



ISSUE 623

FEBRUARY 2026



SUPER BOWL 60 PARTY



SUNDAY FEBRUARY 8

14 FOOT HD SCREEN

RAFFLES & PRIZES

HAPPY VALENTINES DAY

FROM THE I.A.C.C.

NEWS & EVENTS

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President of the Italian American Community Center
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SOCIAL CALENDAR

February

02/02/26 ~ Monday Grand Italian Buffet - 5:00 pm - 7:00 pm

02/08/26 ~ Super Bowl 60 Party - 4:00 pm - 10:00 pm

02/11/26 ~ No Women's League Meeting - Winter Break

02/16/26 ~ Monday Grand Italian Buffet - 5:00 pm - 7:00 pm

02/23/26 ~ Intermediate Italian Language Classes Begin - 7:00 pm

02/26/26 ~ Chair Yoga Begins - 6:00 pm

UPCOMING EVENTS

- 03/15/26 ~ Saint Patrick - Saint Joseph Mass and Brunch - 12:00 pm
- 03/28/26 ~ Arthur Avenue "Little Italy in the Bronx" Spring Bus Trip - 8:45 am
- 04/23/26 ~ Spring Member Dinner - 6:00 pm
- 06/04/26 ~ Best of The Bronx: Yankees Game & Arthur Ave Bus Trip- 8:00 am
- 06/07/26 ~ St. Anthony's Mass & Luncheon - Noon





PRESIDENT'S MESSAGE

Let's Kick Off an Exciting Season Together! The energy at the Italian American Community Center is electric, and I couldn't be more excited about what's ahead! First up, our Super Bowl Party! This isn't just about football; it's about friends, laughter, and the unbeatable combo of great food and Italian hospitality. Bring your team spirit and your appetite; this is always a night to remember!

The contractors have diligently renovated the bar and restaurant, and the transformation is remarkable. Picture a vibrant space that combines contemporary style with the cozy charm of Italian tradition—an ideal place to enjoy a glass of wine, a tasty meal, and make lasting memories. We're eager to see the final result!

The Winter Olympics in Italy Are Almost Here! One of the world's most exciting events is about to begin: the Winter Olympics! This year is especially meaningful as the global spotlight shines on Italy's beauty and excellence. It's a proud moment for our heritage and a celebration of athletic achievement on the grandest stage. Cheer on your favorite teams and athletes as they push boundaries and strive for greatness. The Olympics are more than a competition; they represent unity, passion, and the pursuit of excellence. They showcase resilience, determination, and the spirit of sportsmanship that inspires us all. Let the Olympic spirit unite us. It is a powerful celebration of what humanity can accomplish when we pursue greatness together.

Finally, let's not forget spring is just around the corner! Soon, we'll trade winter coats for sunshine and outdoor gatherings. Stay tuned for announcements about spring events that will keep our community vibrant and connected.

Happy Saint Valentine's Day! Thank you for being the heart of the Italian American Community Center. Together, we're creating a place where tradition meets celebration, and every season brings new reasons to gather.

