



PAPPAGALLO

Funded by the Greater Rockford Italian American Association - GRIAA
P.O. Box 1915 • Rockford, Illinois 61110-0415

Fall 2014

October is the Month to Celebrate Our Heritage

GRIAA presents its annual Italian American Hall of Fame & Recognition Dinner October 11 at Franchesco's where Lewis Maffioli will be inducted into the Hall of Fame and Maria's and the Vietnam Veterans Honor Society will be honored



Lewis Maffioli

By Mike Doyle

Lewis Maffioli, who will become the newest member of the Greater Rockford Italian American Association Hall of Fame, has roots that are deep in Rockford's history. Maffioli will be inducted into the hall on Saturday, October 11, in a dinner ceremony and celebration at Franchesco's Restaurant for his significant contribu-

tions to the Italian community in the Rockford area. In addition, Maria's Restaurant and the Vietnam Veterans Honor Society will receive Special Recognition awards. On Sunday, October 12, the hall of fame and special award recipients will be recognized at the annual Columbus Day Mass at the 11:30 a.m. Mass at St. Anthony of Padua Church.

Maffioli's great-great-grandfather, also named Louis Maffioli, was one of the first Italians to immigrate to Rockford. The first was Peter Maffioli, who arrived in 1878 from Ferentino, Italy, and was soon joined by his brothers Giacomo, Henry, Charles, and Louis. "Our heritage is important," said Maffioli. "If you don't acknowledge it or get involved with your family's history, you just lose it. The Maffiolis were the first Italian family in Rockford, and I am

proud of that."

"Lewis is family-oriented," said his sister, Nancy Maffioli Hand. "Family is very important to him." Lewis and his wife Kathie have two sons – Christopher (and Brianna), and Nikolas (and Meredith) – and three grandchildren – Sophia, 6; Joseph, 2; and Isabella, who turned one in August. But family extends to the work place as well. Lewis is the president of Wilson Electric Co., established in 1919 by Emil Maffioli. It is the city's oldest electrical company. "We're proud of that fact," Lewis said. "And that we have been in continuous business since then."

Lewis' brother Paul, who was named to GRIAA's Hall of Fame in 2005, got him involved with Festa Italiana in the 1980s, first in the fashions tent, then in the granita tent. By 1994, Lewis was the general chair of Festa. Not only did he contribute individually, but Wilson Electric provided service as well. Lewis has served Rockford's Italian-American community in other ways. He and Kathie are members of St. Anthony of Padua Church, where both serve on the Parish Council. He is also a member of St. Anthony's Holy Name Society and has volunteered at Boylan High School and St. Rita Catholic Church. In 2012, Lewis and Paul were honored as the Men of the Year by the Ethnic Heritage Museum.

"Lewis has a long history of making a positive impact to the Italian-American community of Rockford," wrote his sister in her nomination.

Despite all of this activity, Lewis was truly moved by his selection into GRIAA's Hall of Fame. "It is humbling," he said. "I don't feel like I've done anything to put me in this position." He is the 63rd person to be named to GRIAA's Hall of Fame since its inception in 1978.



Sam Oliveri

Sam Oliveri named Italian Man of the Year by Ethnic Heritage Museum, story Page 8



About this issue

The Greater Rockford Italian American Association's awards are the main stories in the Fall 2014 Pappagallo. On October 11, Lewis Maffioli will be honored as a Hall of Fame recipient, while Maria's Restaurant and the Vietnam Veterans Honor Society will get Special Recognition. Their stories are found on Pages 1, 2 and 3. We continue our Remembering Rockford series with two stories of widely varied interest. On Page 3, you will find the sad-but-true story of Rockford's first Italian-American police officer, Frank Cichella, who was shot to death while off duty in 1927. And those who recall the Mandeville Park neighborhood when Washington Junior High School and the Montague House were institutions will recall Spoto's grocery store on West Street. That story, written by family members, is on Page 4.

From there on Pages 7-9, we will catch you up on events going on in Rockford; including Sam Oliveri honored as the Italian Man of the Year by the Ethnic Heritage Museum, the Amici Italiani dancers, Rockford's sister city of Ferentino, Italy, and the Columbus Day Mass on October 12. Also on Page 9, we start a new feature that we want you, the reader, to help with. Each issue, we would like introduce a book section with two selections – one a book about Italy or the Italian-American experience, and the other a cookbook. This issue we start with a book about growing up Sicilian-American in Brooklyn, and the cookbook feature is Rocco DiSpirito's "Now Eat This! Italian." We welcome suggestions for this feature.

Three pages of Italian features start on Page 10, with Theresa Cascio's language story on Page 12. Finally, one of the saddest days of the year is when you slice that last tomato from the garden. Because this issue will be sent out while we are still picking them, we decided to include some recipes with fresh tomatoes. There are two fresh tomato sauce recipes and one using other fresh produce from our gardens. We also have other seasonal recipes on three pages, 13-15.

Finally, the story on Maria's refers to its famous "char-broiled" steaks. On a personal note, I was covering the Chicago Bears in the late 1980s when a Chicago Tribune sportswriter, Bob Markus, insisted that we eat at "the best steak house in America." We were in Tampa, Fla., to cover the Bears and Buccaneers, and Bern's Steak House was our destination. I remember seeing Coach Mike Ditka and then quarterback Jim Harbaugh there, so I figured this had to be good. While the menu, as thick as an honor students' advanced physics notebook, was impressive, the steak was not. "Maria's steaks are better," I told my colleagues. But we in Rockford already knew that.

We hope you enjoy reading the Fall 2014 Pappagallo.

Special Recognition goes to Maria's, Vietnam Veterans Honor Society

By Mike Doyle

The Greater Rockford Italian American Association will recognize Maria's Restaurant and the Vietnam Veterans Honor Society as recipients of the 2014 Special

Recognition awards on Saturday, October 11, at Franchesco's Restaurant in Rockford. Each has made significant and lasting contributions to Rockford's community.

Anyone with ties to South Rockford, no matter the nationality, knew about Maria's. The storied gathering place served its last meal on December 31, 2013, after 90 years of making pasta, pizza and possibly the best steaks in America. In 1913, Tizzano and Maria Dal Cason opened a grocery story on the corner of Cunningham and Short Corbin streets, and, in the 1920s, started a small restaurant, originally called Tia's Venetian Café. In 1933, they moved the restaurant across the street to 818 Cunningham St. and called it Maria's Italian Cafe.

Maria's was known for its spaghetti, ravioli, pizza, Italian salad, and steaks, and those items remained on the menu until the end with little variation. Over the years, Maria's became famous for its festa dinners, pizza bread and "char-broiled steaks," as well as its special order items like



Vietnam Veterans Honor Society Board of Directors: (from left) Tony Bove, Tony Circelli, Nick Parnello, and Paul Cassioppi.

Other famous people who enjoyed Maria's were drummer Gene Krupa, comedian Red Skelton, and bandleader Guy Lombardo. After Maria Cason died at the age of 82 in 1959, the restaurant was passed onto her sons Jake and Tony. (Jake Cason was named to GRIAA's Hall of Fame in 1984). Tony's inspiration was to take the first-ever pizza made in Rockford, along with his pastas, into Chicago and the suburbs. Tony accomplished this by adding the frozen food factory onsite.

