chopped dark chocolate, mini chocolate chips, chopped nuts
- Confectioners sugar

### DIRECTIONS

1. Cannoli shells
  - a. Combine in a bowl, flour, shortening, sugar, egg yolk, coffee powder, and white wine.
  - b. Add vinegar a little at a time.
  - c. Knead until the dough comes together.
  - d. Slowly add just enough white wine or water until the texture is similar to a pasta dough.
  - e. Wrap the dough in plastic film and let rest in the refrigerator for 1 hour.
  - f. If using a pasta machine, roll out the dough beginning with the widest setting and ending at the setting size 6. Pasta sheet should be thin, about 1/8 inch.
  - g. Use a 4-inch round cookie cutter to cut dough circles (read Notes).
  - h. Rub shortening on the outside of the mold to prevent the dough circle from sticking to the mold.
  - i. Wrap each dough circle around a cannoli mold. Dab the edges with the egg-water wash to seal.
  - j. Heat 2-3 inches of oil in a small frying pan.
  - k. Fry the cannoli wrapped around the mold until golden gold.
  - l. When cannoli shells are cooked, transfer to a tray lined with paper to absorb the oil.
  - m. Carefully separate the molds from the shells. BOTH ARE HOT!
  - n. Store cooled cannoli shells in airtight containers in a cool dry place. They will keep for two weeks.
2. Cannoli filling
  - a. Beat ricotta cheese and sugar until smooth.
  - b. Add the marsala wine or rum and mix well.
3. Transfer the filling to a pastry bag.
4. Pipe the filling to each cannoli shell just before serving.
5. You may dip the ends in miniature chocolate chips, chopped nuts, or anything else of preference.
6. Dust the cannoli with confectioners sugar and serve immediately.

Makes 24 cannoli.



#### NOTES:

Cover the cannoli dough with a clean kitchen towel to avoid drying out.

Egg wash is used to glue the edges of the cannoli dough and prevent them from unwrapping during frying.

Use a small frying pan and fry only three or four cannoli shells at a time to manage the work. You may need to hold down the frying cannoli shells with a slotted spatula to brown all sides evenly.

Remember that the cannoli shells and the molds are hot after frying!  
Have on hand extra cannoli molds so that more cannoli shells can be fried while molds from the cooked cannoli shells are removed.  
Make cannoli shells ahead of when they are needed. Cannoli shells will get soggy if filling stays inside for a while.

Cannoli shells stored in airtight containers in a cool dry place will last for two weeks.  
If ricotta cheese is watery, place it in a cheesecloth in a strainer and let drain in the refrigerator for about an hour.

# Cantucci

## BISCOTTI

**Submitted by:** Pia Rossilli Solywoda

**Regional origin:** Toscana

**Preparation time:** 2 hours (up to 5 days with the wait times)

**Cooking time:** 1 hour 45 minutes

### SHOPPING LIST

- 1 pound plus 10 ounces unbleached, white flour, sifted
- 2 teaspoons baking powder
- 2 cups (about 10-12 depending on size) eggs
- 2 pounds white sugar
- 1 cup orange oil (recipe under Directions)
- 3-4 navel oranges, large
- 1 1/2 cups coconut oil
- 2 1/2 pounds nuts (total), coarsely chopped (or 1 1/4 pounds each nut variety: almonds, hazelnuts)
- Chocolate bar for dipping biscotti

### DIRECTIONS

1. Orange oil
  - a. Peel oranges and chop the peels.
  - b. Place in a large container and cover with coconut oil.
  - c. Let soak for 4-5 days.
  - d. Orange oil may be used at this stage. Leave any leftovers in the same container.
2. Minced soaked orange peels
  - a. Take out all the soaked orange peels and let drain over a strainer to remove most of the oil.
  - b. Mince the peels using a blender or food processor.
3. Toasted almonds (see Notes for substituting other nuts)
  - a. Line baking sheet with foil or parchment paper.
  - b. Put whole almonds on the sheet.
    - i. Roast whole almonds at 325F for 10-15 minutes.
    - ii. If using convection heat, set oven to 290F and roast for 30-40 minutes.
  - c. Keep an eye on the nuts and take them out of the oven at desired doneness. Let cool.
  - d. Coarsely chop nuts, large enough to give texture to the biscotti but small enough not to be a hindrance in cutting the biscotti loaves.
  - e. Chopped nuts may be stored in airtight containers in a cool dry place for up to a week.
4. Dry ingredients (flour and baking powder)
  - a. Add flour to a large strainer or sifter and gently tap the sides of the strainer into a large bowl (not the stand mixer bowl) until all the flour sifts through the strainer. Set aside.
  - b. Discard any shaft or debris collected.
  - c. Sift baking powder into the sifted flour.
  - d. Mix flour and baking powder with a large spoon.
  - e. Set aside.
5. Biscotti dough
  - a. Put the eggs and add sugar in the large stand mixer bowl and blend well on medium speed.
  - b. Add orange oil and switch to a slower speed.
  - c. Add chopped nuts and minced orange peel.
  - d. Blend well until all ingredients are evenly dispersed.
  - e. Switch to the slowest speed of the stand mixer and gradually add the sifted flour-baking powder mixture in four to six equal batches.

