

# ITALEO Newsletter



*"Supporting those who protect us"*

UPCOMING EVENT  
**ANNUAL MEMBER  
CHRISTMAS GALA**

Saturday, December 3, 2022

Begins at 4:00 PM

Italian American

Sports Club

1250 Buffalo Road

*Link to Event - [CLICK HERE](#)*

UPCOMING EVENT

**AAA CLASS FOR ITALEO**

Saturday, January 21

Starts at 9:00 AM

Locust Club

1425 Lexington Avenue

\$29

Reservation deadline

1/7/2023 @ 11:00 PM

[Registration Survey](#)

UPCOMING EVENT

**MEMBERSHIP MEETING**

Tuesday, March 28, 2022

6:00 PM

TBD

**RSVP**

By 3/26 @ 11 PM

Mark Your Calendar

*Buon Natale  
e Felice Anno Nuovo!*

## FEAST OF THE IMMACULATE CONCEPTION

December 8<sup>th</sup>, the Feast of the Immaculate Conception is a National Holiday in Italy. It kicks off the Christmas Season in Italy. Traditionally, this is the day when many families and businesses put up their Christmas trees and/or decorations. It is also when most churches put their presepi, or nativity scenes, on display.

The day is an important day on the Catholic calendar, especially in Rome. Immaculate Conception marks the day when the Virgin Mary was born and it is celebrated in Rome with a visit by the Pope to the church of Trinità dei Monti, aka the church at the top of the Spanish Steps.



## CHRISTMAS DAY - DECEMBER 25<sup>TH</sup> (National Holiday)

Christmas Day sees another large mass at St. Peter's Basilica as well as at other churches throughout the country. Morning mass is typically followed by a big meal, the cenone.

Christmas Day is a public holiday in Italy, and you can expect everything to be closed, even museums.



## December 26 - Santo Stefano (Saint Stephen's Day)

St. Stephen's Day, aka Boxing Day, is also a day off for most Italians. But stores, restaurants, and museums will be open. It is a good day for visiting friends and extended family, taking a stroll in the piazza, and resting after the big meals of the previous two days.



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**President message:**

Feeling incredibly blessed to be a part of such a great Organization. Holidays like Christmas remind me what I'm grateful for: YOUR SUPPORT.

As we approach ITALEO's 30th anniversary, cheers to the 2023 Year. On behalf of the ITALEO board, wishing all the best to you and your family as we look forward to the road ahead.

Merry Christmas and Happy New Year! Stay safe.

*Jessica Franco*

**MEDIA ALERT: STORY TODAY ON MARCO BUCCI, FORMER ROCHESTERIAN NOW MAYOR OF GENOA, ITALY**

Here's a link to the cover story from today's Rochester Beacon on Marco Bucci, former Rochesterian and now Mayor of Genoa, Italy. Please feel free to share link with members of ITALEO of Rochester (in the article, Mayor Bucci discusses support for law enforcement):

<https://rochesterbeacon.com/2022/11/23/from-rochester-to-mayor-of-genoa/>

**REMINDER:**

**No January or February Membership Meetings.**

## Feast of the Seven Fishes

Excerpt from <https://www.paesana.com>

Like most other holidays – and let's face it, most days in general – Italian-Americans have a way of making the Christmas season all about food. But there is on day and one meal in particular that is perhaps the most celebrated and legendary Italian-American meal in the calendar year. The Feast of the Seven Fishes is the annual Christmas Eve vigil and epic seafood feast that has grown into the most beloved meal of the year in Italian-American households. Steeping in tradition, the Feast of the Seven Fishes is the centerpiece meal of the entire holiday season. It heartens home cooks to adhere to their heritage, while also inspiring them to step a bit out of their lasagna and baked ziti comfort zones.

The origin of the Feast can be traced back to southern Italy, the area that is surrounded by such bountiful coastline that seafood has been a massive part of the population's diet for generations. Meanwhile, the tradition of eating a large and meatless meal on Christmas Eve is common throughout Italy. The number "seven" wasn't attached to the feast until long after Italian immigrants arrived in America with their cultural feast in tow.

Instead of calling it the "Feast of the Seven Fishes," the first wave of Italian immigrants likely called it La Cena Della Vigilia, Il Cenone, La Vigilia di Natale or La Vigilia. As for the exact number of fish dishes being a strict seven, no one quite knows how Italian-Americans landed on that numerical marker. There's a good chance the "seven fishes" designation has religious ties particularly in the Roman Catholic Church's seven sacraments, seven virtues or the "seventh day of rest" from the Bible. No matter where that number came from, there are traditional dishes that most Italian-American families insist must be among the seven.

If you asked seven different Italian-American families, there's a good chance you'll get seven different answers as to what dishes are a must have during the feast. Mainly, it's all about tradition. There are many options for you to make this meal all your own, but it's best to start with the standards. Some should be enjoyed with pasta, while others are just as delicious enjoyed on their own.

- Baked Clams
- Fried Smelts
- Baccala – "My family did several different dishes using salted cod," Rosalina
- Scungilli
- Mussels
- Calamari
- Lobster

In my family, we always did an odd number of dishes; the preferred amount was seven but could go up to thirteen whether it was religious based or not. Always keep religion, food and family in your heart and home.

## RECIPE CORNER

### SPAGHETTI WITH BACCALÀ (SALT COD) ALLA GHIOTTA

#### INGREDIENTS:

- 600 g salt cod/ baccala (1.3lbs) prepared for cooking
- 400 g spaghetti (14oz) I used spaghetti alla chitarra but normal spaghetti is good too.
- 1 onion peeled
- 2 celery medium sized stalks
- 50 g green olives (2oz) destoned (I used taggiasche)
- 2 tbsp capers (I used salted)
- 400 g tomato passata (14oz) preferably rustica which is chunkier
- 10-12 cherry tomatoes cut in half
- 3 tbsp extra virgin olive oil.
- 4 potatoes peeled medium (optional)
- salt for pasta
- freshly ground black pepper. to taste

#### INSTRUCTIONS:

Begin by putting the salted capers (if using) in a bowl, rinse them well to get rid of the salt. Chop the onion and celery into small pieces. Heat the olive oil in a frying pan or skillet. Add the onion, celery, olives, and capers and cook until the onion becomes translucent. Add the cherry tomatoes, cut in half. and when they start to soften add the passata and simmer for 15 minutes. Cut the salt cod into medium sized pieces and add it to the sauce. Add pepper to taste. If you are going to use potatoes, peel them and cut them into pieces similar to the size of the fish. Add the potatoes to the sauce when you add the salt cod. Cover the pan, lower the heat, and let everything cook together until the potatoes are cooked. If you are not using potatoes, then just cover the sauce and simmer for about 15 minutes. If the sauce becomes too dry you can add a bit of water. In the meantime, cook the spaghetti al dente in boiling salted water according to the instructions on the packet. (don't use a lot of salt because the fish and capers may still be salty). Transfer half the baccalà and the potatoes to a dish and cover. You can serve this as a main course or the next day as a separate meal. Drain the pasta and add it to the remaining sauce, mix together well. Sprinkle with chopped parsley and serve.



Prep Time: 15 mins; Cook Time: 35 mins; 4 servings; 1078 kcal

Author: Jacqueline De Bono

If you'd like to submit an Italian Recipe to include in the next newsletter, please email us at:  
[italeorochester@gmail.com](mailto:italeorochester@gmail.com)