Ten years after Jake's death, Tony decided to stop peddling Maria's frozen foods and retire. Tony sold out his



Marie and Tony Cason in the kitchen of Maria's in a photo taken in 1943. Tony, 30-years-old, holds the recipe for the tomato sauce, while Marie is stirring the pot.

shrimp de jonghe and spaghetti with the special sauce. The first president George Bush, who was invited to the restaurant by Republican Party leader Lynn Martin, had a memorable meal there, saying that he didn't need to eat for two days afterward.

continued on next page



share of Maria's to his brother Jake's children – John and Joe along with their sister Maria. Last year, they decided it was time to end the long run. When it closed, Maria's, the first Italian restaurant in Rockford, held the city's oldest liquor license. For its heritage as an integral part of Rockford's Italian American community it is well deserving of special recognition.

The four members of the Vietnam Veterans Honor Society have a lot in common. Tony Bove, Paul Cassioppi, Anthony Circelli, and Nick Parnello all served in the U.S. Army in Vietnam; all were members of VietNow; and all have roots in a certain nationality that called South Rockford home.

"We just happened to be Italian," Parnello said. "We all knew each other."

The four are the top officers of the VVHS – Parnello is the president, Cassioppi the vice-president; Circelli the secretary; and Bove, the treasurer. Parnello, an inventor, served from 1967-70; Bove, owner of Bove's Garage, from 1967-70; Cassioppi, a retired state worker, from 1969-71; and Circelli, a retired car salesman, from 1968-70. The group had its roots in the Rockford-based organization, VietNow. And, in a twist of facts that can only happen in Rockford, the organization and Maria's have a memorable connection. Parnello had one day left in Vietnam when he met a friend from back home, Joe Falzone. "We sat on the side of a hill and cried and talked and promised that when we got 'back in the world,' we would have dinner at Maria's," Parnello said. When they finally met in the early 1970s, Parnello realized that Falzone was the only Vietnam vet he knew. "Nobody talked about that war," he said. "So we started a group."

The result was VietNow, a national organization for veterans of the Vietnam War. In time, a group of veterans wanted to create a local memorial, so, in 1984, the four got together to form the Vietnam Veterans Honor Society. One thing that spurred its growth was the National Vietnam Veterans Memorial in Washington, D.C., which Parnello visited at its dedication in 1982. "We wanted to build a memorial in Winnebago County for all of our veterans," Bove said.

After searching for a site, a little miracle happened. A chance meeting that Falzone had with Midway Village Museum Center board member Jack Cratty occurred in 1994 and the subject of the site for the memorial came up. After some discussion, the group and the museum board agreed that the park area near Midway Village was the best location for the memorial, and in 1995, they approved the site, however, the board told the society to build the memorial in a year. That's when another miracle occurred, Parnello said, "The board stayed with us (because) it took 10 years to complete. We were grateful for all of their support."

The LZ Peace Memorial is located at 6799 Guilford Road in Rockford.

"It was the perfect location," Bove said. "It really has the serenity. It's perfect."

In 1991, a Huey helicopter was brought to the site, and, in 2005, LZ Peace Memorial was dedicated. It features the names of local servicemen who gave the supreme sacri-

fice. Their names are on a wall that is similar to the one in our nation's capital. However, the group is not done with efforts meant to aid veterans.

"While the memorial is established, our goal right now (involves) veterans who are dying of Agent Orange," Bove said.

The organizers are raising funds to create a new place for listing these veterans who have died of Agent Orange.

All are grateful to have their group recognized by GRIAA. "I think it's beautiful," Parnello said. "It's wonderful that they recognize creativity in Italian families."

"I'm really honored they even considered us," Bove said.

The tragic story of Frank Cichella: Rockford's 1st Italian police officer



This tribute to Officer Frank Cichella is located on the second floor of the Public Safety Building outside Rockford Police Department headquarters.

By Mike Doyle

Frank Cichella was the first Italian-American police officer in Rockford's history, but his story has a tragic ending. Officer Cichella, 32, and father of seven, was killed while walking to his home at 820 Montague Street. While compelling, the story has a lot of unanswered questions because Officer Cichella and the man who shot him both died of their wounds.

It was about 9 p.m. on February 27, 1927, when Officer Cichella, who was not in uniform, observed a car running without its headlights on in front of 822 Corbin Street in South Rockford. According to former Rockford Police Chief Del Peterson, it was illegal then for a car to be idling without its lights on. When Officer Cichella walked to the front of the car, he noticed a man. From there, accounts of the story differ.

Officer Cichella, who was in his second year on the job, apparently argued with the man, 31-year-old Fred Bailey, who then went into his house. When Bailey returned, shots were fired. But who fired first? The stories that appeared in the February 28, 1927, edition of the Rockford Register Gazette differed. Both men survived the shoot-out long enough to tell their stories to detectives, and those stories were printed in the newspaper.

Officer Cichella told this story: "(Bailey) muttered something, ran into the house and came out and shot me. When he shot me, I jerked out my revolver and fired."

Bailey's story started with the argument. "I ran into the house to get my .45 caliber automatic. When I came out ... he showed me his star and said he was a policeman. I told

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him if he was the law, I would go with him. He kicked me as I started to get into the car, and he shot me in the back. I drew my gun and held the trigger." After the shooting, Bailey ran to his brother's house at 912 Sanford Street, where police found him. Bailey told police he thought



Photo of Officer Frank Cichella

Officer Cichella was drunk, but the newspaper reported that there was no odor of liquor on him. Bailey did tell Officer Folke Bengston, "I shot him, but he shot me first."

Whatever the account, the results were awful. Bailey was shot three times in the lungs, neck and arm. The officer took five bullets – all in the chest and abdomen. And that is a point to consider because Officer Cichella fired three times and

Bailey five, so the police officer got the worst of it. The newspaper reported that the "surgeons had to make 25 incisions to treat his wounds." The family and Father Anthony Marchesano of St. Anthony of Padua Church rushed to Officer Cichella's bedside, but he died at 1:15 p.m. the next day. Bailey died the same day.

Officer Cichella's funeral was held at the original St. Anthony Church with Father Marchesano officiating the high requiem mass. Between 200 and 300 members of the local Italian community attended, and the funeral procession was said to have 125 cars. One newspaper account said it was the largest funeral ever held in Rockford.

Because Officer Cichella was white and Bailey was black, there was concern about escalating racial tensions but there were no further accounts. Officer Cichella had to be used to the social differences of that time. His grandson, David Fulling, said that the police chief assigned Rockford's first Italian-American police officer to walk the beat on Seventh Street. "Because that's where all the Swedes were," Fulling said, referring to Rockford's long-standing ethnic conflict between Italians and Swedes. It wasn't until after World War II that Italians could safely purchase homes on the east side of the Rock River.

Officer Cichella, who was born in Ferentino, Italy, left his widow Mary (Promo) Cichella with six daughters (Ida, Marie, Viola, Adeline, Edith and Jenny) and son (Albert) and a \$2,800 mortgage. In the following months, there were many fund-raisers and donations to the family. In time, the police department awarded his widow a \$70 life-time monthly pension.

The times after Officer Cichella's death were hard on his family, said Fulling, one of 16 grandchildren of Frank and

Mary. "She kept trying, but it was so difficult after Frank died," he said. "She had renters and a garden." Mary Cichella got a pension, but that \$70 was never increased over the years, Franklin said.

In an interesting twist, one of Frank and Mary's daughters, Edith, married Gus Pratt, who became the Winnebago County Sheriff.

Officer Cichella is honored with a display on the second floor of the Public Safety Building in downtown Rockford and is also recognized by the National Law Enforcement Officer Memorial Fund and on the Officer Down Memorial Page on the internet.