- f. After all the dry ingredients have been added, continue mixing thoroughly for 1-2 minutes.
  - g. Turn off the mixer and let the dough sit for five seconds. Dough should be thick and dull, not slick, shiny and wet.
    - i. If dough is shiny, add flour in 1/4 cup increments until a dull sheen is obtained.
    - ii. This may take up to 2 cups of additional flour. Don't be alarmed.
6. Biscotti dough logs
- a. Use a kitchen scale to divide the dough into six or eight logs, each weighing 1 to 1 1/3 pounds each (see Notes on tips)
  - b. Wrap each log in a plastic wrap (see Notes) and refrigerate until firm, at least 5 hours or overnight.
7. Biscotti loaves
- a. Prepare baking sheets
    - i. Line with parchment paper or silicone sheets or
    - ii. Oil and flour each baking sheet, using orange oil
  - b. Take one log at a time from the refrigerator.
  - c. Dust work surface and coat hands with flour.
  - d. Form logs into biscotti loaves approximately 1 1/2 inches high and 2 inches wide (see Notes).
  - e. Transfer loaves to the lined baking sheets. Position the loaves for baking.
  - f. Transfer the sheets with the loaves to the freezer to firm up the dough, approximately 15 minutes.
  - g. Repeat the same process for the other biscotti loaves.





8. Baking
  - a. Pre heat oven to 375F.
  - b. Put the sheet with the biscotti loaves in the oven and bake for at least 12-15 minutes. The high temperature will bake the outside faster, hardening it and preventing it from collapsing during baking.
  - c. Lower the temperature to 350F and continue baking for another 20-30 minutes until the outside is golden brown and the loaves give slightly when pressed.
  - d. Remove baking sheets and allow biscotti loaves to cool completely.
9. The biscotti!
  - a. Using two spatulas or two hands, carefully transfer loaves to cutting boards. They may break during the transfer.
  - b. Using a large chopping knife, slice each loaf at a sharp diagonal into biscotti, approximately 1/2 to 1 inch wide.
  - c. Immediately transfer biscotti cookies to the previously cleaned oven racks, with each cookie on its wide side.
  - d. Bake again at 220-250F for another 45-60 minutes until the biscotti cookies are hard.
  - e. Turn off the oven and leave the cookies on the oven racks to cool.
  - f. Store thoroughly cooled biscotti in airtight containers in a cool dry place.
10. Chocolate-dipped biscotti
  - a. Melt chocolate bar in a large flat-bottom bowl using the defrost setting of a microwave oven for 1 minute at a time.
  - b. Stir the chocolate between melting cycles until all the bar has melted.
  - c. Flavors may be added to the melted chocolate at this point
    - i. Orange zest
    - ii. Coconut flakes
    - iii. Crushed nuts
  - d. To add melted chocolate
    - i. Use a butter knife to spread chocolate on one side of each biscotti or
    - ii. Dip the biscotti into the melted chocolate and remove excess with a butter knife
  - e. Transfer biscotti to a baking sheet.
  - f. Place the sheet in the freezer to harden the chocolate, approximately 1 hour.

11. Serve with hot tea or coffee. Dunk the biscotti in the hot beverage then enjoy the heavenly experience!

Makes 90 biscotti.



