



# CARTE DI DONNE

SOS Ladies

events • news • updates • December 2024



Buon Natale, Ladies!

As the holiday season surrounds us with joy and generosity, our Sicilian Women's Club is buzzing with festive spirit. We have several important updates and events to make this December extra special.

## Poinsettia Pick-Up – December 3rd

Mark your calendars! Poinsettia pick-up will take place on Tuesday, December 3rd, from 12:00 PM to 7:00 PM at Donna's house, 4840 Tonino Drive, San Jose, CA 95136. These beautiful plants will brighten your home and help us spread holiday cheer!

## RSVPs Due by December 2nd

Time is running out! If you haven't already, please send your RSVP for the Women's Club Christmas Party to Lynn by tomorrow, December 2nd. You can reach Lynn at [lynndisalvi@gmail.com](mailto:lynndisalvi@gmail.com) or 408-772-1567. Be sure to include your menu choice: chicken or halibut. The event will be held at The Venue Saratoga, 14560 Big Basin Way, Saratoga, CA. Don't miss this wonderful evening filled with good company, delicious food, and festive fun!

For those attending the Sons of Sicily Men's Christmas Party or Children's Party, kindly RSVP to Mike at 408-691-8487 by December 2nd.

Let's come together this season with laughter, love, and the warmth of our Sicilian heritage. Wishing you and your families a Christmas filled with joy, health, and happiness!

Jessica Trumble

## UPCOMING EVENTS

December 3rd  
Poinsettia pick up

December 10th Woman's  
Club Christmas Party @  
The Venue in Saratoga  
6:00

December 13th  
SOS Adult Christmas  
Party @ Naperdack Hall

December 15th @11:00-  
SOS Children's  
Christmas Party  
Giovanni's Pizzeria

January 14th Member  
Dinner Meeting @ Pasta  
Market 6:00





*Happy Birthday*

ROSEMARIE PALLIYAGURU

SUZANNE PETTY

MARISA TAORMINA

## CELEBRATING OUR CULTURE

### **Cucidati (Sicilian Fig Cookies)**

These traditional Sicilian Christmas cookies are a holiday favorite, filled with a sweet, spiced mixture of figs, nuts, and citrus.

#### **Cultural Significance**

- Origins: Cucidati are thought to have been inspired by Sicily's rich history of diverse culinary influences, particularly from Arab and Mediterranean cultures. The use of dried figs, honey, and nuts reflects these traditions, which were brought to the island during Arab rule in the 9th to 11th centuries.
- Symbol of Abundance: The ingredients in Cucidati—figs, nuts, and citrus—symbolize prosperity, fertility, and good fortune. These cookies are often associated with Christmas and other special occasions, where sharing abundance is a central theme.
- Family Tradition: Making Cucidati is often a multigenerational activity in Sicilian families. Grandparents, parents, and children gather in the kitchen to prepare the dough, mix the filling, and shape the cookies. This process fosters family bonds and passes down culinary traditions.
- Religious Roots: In Sicily, food is deeply connected to Catholic traditions. Cucidati are often made during the Christmas season to celebrate the birth of Christ and the season of giving. The sweet richness of the cookie is a reflection of the joy and celebration of the holiday.
- Regional Variations: While Cucidati are considered a Sicilian specialty, variations exist across Italy. Some families add chocolate, spices, or different types of nuts to the filling, while others adjust the dough's sweetness. In Italian-American households, the glaze and sprinkles add a modern festive touch.
- Symbol of Heritage: For many Italian-American families, baking Cucidati is a way to honor their heritage and maintain a connection to their ancestors. The cookies often appear in Italian dessert platters alongside other favorites like cannoli and pizzelle.



## Cookies Ingredients

### For the Dough:

- 3 1/2 cups all-purpose flour

### 1/2 cup granulated sugar

- 1 cup unsalted butter, softened
- 3 large eggs
- 1 tsp vanilla extract
- 1 tsp baking powder
- 1/4 tsp salt

### For the Filling:

- 1 cup dried figs, chopped
- 1/2 cup raisins
- 1/2 cup almonds or walnuts, finely chopped
- 1/4 cup honey
- Zest of 1 orange
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- 1/4 cup orange juice (or Marsala wine for a traditional twist)

### For the Glaze:

- 1 cup powdered sugar
- 2-3 tbsp milk
- Colored sprinkles for decoration

## Instructions

### 1. Prepare the Dough:

1. In a large bowl, mix flour, sugar, baking powder, and salt.
2. Cut in the butter until the mixture resembles crumbs.
3. Add eggs and vanilla, mixing until a soft dough forms.
4. Wrap in plastic and chill for 1 hour.

### 2. Make the Filling:

1. Combine figs, raisins, nuts, honey, orange zest, cinnamon, nutmeg, and orange juice in a food processor.
2. Blend into a paste-like consistency. Set aside.

### 3. Assemble the Cookies:

1. Preheat oven to 375°F (190°C).
2. Roll out the dough on a floured surface into long rectangles about 4 inches wide.
3. Spread the filling along the center of each rectangle.
4. Fold the dough over the filling, sealing the edges. Roll gently to form a log.
5. Cut into 2-inch pieces and place seam-side down on a baking sheet.

### 4. Bake:

1. Bake cookies for 12-15 minutes or until lightly golden. Let cool.

### 5. Glaze and Decorate:

1. Mix powdered sugar and milk to create a smooth glaze.
2. Drizzle glaze over the cooled cookies and sprinkle with colored sprinkles.



**December 10th @ The Venue Saratoga @ 6:00**  
**Please RSVP by December 2nd**  
**to [lynndisalvi@gmail.com](mailto:lynndisalvi@gmail.com) with your menu selection**  
**of either Chicken or Halibut**

**DINNER IS AT 6:00 - \$25 FOR MEMBER DINNER NO RSVP \$40**  
**PLEASE NO GUEST FOR DECEMBER**