More than food items could be found At Spoto's Grocery and Meats

By Dominic and Angelo Spoto, and Carmella LaLoggia

Spoto's Grocery and Meats, owned and operated by Louis and Jennie Spoto, started in business in 1922 on South Main Street. In 1929, the store moved to the corner of West and Wall streets. We remember very vividly the store opening at 5 a.m. to accommodate customers. In those days, people did not have home refrigeration. So, very early in the morning, the customers would shop for milk, butter, cold meat for their lunches and other perishables. Everyone seemed to be in a happy mood exchanging a cheerful "Good morning!" with each other. Neighborhood stores were very popular in those days.

It was, in a sense, a place to gather and exchange ideas.

We remember only too well how difficult it was during the Depression. We also recall how our father, Louis Spoto, would extend unlimited credit to his customers so that their families wouldn't go hungry. Our dad was a very kind and generous man. Whenever a customer paid a bill, either in full or a portion of the bill, Dad always rewarded them with a one-pound can of Hills Bros. Coffee. And let me tell you, they looked forward to it! Our mom and dad saw that anyone who needed food for their families would not go without the necessities. To this day, we often wonder how our parents



Angelo Spoto (left) and his father Louis Spoto in a picture taken about 1943 in front of Spoto's Grocery at 623 Wall Street. Angelo is 14 in this photo. Wall Street is known today as Salter Avenue.



made a living for themselves. Many a customer ended up owing Louis and his wife, Jennie, a considerable amount of money. How many times we hear someone say, "If it wasn't for your dad, we would have starved." Today we still hear that quote.

Time marches on to another era. In 1940, Washington Junior High opened its doors for the first time. Soon Spoto's Grocery and Meats changed its name to Spoto's Grocery, Meats and Luncheonette. At that time, Washington Junior High did not have provisions to serve school lunches. Therefore, Louis and Jennie felt they should do something to accommodate the students. They reserved an area in their store for the many students who would dash across the street to get a stool at the counter. Would you believe the costs for the sandwiches? The price of hot dogs, hamburgers, barbecues, tuna salad and ham sandwiches was six cents. Our parents found love and satisfaction in dealing with these wonderful kids.

Our dad passed away in 1968. There isn't a time when our mom runs into a former student who doesn't say, "Gosh, those were fun days! You and Mr. Spoto were so good to us. Also thanks for listening to our problems, and most of all, for giving us food even when we didn't have money."

Our hats off to our wonderful parents.

GRIAA's Genealogy Project would like to hear from you

By Frank Perrecone

GRIAA's Culture and Education Committee is seeking the history of your family's immigration from Italy to Rockford. We are collecting these histories for a book that GRIAA expects to publish in calendar year 2016. In addition to publishing an immigration history, we will publish your family's submitted photograph.

Writing your family's immigration history is easy. Collectively, you and your family members likely have enough information.

The following families have submitted their histories and photographs:

We want your family included.

To assist you in getting started, I have posted online a fill-in-the-blanks form to help you organize in chronological

- | | | |
|--------------|--------------|----------------|
| • Alongi | • Di Piazza | • Parisi |
| • Balistreri | • Domino | • Perrecone |
| • Bianchi | • Fanara | • Piazzalunga |
| • Biondo | • Fedeli | • Porrovecchio |
| • Bonzi | • Giammalva | • Pozzi |
| • Bordonaro | • Giorgi | • Ricotta |
| • Bruscato | • Guidi | • Riganti |
| • Caruana | • Maggio | • Saporito |
| • Cascio | • Marelli | • Urso |
| • Castelli | • Martignoni | • Vinci |
| • Chiodini | • Montalbano | • Wardecker |
| • Correnti | • Notari | |
| • DeCori | • Guerrera | |

order your family's information from Italy to Rockford and in between. From the information obtained to complete this form, you can write your family's immigration history. Simply go to GRIAA.org, Culture and Education Committee and look for the link to "Family History Form."

The "Culture and Education Committee" link will also bring you to complete details on writing your family's immigration history, including "How To" and "Formatting" guides, as well as the histories and photographs of the above families who have already submitted their information, which is available to download and read.

If you have any questions, feel free to contact me at (815) 962-2700 or at frankaperrecone@aol.com.

Sister Cities hosts Taste of Italy



The Cascio Family in a picture taken in 1921. (from left) Michele (Michael) Cascio, Concetta (Migliori) Cascio, Vincenza (Virginia Cascio) Fazio Vincenzo Cascio, Anna (Cascio) Giammalva

The Rockford-Italian Sister Cities Committee will host a Taste of Italy, a fund-raiser featuring many locally owned Italian restaurants, from noon to 3 p.m., Saturday, November 15, at Midway Village Museum.

Among the restaurants expected to attend are Franchesco's, Giovanni's, Giuseppi's, Joey C's, John's, Lino's, Leombruni's, Napoli, Sam's Ristorante along with others. The cost is \$20 per person, not including drinks, and the event benefits the group's efforts to expand and deepen its relationship with Italy. The museum is located at 6799 Guilford Road in Rockford.

A trip to Ferentino, Italy, is just another of the activities the Sister Cities Committee has going on. Ferentino is Rockford's sister city in Italy, and 14 committee members and others are traveling there in September, 2014. The 10-day trip runs from September 10-14 and begins in Rome.

The group also is planning to continue its Sister Cities Pen Pal program that began last November when students from Joy Lynde's third-grade class at St. Bridget's Catholic School in Loves Park exchanged letters with Severina Real's third-grade class at the Ferentino School. The students from the two schools exchanged two sets of letters over the school year.

Holly Lazzerini, president of the Italian Sister Cities board, said that not only will the school exchange return, but the group is seeking exchanges in other areas such as art and other professions. Lazzerini also has been re-elected to the board of directors for Sister Cities International.

Rockford is one of several cities in Illinois with sister cities in Italy. Among the others are Chicago and Milan; Elk Grove Village and Termini Imerese, Sicily; Addison and Triggiano; and Highland Park and Ferrara and Modena. Nationally, 70 U.S. cities have sister cities in Italy.

Dappagallo '14**Dappagallo '14**

**Hall of Fame
and
Special Recognition Award Banquet**



**Saturday, October 11, 2014
Franchesco's Restaurant**

Music by the Mike Alongi Trio

6:00 p.m. Social Hour

7:00 p.m. Dinner

8:00 p.m. Awards Program

Choice #1 Entree:

Roasted Pork Loin

Roasted Pork topped with a bourbon apple glaze served with sauteed
spinach and garlic whipped potatoes

Choice #2 Entree:

Orange Roughy

Moist and Tender Orange Roughy baked and served with Green Beans Almondine
and Roasted Red Potatoes.

Choice #3 Entree:

Pasta Primavera

Penne pasta tossed with Garlic and Olive Oil with Fresh Vegetables including Asparagus,
Sun-dried Tomatoes, Bell Peppers, Broccoli, Cauliflower and Carrots

Toasted Almond Cake

\$32.00 per person

R.S.V.P. by October 1st

Please make your check payable to GRIAA. Send the following information:

Names _____ **Phone** _____

Number Attending _____

Entrée #1 _____ **Entrée #2** _____ **Entree #3** _____ **Amount Enclosed \$** _____

(Include names of all persons and their entree choice)

Mail to: GRIAA, 1525 West Street, Rockford, IL 61102

Reservations: Anna Mirabile (815) 871-7789 or email zabut66@gmail.com

Join us at Franchesco's to honor this year's Award Winners!

