



“we are here!”

Marzo Pazzarello

by Maria La Morte

The crazy one!

It's interesting to note

that March is the only month of the year that's a verb. Perhaps that's all that's required of us. March.....right into Spring. Here in the northeast, we should be so lucky. March doesn't feel the need to cater to anyone's wishes. He just does whatever comes into his head at any given moment. Italians love to say, "Marzo Pazzarello". The crazy one! Crazy is an apt description for so much of March's history.

Celestially speaking, the vernal or spring equinox in the northern hemisphere and autumnal equinox in the southern hemisphere, occurs on dates varying from March 19 to March 21: this is a powerful day to many people because it's one of two days a year when the lengths of day and night are equal. This is when magic (or evil, depending on where you are in Italy) is thick in the air and 'courage' is exactly what's needed when facing off March weather. In like a lion, out like a lamb. Sometimes it seems as if the lion won't let go, just as mad as the March Hare from *Alice in Wonderland*. Just think about March Madness in basketball! The March King, Marching to Praetoria, forward, march!! And that wacky day, March 4th (march forth!!)

The insanity isn't limited to present day. Do you know about the Ides of March? In Latin, Idus Martii is the name of 15 March in the Roman calendar, probably referring to the day of the full moon. The term 'Ides' was used for the 15th day of the months March, May, July and October and the 13th day of the other months. It was a festive day dedicated to the god Mars. The Ides of March is best known as the date that Julius Caesar was killed in 44 B.C. Caesar was stabbed (23 times!) to death in the Roman Senate led by Marcus Brutus, Gaius Cassius and 60 other co-conspirators. Conspiracy theories had been rampant in the city and Caesar had ignored them all, even the soothsayer who warned that he was in grave danger, which would not pass until the Ides had ended. Entering the Curia Pompeii or Theatre of Pompey where the senate was to meet, Caesar chided him that the day had arrived and nothing had happened, to which the seer answered "But they have not yet gone." From here, Shakespeare penned "Beware the Ides of March".

Idus Martii

More recently, in March 1919, Benito Mussolini founded *Fasci Italiani di Combattimenti*, the beginning of his fascist movement. Today in Italy, Romans drive to Piazzale del Colosseo to have their cars blessed on March 9 by the priest at Santa Francesca Romana. March 8th is the Festa della Donna, a Women's Day often celebrated by eating out. Many restaurants create special menus for this day. On the 14th various cultural events take place in the Roman Forum to commemorate Caesar's death,

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PRESIDENT'S MESSAGE



Hello Everyone,

It's March Madness! That can only mean Spring is around the corner...at least we can hope.

In the next few months the IACC will try to become more visible in the community. We will be sponsoring the *Italian Hour* on WABY 1160 AM, Sundays 3 - 4 PM. This will give us an opportunity to promote our club as well as our many activities. With this sponsorship we will also have a number of club announcements during the week on WABY.

On a bittersweet note, we had two board members leave the IACC board. Our treasurer Suzanne Arket stepped down from the board effective December 31st. Suzanne served on the board for a year and a half and was our treasurer. Suzanne was a terrific asset to our board. She will be greatly missed.

Long-time member and supporter Mary Finley has left the great Northeast and moved to Florida. Although she originally planned to spend only a few months a year in the sunny south, this cruel cold winter apparently gave her second thoughts. She is officially a fulltime resident of The Villages, Florida. Mary realized her long absences would make it impossible to fulfill her responsibilities to the board and with a heavy heart tendered her resignation from the IACC board effective January 31st. I know you all join me in wishing her well in sunny Florida.

At our February meeting I appointed two new board members. They are David Cesari and Dominic Indelicato. David is President & CEO of Morgan Linens and will serve as our treasurer. Dominic is Director of Business Development at Underground Imaging Technologies. Please join me in welcoming David and Dominic to our Board of Directors.