Jim Sano

JIM SANO
ITALIAN AMERICAN COMMUNITY CENTER
PRESIDENT



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WOMEN'S LEAGUE

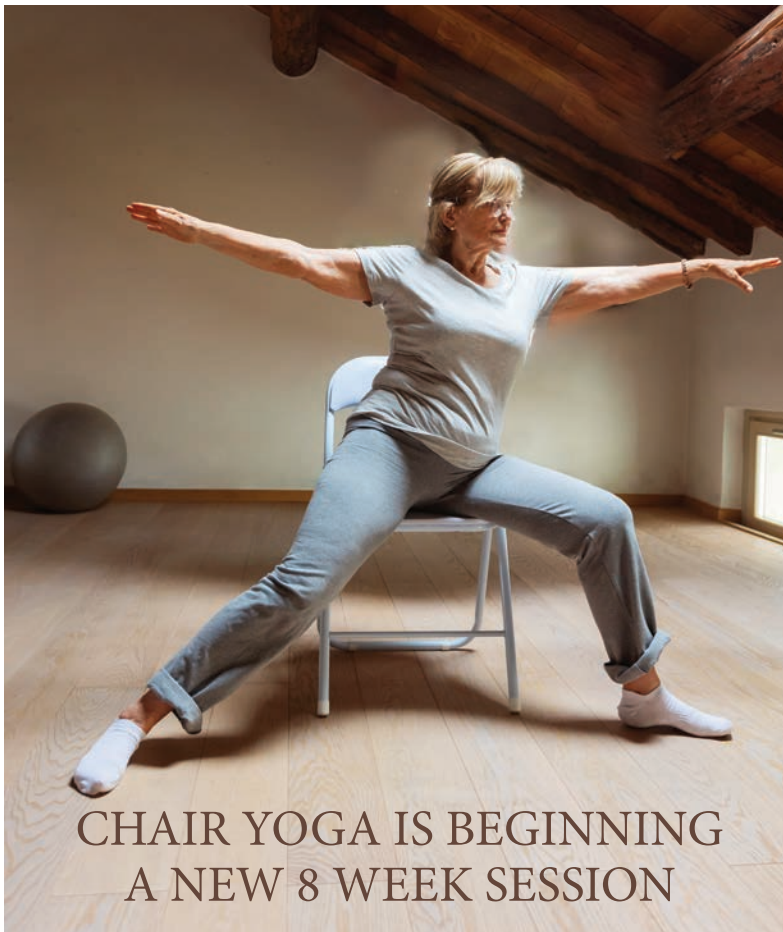
Hello ladies,

Wow, this has been a cold, windy and snowy January. February brings thoughts of Groundhog Day, Super Bowl Sunday (Go Pats!) and, of course, Valentine's Day. Who doesn't love chocolate and flowers?

There was no Women's League meeting in January, and we will not meet in February. Monthly meetings will resume on March 11th. Your new officers (**myself, Maria DeNitto - VP, Annette D'Auge - Secretary, and Mary Lou Marando - Treasurer**) will be meeting with the outgoing officers to plan an exciting upcoming year.

Stay warm and safe. Remember, only 110 days till the pool opens!!

Georgeann Greene
President



CHAIR YOGA IS BEGINNING
A NEW 8 WEEK SESSION

This class is enjoyed by so many and it's returning for an 8-week spring session. Classes will be on Thursdays at 6:00 pm.

They begin on February 26th and run through through April 16th. The class is held upstairs in the Carusso Room. Classes are open to men and women.

Please call the membership office at 456-IACC (4222) to sign up.

The price for 8 weeks is \$60 or \$10 to drop in for a class

The Val di Noto

PART I

BY JIM SANO



The Val di Noto is situated in the province of Syracuse, in the lesser-known southeast corner of Sicily. On January 9, 1693, a significant earthquake occurred in this region. Ten thousand people died, and cities and towns were (partly) destroyed. After this catastrophe, large-scale public projects were initiated to rebuild the affected towns in the fashionable architectural style of the period, Baroque. The 8 places included as 'Val di Noto' are Caltagirone, Catania, Militello, Modica, Noto, Palazzolo, Ragusa, and Scicli. As a result, these eight towns in Sicily represent a collection of architectural and artistic achievements from the late 17th century. Entire cities and towns were not simply rebuilt but reborn, and none were more beautiful than Noto, the undisputed jewel in the Val di Noto crown.

The history of Noto begins with the old town Noto Antica (AKA-"Netium"), founded by the Sikels. Scholars have dated the earliest ruins to circa 800 BC. Following the Greek colonization of Syracuse, Netium came into contact with Hellenic customs and rites and was assimilated into them. Noto then passed under Roman rule as a federated city. In the imperial era, it was declared a Latin municipium, a unique status that granted the town considerable privileges, including the right to self-government. Noto was then conquered

by the Arabs, who made it a highly armed stronghold; it took its present name and was the capital of one of the three valleys into which they subdivided Sicily. Finally, in 1090, after two centuries of Muslim rule, Noto negotiated a surrender with Roger I.