Rosie Scalise Sheridan
sheridanrosie@yahoo.com



Amici Italiani troupe Learns new dances



The Amici Italiani Children's Troupe

By Theresa Cascio

Since we last checked on the Amici Italiani Dance Troupes in the fall, both the youth and the adult troupes have been busy with practice. Their festa practice starts in February and goes until the week of the Festa Italiana, held the first weekend in August.

This year, the audience found 30 children in the youth troupe - and, yes, this is a huge group!

These dancers have worked hard since it was founded in 1989, most

recently becoming inductees into the GRIAA's Hall of Fame in 2012. Pauline Urso, the youth instructor since 1998, is joined by Anna Mirabile and Heather Addotta-Dunaway this year.

Anna has three sons (Mario, Luciano, and Gabriele) in the youth troupe. Heather has been an Amici Italiani since 1992, now teaching her daughters, Kaylynn and Allison, everything she has learned over the years.

The youth troupe has been busy dancing all over Rockford, including at the Coronado Theater, Bickford House, Midway Village, Harlem High School, Cherry Valley Days, Rockford College, Keith Country Day School,



Heather Dunaway with her daughters, Kaylynn and Allison



Heather Addotta Dunaway (right) with a fellow Amici Italiani dancer at a past Festa Italiana

and Maple Elementary School.

The adult troupe has also worked hard since our last issue. The dancers learned the two new dances brought back from the IFAFA conference in Boston last November (La Furlana Bergamasca and San Rocco). They were excited to show these dances off at Festa Italiana. The dancers also performed at the Taylor Street Italian Fest in Chicago on August 16. The Rockford Italian community will be proudly represented by the adult troupe at the Midtown Celebration on September 24.

Columbus Day Mass

The Columbus Day Mass Celebration will be held on Sunday, October 12, with a Mass at St. Anthony of Padua Church, followed by a special blessing at the Christopher Columbus memorial in the Memory Garden. This is a special occurrence because the celebration will be held on the day set aside for the sailor from Genoa who discovered the New World in 1492.

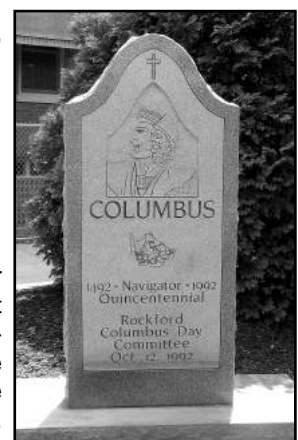
After the 11:30 a.m. Mass, those attending are invited to gather in the Memory Garden for a special ceremony. Those who were honored at GRIAA's Hall of Fame Dinner on October 11 - new Hall of Fame member Lewis Maffioli

and Special Recognition recipients of Maria's Restaurant and the Vietnam Veteran's Honor Society - are invited to attend the celebration, where they will be recognized.



The Columbus Day Mass was one of the first events held when the Columbus Day Committee, known now as GRIAA, was formed in 1979.

The monument to Christopher Columbus in the Memory Garden at St. Anthony Church. A special blessing will take place here following the Columbus Day Mass following the 11:30 a.m. Mass on October 12.





With roots in South Rockford, Sam Oliveri is Man of the Year

By Mike Doyle

When Sam Oliveri accepted the Italian Man of the Year Award on Sunday, July 13, from the Ethnic Heritage Museum, he made a point of sharing the honor.



Patty and Sam Oliveri

"It is an incredible honor, but not so much about me," Oliveri said. "It's also about where I came from, from my family, from our roots in South Rockford."

And a very special person. "In 1981, I married the love of my life, Patty, of whom I attribute a great deal of my success," Oliveri said.



Sam Oliveri receives his award as Italian Man of the Year

Oliveri has operated Gasparini and Oliveri Funeral Home on Marchesano Drive in South Rockford for the last 40 years. He runs the family business that was begun by his grandfather Sam Oliveri Sr., who emigrated from Sicily. The senior Oliveri began his journey in New York, then moved to Chicago, where

he met Oliveri's grandmother Jennie Marino. They were married on September 28, 1919, and had three sons, Sam John and Phillip, and a daughter, Paula. Sam, Junior, met his wife Vicki while attending the University of Alabama. Sam Oliveri, the youngest of four, was born June 18, 1954.

Oliveri is the 22nd person to be selected as the Italian Man of the Year. Many friends helped Sam and Patty celebrate the event on July 13.

The next day, July 14, 2014, was declared Sam Oliveri Day by the City of Rockford. He was honored "because of his wide range of community involvement in the Southwest Rockford area," according to the proclamation. Oliveri is a



Sam Oliveri conducts a television interview at the Man of the Year event at the Ethnic Heritage Museum

member of Severson Dells Nature Center, Klehm Arboretum and Botanic Garden, the Illinois Ornithological Society, the Natural Land Institute and the National Audubon Society. Locally, he is a member of St. Anthony of Padua Church and its Holy Name Society, SWIFTT (Southwest Ideas For Today and Tomorrow), Tinker Swiss Cottage Museum and Nature Center and the Ethnic Heritage Museum. His involvement in promoting South Rockford did not go unnoticed.

"I obviously think the world of his business and dedication to the ward," said Fifth Ward Ald. Vernita Hervey, who requested the proclamation from the city. "He has put up with so much in the southwest quadrant of the city, with deterioration and dilapidation," she said. "The whole area was blighted and neglected, but Sam stayed and worked with it. And it finally has paid off with the new fire station being built across the street from his business."

Gene Fedeli was named the first man of the year in 1994. The award has been presented annually and the list of men honored includes Joe Cavallaro, Joe Caci, Frank St. Angel, Paul Logli, Joe Bove, Paul Triolo, Val DeCastris, Sam Cassaro, Joe Scandroli, John Gagliano, Gary Marzorati, Peter Provenzano, Bob Corirossi, Samuel Castree, Michael Alongi, Joseph Bruscatto, Cono LaLoggia, Louis and Paul Mafflioli and Frank Perrecone.

Fedelis to be honored at 25th anniversary Of Ethnic Heritage Museum October 5

One of the highlights of the Ethnic Heritage Museum's 25th anniversary open house from 11 a.m. to 5 p.m. on Sunday, October 5, will be the dedication of the Italian flag to Gene and Shirley Fedeli. The Fedelis, who moved to Michigan from Rockford last year, were tireless volunteers to the museum and were well known in Rockford's Italian-American community.

Each of the six nationalities that are represented at the museum will have a flag dedication, beginning at 1:15 p.m. Besides Italians, the other ethnic groups that are celebrated are African-Americans, Irish, Lithuanians, Poles and Hispanics.

The Ethnic Heritage Museum opened a new display in the Italian Gallery to celebrate Italian music and local musicians. The exhibit, which will feature folk dance outfits, will run through November. All ethnicities will be represented and will feature food and performances each hour. The Italian Gallery will serve food and feature performances from 4 to 5 p.m.

On November 16, the museum will open its Italian Christmas Traditions exhibit. The holiday spirit continues on December 14 when it will be a part of the Holiday Traditions Partnership Open House with Tinker Swiss Cottage and the Erlander Home Museum.

The Ethnic Heritage Museum is located at 1129 S. Main Street in Rockford. It is open Sundays from 2 to 4 p.m.

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Festa Italiana the highlight of Rockford's summer



Old friends reunite at the Festa. (from left) Amelia Barks, Josephine Kullberg, Gavin Johnson.