G. George Urciuoli, President

March Calendar

Every Monday	Italian Grand Buffet
Every Wednesday	IACC Open Bowling 6:00 PM
March 2	Book Club 7 PM
March 9	Women's League
March 12	Men's Club Bus Trip to Mohegan Sun
March 15	Board Meeting 6:00 PM General Membership 7:00 PM
March 20	St Patrick & St Joseph Mass & Brunch
March 3, 10, 17, 24, 31 April 7, 14, 21, 28	IAHFi Italian Language Classes Elementary & Intermediate 6:30 - 7:30 & 8 - 9 PM

ITALIAN AMERICAN COMMUNITY CENTER

257 Washington Avenue Extension
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*a place where family and friends can
meet, eat, play and
celebrate Italian heritage*

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Linda Sciocchetti IACC Secretary
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Please submit articles, suggestions, or comments to:
Rachel Cameron, Editor, rcamero@nycap.rr.com

The Italian Club Restaurant

is closed on Mondays for lunch. They will be open for the Monday Night Buffet and making it bigger and better!!

IAHFi Cultural Corner

March and the Shepherd

– An Italian Folktale

by Maria La Morte

Imagestate



One early spring morning a shepherd led his sheep to graze. While on his way he met March.

“Good morning,” said March. “Where are your sheep grazing today?”

“Well March, today I am taking them to the mountains.”

“What an excellent idea Shepherd. *Buona Fortuna.*” But to himself March said, “Ah ha! I can have some fun today.

Watch out Shepherd, I’m going to fix you.”

That day it rained and rained in the mountains washing away stones and bending trees. The shepherd didn’t suffer. He had watched March very carefully and had seen the glint of mischief in his eyes. Instead of going to the mountains with his sheep, he stayed in the plains. On his way home he met March again.

“*Buona sera* Shepherd! How was your day?”

“Wonderful, wonderful,” said the Shepherd. I decided to stay in the plains today. The sun was warm and there was a gentle breeze.”

“Oh, nice,” replied March, but secretly he was upset that his trick failed. “Where are you going tomorrow?”

“Because we had such a lovely day today I think we will go back to the plains tomorrow. It would be foolish to go to the mountains.”

“Very good! *Ciao!*” March said as they walked away.

But the shepherd was too smart for March. He went to the mountains the next day. On the plains March brought rain, wind and hail. He was determined to punish the shepherd. That evening March met Shepherd again.

“*Buona sera* Shepherd. How was your day today?”

“It couldn’t have been better. I decided that I wanted to go to the mountains after all. The sky was clear, the grass was green and the sun was warm and there was a gentle breeze.”

“Oh, how lovely for you. What are your plans for tomorrow?”

“Well, I can see dark rain clouds coming back to the mountain, so I think I will stay close to home on the plains.”

This continued all month. Whenever March asked Shepherd’s plans he always told him the opposite of what he planned to do,

so March was never able to catch him. Finally, the last day of the month came and March asked Shepherd, “How is everything?”

“Things are wonderful. This is the end of the month and I have nothing to fear now. This will be the first night of peaceful sleep that I’ve had all month.”

“That’s true,” said March. “What are your plans for tomorrow?”

The shepherd was confident he had nothing to fear so he told March the truth. “Tomorrow I will be in the plains.”

“*Buona fortuna* Shepherd.”

March ran to his cousin’s home and told him about the shepherd. “April, please lend me one day. I want to catch this shepherd.” After much pleading April finally agreed to give March one of her days.

The next day the shepherd took his sheep to the plains. As soon as his flock scattered to graze a fierce storm began. The harsh, cold wind bit his skin. Snow fell quickly covering the plain. Hail hit him with large chunks of ice. The shepherd quickly gathered his flock and rushed them back to the fold.

That evening the shepherd huddled near his fireplace and tried to get warm. His bones felt as if they had been turned to ice. There was a knock at the door. The shepherd opened the door to find March standing outside.

“*Buona sera* Shepherd,” he said.

“*Buona sera* March.”

“How was your day on the plains?”

“Terrible, I’d like to forget the entire day. I don’t understand what happened. Today was worse than any winter storm I have ever experienced. It was as if all the demons of hell were sent to torment me today. My poor, poor sheep.”

March smiled and was satisfied. This is why March has thirty one days and April only thirty.