Old Noto and 45 other towns in eastern Sicily were destroyed in 1693 by an extremely violent earthquake. What remains of the ancient city is located some 13 kilometers from the present town of Noto. This great tragedy provided a blank canvas upon which master architects rebuilt Noto from scratch and created this lasting legacy of grand Sicilian Baroque architecture. This cluster of towns, rebuilt in Baroque style, all have central piazzas anchored by stone churches with tiers of Corinthian columns. Noto is a city full of Baroque architectural gems that exude a spirit of playfulness and culture. The beautiful decorations adorning the buildings, with stucco and carvings complemented by intricate wrought-ironwork, lend elegance to the overall scheme. Every edifice and construction showcases Baroque curves and embellishments, including fountains, arches, churches, palaces, and staircases. However, the defining feature of this Baroque style is the intricately designed palace balconies, each one distinct with its own carved griffins, gargoyles, floral designs, and figures of animals or humans.

Noto is so gorgeous it could be mistaken for a film set. The Spanish Viceroy's right-hand man, the Duke of Camastra, oversaw the creation of the new town in Noto. Three architects, Rosario Gagliardi, Vincenzo Sinatra, and Paolo Labisi, were tasked with building a city based on Baroque ideals, incorporating elements of the Renaissance and neoclassical pseudo-Spanish styles. The result was a perfectly proportioned urban center with parallel lines that offered breathtaking views.

The town was divided into three parts by three roads running east-west, designed to maximize exposure to the sun's rays. Noto was constructed from local tufa stone, a soft, sandy-hued limestone that absorbs sunlight and glows at sunset. The red-gold buildings radiate a soft inner light and are captivating at night when the streetlamps and floodlights highlight the warm-colored stone. Thus, Noto earned its nickname, "The Pearl of Sicily."

The main street in Noto, the Corso Vittorio Emanuele, is a magnificent walkway lined with stunning architecture and bustling with life. This elegant avenue begins at the Porta Reale and is a true reflection of the city's beauty.

The Porta Reale is a magnificent triumphal arch located in the eastern part of Noto. It was constructed in 1838 and serves as the city's main entrance and gateway. The arch was built at the expense of the Marquis of Cannicarao. It was initially named "Porta Reale" or "Ferdinanda" in honor of King Ferdinand II of Bourbon, who visited Noto at the time of its completion. The Porta Reale features two coats of arms, one belonging to the city of Noto and the other to the Cannicarao family. In addition, the arch is adorned with three symbolic sculptures. The tower represents the city's strength and endurance over the centuries, the greyhound symbolizes friendship, and the pelican signifies fertility. These sculptures and the arch make the Porta Reale a masterpiece of Italian architecture.



The Corso Vittorio Emanuele is a beautiful street that extends west and features three magnificent piazzas, each with a church. These three roads were carefully oriented from east to west to maximize solar exposure. The city's urban design was organized around three main social classes, with the Corso reserved for the clergy, the upper part designated for the nobility, and the lower part intended for the commoners. That is why many churches are along the way to the Corso

Vittorio Emanuele. In addition, visitors can enjoy public gardens along the road, the elegant Monastero del Santissimo Salvatore with its graceful tower, the inspiring Palazzo Ducrezio, the magnificent Cathedral, the charming Church of San Francesco, the impressive Jesuit Church and College, and the beautiful Palazzo Nicolaci di Villadorata. These superb structures along the Corso Vittorio Emanuele make Noto a gem of Italian architecture and design.

The Church of Santa Chiara

is a stunning religious structure in Noto, adjacent to the historic Benedictine monastery of the Holy Crucifix. Over the years, it has undergone several modifications, but its 18th-century style has remained steadfast. Construction of the Church of Santa Chiara began in 1730 and was completed in 1758. Despite its relatively small size, it is widely recognized for its



breathtaking interior design and artwork. The Church of Santa Chiara is a masterful expression of the Baroque style and features some of the most stunning frescoes in Sicily. Its interior is adorned with works of art, including the St. Benedict and St. Scholastica altarpiece by Salvatore Lo Forte and the Madonna and Child statue by the renowned Palermo sculptor Antonello Gagini. The church has a single nave with 12 columns, each topped by a statue of an apostle. The columns are separated by exquisite frescoes and magnificent decorations, with intricate stucco details adding an extra layer of beauty. Visitors to the Church of Santa Chiara will be enchanted by its timeless elegance and rich artistic heritage.

