

ITALEO Newsletter



"Supporting those who protect us"

REMINDER:

MEMBERSHIP MEETING

Tuesday, May 2, 2023

6:00 PM

Sicilian Sports Club

1296 East Ridge Rd.

Rochester, NY 14621

See you there!

NEXT MONTH:

MEMBERSHIP MEETING

Tuesday, June 6, 2023

6:00 PM

Sicilian Sports Club

1296 East Ridge Rd.

Rochester, NY 14621

[RSVP](#)

UPCOMING EVENT

ITALEO SUMMER PICNIC

Sunday, August 13, 2023

12:00 PM - 5:00 PM

St. Paul Exempt

690 Thomas Ave.

Rochester, NY 14617

[Click Here](#)

ITALEO
Celebrating 30 Years

May 1 – Labor Day/May Day

Many Italians commemorate the labor union movement's social & economic achievements on Labor Day. It is a national public holiday in Italy. It is a day off for the general population, and schools and most businesses are closed. It is known as La Festa del Lavoratori or Festa del Lavoro. People attend concerts, catch up with friends and family, and there are public demonstrations or protest to improve workers rights & conditions. It was first celebrated in the late 1800s. It was canceled for about 20 years in the early 20th century but reintroduced in 1945.

[Courtesy of Holidays Today and Upcoming Holidays in Italy \(timeanddate.com\)](https://www.timeanddate.com/holidays/italy/)

May 14 – Mother's Day

Mother's Day is an observance in Italy, not a public holiday. It is a day many people show their appreciation towards mothers & mother figures worldwide. It is an annual event but is held on different dates on the calendar, depending on the country. Most businesses follow regular Sunday opening hours in Italy.

Buona Festa della Mamma!

Beyond those Mother's Day traditions, one of the truest expressions of love is, of course, through food.



ti voglio bene mamma



National Police Week

<https://nleomf.org/memorial/programs/national-police-week-2023/>

National Police Week occurs every May. In 1962, President Kennedy proclaimed May 15 as National Peace Officers Memorial Day and the calendar week in which May 15 falls, as National Police Week. Established by a joint resolution of Congress in 1962, National Police Week pays special recognition to those law enforcement officers who have lost their lives in the line of duty for the safety and protection of others. National Police Week is a collaborative effort of many organizations dedicated to honoring America's law enforcement community.

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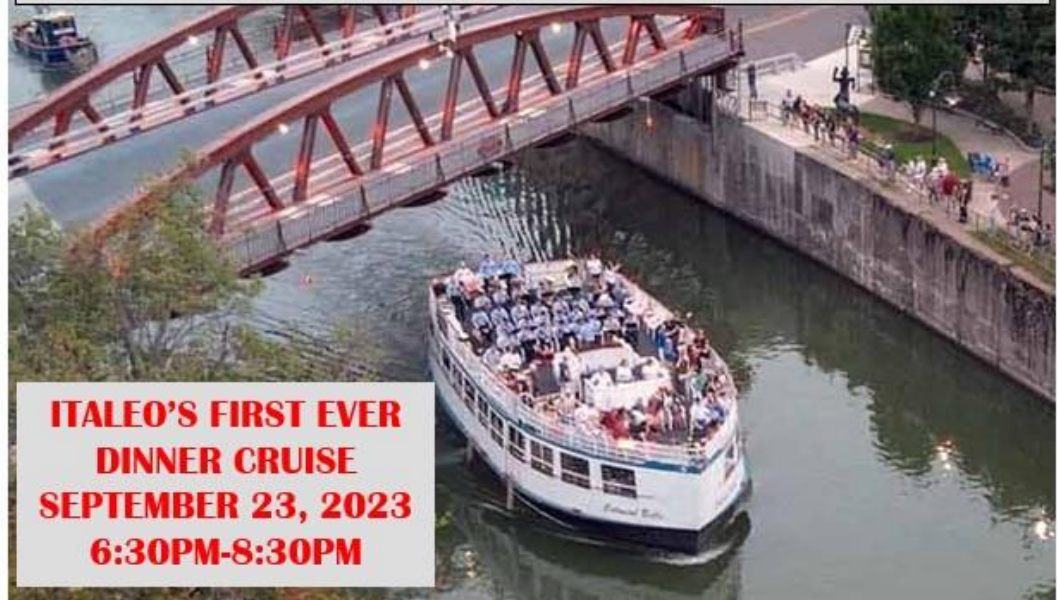


SHARON RIVALDO MEMORIAL SCHOLARSHIP FUND

At our April Membership Meeting, the Board proposed a name change to the Shield of Knowledge Scholarship Fund. The fund has been renamed to the Sharon Rivaldo Memorial Scholarship Fund. This was a unanimous decision.

We are looking for any members who may be interested in overseeing the annual scholarship and helping promote and come up with ideas to raise money. Email us at italeorochester@gmail.com if you're interested.