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Notte Toscana



In typical Italian tradition, the evening was filled with food, wine, laughter and music. What a delightful event! Our annual dinner dance, this year entitled *Notte Toscana*, was a wonderful success. The food, as always, was tasty and plentiful. The music, by DJ Raphel, was particularly enjoyable. Raphel not only played a wide variety of contemporary Italian

and American classics, she also vocally accompanied a number of our Italian favorites.

For a dedicated group of our members, this dinner dance was the culmination of hard work at ballroom dance lessons. The dance lesson instructors, Louise and Paul Giuliano, were there to



offer continued encouragement to students. They also entertained everyone with their dance skills.

Many thanks to all those who attended and made the night a very enjoyable evening. Thanks to all members of the event committee Maria Marchio, Maria DeNitto, Mary Lou Mirando, Donna Zumbo, Gail Tarantino, Santa Pasquini, and Angie Groelz, who worked tirelessly to bring this event to us. We also appreciate Chef Ryan Huneau, Jeanette Bowers, and all of the Mallozzi staff who continue to provide us with delicious food and excellent service. Grazie!



St. Patrick & St. Joseph's

Mass and Brunch

March 20, 2011



Doors open at 10:00 AM

Father Anthony Chiamonte
will celebrate Mass at 10:30 AM

Brunch will be served after Mass

MENU

Assorted Danish & Muffins | Scrambled Eggs
Seasonal Fresh Fruit Royale | Bacon & Sausage
Baked Ziti | Cauliflower & Broccoli Fritters
Sausage & Peppers
Comed Beef & Cabbage w/Carrots & Potatoes
Pastries & Cookies | Pasta Cece Rolls & Italian Bread
Assorted Juices | Coffee, Tea, Milk

Adults: \$22 | Children 5-12 years: \$9
Children under 5: Free

Reservations: Santa Pasquini at 489-3949 or
IACC Office at 456-IACC (4222)

RESERVATION DEADLINE: MARCH 16, 2011

CANCELLATION DEADLINE: MARCH 18, 2011

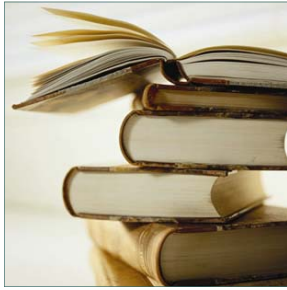
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OPEN TO THE PUBLIC

Sponsored by IACC Women's League

Book Club in Venice



On Wednesday, March 2nd at 7:00 PM, the IACC Book Club will meet to discuss two of Donna Leon's 21 mystery novels, all of which are set in

Venice. Join us to learn about Commissario Brunetti's city, his family, and his passion to solve crimes as revealed in **Friends in High Places** and **The Girl of His Dreams**.

Membership Notice:

Deadline for membership dues was January 31. As of February 28, anyone who has not paid their dues will have membership privileges suspended including Italian Club Restaurant discount and Siamo Qui.

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I have a horrible job. As the manager of Hoosick Street Wine Cellar, I am under constant pressure to keep up with current wine trends, to be aware of variations among vintages, and basically know what every product in the store tastes like. However, my dedication to my job and my customers is what drives me. I will taste and sample every new product that may or may not find its way through my doors at the shop, if that's what it takes for me to successfully serve my customers.

This past Saturday, I woke up early to attend "Romancing the Grape", the annual wine and food expo held at Proctor's theatre in Schenectady. Unpaid mind you. At 11 AM that gloomy morning, I found myself in a room full of products which needed to be researched. Most people would have seen the amount of work ahead of them and fled, perhaps grabbing a few of the Swedish meatballs which were painstakingly prepared by Yono's before they covered away. I, however, would not give up so easily. I put my head down and went to work. I labored through the room, sipping various Bordeaux, Chiantis, and Cabs. Upon finishing my fifth piece of Asiago cheese, I found myself in front of a table sampling wines by Joseph Carr. There behind the table was the proprietor of the winery, Joe himself.

JOSEPH
Carr

Joe is a middle-aged man of average height, wispy hair, and a California persona unlike something you'd expect from someone from Berlin NY. He shook my hand and happily doled out a few samples of his varietals. None of them disappointed. His Pinot Noir was one which stood out. With grapes hailing from Carneros, it was rich, dark, and silky. It was yummy and paired quite nicely with the chocolate caramels and double chocolate cake which I reluctantly agreed to sample from a neighboring table.