The Boccitas at the bocce grounds at the 2014 Festa Italiana. (from left) Sarah Miller, Kayce Degenhardt, Caresse Hills, Alysson Barks.

'Remember Me Young' tells About growing up in a Sicilian-American home

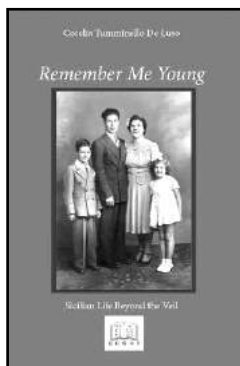
"Remember Me Young: Sicilian Life Beyond the Veil" is a delightful book that focuses on what it was like for Sicilian-Americans to grow up and live in Brooklyn. It is a collection of funny and poignant stories that succeed in defining the

character of Sicilian-Americans, the code they live by, the family-oriented solutions, the love that conditions all of their actions. These are memories by a Sicilian-American, who is proud of her heritage and who writes with passion, understanding and empathy.

Cecelia Tumminello DeLuso was brought up in the Sicilian ways of the old country, which was always spoken of as a place with respect for elders, land and God as uppermost. Her parents wanted America to be their children's motherland, so moving to the Bushwick section of Brooklyn gave them the freedom to learn the ways of many different people and cultures. Blessed with a life of unconditional love, fifty-five-year-old wife, mother of four children, grandmother of six, started a career in real estate. DeLuso remains a believer in appreciation for life.

"Remember Me Young" is available on Amazon.com.

Source: *The Italian American Digest: The Italian American Voice of the South.*



Rocco's recipe Eating Italian for Less than 350 calories



Those of us who love Italian food but need to watch what we eat should take a look at Rocco DiSpirito's "Now Eat This! Italian." This cookbook features dishes from "the real mamas of Italy," and all are under 350 calories. Rocco dedicated the book to his mother, writing, "Mothers are special. Mothers are very special. Mothers give life and cradle it through all

the years that follow. This book is dedicated to honor the wonderful women who gave us life, fed us, lived our every pain and every joy. And who will be with us from our first bite to our last breath."

Rocco's book is available at many sources, including Amazon.com at \$12.99 for Kindle and \$26.99 for hard cover.

Shrimp Fra Diavolo

Salt

2 ounces whole wheat farfalle, such as Delallo

1 tablespoon extra virgin olive oil

8 cloves garlic, thinly sliced

1/8 teaspoon crushed red pepper flakes

1/4 cup roughly chopped fresh flat-leaf Italian parsley

1 tablespoon red wine vinegar

2 cups canned plum tomatoes, drained but not squeezed

1 1/4 pounds extra-large fresh shrimp, peeled and deveined

Freshly ground black pepper

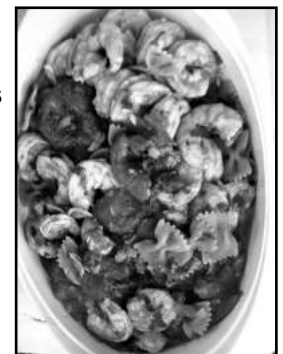
Bring four quarts of water to a boil in a large pot and add two teaspoons salt. Add the farfalle and cook according to package directions, about eight minutes for al dente. Drain the farfalle and reserve. Heat the

olive oil in a large nonstick skillet over medium-high heat. Add the garlic and cook, stirring, until it turns golden brown, about two minutes.

Add the pepper flakes and parsley and cook for ten seconds. Add the vinegar and cook until most of it evaporates. Squeeze the tomatoes into the pan with your hands and cook until almost all of the liquid is evaporated. Season the shrimp with

salt and pepper; add to the skillet and cover, and turn off the heat to let the shrimp gently heat through, six to eight minutes. Add the pasta, turn the heat to medium, and bring the mixture to a simmer. Divide the shrimp among four bowls, using a slotted spoon. Spoon the sauce around the shrimp.

Recipe suggested by Mary Jo Jarvi





Make it peachy, a new tiramisu*

Back in our "farming years," we'd ride our old Gilera motorcycle to nearby Bettona for peach-picking in July. I'd rather hoe corn, muck the pig stalls or even help on the haying than pick peaches. Hot, sweaty and itchy work. But what peaches! And you'd forget about sweltering in the Bettona peach orchards when savoring a bowl of *pesche scioppate* in front of the fire on a cold January night.

Besides putting up about 50 quarts of peaches, we'd also make jams – and later when our three children came along, over a hundred small bottles of *succo di pesche* for school day snacks. And sometimes, those fruit juices were of mixed fruits: *succo di pera e pesca* or even *succo di pera, pesca e prugne*... Che bonta'!

Every time I make peach tiramisu, I remember those Bettona peach days.

It's the soaking of crispy *savoirdi* (lady fingers) in espresso that gave the name *tiramisu* ("pick me up") to the tasty pudding-like dessert which debuted in Italy in the late



1950s – or so. "Culinary legend" places its origins in northern Italy in Friuli Venezia Giulia where Signora Norma, in her late 90s, claimed to have created it in her husband's Udine restaurant in the late '50s. The war goes on. A Veneto restaurant



claims its origins in the late '70s. Tiramisu' entices diners the world over now and variations on the theme are endless... Such as the summertime versions with luscious ripe fruit... they are winners. But now's the time for peach tiramisu'. Ingredients (for about 8):

Peach tiramisu*

8 to 10 very ripe peaches
Juice of 2 lemons
2 cups of fruit juice (pear juice or apricot juice preferred.. but experiment!)
1 bar of dark chocolate
1 large package crispy lady fingers (but Graham crackers work as well)
Sugar, q. b. ("*quanto basta*", ie, as much as you need)
1 cup ricotta
¾ cup mascarpone (approximately)
4 or 5 eggs
Cover peaches with lemon juice and fruit juice, soaking overnight in the refrigerator (or let set in the juices for a few

hours before preparing the tiramisu'). Mix together ricotta and mascarpone with wooden spoon (if mixing mascarpone with a beater, it liquefies). Separate yolks from whites. Whip egg whites until stiff and then whip yolks. Mix both together and then add to cream mixture. Add sugar to taste, q. b. Dip cookies into peach/juice mixture until soft. Cover bottom of glass oval dish – about 9 – 12 inches long – with cookies. Spoon cream mixture over the softened cookies, then spread peaches on top. Add chopped chocolate (and coconut if you wish). Repeat with soaked cookies, then cream, then peaches, then chocolate. Continue until all ingredients are used. Refrigerate for about 4 hours (or put in freezer for about 20 minutes).

This can be made in advance and frozen.

Note: If making for a children's party you may add sliced bananas or M & M's between the layers.

Source: Anne Robichad in *ItalianNotebook.com*

Fig heaven in Umbria

In the weekly markets of Piegara, Umbria, the village alimentary (grocery stores) and hiding beneath the large leaves of the trees surrounding Piegara, figs are everywhere. Late summer has arrived and we are in fig heaven.

The soft green skin bursts open to reveal its juicy sweet surprise and we can eat them smugly, knowing that they are the healthiest of fruits, rich in calcium, magnesium, iron and fiber. Lovely to look at and divine to eat, I serve them many ways, but here are two of my favorites: one for a late summer light pranzo and the other to anoint a hearty pork roast in winter.

Fig and Arugula Salad for Summer

Place enough arugula on a plate; season with your finest extra virgin olive oil and just a splash of balsamic vinegar. Arrange figs cut into quarters over the arugula, skin sides down so their beautiful pink centers contrast with the green, then arrange very thinly sliced prosciutto. Top with slivers of Parmigiano-Reggiano. Sweet and salty: figs and prosciutto are a marriage in heaven.

