

SOS Women's Club

Carte Di Donne



Karen's Corner



Thank you to everyone who attended and participated in the SOS Family Picnic. Thanks you to everyone who donated raffle baskets, worked the cake wheel, donated baked goods, made popcorn, sold speciality drinks, supervised the petting zoo, served food or cleaned up. I definitely see a bigger, better picnic since our club has been involved.

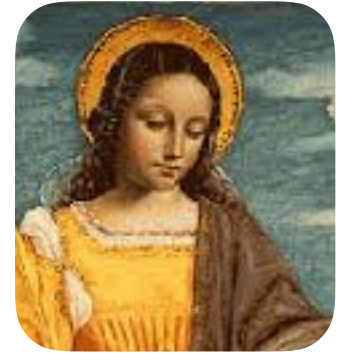
How wonderful it was to see so many families - many of them with four generations - enjoying the day. Not only did we all have fun while supporting the SOS Club, but we also made a profit!

At our next meeting, please welcome three new members to our club:
Nancy Cosentino, Rose Collie and Julie Longwello.

Welcome Ladies!

CULTURAL CORNER

Feast of Saint Agatha



The Feast of Saint Agatha is one of the most important religious feasts in Catania and it's the third religious feast most followed in the world. It's celebrated twice a year: February 5 and August 17.

The feast in August lasts only one day and it's connected to the celebrations that occurred on the night of August 17, 1226, when the remains of the Saint were brought back in Catania from Constantinople (today's Istanbul) by the two soldiers Gisliberto and Goselmo.

The feast in August is smaller than the Feast of Saint Agatha in February, but every year it attracts many devotees and tourists. On the night of August 17, great fireworks color the sky starting from Catania's harbor and from the church of Saint Placido, a real rarity.

Although she was one of the most-venerated virgin martyrs of Christian antiquity, the traditional particulars of her martyrdom are of little historical value. Palermo and Catania are both mentioned as her possible birthplace, and tradition holds that she was born to wealthy and noble parents. Having consecrated her virginity to God at a young age, she resisted the advances of a Roman prefect sent by the emperor, Decius, to govern Sicily. Her profession of faith and rejection of the prefect resulted in her brutal torture, during which her breasts were cut off. During her imprisonment, she famously had a vision of St. Peter the Apostle, who is said to have comforted her and healed her wounds with his prayers. She was sent to the stake, but, according to some accounts, as soon as the fire was lighted, an earthquake occurred, causing the people to insist upon her release; she then allegedly died in prison.

St. Agatha of Sicily, is the patron Saint of breast cancer patients.

Minnie di Sant'Agata

These delicate pastries, known as minne or cassatelle (minnuzzi or cassateddi), are dedicated to the young saint.



Note: you will need a half sphere Silicone mold to make these. They are available on Amazon. These are about the size of a cupcake. Depending on the final size of the mold, you could maybe even get 8 minne out of this recipe. While not everyone is a fan of candied citron or orange, you can leave it out and simply keep the chocolate, however, the candied fruit adds a delicious element of sweetness to the mixture.

For the filling and decoration:

- 1 1/4 cups ricotta
- 1 1/4 cups (160 grams) confectioners' sugar, divided
- 1 1/2 ounces dark chocolate, chopped finely (or chips)
- 1 ounce candied citron or orange, chopped finely
- 1 egg white (use the one leftover from making the dough)
- 1 TBSP lemon juice
- 6 candied cherries

For the pastry dough:

- 2 cups flour
- 1/2 cup sugar
- 1/2 cup plus 1 TBSP cold butter, chopped
- 1 whole, large egg
- 1 egg yolk (save the white for the glaze)

Minnie di Sant'Agata

Continued

Combine the ricotta with 1/4 cup of confectioners' sugar and whisk until smooth. Add the chopped chocolate and candied fruit. Cover and let rest in the fridge for about 1 hour.

Prepare the pastry dough by combining the flour and sugar. Add the butter and process in a food processor or rub together with fingers until the mixture is crumbly and the butter is distributed evenly through the mixture. Add the egg and yolk (saving the white for the glaze) and continue mixing until you have a smooth, solid and not sticky or crumbly dough. Let rest for 30 minutes in the fridge.

Preheat the oven to 375° F. Roll out the dough on a well-floured surface until thin (about 1/10 inch). Fill a 6 half-sphere Silicone mold tray with a piece of pastry and trim evenly so it fills the sphere perfectly. Fill with the ricotta mixture right to the top, smooth over, then cover with a circle-cut out of pastry. Push down along the edges to seal the pastry (you can brush some of the spare egg white or even a bit of water around the bottom of the circle of pastry before pressing down to help seal). Continue with the rest of the mixture and dough.

Bake for 20 to 25 minutes, or until the pastry is cooked evenly and is golden. Let the pastries cool in their mold. When cool enough to handle, carefully remove them from the mold and place on a cake rack to let them finish cooling. In the meantime, whip the leftover egg white to fluffy, soft peaks. When the pastries are completely cool, make the glaze by combining the rest of the confectioners' sugar with the lemon juice and enough of the egg white (about 2 tablespoons—but do it bit by bit) to create a very smooth, opaque icing that runs off the spoon like pancake batter.

Place the pastries on a cake rack set over a tray or a chopping board. Ice the pastries by pouring a spoonful of icing at a time over the top (let it run down on its own; if some areas aren't covered, help it along by spooning another bit of icing from the top). Allow the icing to set, then top with a candied cherry.

Health & Welfare

Carolene Giluso has moved with her daughter in Oregon. Her address:
495 NW 28th St.
Redmond OR 97756

If **YOU** have any news for the membership, please contact Janet Salciccia.

August Birthdays

August 12 - Rose Sunser
August 14 - Shirley Battaglia
August 20 - Arlene Taormina
August 26 - Maryann Quartuccio

Guests

Every month is guest month at our Women's Club. Guests pay \$27 for dinner meeting.



NEXT MEETING...

Tuesday, August 13
Palermo Restaurant
Garden Room Patio Deck



Dinner @ 6:30 pm

If you have already paid your dues or if you pay your dues at the August meeting - your dinner is FREE!

Janet & Maryann will present the highlights from their trip to Sicily.

Upcoming Events

- August 24 & 25 -
Italian Festa
@ History Park
- Monday**, Sept. 9 - Women's
Club/SOS joint meeting
- Oct. 6 - Little Italy Street Fair
- Dec. 13 - SOS Christmas
Dinner
- Dec. 15 - SOS Children's Party

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