



LA TRINACRIA

SONS OF SICILY

MAGGIO, 2021



PRESIDENT'S MESSAGE

Dave Geraci

Fratelli,

This is my favorite time of year, halfway into spring, with the summer months just ahead. I am also encouraged that we are on the cusp of fully reopening, possibly because of the fact that anyone who wants a vaccine is eligible. This all bodes well for us to finally being able to gather as a club.



From what I have heard, we could possibly meet in either June or July. We can, at present, have 100 people in the hall, but we are still not able to cook food. So hopefully these restrictions will be lifted in the coming months. As things change, we will keep you posted.

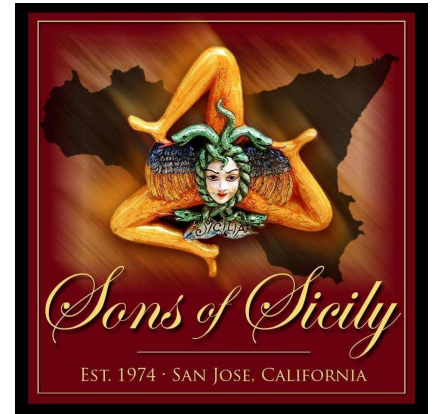
On the downside, it looks as though there will not be an Italian festival at either the San Jose historical park or Little Italy. I pray that we can return to the life we had just a short 18 months ago.

I wish health and prosperity for all of by Sicilian brethren, and I look forward to seeing all of you very soon.

Grazie,

Dave

CALENDAR OF EVENTS



- May 3rd— **CANCELLED**
Regular Meeting/Elections
- June 7th— **PENDING**
Officer Nominations
- July 12th— **PENDING**
Regular Meeting/Elections
- July 15th— **PENDING**
Family Picnic

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Sicilian Word Of The Month:

mastru *n.f.* Teacher, Master

Lu mastru è mastru, e lu patruni è capumastru.

Eng. The master is the master and the owner is the headmaster.


RECIPE
of the
MONTH



Ingredients

SERVES 4 to 6

- 3 lbs. fresh fava beans in pods
- 6 tablespoons of extra virgin olive oil, divided
- 3 cloves of Italian type garlic, smashed
- 1 lb. spaghetti, roughly broken into 2" lengths
- Salt and pepper to taste



Pasta with fresh fava Beans

“Pasta chi Favi”

In Sicily, fava beans have been cultivated and consumed for over six thousand years. The fava beans are very convenient to cultivate for the rapid growth, for the very high yield and because they can be dried and preserved for the winter's months; also as this plant grows it produces nitrogen which enriches and fertilize the soil.

In the USA, fresh fava beans are rarely available in supermarkets and are only offered for a short period of time in specialty shops. Frozen Fava beans are available in gourmet stores, but usually are too large and are no comparison to the fresh fava.

Pasta with fresh fava beans is easy to prepare, however, to make it properly, the fava beans must be small and tender. The only ingredients used in this sauce are fresh fava beans, olive oil and garlic. Herbs and cheese are not added to the pasta con fave to appreciate its buttery taste and the nutty aroma.

PREPARATION

Fresh Fava Beans

Remove fava from their pods.

Bring a large pot of water to a boil; add a little salt and plunge beans into boiling water.

Cook for 3 minutes then using a slotted spoon, transfer into a bowl with cold water.

Strain the beans: If the fava beans are small and the skin is tender make a small incision on the skin and set on the side, however if the fava beans are larger and the skin is harder, gently peel and discard the outer layer, and set the shelled fava beans on the side.

Add 2 tablespoons of salt to the water to be used for cooking the pasta.

The Sauce

Over high heat, in a sauté pan, place the olive oil and the garlic; sauté over a medium heat until it is golden in color but not burned.

Add the fresh fava beans and continue cooking at high heat for an additional 2 minutes, stirring frequently.

