

# ITALEO Newsletter



*"Supporting those who protect us"*

## UPCOMING EVENT

### COMEDY SHOW



Saturday, March 11<sup>th</sup>  
*Italian Sports Club*

We're bringing back  
*Frank Del Pizzo*

[CLICK HERE](#)

## UPCOMING EVENT

### MEMBERSHIP MEETING

Tuesday, March 28, 2022

6:00 PM

**TBD**

**RSVP**

By 3/26 @ 11 PM

## INTRODUCING

### OUR 30<sup>TH</sup> ANNIVERSARY CHALLENGE COIN



## CARNEVALE (MARDI GRAS)

During the winter weeks leading up to Lent, Italy's streets & piazzas are overtaken by children in costumes throwing confetti & running wild. It's CARNEVALE - a modern version of the old Catholic tradition where people indulged one last time before the penitence of Lent when, among other things, they could not eat meat. In fact, this explains the presumed origin of the name of the holiday, the Latin expression *carnem levare* meaning "taking away meat" which throughout the centuries became *carne, vale!* (goodbye, meat!). While you will see a local version of the festivities in any Italian city and village, some are more famous for their sophisticated spectacles like Venice with elaborate costumes, masks and wigs, and Viareggio in seaside Tuscany with parade floats of current and historical figures. Carnevale is the Italian version of Mardi Gras, and can occur in the weekends of January-March depending on when Easter falls. This is not a national bank holiday.

Courtesy of [Italian Holidays and Traditions - Antico Sole Italy](#)

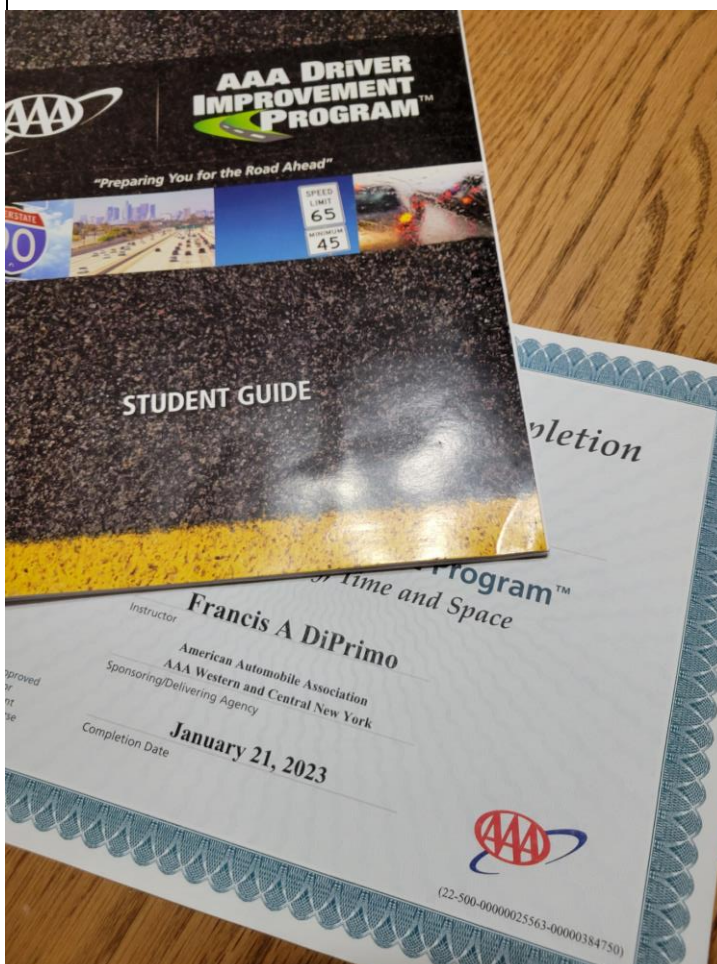


## AAA of Western & Central New York

On Saturday, January 21<sup>st</sup>, ITALEO offered a AAA Defensive Driver Course to our members, which was extended to family and friends. We had a great turn out.

Thank you all for getting up early & coming to class on time.

A great big THANK YOU goes out to our instructor, Frank DiPrimo!