SAVE THE DATE



**ITALEO'S FIRST EVER
DINNER CRUISE
SEPTEMBER 23, 2023
6:30PM-8:30PM**



Hope everyone is enjoying our new meeting location: The Sicilian Sports Club

Reminder:

Please note meetings will be held the first Tuesday of each month. Entrance is on the side of the plaza. The Sicilian Sports Club is handicap accessible. It is very important to RSVP.

RECIPE CORNER - anitalianinmykitchen.com

TRADITIONAL LASAGNA RECIPE

FOR THE MEAT SAUCE

2 tablespoons olive oil
 1/2 pound lean ground beef (226 grams)
 1/2 carrot (chopped small)
 1 celery stalk (chopped small)
 1/2 onion (chopped small)
 1 clove garlic minced
 1/2 teaspoon salt
 4 cups tomato puree (passata) (900 grams)
 1 1/4 cups water (295 grams)
 1 teaspoon oregano
 1 teaspoon basil
 1-2 pinches hot pepper flakes (if desired)

FOR THE WHITE SAUCE*

2 tablespoons butter
 2 tablespoons flour
 pinch salt
 1-2 dashes black pepper (if desired)
 1 3/4 cups milk (420 grams)

EXTRAS

1-1 1/2 cups chopped fresh mozzarella (225-340 grams)
 1 cup freshly grated parmesan cheese (100 grams)
 16 lasagna noodles**

(also referred to as strips oven ready), more or less

*If you prefer you can use a good store bought bechamel of choice.

** If you prefer you can use the lasagna noodles that need to be boiled.

Instructions

FOR THE MEAT SAUCE

In a large pot add the olive oil, ground beef, chopped carrots, celery, onion, garlic and salt, sauté for approximately 10 minutes or until meat has started to brown, then add the tomato puree, water and spices, cook on medium heat until thickened (quite thick), approximately 30-60 minutes.

FOR THE WHITE SAUCE

In a medium pot over medium heat melt the butter, add the flour and salt, whisk to combine well, add the milk slowly and stir constantly until the sauce has thickened (taste for salt). Remove from heat. (or you can purchase a good store bought white sauce). Pre-heat oven to 350° (180° celsius)

PUTTING IT TOGETHER

In a baking dish measuring 10x10x2 (25x25x5 cm) spread 2-3 spoonfuls of meat sauce on the bottom of the pan, add a layer of lasagna noodles, then continue to layer in the following order, the meat sauce, white sauce, chopped mozzarella and parmesan cheese, continue making 3-4 layers, the last layer should be without the white sauce, so remember to divide the ingredients by 3 or 4, depending on how many layers you wish to make. Bake for approximate 20-30 minutes, or until cooked through. Let sit 5-10 minutes before serving. Enjoy!

AUTHENTIC TIRAMISU

INGREDIENTS

20 ladyfingers (more or less)
 4 large eggs (room temperature) separated
 1/2 cup granulated sugar
 1 3/4 cups mascarpone cheese (room temperature)
 1/2 cup cold strong coffee

EXTRAS

2-3 tablespoons unsweetened dutch processed cocoa

For room temperature ingredients remove from the fridge 45-60 minutes before using.

INSTRUCTIONS

- In a medium or large mixing bowl beat with a hand mixer or electric mixer with the whisk attachment the raw egg whites until stiff peaks form. Make sure the bowl and beaters are clean and completely dry.
- In a large bowl beat the egg yolks and sugar until creamy and light, about 3-5 minutes, add the mascarpone and beat to combine well.
- Gently fold the egg whites into the egg yolk / mascarpone mixture, until well combined.
- Place the cold coffee in a large enough dish so that you can easily turn the ladyfinger cookies, be sure to turn the cookies just once in the coffee and do not let them sit in it or they will become too soggy.
- On the bottom of the baking dish* place a few tablespoons of the mascarpone cream mixture on the bottom, top with the dipped cookies, then top the cookies with 1/2 to 1/3 of the mixture depending if you are making it two or three layers, continue until the layers are done.
- Cover the pan well with plastic wrap and refrigerate for at least 3-4 hours or even better overnight. Just before serving dust with the cocoa powder. Enjoy!
- *I used a 10x16 inch/25x16cm baking dish and I made 2 layers.

NOTES

If you wish you can add some alcohol to the recipe, I would suggest a tablespoon or two, such as marsala wine, brandy, dark rum or even a coffee liqueur or even a teaspoon of vanilla if you prefer will work. I would suggest adding it with the mascarpone.

This Italian dessert should be kept in the fridge in an airtight container or well covered with plastic wrap, it will keep for 2-3 days in the fridge.

It is always best to freeze it the same day that you prepared it. Be sure to use a freezer safe container, make sure it is airtight as this will prevent condensation from ruining the dessert. It will keep for up to two weeks in the freezer. You must let it thaw in fridge and not at room temperature as the sudden change in temperature can also ruin it.

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