The Palazzo Ducrezio is a landmark Noto building known for its stylish portico. The building, now the Noto Town Hall, was constructed in the mid-18th century, with the ground floor designed by the Sicilian architect Vincenzo Sinatra. The upper level, added in the 1950s, was created to complement the original structure. The Palazzo Ducrezio's oval hall underwent



a lavish renovation at the end of the 19th century, evoking the Palace of Versailles. The Hall of Mirrors, as it's called, is adorned with luxurious details, including Louis XV-style furniture, gilded decor, ornate stuccos, and the mirrors that give the room its name, making it a beautiful and opulent space.



The Church of San Francesco d'Assisi all'Immacolata is a beautiful religious building constructed in the 18th century by the architect Rosario Gagliardi and his student, Vincenzo Sinatra. The church's facade features a wide staircase leading up to the entrance, with Baroque columns and marble statues. The interior of the 18th-century church features a single nave, in keeping with Franciscan tradition, and walls adorned with white rococo-style stucco. The church also houses a Franciscan monastery.



The Nicolaci Palace of Villadorata is a prestigious 18th-century palace in the heart of Noto, known for its baroque-style balconies. It was once inhabited by the wealthy and influential Nicolaci di Villadorata noble family, who increased their wealth by owning tuna-fishing companies on the eastern coast of Sicily and by purchasing large tracts of land. The palace was constructed in the early 1700s and was completed in 1765. In the 19th century, the Nicolaci di Villadorata

family ceded part of the palace to the municipality of Noto, establishing the Municipal Library's headquarters there. The Nicolaci Palace is a masterpiece of architecture, with approximately 90 rooms, beautifully decorated with



Palazzo Nicolaci Balcony of Villadorata Palace

intricate details and frescoes on the walls and ceilings. The balconies feature sculptures of mythical creatures, including mermaids, lions, hippogriffs, winged horses, and others. Today, several rooms in the palace are open to the public, showcasing period furniture and the grandeur of the Baroque style.

The Noto Cathedral, also known as the Cathedral of San Nicolò, is a revered religious building constructed between 1694 and 1703. It houses the remains of the city's patron saint in a 16th-century silver ark. The dome of the Cathedral was added in the 19th century. Despite multiple renovations in the 20th century, the structure eventually collapsed in 1996 due to poor workmanship. Rebuilding efforts began in 2000, aiming to recreate the original 18th-century Baroque design using modern techniques to preserve the salvaged elements. The rebuilding project was completed in 2007. The Cathedral's façade features a double-tower structure of limestone and a grand staircase leading to three entrance portals, with the central portal entirely of bronze. The inside of the Cathedral boasts a traditional Latin cross layout with three aisles. It is decorated with artistic masterpieces, including the 1783 painting "Adoration of the Shepherds" by Giovanni Bonomo and the 1827 piece "Delivery of the Keys to St. Peter" by Giuseppe Patania.

The Church of San Carlo, also known as the Church of San Carlo al Corso, the Church of San Carlo Borromeo, and sometimes referred to as the Collegiate Church due to its proximity to a Jesuit monastery, is renowned for its breathtaking views from the balcony atop its tower. These views are considered among the most striking in Noto. The church's facade is distinctive for its concave design, yet it retains traditional Baroque elements, including columns, pilasters, and balustrades. The facade is divided into three levels and features decorative windows, arches, and columns.