Canned Fig Compote for Winter

Juice of 8 oranges
4 pounds of fresh figs, chopped coarsely
3 tablespoons sugar
4 cups of good red wine (suggest Sangiovese or Merlot)
10 rosemary sprigs wrapped in cheesecloth bag
8 cups water

Mix figs, orange juice and sugar in bowl. Let meld in the refrigerator for one hour; place into non-reactive saucepan and add wine, water and rosemary bag. Bring to high boil, then immediately on low simmer for one hour, stirring occasionally until most liquid has evaporated. Leave wooden spoon in pan to draw heat up so it does not stick to the bottom. Remove rosemary and ladle into glass jars, leaving ¼ inch at top; process in water bath for 45 minutes. Cook and serve with roast pork. Makes 8, 4-ounce jars of compote.

Source: Colleen Simpson in *Italiannotebook.com*



The Republic of Noli

By Mike Doyle

For centuries, Italy, like other countries in Europe, did not have a centralized government. Long before Italy became unified in 1861, its geography was dominated by a number of small, self-governing states or sovereignties. This type of political institution was prominent in Europe with the states favoring allegiance to either the pope or the prevalent emperor.

Venice, which remained independent as a city-state for a thousand years, is an example of that. But the patchwork geography that made up a country like Italy left it vulnera-



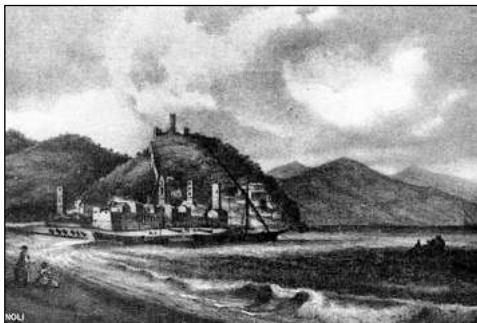
Noli as it looks today

ble to conquest by major European powers. Through the fourteenth through seventeenth centuries, most of Italy's smaller and more vulnerable city-states were wiped out. One of those was Siena, a major

banking center and rival to Florence, Venice and Genoa. But the Bubonic Plague in the fourteenth century killed a third of its citizens, and it never recovered. An example of a city-state that survived in Italy today is the Republic of San Marino. Other examples are the postage-stamp principalities of Monaco and Liechtenstein.

The Republic of Noli, located southwest of Genoa in the province of Savona, was a *pubbliche marinare*, one of the maritime republics that tended to be small. Of all the maritime republics in Italy, the smallest of those was the Republic of Noli. Established in the twelfth century, it allied with its stronger neighbor, Genoa, which was 31 miles (50 kilometers) away. Even though it was small, Noli could boast of a safe harbor and large shipyard on the Gulf of Genoa, which allowed it to become a well regarded naval and commercial power. The Roman Catholic Church assigned it a bishop in 1239, but later it became a part of the Diocese of Savona-Noli.

The Republic of Noli had its own flag, red with a white cross, which was the opposite of Genoa's flag. Because of its size, the flag was seldom hoisted at sea. Instead, Genoa's flag was unfurled because of its size and reputation. However, Noli was significant enough to be officially recognized by Henry VI, who declared its independence as



Noli in its heyday as an maritime republic

a republic in 1193. In documents dating back to 1004, it was known as "Naboli," and its name may have come from *Neapolis*, the Greek-Byzantine word for "new city."

In the end, size does matter. The Republic of Noli's existence as an independent state was ended in 1797 when Napoleon occupied Liguria.

Today's Noli is considered a "medieval gem," according to Fodor's. A *comune* of Liguria, it is a charming village that hugs the coast. It is hard to believe that it was once considered a major player among Italian city-states, mentioned along with Genoa, Venice, Pisa, and Amalfi. In fact, it ranks only behind those places as it is considered the Fifth Maritime Republic from the past.

Trastevere, Rome's Proudest Neighborhood

By Theresa Cascio

Rome is one of the most sought after destinations for travelers of Europe. What many do not know when visiting Rome is that, tucked away and hidden from the crowded city center, there is a neighborhood called Trastevere. Located on the west bank of the Tiber River, Trastevere was not part of the original plan of Rome.

In ancient times, the area belonged to the Etruscans, who predate Roman times. When the Romans conquered it, they used the space as a transportation site. Trastevere was not intended to be a settled area until fisherman began setting up their homes to be closer to work. It wasn't until the medieval times when Trastevere began to thrive. Because of the area's flourish during this time, most of the original buildings are still intact.

Since the people in this neighborhood kept up with the medieval style, the old Italian charm is very much alive. Walking through the cobblestone streets and along the ivy-covered buildings, any visitor will quickly experience the strong local identity in this area. Because of this, it is hard for the average tourist to get around the neighborhood without getting lost, making Trastevere a highly sought after neighborhood for those visitors that are travel-savvy.

Now that you know where Trastevere is, what should you do when you get there? There are many sites that can tell the true history of Rome. Santa Maria in Trastevere, founded in 222, is one of the oldest churches in Rome and fun to see because of the mismatched columns in the nave that were all stolen from ancient Roman buildings. San Crisogono and Ponte Sisto are two other sites that will teach the traveler a lot about the history of Rome.

One of the favorite attractions of many visitors in Trastevere is Isola Tiberina. This island is in the middle of the Tiber and home to a hospital as well as a synagogue that was used secretly during WWII when the area was heavily populated with Jews that were in hiding.

Finally, visitors can end their day in Piazza Santa Maria where there is a huge fountain. It's where locals and travelers alike sit and people-watch the truly amazing characters of Rome. The buildings around the piazza also have some



of the least expensive restaurants in the city.

Whether you visit with a plan or plan to get lost, visiting the neighborhood of Trastevere is a must on your next trip to Rome if you seek to understand the *persone pазze* of Italy a little better.



What to do (and say) When you get to Italy

By Theresa Cascio

In the last issue, I explained how to get to places when you first arrive in Italy. Now, I am going to explain what to say when you get there. During my last trip to Italy, we spent a long weekend in Palermo. From the moment we got off the plane, we quickly realized that knowing how to hold a conversation at the hotel, restaurants, and train station was essential to surviving in a city that is much more indigenous than Rome.

At the hotel:

Can I book a room?

Posso riservare una camera? (poh-soh ree-ser-var-eh oon-a cah-mer-ah?)

I need a room for one, please.

Ho bisogno un letto per uno, per favore. (Oh bee-soh-nyo oon let-oh per oon-oh per fah-voh-re.)

I will stay for three days.

Restero' per tre giorni. (Reh-steh-ro' per treh jor-nee.)

At a restaurant:

I would like the pasta dish.

Vorrei il piatto di pasta. (Voh-rey il pee-ah-toh dee pasta.)

Italians have a different idea of meals than we do in the States. Breakfast, or *colazione*, is generally a light meal of *caffè* and a small *biscotto*.

The lunch (*pranzo*) and dinner (*cena*) are interchangeable meals when it comes to which is lighter. Often times when entertaining, the *pranzo* or the *cena* is a multiple-course meal. First comes the antipasto which is a cold appetizer served at the beginning of a large meal. The *primo piatto* comes next, usually consisting of pasta. Next is the *secondo piatto* which is some sort of meat. A *contorno* of vegetables is served alongside the *secondo*. A *dolce* is served at

the end of a large meal, and grappa or *limoncello* is served after that to help with digestion.