Pinot Noir is a wonderful varietal, as it breaks the rules that most red wines need to follow as it can easily be paired with anything from steak to chicken to double chocolate cake. Mr. Carr's is no exception. Next time you are at the Italian Club, try a great wine from a great man who hails from our great area. Joe and I both promise that you won't be disappointed.

Salute

Est! Est!! Est!!!

In the year 1110, the German Bishop Johannes Fugger traveled from Augsburg to Rome for the coronation of King Henry V.



Bishop Fugger, a wine aficionado, sent his servant Martin ahead to scout the villages on the way for inns that served the best wine. "Mark the word 'Est!' on the door of any inn where the wine is good," the bishop ordered Martin. ("Est" in Latin means "It is".)

When the Bishop's entourage arrived at Montefiascone, a



small hilltop town overlooking Lake Bolsena, Bishop Fugger saw "Est! Est!! Est!!!" chalked on the door of an inn. It is told that Martin was so impressed with the local wines that he just had to

write "It is" not once but three times over on the door.

The legend continues to say that Bishop Fugger stopped for three days in Montefiascone on the way to the Papal palace. He returned on his way home to Germany, and it is said that Fugger remained in Montefiascone for the rest of his life, eventually dying from drinking too much wine.

On his tombstone in the local Benedictine church of San Flaviano, Martin is said to have written, "Herein lies my Master who died from drinking too much Est." The Est! Est!! Est!!! of Montefiascone



is one of the few wines of ancient origin whose date of creation is known.

Upon the death of Fugger, it was discovered that the town had received a bequest from him, with the condition that they remembered to pour a barrel of that wine on his tomb on every anniversary of his death. This practice, flavored with pagan ritual, was discontinued by Cardinal Barbarigo some years ago.



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Women's Girls' Night Out League

Time: 6:30 PM

Menu Choices: Sliced Sirloin of Beef, Stuffed Fillet of Sole, Eggplant Parm

All entrées include soup, potato and vegetable, dessert, coffee or tea

Price: \$20.00, all inclusive

Reservations: Call Mary Lou Marando at 482-8276 or e-mail at amarando@nycap.rr.com.

Reservation deadline: Monday, March 7

Welcome back to our Women's League meetings! Your officers and committee chairpersons have been busy at work and are anxious to tell you all about it! We have many exciting activities coming up this spring, so please try to attend our meetings and volunteer in whatever capacity you can.

At our March 9 meeting we will have as our guest Amy Baker from Premier Designs. Amy will show her jewelry and will have a great display available for purchase. A portion of the sales will be donated to our Women's League treasury. Please try to attend this meeting. We always like to have a great attendance when guests are invited.

We have already had a couple of meetings to plan our "Fabulous Fall Festival" which will be held on September 25, 2011. Anna Acconi is chairing this event and we have already started the process of acquiring vendors. If you are interested in volunteering for this event, please let Anna know. Attend our March meeting to find out more about this great fundraiser for the Women's League. We hope to make this an annual event. It is going to be such great fun! Of course, we will need each and every one of you to support this event and make it a great success.

We have the Mother / Daughter Luncheon & Fashion Show coming up in May, our Family Easter Party, St Patrick & St Joseph Mass & Brunch in March, and many other activities to plan. We also need a chairperson for our nominating committee. Please think about volunteering your time for one of these committees. We hope to see all of you at our **March 9** meeting.

Welcome Back Ladies!

~ Gail Tarantino, Women's League President

New Members

Dominic & Kathleen DeFruscio

Nassau

Sponsor: John Ritz

Larry Lenartz

East Greenbush

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Chris DeFruscio

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among them a toga race. Believe it or not, St. Patrick's Day is celebrated in Rome on the 17th by a surprisingly large number of Irish expats and Irish bars where you'll find Irish music and food. March

sometimes plays host to Carnevale and Lent and other times to Holy Week and Easter, depending on the year.

