

Sundays at



*St. Joseph's Table
a delightful Sicilian tradition
March 8, 2009*

...Remembering Italy

St. Joseph's Table...A table abounding with symbolism and tradition – Breads in symbolic shapes, pasta with breadcrumbs (St. Joseph's sawdust), fava beans (for good luck), grains and fresh fruit (the bounty of the harvest)! Sometimes eggs and fish (NO meat – it is, after all, the Lenten season! And the sweets! This is St. Joseph's Table.

Please join us on March 8th for a very special Sunday at Cibi, when we'll celebrate the feast of Sicily's most important saint, San Giuseppe (St. Joseph – the earthly father of Jesus). We'll look at the history, traditions and, of course, the food that surrounds the traditional St. Joseph's Table*. Whatever your ethic or religious background happens to be, Cibi's version of this lovely celebration will open your eyes (or bring you back to) the rich traditions that make up our Italian heritage.

Generosity marks this day, as it did the character of Joseph himself. The earliest St. Joseph's tables fed the entire town, rich and poor, with the contributions of food from the more fortunate. **Please bring one or more canned food items to add to the Table and give to the less fortunate among us. Food donations will go to a local food pantry.**

St. Joseph's Table at Cibi

3894 Rush Mendon Rd., Mendon, NY

Sunday, March 8, 2009

3:00 am – 7:00 pm; buffet served at 5:30 pm**

\$25.00 per person; \$8:00 for ages 3 -10; under 3 yrs, free.

Prices include tax

Wine and Beer available for purchase

Donations of canned food items are appreciated!

Make your reservations today!

Contact us at 585-624-9590 or info@cibi-d.com

Reservations and payment guarantee are required. We regret that "no shows" will be charged.



* *For more about St. Joseph's table see:*

<http://www.calendar-updates.com/info/holidays/us/stjoseph.aspx>

** Doors open at 3:00 pm and a buffet dinner will be served at 5:30 pm. Come early to watch or participate in the cooking and learn about St. Joseph's table. To view the menu, visit www.cibi-d.com and click on "events."



Sunday at Cibi
St. Joseph's Table
March 8, 2009

Menu

Breads – *Made of grains from the last harvest, breads are a must on the Table. Long breads symbolize St. Joseph's staff. Ring shaped breads are typically Sicilian.*

Typical Sicilian treats to enjoy with the breads -

- **Olives** - *a main-stay in southern Italy*
- **Fava bean puree** - *because fava beans were one of the few crops to survive the drought, they became associated with good luck.*
- **Ricotta with nut creams**- *from the Bonte region of Sicily*
- **Philadelphia and Gorgonzola** - *topped with imported walnut honey - Sicilians call cream cheese "Philadelphia."*

More traditional St. Joseph's Day dishes & Sicilian flavors -

- **Eggs, tuna, beans and sweet & sour onions** – *never meat during Lent*
- **Pasta con mollica** - *Folklore has it that the pasta was topped with toasted bread crumbs because the townsfolk were too poor to afford cheese. The bread crumbs came to symbolize the sawdust from St. Joseph's carpentry shop. Fennel, which grows wild in southern Italy, is a typical ingredient in the tomato sauce.*
- **Focaccia with sweet & sour onions**- *imported from Sicily*
- **Frittata with asparagus** - *Asparagus grow wild in Southern Italy. Sicilians enjoy the rather bitter flavor of wild asparagus. Ours are cultivated and much milder.*
- **Tuna and chickpea salad** - *Sicilian style with capers and lemon*

Fresh fruit - *a must on any Italian table, especially St. Joseph's*

- **Oranges** - *cut into thirds, symbolizing the Trinity*
- **Pineapple** - *symbolizing hospitality*
- **Strawberries & grapes** - *pervasive throughout Sicily*

Sweets – Sicilian favorites

- **Sfingi Di San Giuseppe** - *St. Joseph's Day Cream Puffs*
- **Cuccidati** - *a fig cookie popular in southern Italy, particularly in Sicily*
- **Strufoli**- *known as pignolata in Calabria and honey balls in the US*
- **Torrone Morbiti di Sicilia** - *an imported nougat candy with fruit and almonds*