EXECUTIVE BOARD

**President**  
*Jessica Franco*

BOARD OF DIRECTORS

**Vice President**  
*Anthony Difante*

**Treasurer**  
*Charles Zona*

**Sgt at Arms**  
*Mark D'Angelo*

**Secretary**  
*Ed Bernabei*

BOARD OF OFFICERS

**Membership**  
*Mark Ellis*

**Corresponding Secretary**  
*Ellie Bonagura*

**Digital Coordinator**  
*Rosalina Hosbach*

**Event Coordinator**  
*Julia Sardellitti*



Join us in Celebrating  
**ITALEO'S 30th Anniversary**

**Special Guest Speaker**  
**RPD Officer**  
**Denny Wright**

**STAND UP FOR THE Blue**

**50/50 Raffle**

**2nd Annual Comedy show with**  
**Frank Del Pizzo**

**Saturday March 11 2023**

**Location:**  
**Italian American Sports Club**  
**1250 Buffalo Rd.**  
**Rochester, NY 14624**

**Doors open at 5:00PM**  
**Cocktail Hour 5:00 - 6:00 PM**  
**Dinner 6:15PM**  
**Show Begins at 7:30 PM**

**\$45.00 Tickets**

**To Purchase Tickets Visit: [www.ITALEO.Org](http://www.ITALEO.Org)**  
**or Call: Jessica Franco @ (585) 474-4693**  
**Sam Meloni @ (585) 402-5761**

**To Reserve a Table of 8 or 10 please email us @ [italeorochester@gmail.com](mailto:italeorochester@gmail.com)**

**Proceeds benefit the ITALEO Inc. and the Officer Relief Fund**



**REMINDER:**  
**No February Membership Meeting**

## What food is eaten at Carnevale?

Carnevale desserts are all fried. Here's a list of traditional Carnevale desserts.



Crostoli (Chiacciere) di Carnevale are ribbons of fried dough dusted with powdered sugar. They are light and crispy and go well with an Italian coffee.



Graffe Napoletane (Italian donuts) are sweet, sugar-coated fried donuts with a potato, flour and zesty base.



Sfingi Siciliano (Zeppole) are a classic Sicilian dessert of simple fried, crispy dough, flavored with cinnamon and sultanas and coated in sugar.



Crespelle di San Giuseppe is a donut filled with Italian custard.

FOR EACH RECIPE – CLICK PHOTOS ABOVE

Courtesy of blogger - Vanessa Bottaro, Author, Founder and Creative Director

[www.italianspoon.com.au](http://www.italianspoon.com.au)



## RECIPE CORNER

### *Chiacchiere di Carnevale (Angel's Wings)*

#### Ingredients:

3 cups all-purpose flour  
1 tsp baking powder  
3 tbsp granulated sugar  
4 tbsp unsalted butter, cubed  
3 large eggs  
5-6 tbsp grappa (marsala, brandy or white wine)  
1 lemon, zested  
Vegetable oil, for frying  
Powdered sugar, for dusting

#### Instructions:

In a large bowl or directly on your work surface combine flour, sugar and baking powder. Cut in cubed butter using your fingers or a pastry cutter until evenly distributed throughout the flour mixture. Make a well in the center and add eggs, grappa and lemon zest. Use a fork to gently beat the eggs and begin incorporating the flour into the egg mixture to make a dough. Transfer the mixture onto a clean surface and knead until a dough is formed. This will take about 5 minutes. Cover with plastic wrap and let sit at room temperature for 1 hour. After an hour, divide the dough into 4 pieces. Working with one piece of dough at a time, keep the remaining dough covered to prevent from drying out. Flatten a piece of dough with the palm of your hands and roll through the pasta roller set at the widest setting. Roll a few times, folding the dough over lengthwise until it come out smooth. Continue rolling, reducing the width of the rollers until you have reached the 2<sup>nd</sup> to last setting. Cover the sheet of dough to prevent from drying and roll the remaining pieces of dough. Use a fluted pastry wheel to cut the dough into strips. Place on a sheet pan and cover with a clean dish towel to keep them from drying out. Fill a wide, deep heavy bottomed saucepan with 1 to 2 inches of vegetable oil. When the oil is hot, place a few strips of dough in the pan. When one side is browned flip over to brown the opposite side. This will take a few seconds, therefore do not overcrowd the pan. Transfer to a paper towel lined baking sheet to cool. Once cooled, dust with powdered sugar and serve.

Prep time: 1 hour 15 minutes  
Cook time: 10 minutes  
Resting time: 1 hour  
Servings: 60 pieces  
Author: Nadia Fazio

If you'd like to submit an Italian Recipe to include in the next newsletter, please email us at:  
[italeorochester@gmail.com](mailto:italeorochester@gmail.com)