March's birthstones are aquamarine and bloodstone, and their meaning is "Courage", what we need to endure "*La rabbia di Marzo*", March's rage. March 19th is the *Festa di San Giuseppe*, the father of Jesus and is also considered Father's Day. On March 19th you must pull the ear of anyone you meet named Giuseppe (Joseph) for good luck! Children give gifts to their papas and everyone eats *zeppole*, delicious fresh donuts made with various ingredients depending on region. *La Festa di Primavera* coincides with San Giuseppe and celebrates, what else? Regional food!! Meanwhile, the *Vino Primavera Festa or Vinitaly* is held each weekend in March in Rovescala, near Pavia in Lombardia with parades, music, vendors, food, and wine tastings.

Think Hollywood action, boy band routines, and synchronized swimming and to that add a generous dose of fun and a wad of flour and water. You've got the World Pizza Championships in Salsomaggiore, near Parma. So what's it all about? It's a gathering of the best pizza dough tossers in the world for a showdown of family-size proportions. Tightly choreographed routines performed to music are incredible to see. You can view them on YouTube - just search WPC Salsomaggiore.

Other events in March:

The Sanremo Song Festival has its first round to find the "song of the year".

One of several homages to chocolate, "Euro Chocolate Rome" begins just as Turin's chocolate festival ends.

The Rome Marathon, held the third Sunday in March, is a 42 km run through the streets of Rome. Starting at the Roman Forum, the course passes some of Rome's most famous sites and the Vatican before ending at the Colosseum. Runners from all over the world participate. More than 30,000 casual runners participate in a shorter run that ends earlier. The city streets in Rome's historic center are closed to traffic for the event.

Oleum is Firenze's olive festival that appears to be a clever

marketing gimmick for an olive oil growers' consortium.

On the 19th and 20th of March this year, the beautiful town of Montefioralle in Chianti, Toscana fries thousands of a traditional rice cake in a gigantic fryer that holds 250km of oil. The *Sagra delle Frittelle* comes down from the Renaissance when all the servants of the castle ate the master's food.

In a sarcastic response to the famous Palio di Siena, a neighboring small town has become well known for the palio of donkeys in Torrita di Siena.

"Open Monuments Weekend", is a little known event one day a year when many gardens and monuments throughout Italy which are normally closed to the public are opened up to visitors (generally free of charge).

"*Marzo pazzerello, se c'e' il sole prendi l'ombrello*" Crazy March, if it's sunny, take an umbrella.

Most of March lives under the astrological sign of Pisces, the double fish, one of the prime symbols of Christianity. In times of early persecution, Christians even called themselves Little Fish. Seafood has always had a special place in the hearts (and stomachs) of Italians. In the spring when fishermen return to the sea, *primavera* is personified in the bounty to enjoy. While extravagant dishes are served in elegant restaurants, the poor fishermen make equally savory stews from all the pieces and fish that didn't sell. Here is the source for "*cacciucco*" (ka 'chuko) and all of its cousins and paesanos. In the words of Lidia Bastianich, "I yearn for *cacciucco* in the spring. It was in *primavera* that I first tasted *cacciucco* at Trattoria Benvenuto in Florence and I haven't been the same since." A spicy Cacciucco is claimed by Livorno in Tuscany and a milder version of the same name is the child of Viareggio near the fabulous Cinque Terre. Also from Cinque Terre comes a stew called *Burrida*. Liguria's coastal towns also lay claim to a fish stew called *uCiuppin* which is widely believed to be grandmother to San Francisco's famous

Cioppino.



Sturdy daffodils growing through the snow are the floral emblem of March. Their brilliant yellow in the middle ages was the

symbol of chivalry. A brave knight in armor might be able to stand up to the March winds. Oh by the way, this month George Clooney will begin filming "The Ides of March", a movie about a governor campaigning in presidential primaries.

Join us for a Fun Day at



Saturday, March 12, 2011

the **MEN'S CLUB** of the

ITALIAN AMERICAN COMMUNITY CENTER

Invites ALL for a Day Trip to Mohegan Sun

\$30.00/person

will get you

a \$15.00 free wheel spin plus a \$15.00 food coupon

Our bus will depart from two locations:

7:00 AM - Yankee Trails parking lot, 568 Third Ave. Ext. Rensselaer

- AND AT -

7:30 AM - IACC parking lot, 257 Washington Ave. Ext.