During the same trip to Sicily, my sister and I understood the importance of a large meal when having guests. We stopped to a small restaurant in Porticello with some family friends who knew the owner. We quickly scarfed down our first two delicious courses. Five or six courses later, we realized that the art of eating in Italy is far superior than in the States. Needless to say, after countless courses of the freshest pastas, seafood, and wine, we were happy to sleep off the stomach pains.

Getting a cappuccino:

I would like one cappuccino.

Vorrei un cappuccino. (Voh-rey oon cah-poo-chee-no.)

Do you have any sweets?

Ha qualsiasi dolci? (Ha qual-see-ah-see dohl-see?)

May I have one cookie, as well?

Posso avere un biscotto anche? (Poh-soh ah-ver-eh oon bees-coh-toh ahn-kay?)

At the train station:

I need one ticket for Florence, please.

Ho bisogno un biglietto per Firenze, per favore. (Oh bee-soh-nyo oon bee-yet-toh per Feer-ehn-zeh per fah-voh-reh.)

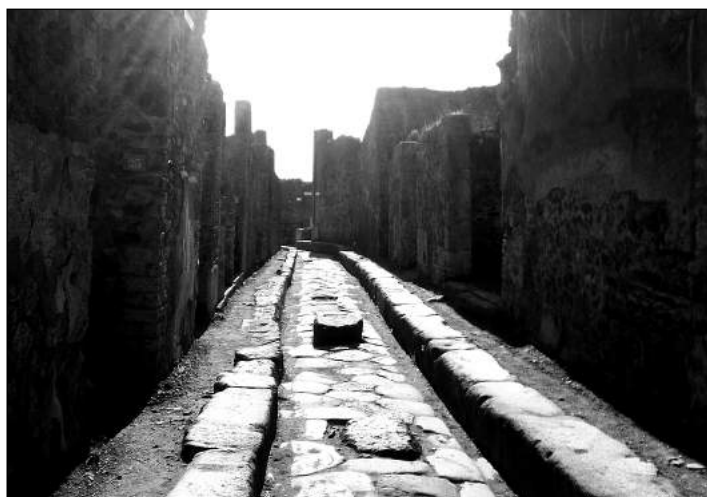
May I have a seat next to the window?

Posso avere una seduta vicino alla finestra? (Poh-soh ah-ver-eh oon-a seh-doo-tah vee-chee-noh ah-lah fee-neh-strah?)

I would like to have two tickets for the 6 p.m. train to Ferentino.

Vorrei due biglietti per il treno 18 (diciotto) per Ferentino. (Voh-rey doo-eh bee-yet-tee per il treh-noh dee-choh-toh.)

Now that you can quickly get around the essential places of Italy, always remember what I said before; hand gestures help tremendously, and Italians are more than happy to help you learn the language. Have fun on your next trip, and *buon viaggio!*



Pappagallo '14**Pappagallo '14**

Fall and Winter Festivals and Holidays of Italy

September (Settembre)

- 6 -- Feast of Rificolona (one of the oldest festivals in Florence)
19 -- Feast of San Gennaro the patron saint of Napoli

November (Novembre)

- 1 -- All Saints' Day (Ognissanti)

December (Dicembre)

- 7 -- The Feast of St. Ambrose (Festa di Sant'Ambrogio)
8 -- Immaculate Conception
25 -- Christmas (Natale)
26 -- St. Stephen's Day (Santo Stefano)

January (Gennaio)

- 1 -- New Year's Day (Capodanno)
6 -- Epiphany

February (Febbraio)

- 14 -- Festa degli Innamorati

March (Marzo)

- 19 -- Festa del Papa' (St. Joseph)

2 teaspoons sugar
1 cup bread flour
1 cup all-purpose flour
2 teaspoons salt
9 tablespoons extra-virgin olive oil
2 thin slices prosciutto
6-ounces fresh mozzarella (sliced)
1 large Roma tomato (diced)
½ teaspoon kosher or sea salt
¼ cup chopped basil leaves
Combine the water, yeast, and sugar and stir. Set aside until the yeast is foamy (about 15 minutes). Add the flour, 1 ½ teaspoons of the salt, and 3 tablespoons of the olive oil. Mix electrically on a low speed until the dough comes together. Increase to a medium speed for 5 minutes. Remove the dough and place it in a lightly greased bowl covered with a damp towel until doubled in size (about two hours). Preheat the oven to 450 degrees.



Punch the dough down and place it on a lightly oiled 9x13-inch sheet pan. Cover with a damp towel and allow to double in size again (about 45 minutes). Press the dough so it fits evenly across the pan. Spread the prosciutto strips evenly over the surface of the dough followed by the mozzarella slices. Sprinkle the chopped tomatoes on top and the other 6 tablespoons of olive oil. Sprinkle the top with basil and kosher salt. Bake until brown (about 15 minutes). Remove, cool, and serve.

Fall Recipes

Italian Summer Garden Salad

1 pound green beans
5 small potatoes
4 fresh tomatoes
1 small onion
1 garlic clove
Fresh basil and oregano
Italian dressing
Cook the green beans and cool; cook the potatoes, cool and cut into thumb-sized pieces; cut the tomatoes the same size as the potatoes. Cut the onion into slices. (A red onion adds nice color to the salad). Chop the garlic into small pieces. Mix together all ingredients except the herbs, add an Italian dressing of your choice and top with torn pieces basil and oregano. One salad dressing recommendation is Good Seasons, which comes in a packet, and then you add olive oil, vinegar and water. Place in refrigerator and serve cold.

Pizza alla Romana

2/3 cup water
2 ¼ teaspoons yeast

Dad's Meatballs and Sauce

Sauce:

1 large onion finely chopped
3 28-ounce cans of tomato sauce
3 28-ounce cans of tomato puree
1 tablespoon salt
2 tablespoons pepper
1/8 cup basil
1 tablespoon sugar
Olive oil

In a large pot, sauté chopped onion with a little olive oil until soft (about 10 minutes). Add all cans of sauce and puree along with ½ can of water per can of sauce and puree. Add the spices and meatballs (directions below). Cook uncovered on medium high until slightly boiling then reduce to a simmer for 2-3 hours, stirring occasionally.

Meatballs:

2 lbs ground chuck
1 lb ground pork
6 eggs
4 ounces Parmesan cheese
6 ounces seasoned breadcrumbs
Garlic to taste

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Basil to taste

Pepper to taste

In a large bowl, mix both meats together with the eggs. Slowly mix in the breadcrumbs and cheese, followed by the rest of the ingredients. Preheat the oven to 350 degrees. Form into meatballs and cook for 30 minutes. Remove, add to sauce, and cook until done. If making meatballs without sauce, cook for an hour in the oven.

Sugo Lindo

Mike's Fresh Tomato Sauce

10 pounds ripe tomatoes

2 tablespoons tomato paste

Handful of fresh basil

Salt and pepper to taste

1 clove garlic (optional)

(This sauce is meatless by design. It is meant to utilize the first fresh tomatoes from the garden. *Sugo Lindo* translates to pasta clean.) Wash, core and quarter the tomatoes. Squeeze the excess water out of them before placing them in a deep pan. When all the tomatoes are prepared, slowly bring to boil and cook for 60 to 90 minutes, stirring occasionally. Allow to cool, and then scoop large spoonfuls into a food mill. Mill the tomatoes to remove skins and seeds while retaining sauce. Add basil, tomato paste, salt and pepper. You can add finely chopped garlic. Serve over pasta.

