

LA PASSEGGIATA

Weekly newsletter brought to you by the Italian Club Board



LA PAROLA

Bello literally means "beautiful," and you will hear many Italians using it as "beautiful." But it is also used as an exclamation, *Che bello!*, commonly used by Italians to describe a person as attractive, or to say something is great.

SE HAI 21 ANNI...

Cantina Zaccagnini has a *Montepulciano d'Abruzzo* red, a famous wine region known for their light and fruity reds, for \$12 at grocery stores and wine & liquor stores!



IL FATTO

Like much of Italian culture, pasta is incredibly diverse, with shapes intrinsically linked to the regions that they were created in. The most common estimate is that there are currently around 350 shapes of pasta!

POMODORO



Spaghetti al pomodoro is an icon of Italian cuisine. Cherry, campari, perini, and grape tomatoes are great for this recipe, just make sure not to use beefsteak. You can either make a large pot to store, or make just enough for the meal!

Cut your tomatoes (about 25 ounces for 4 people) in half lengthwise, and using your thumb, remove the seeds and drain them into a bowl. The seeds and excess juice are unnecessary.

PART II

Heat about two tablespoons of olive oil over medium heat, placing one crushed garlic clove in with your oil. As soon as your garlic sizzles, add the tomatoes with a sprig of fresh basil, crushing them with a spoon as they soften.



PART III

Once your sauce is nice and saucy, you can process it in a vegetable mill, or simply strain it through a sieve to get rid of the skins. Add a ladle to a pan, and a pasta of your choice, using pasta water to adjust consistency.



MONTEPULCIANO

Montepulciano, a medieval hill town originally settled (according to legend) by 4th century BC Etruscans, it is now known nationwide as a producer of excellent food, and internationally known for its most famous wine, *Montepulciano d'Abruzzo*.

South of Siena, another famed Tuscan town, Montepulciano is a quintessential picture of Toscana.



SAN BIAGIO

One of the most beautiful sights is actually right outside of the town, a Renaissance cathedral called San Biagio. It was built in 1518 and is famous for its ceiling frescoes.



VINO!

The Montepulciano grapes are world famous, producing a light, fruity, yet dry red wine. The *Vino Nobile* produced right outside of the town is known as one of Italy's best, which is really saying something.