## NOTES:

- One recipe = 90 biscotti = 8 pounds of dough = 8 loaves (1 pound/loaf) or 6 loaves (1 1/3 pounds/loaf). There will be fewer end pieces for longer loaves.
- Use a kitchen scale for all measurements.
- Time schedule guide:
  - o Five days before baking, soak orange peels.
  - o Two days before baking, toast and chop nuts.
  - o One day before baking, clean oven and oven racks.
- Suggested kitchen equipment and other materials:
  - o Blender or food processor for chopping orange peel
  - o Accurate kitchen scale for weigh measurements
  - o Large flour sifter or strainer
  - o Stand mixer. A large unit makes one full recipe of biscotti. A smaller unit makes 3/4 recipe.
  - o Wide plastic wrap for shaping and refrigerating loaves
  - o 3 baking sheets
  - o Heavy-duty knife for slicing loaves into biscotti
- Filberts or hazelnuts may be used in place of almonds.
  - o If using raw nuts, follow the same directions above for roasting almonds.
  - o Blanched and roasted hazelnuts may be purchase and used (e.g., Amazon or Trader Joes)
- Macadamia nuts may be used in place of almonds.
  - o Use 1 1/4 pounds macadamia nuts.
  - o Hazelnuts are needed for the biscotti flavor.
- Depending on the amount of oil absorbed by the orange peels, Pia generally adds another 1/2 to 1 cup of flour to the batter.
- Adding the dry flour-baking powder mix to the wet mix in 4-6 equal batches helps create a more consistent batter and less kitchen mess.
- To divide the dough into 6-8 logs of similar weights, lay a large piece of clear plastic wrap, at least 2.5 feet long, across the kitchen scale. Place the cookie sheet behind the scale to visualize approximate length of each loaf. Use a large measuring cup or large spoon and carefully scoop out the dough and place in middle of plastic wrap on the center of the kitchen scale. It takes a few trials to understand the relationship between weight and mass of the dough. Add more scoops until you reach the desired weight of 1 to 1 1/3 pounds per log.
- As much height as possible without tipping the cookie over is what is desirable in a biscotti. This will require the use of extra flour to keep the dough from sticking to the surface and to keep the surface of the dough sufficiently dry enough for handling and forming into the best shape for baking.
- Fold the plastic wrap over the dough from front to back, and then fold the other side from back to front, to encase the dough in a long tube of plastic wrap leaving the ends open. Gently squeeze the dough to shape it into a long log that is roughly the same length as the cookie sheet. Once you achieve the approximate shape, complete wrapping the ends in the plastic wrap, and transfer to a empty cookie sheet. Repeat using the same procedure for the other loaves, depending on preference for size of logs. Stack all loaves on the cookie sheet and refrigerate for at least five hours or overnight. If baking sheet doesn't fit in fridge, transfer logs to an empty shelf in the refrigerator and stack them. Logs should be very firm before baking.
- Evenly baked biscotti loaves may be achieved by rotating and reversing the baking sheets during baking.
- When baking biscotti, Pia uses three shelves in her oven. Each shelf accommodates one baking sheet with two loaves. She can bake 90 biscotti at one time in one oven.
- Hardened biscotti cookies may be kept in a plastic container or large paper bag but do not seal until all cookies have cooled. Otherwise, the biscotti will soften.
- Store frouncesen chocolate-dipped biscotti in tightly sealed plastic bags and place in the freezer. This is especially true for warm and humid Hawai'i. Biscotti will keep in the freezer for many months of enjoyment.



# Ciambelle

## DI PATATE

**Submitted by:** Marino Rosato

**Regional origin:** Campania

**Preparation time:** 45 minutes (plus rising time)

**Cooking time:** 20 minutes

### DIRECTIONS

1. While potatoes are still warm, pass them through a potato masher into a mixing bowl.
2. Add flour, sugar, eggs, yeast, orange juice and zest, salt and rum.
3. Cover bowl with plastic wrap and let it rest in the refrigerator for 2 hours.
4. Transfer the dough to a lightly floured work surface.
5. Roll out the dough to a thickness of about 3/4 inch (2 centimeters).
6. Use a round mold to cut dichetti about 2 1/3 inches (6 centimeters) in diameter.
7. To make a ciambella, use a smaller pastry cutter to cut a hole in the center of the disk.
8. Pour oil into a medium high pan and heat to 300F.
9. Gently lay each ciambella in the oil and turn each to cook on both sides to a golden color, about 5-6 minutes.
10. Remove with a slotted spoon and place on paper towels to drain the oil.
11. Sprinkle with granulated sugar and serve immediately or pass the hot ciambelle and let the people sprinkle sugar as desired.
12. Don't forget the main ingredient that's needed to make the ciambelle – lots of love!

Makes 15 servings.

#### NOTES:

This recipe is from Chef Marino Rosato of Creative Ideology by Chefrosmarino.



### SHOPPING LIST

- 1 2/3 cups (250 grams) boiled, peeled potatoes
- 4 cups (500 grams) Manitoba flour
- 3/4 cup (175 grams) white sugar
- 2 eggs
- 2 1/4 teaspoons (7 grams) active dry yeast
- 1 orange, zest and juice
- Pinch of salt
- Double shot (2 ounces) rum
- Vegetable oil for frying