The Noto Cathedral



Palazzo Castelluccio is one of the six grand palaces in Noto and is open for guided tours most days. It was constructed in 1782 and remained closed after the death of its last Marchese owner in the 1980s. In 2011, an anonymous Frenchman, inspired by Giuseppe Tomasi di Lampedusa's novel "The Leopard," about a Sicilian nobleman, purchased the property and began adding period-style decorations, such as golden candelabras, acanthus-leaf-carved urns, and a striking leopard-print tiled floor. The palace also features portraits of various Sicilian royalty and a Canaletto-style landscape painting.



Palazzo Landolina was commissioned by the nobleman Francesco Landolina in the 18th century. From 1838 to 1844, it served as a residence for King Ferdinand II of Bourbon and Queen Maria Theresa of Austria, who stayed there three times. The palace features a triumphal staircase with marble adornment, a main hall with golden walls, and paintings from the 18th and 19th centuries. Palazzo Landolina has remained in possession of the Norman-origin Landolina family, who arrived in Noto in 1091 during the reign of King Roger.



Palazzo Landolina



The Church of Santissimo Salvatore (Most Holy Saviour) is located between the Cathedral of San Nicolò and the Church of San Francesco d'Assisi all'Immacolata and forms part of a larger complex that includes the Monastery of SS: Salvatore and the Episcopal Seminary. The church was constructed in 1767 under the supervision of architect priest Andrea Gigante to replace an earlier church from the early 18th century. After Gigante's death, the project was altered by D. Antonio Mazza, and the church was finally completed and consecrated in 1802. The church's interior features an 18th-century pipe organ, a silver urn containing the relics of Saint Restituto, transferred from Rome in 1662, and a valuable wooden sculpture of the Madonna and Child on an altar. The Civic Museum is located on the first floor of the Holy Savior Convent. It showcases prehistoric artifacts, ancient Greek pottery, and figurines from a Greek temple dedicated to the deities Kore and Demeter.

At the end of the Corso, you will reach the Piazza XVI Maggio, Noto's final large square. This piazza is home to the **Church of San Domenico**, known for its elegant curved facade, built in 1727 by architect Gagliardi. The piazza also features the Villetta di Ercole, a small villa with a fountain and a statue of

Hercules, which is purportedly a Greek work salvaged from the ruins of ancient Noto. However, this remains a subject of debate among scholars. The elegant Vittorio Emmanuele Theater, dating back to 1842, is located in this square.



Church of San Domenico

Start Spreading The News...

BEST OF THE BRONX



6/04/26

Cost: \$80 I.A.C.C. Members / \$85 Non-Members

Location: The Italian American Community Center


Time: 8:00 am (Depart from Albany) / 1:35 pm (Game)

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NY Yankees vs. Cleveland Guardians - 1:35 pm
* Post Game Dinner Stop At Little Italy On Arthur Ave. *

BY JOE SANO

TERMOVALORIZZAZIONE BURNING TRASH FOR POWER IN ITALY



As we travel west on Washington Avenue extension towards the IACC we pass the Albany City Landfill and “Mount Trashmore” the highest point in the city. While Albany struggles with its future needs for waste disposal, I am reminded about the Italians using energy incinerators to reduce their landfill need while safeguarding the people’s health. It seems that it works!

In Italy, the practice of burning garbage to generate power is known as waste-to-energy (WTE) incineration or termovalorizzazione. As of early 2026, the sector continues to evolve with a focus on modernization and regional expansion. . This process involves the combustion of municipal solid waste in specialized facilities, converting it into electricity and heat. Waste-to-energy plants help reduce the volume of landfill waste while also producing energy, making them an important component of Italy’s waste management and renewable energy strategies.

Here is how these Italian plants function:

Waste is delivered to the plant, discharged into the collection, and mixing tank, and then loaded for energy recovery into the boilers, the temperature of which is regulated at around 1,000 degrees. The heat produced from combustion generates high-pressure steam which is fed into a turbogenerator to produce electricity. The steam is also fed into the cogeneration plants to produce thermal energy which is used to heat the water

for the district heating grid or to provide heat for other industrial activities instead of using fossil fuels.

