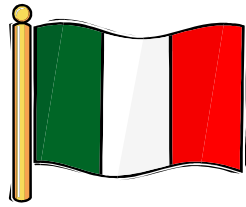


## Celebrating *Festa del Lavoro* Italian Labor Day at Cibi...



As in most of the world, Italy honors her workers on May 1st with a national holiday, known as *Festa del Lavoro*. Festivities consist of lively street fairs, concerts, parades and even political rallies. Demonstrations by trade unions and leftist organizations are common. In Rome, the trade unions organize a massive concert that attracts over 1 million people annually.

In keeping with the spirit of festivity and political assertions, we chose to celebrate Italian Labor Day with a Neapolitan dinner. Italians from Naples were among the first to immigrate from Italy to America. For this reason, The foods, street fairs and the sunny, lively culture of this region form the image of the Italian-American.

Stretching the idea of political upheaval during *Festa del Lavoro*, we'll host some of our own political upheaval and merriment at Cibi. We are, after all, in the midst of a political drama of our own "Left," the Democratic battle for the presidency. Let's have a bit of fun with it!!!

### The foods of Naples.....

The capital of Italy's Campania region, Naples is the birthplace of the rich and hearty dishes associated with Italian-American cuisine. The most famous of these are pizza, spaghetti and meatballs, linguine with clam sauce, aglio e uoglio (garlic and oil sauce), puttanesca sauce and greens sautéed in garlic and oil.

As in much of Southern Italy, bread, pasta, vegetables, eggs, cheese and seafood form the basis of the Neapolitan diet. Meat dishes primarily consist of pork and chicken, with veal and beef reserved for special occasions. Naples is also famous for its cheese, including mozzarella di bufala (buffalo mozzarella), fiordilatte (cow's milk mozzarella), ricotta salata (a salty aged ricotta) and cacciocavalli (un-aged provolone).

Tomatoes, peppers, zucchini, eggplant and leafy greens dominate the vegetable gardens of Campania. Naples' olives are the small mild black olives of Gaeta. One of the most important versions of tomato found in Naples is the San Marzano tomato, prized for its rich pulp and sweet, yet mildly acidic flavor. With lemon trees galore in the area, it's no surprise that many savory and sweet dishes are laced with lemon flavors.

The Neapolitans were among the first to dry pasta on a commercial basis. Pasta is often adorned with vegetables and seafood, especially anchovies, clams, mussels and calamari.

**11am - 12:30 pm** - While the Cibi family cooks, guests are welcome to watch the cooking, visit with family and friends and listen to Italian music.

**12:00 pm - 12:30pm** - Appetizers served

**12:30pm** - Neapolitan buffet served.

**2:00 pm** - An America version of Italian Labor Day antics (political discussions, tongue-in-cheek, of course).

## Menu A Neapolitan Buffet

### Antipasti

Served with crusty Italian bread

**Frittata di Cipolle** - another classic from Naples, a frittata (Italian omelet) stuffed with onions caramelized in olive oil and flavored with Pecorino Romano cheese.

**Vongole Oreganata** - clams baked with breadcrumbs, flavored with oregano, garlic, parsley and a hint of Pecorino Romano cheese.

### Typically Napoletano...

**Pasta with Ragu Napoletano** - Naples's classic tomato and meat sauce, slow cooked with beef and pork. This rich sauce's nickname is *ragù guardaporta* (doorman's ragù) because a doorman, who supposedly has nothing else to do but watch the main entrance, could watch the slow cooking of the *ragù* as well.

**Braciola di Maiale alla Napoletana** - pork rolls, stuffed with raisins, pine nuts and parsley & cooked in Ragu Napoletano.

**Polpette alla Napoletana** - small beef meatballs, flavored with garlic and pecorino cheese & cooked in Ragu Napoletano.

**Pizza Margherita** - Naples's famous pizza, decorated with the colors of the Italian flag, red (tomatoes), white (fresh mozzarella) and green (basil). Pizza maker, Raffaele Esposito, created this delicious classic in 1889 in honor of the Queen of Italy, Margherita di Savoia.

**Insalata di Cavolfiore con Sottaceti (Cauliflower salad with pickles)** - a hearty salad of steamed cauliflower, *giardiniera* (pickled vegetables), black olives, hard boiled eggs and garnished with capers and anchovies. In the Naples area, this salad is known as "*Insalata di rinforzo*" suggesting a nutritious and re-invigorating dish. Traditionally served on Christmas Eve, it makes a refreshing summer time salad as well.

### Dolce (Sweets)

**Delizia al Limone** - This lemony delight, made with *savoiard* biscuits and lemon custard., is Naples's version of Tiramisu.

**Strufoli** - known as honey balls in the US, *Strufoli* are small balls of lemon scented egg dough, fried golden, smothered in honey and garnished with candy sprinkles or fruit.