CALL TODAY FOR RESERVATIONS

IACC OFFICE **456- 4222** or JOHN RITZ **477-7477**

BRING A FRIEND!



Wednesdays Open Bowling



Row 1 (L/R): Donna Zumbo, Carolina Mancino, Maria Marchio, Gail Tarantino
 Row 2 (L/R): Josephine Tirino, Maria DeNitto, Lucy Pena (owner of Westlawn), Amanda Tarantino
 Row 3 (L/R): Angelo Tarantino, Angie Groelz, Kathy Ryan
 Missing from photo: Mary Lou and Armand Marando, Diane Biernacki, Donna Mitchell

The response to weekly bowling for IACC members, as advertised in September's Siamo Qui, has been quite successful. We began on Wednesday, September 22nd at Westlawn Lanes in Guilderland. The first week we had a total of 12 bowlers and continue to have a good turnout each week. This event is just-for-fun bowling rather than formalized league bowling. The teams bowl two games instead of the required three and begin at 6:00 PM. We have a variety of members who look forward to getting together for this outing as their schedules permit. Our thanks to Lucy at Westlawn Lanes for accommodating our group. For anyone who is interested or would like more details, please contact Angie Groelz.

IACC Men's Club



SPRING 2011 MEN'S CLUB SCHEDULE

March 10, 7:00 PM - Informal Meeting

March 12, Bus Trip to Mohegan Sun Casino
 (see details on page 9)

April 14, 7:00 PM Regular Meeting
 (Speaker to be announced)

May 12, 7:00 PM Regular Meeting

Some of the ideas we are working on include a bus trips to Arthur Ave., NY, North End, Boston, bocce tournament, cooking lessons and guest speakers.

If anyone has a project you would like to explore please bring it to my attention and together we will make it happen.

John Ritz 477.7477



The Italian Hour
3 - 4 PM Sunday
 with
Chris Martin

For the past 7 years, Times Union readers have chosen WABY as the Capital District's #1 AM radio station!

SAVE the DATES

May 15 Annual Mother / Daughter Luncheon & Fashion Show "Tulips in Springtime"

May 18 WOMEN'S BOCCE BEGINS
 All female members are invited to join the Women's Bocce League on Tuesdays, at 6:30 PM.

No experience necessary!
 If interested - please call Donna Zumbo at 452-2617

CARING & SHARING By Anna Acconi

March Birthdays:

Eileen Amodeo	Joseph Guastamacchia
Michael Barranca	George Infante
Thomas Burns	Leah Kieper
Lucille Campito	Daniel Lawlor
Kathleen Clapper	Andrea Lizzi
Pamela Colello	Gregory Miller
Anthony Crisafulli	Janet Nardolillo
Patricia Crisafulli	Virginia Northcutt
Margaret Davis	Charles Padula
Vincenza Davis	Karen Park
Karmel DeStefano	Joan Pierce
Sante DiCarlo	Anna Ruggeri
Cheryl Evola, Cheryl	Charles Schmoegner
Peter Farina	Colleen Sullivan
Mary Fatica	Theodore Turone
Richard Frank	Daniel Wall
Ettore Gadani	Mary Wilson
Andrea Goldberger	Frank Zeoli
Franca Groves	

Condolences

Our sincere condolences to **John Chiaramonte**, Rev. Anthony Chiaramonte, and family on the loss of their dear uncle, George Virgilio.

Condolences to **Luigi and Maria DeNitto** and family on the loss of Luigi's devoted mother, Fiorita DeNitto, who passed away suddenly in Italy.

We were deeply saddened by the loss of long-time member **Paul Centi**. Our condolences to his wife, **Dorothy**, and family. **Paul** devoted many hours organizing events for the 50+ Club.

We mourn the loss of long-time member, **Catherine Burke**, beloved sister of **Anna Zumbo** and **Marian Neil** and aunt of **Donna Zumbo**. Condolences to the Burke and Zumbo families.

Congratulations

Congratulations to **Thomas and Gloria Yacono** who celebrated three major events on November 29. This day commemorated Tom's birthday, their 52nd wedding anniversary, and the birth of their first grandson, Thomas Cole Yacono, who weighed in at 8 pounds, 5 ounces.

