

LA PASSEGGIATA

Weekly newsletter brought to you by the Italian Club Board



LA PAROLA

Prego: this is a very useful phrase if you want to be polite while you are in Italy. Most often, it is used as "you're welcome," but it can also be used to say "go ahead," or "after you", or even "can I help you?"

SE HAI 21 ANNI...

This week's wine is a little more difficult to find, but definitely worth the search! Tiefenbrunner's Pinot Grigio *Vignetti delle Dolomiti* 2019 has citrus notes and "aromas of white flowers, pear, and saline minerality" according to NicholasWines.com. Drink it with a light pasta or some seafood, and enjoy!



LA CANZONE

Elodie is an Italian model and singer who rose to prominence after becoming the runner up in *Amici di Maria De Filippi*. We recommend her song *Andromeda* off of her album *This is Elodie*. Specializing in dance pop, Elodie is perfect for a rainy day dance party in the middle of your room!





FOCACCIA

Focaccia is a staple bread in Italian cuisine. Thought of as a predecessor to what we think of as pizza, focaccia is a yeasted bread cooked on high heat and often topped with olive oil and spices. The Genovese version of focaccia is surprisingly thin, but deliciously salty. This recipe is based on a famous bakery in Genova called the Marinetti Bakery, but you don't have to travel thousands of miles to get a bite of this tasty and traditional Italian bread.

PARTE II

This recipe for focaccia has only a few ingredients: flour, salt, water, olive oil, malt extract, and brewer's yeast. Start by dissolving the yeast in cold water. Add the malt and the flour and knead, then let it rest for fifteen minutes



PARTE III

Roll out the dough with a rolling pin, place in a baking pan, then let it rest for another fifteen minutes. Form craters with your fingers and sprinkle the dough with salt. Let rest for an hour. While the dough rests, mix the olive oil and water and spread it on the dough when it's done. Bake for six minutes at 550 degrees F.





GENOVA

A populous and prosperous city in the northwest region of Liguria that has long stood as a capital of maritime commerce in Italy, Genoa is one of the most important cities in the north, forming the southern end of the dominant Milano-Torino-Genova industrial center in the north of Italy.

Moreover, Genoa is a beautiful city filled with culture, food, and art, much like most great cities in Europe.

LA CUCINA

Genovese food has made a big impact on the world stage, with some of the most famous recipes (like *pesto* and *focaccia*) finding their way on to tables all around the world. Genovese take their cuisine very seriously, with specific rules for what makes pesto.



LA CULTURA

Genova has been recognized as a cultural capital of Europe, with it being named the European Capital of Culture in 2004. Many Genovese musicians, artists, and writers have made their mark on the city and Europe as a whole.



CINQUE TERRE

A tourist destination slowly gaining fame from its constant presence on travel Instagram pages, *Cinque Terre* (Five Lands) is one of the most picturesque vacation destinations in Italy. However, the towns are more than just a tourist trap.

With almost no access by car, the only way for most people to get to *Cinque Terre* is by train, and then once you arrive there are also hiking pathways for you to walk in between the towns.

AL MARE

Cinque Terre is a collection of five small towns (*Monterosso al Mare*, *Vernazza*, *Corniglia*, *Manarola*, and *Riomaggiore*) along a six mile stretch of the northern coast line. Hourly trains run in between, allowing easy access to each unique town.



LA STORIA

Tracing their history as small fishing villages that were founded, at the earliest, in the 11th century, *Cinque Terre* was once poor. Now, tourism has made them world famous. thousands visit every year, but still the locals resist commercialization. There are no chains here, and the cuisine is rich in wine and *frutti di mare* (seafood).