Theresa's Fresh Tomato Sauce

2 ½ pounds ripe tomatoes

1 cup minced onion

3 tablespoons olive oil

Salt and pepper to taste

8 leaves of fresh minced basil

Cut out and discard the stem bases of the tomatoes. Lightly cut x-shapes on each tomato's opposite end. Bring water to a boil in a large saucepan, drop in the tomatoes, and cook for 5 minutes. Transfer the tomatoes to a colander, run cold water over them, and slip their skins off. Lightly sauté the onion in olive oil. Add the tomatoes, crushing each directly over the pan. Add the reserved juice if the tomatoes have been seeded. Season to taste and simmer for 20 minutes, stirring occasionally. Add the basil, and serve.

Traditional Holiday Braised Beef in Wine Sauce

Ingredients:

5 pounds rump roast

3 roughly chopped onions

2 large chopped carrots

2 chopped celery stalks

1 bouquet garni (fresh sage, thyme, rosemary, and bay leaves)

1-ounce butter

6 tablespoons extra virgin olive oil

2 whole cloves

Salt and peppercorns

2/3 bottle full-bodied red wine

2 cups vegetable stock

Place the meat in a large bowl; add all the vegetables, garni bouquet, cloves, salt and peppercorns, and red wine. Let the meat marinate for 12 hours in the refrigerator, turning the meat often. Drain the wine from the meat, dry it



with a towel, and sprinkle with salt. In a large pot, add the olive oil and butter. When the pot is very hot, carefully place the meat inside, browning it on all sides. Slowly add the marinade, vegeta-

bles, and stock. Covered, gently bring to a boil. Simmer for 3 hours, allowing the meat to shrink in size and brown even more. Be sure to cover the meat with liquid at all times, adding water when needed. Transfer the meat to a cutting board, discard the garni and drain all the sauce. Reheat the sauce. Cut the meat into thin slices and place on a hot dish, adding sauce on top.

Amaretti

7-ounces almonds

1 cup sugar

¼ cup all-purpose flour

2 egg whites

1 teaspoon vanilla extract

Preheat oven to 350 degrees. In a food



processor, pulse the almonds and sugar until roughly chopped. Add flour, egg whites, and vanilla. Blend until a paste is formed. Roll the mixture into tablespoon-sized balls (makes about 2 dozen) and place on a parchment-lined baking sheet. Bake for 12 minutes until cookies are golden brown. Cool before serving.

More fall and winter recipes

Italian Apple Torte

Torta di Mele

½ cup butter

1 teaspoon grated lemon rind

1 teaspoon lemon juice

½ cup sugar

4 egg yolks, well-beaten

2 cups flour

1/8 teaspoon baking soda

¼ teaspoon salt

Preheat oven to 375 degrees. Cream butter with lemon rind and lemon juice. Gradually add ½ cup sugar, creaming well. Add yolks in halves, beating well after each addition. Blend flour, baking soda and salt. Add in thirds to creamed

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mixture, beating until well blended after each addition. Chill thoroughly.

Filling

4 egg whites
1/2 teaspoon pure vanilla
2/3 cup sugar
3/4 cup walnuts, finely chopped
2 large apples, coarsely shredded
Beat egg whites with vanilla until frothy. Gradually add 2/3 cup sugar, beating well until stiff peaks form. Fold in nuts and apples. Roll out 2/3 of the dough. Line bottom of 9x13-inch baking pan with dough. Spread apple-egg white mixture evenly over dough. Roll remaining dough into pencil-thin strips. Arrange lattice fashion over top. Press slightly into filling. Bake at 375 degrees 35 to 40 minutes or until lightly browned. Cool. Cut into squares. Serve with ice cream. Makes 15-18 servings.

Italian Pumpkin Fritters

2 eggs
2 cups pumpkin puree
1 cup sifted flour
2/3 cup sugar
1 teaspoon vanilla
1 teaspoon nutmeg
1/2 teaspoon salt
Clarified butter or vegetable oil
Powdered sugar
Beat two eggs lightly and add to the pumpkin. Mix in sifted flour and sugar. Add remaining ingredients. In a heavy skillet, heat 1/4 inch of clarified butter or vegetable oil, over moderately high heat until very hot but not smoking. Drop the pumpkin mixture by tablespoons into the hot oil until browned on both sides. Remove fritters with a slotted spoon and drain onto paper towels. Dust generously with powdered sugar.

Italian Holiday Fruit Bread

Pannetone

1 cup milk
1/2 cup sugar
1 teaspoon salt
1/2 cup butter
1/4 cup warm water
1 package yeast
2 eggs beaten
5 cups flour
2/3 cup raisins
1/2 cup candied fruit
1/2 cup anise extract
Preheat oven to 350 degrees. Scald milk. Stir in sugar, salt and butter. Cool to lukewarm. Measure warm water into large warm bowl and sprinkle or crumble yeast. Stir until dissolved. Stir in the milk mixture, eggs and anise, raisins and candied fruit and half of the flour. Beat until smooth. Stir in the remaining flour to make a stiff batter. Turn on a floured surface and knead until smooth. Shape into a ball and place in a greased bowl, turning to grease the top.

Cover and let rise in a warm place until doubled, about 2 hours. Punch dough down and let rest 10 minutes. Shape into two balls. Place each in a well-greased 1-pound coffee can or small cake pans. Cover and let rise until doubled. Bake at 350 degrees for 35-40 minutes. Remove cans or pans to cool. Makes two loaves.

Icing for Pannetone

1 cup sifted powdered sugar
1/2 teaspoon vanilla
1 tablespoon milk
Combine sugar, milk and vanilla and beat until smooth. Makes enough icing for 2 loaves.

Holiday Rice Torta

1 cup flour
1/4 teaspoon salt
1-1/2 tablespoons baking powder
8 eggs, separated
1/2 pound butter
1-1/2 cups sugar
1-1/2 cups slivered almonds
1 tablespoon fresh lemon juice
1/2 teaspoon anise extract
1 pinch anise seed
2 cups cooked rice
1/2 cup milk
Preheat oven to 350 degrees. Sift together flour, salt, and baking powder three times. Beat egg yolks well. Add butter and sugar with has been creamed together and blend until smooth. Combine the eggs, butter and sugar mixture with the flour mixture. Add slivered almonds, lemon juice, anise extract, and anise seed. Use mixer at slow speed to mix all the ingredients. Combine cooked rice with the milk, and add to the mixture, mixing well. Beat egg whites until fluffy and fold into cake batter. Turn into 8x11 inch greased cake pan and bake in the center of the oven on the middle rack in 350 degree oven for approximately 1 hour. After 40 minutes, check to see if cake is done by touching lightly without leaving impression or test with toothpicks inserted in the center of the cake. The toothpick should come away clean. After cake is cooked, cut into 2-inch squares and serve. Do not open the oven door in the first 40 minutes of baking.



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Frank Perrecone



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2014-2015 Calendar Items

October

5 – Ethnic Heritage Museum celebrates its 25th anniversary celebration
12 – Columbus Day Mass at 11:30 a.m. and Celebration following in the Memory Garden, St. Anthony of Padua Church

November

16 – Italian Christmas tradition exhibit at Ethnic Heritage Museum

December

6-7 – Santa Lucia Celebration, all Masses, St. Anthony of Padua Church

March

14 – Blessing of St. Joseph Altar, St. Anthony of Padua Church
15 – St. Joseph Altar, St. Anthony of Padua Church

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