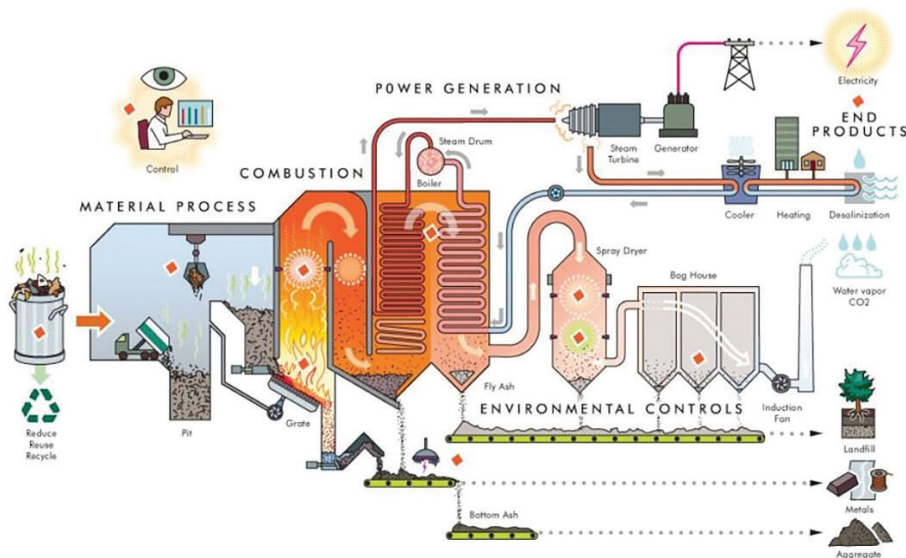
All the plants are equipped with innovative emission treatment systems (i.e. the flue gas cleaning section) that lower the pollutant content continuously on the way from the combustion chamber to stack emission. The flue gases are purified using specific technologies depending on the substances to be treated:

- DE NOx systems that act on the concentration of nitrogen oxides, transforming them into natural air components such as nitrogen and water
- bag filter systems that retain dust and particulate.
- fume scrubber or dry reagent injection systems that convert and “capture” the other compounds chemically.

These purified fumes are subsequently conveyed as gaseous emissions to the stack. Here, strict emission control systems are activated, and enforced by the authorities, to constantly monitor gaseous flows and to guarantee compliance with the limits set by emissions standards.

Waste-to-energy plants also produce residues that mostly consist of a non-combustible fraction, as well as flue treatment residues. The first make up most of the residues produced, which are sent to be recovered, either as inert construction materials, or as metals (such as copper, aluminum, iron) instead of ending up in a landfill.

Major Italian cities like Milan and Rome operate modern WTE plants that comply with strict European Union environmental standards. These facilities are



board has an immense project scheduled for Rome. To address long-standing waste crises, a major new waste-to-energy plant in Santa Palomba is scheduled to begin construction in early 2025, with plans to be operational by summer 2027. It is designed to generate enough energy for 200,000 homes while focusing on carbon capture (e.g., the Hera Group's project in Ferrara) to align with EU climate goals.

While the approach is viewed as a way to manage waste and reduce reliance on landfills, it is sometimes debated due to concerns about air quality and the need to further increase recycling rates and for the southern part of the nation to embrace the technology.

The regional imbalance or the "waste gap" between Northern and Southern Italy remains a major political and logistical issue, leading to high transport costs and environmental impacts. Similar to the many towns in the USA who ship trash to landfills or WTE plants, the cost of moving trash is real and the need for an increasing number of plants throughout the lower half of Italy is real.



The Mila WTE Silla 2 facility

Most recently the European Union has embarked on a policy of gradually withdrawing financial support for new WTE incineration facilities to prioritize new economic models like recycling and anaerobic digestion. Regardless Italy remains committed to WTE with strict environmental standards. Italian plants must comply with strict EU Industrial Emissions Directives, utilizing advanced flue-gas cleaning systems to remove acid gases and particulates. The EU attention to safety and health with their WTE plants is real.