# Cuccidati

## BUCCELLATI

**Submitted by:** Margo Corrado Cowper

**Regional origin:** Sicilia

**Preparation time:** 50 minutes (plus wait times)

**Cooking time:** 20 minutes per batch



### DIRECTIONS

1. Filling
  - a. Soak figs for 2 hours until soft. Cut off ends.
  - b. Use a blender to grind figs, raisins, orange peel and nuts.
  - c. Add vanilla, sugar and cinnamon. Mix well.
  - d. Add orange juice.
  - e. Refrigerate until ready to use.
2. Dough
  - a. Cream margarine and sugar until light and fluffy.
  - b. Add eggs and vanilla, and continue creaming all ingredients.
  - c. Mix the dry ingredients together (flour, baking powder and salt).
  - d. Gradually add the dry ingredients to the creamed ingredients. Mix well.
  - e. Dough will be soft and sticky.
  - f. Refrigerate dough until ready to use.
3. Assembling and baking the cuccidati
  - a. Lightly flour a work surface.
  - b. Take the dough out of the refrigerator and roll to 2 inches wide and 1/4 inch thick rectangle. Pat out the rolled dough.
  - c. Roll filling with the hands to about 1/2 inch in diameter. Lay filling along the length of the dough.
  - d. Using a spatula, fold one side of the dough over filling.
  - e. Fold the other side of the dough over the top. Roll back and forth to seal.
  - f. Cut diagonally to desired lengths (e.g., 1-inch strips).
  - g. Pinch ends to seal and curve the strips to form crescent shapes.
  - h. Make a small cut with a sharp knife at the top of the cookie.
  - i. Bake at 350F for 12-15 minutes until golden brown.
  - j. Immediately remove from the cookie sheet and let cool.
  - k. Frost and decorate with sprinkles.
    - i. Add milk or water to confectioners sugar until desired consistency.
    - ii. Drizzle over cookies then quickly add sprinkles.
    - iii. Let the frosting dry.
    - iv. Store in airtight container in a cool dry place.

Makes 5 dozen cookies.

### NOTES:

Cuccidati (cucidati or cucciddati) is also known as buccellati (Italian fig cookies) or Sicilian fig cookies.

They are fig-stuffed cookies traditionally served at Christmas time.

The outside of the cookie is pastry dough covered with icing and typically topped with rainbow sprinkles. The filling consists of a combination of walnuts, dates, figs, spices, and orange. The pastry is rolled around the filling and the rolls are either cut into short tubes or curved around to form a bracelet.

### SHOPPING LIST

#### Filling

- 2 cups dried figs
- 2 cups raisins
- 1 orange, peel and juice
- 1 cup walnuts
- 1 cup hazelnuts
- 1 cup almonds
- 1 tablespoon vanilla
- 1 1/2 cups sugar
- 1 teaspoon cinnamon

#### Dough

- 1 1/2 cups margarine
- 2 cups sugar
- 1 dozen eggs, medium (or 8 large eggs)
- 4 tablespoons vanilla
- 7 cups flour
- 5 tablespoons baking powder
- 1/2 teaspoon salt

#### Frosting

- 2 cups confectioners sugar
- 2-3 tablespoons milk or water

# Torta

## ALLA RICOTTA

**Submitted by:** Anna Viggiano

**Regional origin:** Sicilia, Sardegna

**Preparation time:** 45 minutes

**Cooking time:** 60 minutes per pie

### DIRECTIONS

1. Pie crust
  - a. Mix flour and salt in a large bowl.
  - b. Add shortening and cut with two butter knives.
  - c. Using another bowl, mix just until blended eggs, vinegar, water and vanilla. Drizzle this wet mixture into the flour-shortening mixture. Cut again.
  - d. Divide the dough into three equal portions for three pie crusts. Dough will look loose.
  - e. Roll out one dough portion at a time.
  - f. Place the rolled dough in a 9-inch pie pan.
2. Filling
  - a. Combine ricotta, eggs, sugar, vanilla, orange juice and orange zest.
3. Pour one-third of the filling into the first pie crust and repeat for the remaining pie crusts.
4. Sprinkle cinnamon on top of each pie.
5. Bake at 350F for 1 hour until the top is light brown.
6. Allow to cool for at least 30 minutes before serving.

Makes three 9-inch pies, 6-8 servings per pie.

### NOTES:

This recipe was handed down from Anna's mother, Rose Pisa Viggiano. Her mother used to make at least 12 pies to give to family and friends on Easter. Wow!

### SHOPPING LIST

#### Pie crust

- 4 1/2 cups all-purpose flour
- 1 1/2 teaspoons salt
- 1 3/4 cups plus 2 tablespoons shortening
- 2 eggs, beaten
- 1 tablespoon plus 1 1/2 teaspoon distilled white vinegar
- 1/4 cup plus 2 tablespoons water
- 1/2 teaspoon vanilla

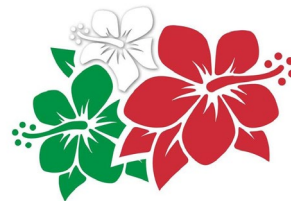
#### Filling

- 3 pounds ricotta cheese
- 12 eggs
- 1 1/3 cups sugar
- 2 teaspoons vanilla
- 2 tablespoons orange juice
- Zest of 1 orange
- Cinnamon









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