Cacciucco alla Livornese

(e altri opzioni & other options)

Maria La Morte



Ingredients

- 1 ½ to 2 pounds of mixed fish (i.e. sole, monkfish, catfish, other whitefish, squid, octopus, fresh shellfish such as clams, mussels, scallops, and shrimp.)
- A medium onion (minced)
- 2 cloves garlic (or more)
- A bunch of parsley
- Small bunch of fresh basil
- 2 tablespoons olive oil
- ¾ pound sliced fresh or canned plum tomatoes (fresh should be blanched and peeled)
- 2 tablespoons red wine vinegar diluted in ¾ cup water (other towns use white wine and clam juice)
- Salt
- Crumbled or minced hot red pepper to taste - as hot as you like
- Toasted Italian bread rubbed with fresh garlic

Directions

Clean and prep fishes. Cut large pieces to match small whole ones.

Sauté the onion, parsley, basil, and garlic in the oil in a deep-bottomed pot. When onion is translucent, stir in chopped tomatoes and season to taste. Don't be afraid of the red pepper, because this dish is intentionally hot of pepper (rare in North Italian food). When the tomatoes have cooked a bit, stir in watered vinegar. Simmer for a few minutes and remove the garlic.

Blend the sauce and return it to the fire along with the fish and a generous sprinkle of good olive oil. Simmer till the fish is cooked (10-15 min). Meanwhile, toast several slices of bread and rub them with a crushed clove of garlic. Pour the stew over the bread to serve.

In Livorno they drink a white wine such as a Bolgheri Bianco or a Bianco della Val di Cornia.

In Viareggio, they start with garlic, onion, celery, carrot, and parsley in the food processor and then sauté the finely minced mixture to begin. They don't blend the sauce later. Tomato sauce takes the place of fresh tomato. They add dry white wine before the tomato sauce and then fish and simmer till done.

Buridda is very similar. In fact, the only difference is the addition of oregano and no garlic.

In all cases, the stew is served over toast or crouton or other crustini.

It's a hearty meal for these cold, windy nights. I hope you enjoy it.



Italian American
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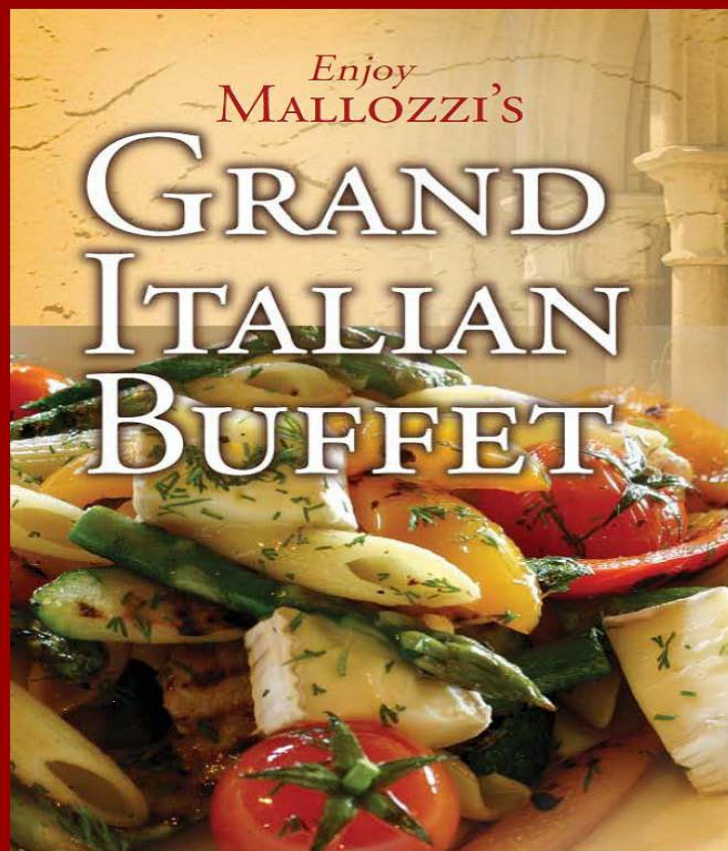
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