Italy and the European Union nations continue to explore clean technologies using waste for power generation. Perhaps we need to pay better attention to what others are doing with their waste because our landfills are getting or are full.

equipped with advanced filtration systems to minimize air pollution and ensure the safe handling of emissions. Italy operates approximately 36–39 incineration plants. The network is heavily concentrated in the North (regions like Lombardy and Emilia-Romagna), while the South has fewer facilities, often leading to waste being transported across regions or even abroad. The country incinerates roughly 5.5 million metric tons of municipal waste annually. Between 2011 and 2023, energy generation from biomass and waste increased significantly, reaching approximately 16 terawatt-hours (TWh).

The Acerra (Naples) plant (pictured below) is one of the largest single-unit WTE plants globally, processing about 600,000 tons per year and providing electricity for local communities while reducing reliance on landfills. The plant in Brescia is historically recognized as one of the world's most efficient plants, it recovers electrical and thermal energy from 730,000 tons of waste annually.



The Mila WTE Silla 2 facility (pictured here) is a high-efficiency plant that produces electricity for approximately 150,000 families and provides district heating for 40,000 homes. Another great example of WTE in practice is the modern "third generation" plant in Turin, the Gerbido plant, which produces over 399,000 MWh of electricity annually. The drawing

BY JOE SANO

As we approach the opening ceremony of the XXV Olympic Winter Games, the eyes of the world turn once again to the Italian Alps. The 2026 Milano Cortina Games mark a historic homecoming for winter sports, blending the cosmopolitan energy of Milan with the storied tradition of Cortina d'Ampezzo. For Italy, this isn't just a sporting event; it's a celebration of a legacy that spans seventy years.

Italy's relationship with the Winter Olympics began in 1956, with Cortina d'Ampezzo hosting the Games. These Games were a milestone for many reasons: they were the first to be televised to a multinational audience and marked the Soviet Union's debut. Italy finished eighth in the medal table, a respectable showing that solidified the country as a premier destination for snow and ice sports. Half a century later, the Games returned to Italian soil for Turin 2006. This edition transformed the Piedmont region and significantly expanded the Olympic program, introducing events like snowboard cross and team pursuit speed skating. Italy celebrated five gold medals on home turf, including an emotional victory in the men's 50km cross-country ski race by Giorgio Di Centa. At the 2026 Winter Olympics, Italy will become one of the few nations to host the Winter Games three times, using a decentralized "cluster" model that spreads the excitement across more than 22,000 square kilometers.

THE 2026 VENUES: FROM CITY TO SUMMIT

The 2026 Games are unique for their geographic breadth and for using existing world-class facilities that promote sustainability.

*** Milan Cluster:** The heart of the "ice" events. The legendary San Siro Stadium will host the Opening Ceremony. Figure skating and short-track speed skating will take place at the Milano Sant'Giulia Ice Arena, while hockey games will be split between the Rho Fiera and PalaItalia.

*** Cortina d'Ampezzo Cluster:** Returning to its 1956 roots, Cortina will host women's Alpine skiing on the Tofane slopes. The Stadio Olimpico del Ghiaccio—now refurbished with a roof—will host curling, while the sliding center will house bobsleigh, luge, and skeleton.

*** Valtellina (Bormio & Livigno):** Bormio's fearsome Stelvio track will host men's Alpine skiing and the Olympic debut of Ski Mountaineering. Nearby Livigno will be the hub for freestyle skiing and snowboarding.



*** Val di Fiemme:** This region will handle Nordic events, including ski jumping in Predazzo and cross-country skiing in Tesero.

*** Anterselva:** The biathlon events will be held at the Südtirol Arena, widely considered one of the most beautiful biathlon venues in the world.

STARS TO WATCH FOR ITALY (THE AZZURRI)

Italy's medal hopes rest on an impressive lineup of winter sports stars, led by its "Avalanche" of elite female skiers. Federica Brignone and Sofia Goggia remain dominant forces in Alpine skiing, with Goggia, despite a history of injuries, favored for downhill gold if she stays healthy. On the short track, Arianna Fontana, Italy's most decorated Winter Olympian, returns for her sixth Games, aiming to add to her remarkable tally of eleven medals. Over on the ice, curling champions Amos Mosaner and Stefania Constantini will defend their mixed doubles title on Constantini's home turf in Cortina. Italy's strongest gold prospects lie in women's Alpine events (Downhill and Giant Slalom), Short Track Speed Skating, and Curling. Meanwhile, the home-field advantage at Anterselva's biathlon track positions Lisa Vittozzi and Dorothea Wierer as serious podium contenders.