Add 1 cup of boiling water, then add salt and pepper to taste and simmer until pasta is ready.

"OVER 50 YEARS EXPERIENCE"

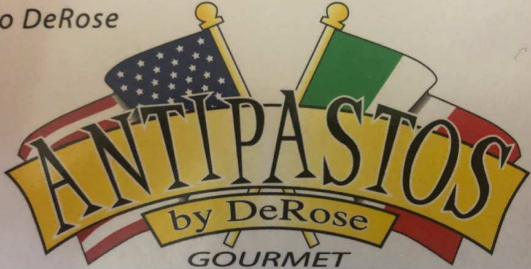
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HEALTH & WELFARE

Fred Guidici

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fredguidici64@yahoo.com

Frank LaDucca had his kidney removed in April. He is recovering well at home.

David Geraci's father Joe turned 96 on April 18th...Auguri!



If you have any news to report and want it placed in next month's newsletter, please contact me before the 15th of the month at **650-670-0777** or email me at: fredguidici64@yahoo.com.

Buona Salute a tutti e Dio Vi Benedica.

Fred

Palermo Street Food —

I know, I know, I've written plenty of times on the subject of Palermo's street food. This time it was triggered by a TV series that focuses on Italy's Regional cultures and culinary traditions. Well, in my view, the show producers disappointed me. Although they hit the mark by showcasing our Sicilian culture, they totally missed the mark on our culinary traditions. How could they not even mention Palermo's Street Food? So, here I am again writing about it.

The capital of multicultural Sicily, Palermo, regularly ranks as one of the world's top destinations for street food. In fact, Palermo is ranked 5th in the world according to Forbes Magazine.

The city's frenetic markets and down-to-earth street stalls offer an authentic taste of Sicilian culture, featuring flavors that range from the familiar (pizza-like) *sfinzione* to the exotic panelli (chickpea fritters) with minty potato croquettes, to the downright daring pane con meusa (spleen sandwiches) and stigghioli (skewered entrails), or quarume (tripe) anyone?



Snacking on the street is a proud, centuries-old tradition in Palermo, born of both practicality and poverty. Even as street food has become a worldwide fad, with celebrity chefs preparing amped-up versions of humble home-grown classics, street food culture in Palermo remains true to its unpretentious roots.

Walk Palermo's back streets and you'll find simple snacks designed to provide maximum calories at minimum cost, still made on the spot at independently run *friggitorie* (fried-food stalls), where the typical vendor's toolkit is limited to a simple grill or a battered metal cart and a vat of boiling fat. Street food venues are scattered all over the city,



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Well, we are in a holding pattern again for our upcoming meetings and events. We would really like to start planning our annual picnic but without a firm OK from Napredak we can't commit to that large an event.

Thank you to those that have sent along their comments about the Crab Feed. All were positive and they enjoyed the food.

If you would like to comment please take a few minutes and let us know what you thought.

For Feedback, Contact:

Mike Maltese (408) 972-4986
mmaltese@chefswarehouse.com

Bob Scaletta (408) 448-7247
wwbd2004@sbcglobal.net

Don't forget to check out our website for the most up to date information with the clubs' progress during the pandemic. Giuseppe has been very diligent in keeping the website current and fresh, so please check. www.sonsofsicilysj.com

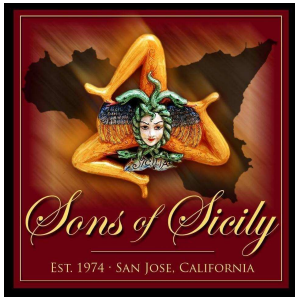


See the schedule below for a quick reference in chronological order:

May 3rd — Regular Meeting/Elections	CANCELLED
June 7th — Officer Nominations	PENDING
July 12th — Regular Meeting/Elections	PENDING
July 25th — Family Picnic	PENDING

As changes occur, we'll keep you posted with updates.

Bob Scaletta — Social Events



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