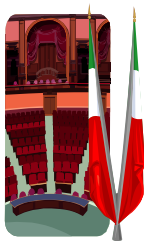


Celebrating *Italian Liberation Day* at Cibi...

On April 25, 1945, Italy proclaimed a national popular uprising against German occupation forces and the remnants of Mussolini's Fascist government. The Fascist/Nazi alliance in Italy was defeated through the combined efforts of Allied military forces and the Italian Resistance. This day also marks the beginning of an alliance between Italy, the US and Great Britain, a relationship that continues to this day.

Each year on April 25, Italians celebrate their historic Liberation Day, known as *Festa della Resistenza* (*Feast of the Resistance*). This is a day of celebration and commemoration of the brave soldiers who liberated Italy by defying the evils of Fascism and Nazism.



To help us understand the significance of this day for Italy and her Allies, Tom Proietti, Professor of Communication at MCC and VP of the Board of the Little Theatre Film Society, will lead an informal discussion of the film, *Tea with Mussolini*. The story takes place in Tuscany, during the Fascist/Nazi occupation and defeat. So, we chose a Tuscan dinner to complement the day.

About our special guests, *Tom and Donna Proietti...*

Tom is known in the Rochester area as an expert and consultant on media issues. A long time advocate for media literacy, he is a monthly commentator on WXXI-AM's 1370 and makes frequent appearances on local TV. Tom is a professor at Monroe Community College, a part-time faculty member at Fisher, where he taught for 10 years and founded the Communications/Journalism Program. He is a former advertising and Cable TV executive and a founding member of the Little Theatre Film Society. Tom joins us today with his wife of 40 years, Donna. We're delighted to welcome the Proiettis to Sundays at Cibi!

11am - 12:30 pm - While the Cibi family cooks, guests are welcome to watch the cooking, visit with family and friends or view scenes from *Tea with Mussolini*.

12:00 pm - 12:45pm - Appetizers served; Tom Proietti leads an informal discussion of *Tea with Mussolini*.

12:45pm - Tuscan buffet dinner served.



Menu A Tuscan Buffet

The roots of Tuscan cuisine grew from a diverse ancestry, ranging from the frugal dishes of the peasantry to the rich tastes of the educated and wealthy. Beans, the mainstay of the local peasant diet, earned the Tuscans the nickname "mangia fagioli" (bean eaters). Country folk transform stale bread, into tasty and satisfying fare, like crostini (small toasts) and panzanella, the famous bread salad. The well-to-do flavored their dishes with exotic seasonings, like nutmeg, cinnamon and sugar. The Tuscan upper class also introduced rich desserts made with local cream and nuts and imported chocolate. Pungent herbs, like rosemary and sage, which thrive in the cooler northern Italian climate, enhance the dishes of the rich and poor, alike. Tuscan olives yield robust olive oils for cooking and "drizzling." Game meats, like rabbit and wild boar, as well as domesticated beef, chicken and pork, remain the highlight of classic Tuscan plates. Tuna is one of the most popular fishes in this region. Tuscany's pecorino (sheep) and cow's milk cheeses provide a tasty source of protein and flavoring for other foods. Today, Cibi brings you a little bit of Tuscany with dishes typical of this famous Italian region.

Antipasti

Crostini, Tuscan tuna and bean salad and vegetable pates

Typically Tuscan...

Pappardelle con ragu di coniglio - ribbon pasta with rabbit sauce - Rosita's note: "I'll never forget the flavor of this wonderful dish the first time I enjoyed it in a little trattoria in Siena, outside of Florence." The ancient recipe used hare, the rabbit's larger wild cousin. We're opting for the mellow taste of rabbit stewed in a rich wine and tomato sauce. Such a robust sauce pairs well with pappardelle.

Sausages and grilled chicken - chicken and other light meats, simply prepared rubbed with rosemary, sage, thyme and olive oil, often grace the table of Tuscan country folk. Sausage and grilled meats are typically accompanied by fagioli all'uccelletto.

Fagioli all'uccelletto - "Beans in the style of the little bird," one of the most famous Tuscan dishes was so named because the beans are stewed in tomato and garlic, in the same way the Tuscans cooked small birds. In more modern times, Fagioli all'uccelletto usually accompanies lightly spicy sausages or grilled meats.

Panzanella with garden vegetables - Panzanella is a salad made with bread cubes and tomatoes. We're adding garden vegetables for a updated version of this classic Tuscan dish.

Dolce (Sweets)

Castagnaccio - With the Tuscany's abundance of Chestnuts, it's no surprise to see them present in desserts. Tuscans top this chestnut flour cake with more ingredients from the Tuscan countryside - pine nuts and rosemary.

Ricciarelli di Siena - Siena's famous light almond meringue cookies.