STARS TO WATCH FOR TEAM USA

The American squad features an all-star lineup led by Mikaela Shiffrin, who is chasing multiple Alpine skiing gold medals to cement her status as the greatest of all time. Adding drama to the slopes, 41-year-old legend Lindsey Vonn has made a stunning comeback from retirement, creating one of the Games' most compelling storylines. On the ice, Ilia Malinin, the "Quad God," is favored for figure skating gold after becoming the first to land a quadruple axel. In the speed skating oval, Jordan Stolz is expected to dominate across several distances, while Chloe Kim remains the undisputed queen of the snowboarding halfpipe. Team USA's strongest medal prospects lie in Snowboarding and Freestyle Skiing, where they traditionally sweep podiums, as well as Figure Skating and Women's Ice Hockey. Stolz stands out as the most certain bet for gold, with potential victories in multiple speed skating events.

As the flame is lit in Milan and the world gathers in the shadow of the Dolomites, the 2026 Winter Olympics promise to be a spectacular fusion of history and innovation. Italy's third hosting isn't just a look back at 1956 or 2006; it's a bold step into the future of the Olympic movement.



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Spring 2026

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Location: The Italian American Community Center ~ 2nd Floor
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Register: Call (518) 456-4222 - OR - Visit: www.IACCFoundationAlbany.org

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FEBRUARY
Birthdays

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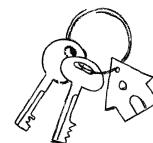
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Mangia Bene E Vivi Bene!

By FRANK ZEOLI



ORECCHIETTE WITH SAUSAGE & BROCCOLI RABE



Rustic, bold, and classic Italian, **Orecchiette with Sausage & Broccoli Rabe** tastes as if it came straight from a Nonna's kitchen. The little "ear-shaped" pasta is perfect for catching the garlicky olive oil, savory sausage, and pleasantly bitter broccoli rabe, creating a balance that's simple and delicious. Finished with a pinch of red pepper flakes and a heap of grated cheese, this classic comfort dish proves that a handful of simple ingredients can deliver a big, unforgettable taste.

PREP TIME: 5 MINUTES | COOK TIME: 25 MINUTES

INGREDIENTS

- 1 lb. orecchiette pasta
- 1.5 lb. Italian sausage (sweet or hot), casings removed
- 1 large bunch broccoli rabe, trimmed and chopped (12 oz)
- 4 cloves garlic, thinly sliced
- ½ tsp red pepper flakes
- ½ cup extra-virgin olive oil
- 1 cup reserved pasta water (as needed)
- Salt, to taste
- Freshly cracked black pepper
- Grated Pecorino Romano cheese for serving



INSTRUCTIONS

1. Bring a large pot of well-salted water to a boil. Add the broccoli rabe and blanch for 2-3 minutes, until tender. Remove with a slotted spoon and set aside.
2. Bring a second pot of salted water to a boil and add the orecchiette pasta. Reserve about 1 cup of pasta water, then drain.
3. While the pasta is cooking, heat the olive oil in a large skillet over medium heat. Add the sausage and cook, breaking it up, until browned and cooked through, about 6 - 8 minutes.
4. Add garlic and red pepper flakes to the skillet. Cook 30 - 60 seconds until fragrant (don't let the garlic burn).
5. Add the broccoli rabe to the same skillet and toss to coat. Stir in the drained orecchiette. Add reserved pasta water a little at a time until the sauce lightly coats the pasta.
6. Season with salt and freshly cracked black pepper. Toss well and cook for an additional 1 - 2 minutes to allow everything to blend.

Plate immediately with a generous topping of grated Pecorino Romano cheese and an extra drizzle of olive oil.

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