A publication of the Ciociaro Club of Windsor

Una pubblicazione del Ciociaro di Windsor



#### November 7 Deceased Members' Memorial Service

November 11 Bocciofila Annual Banquet

November 26 General Assembly Meeting

November 29 Tre Sette Tournament

December 3 Live Nativity Play

December 8 Community Christmas Party

December 10 Christmas Party for Members' Children

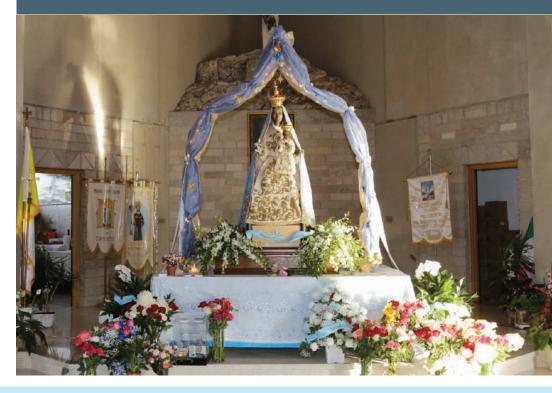
December 17 General Assembly Meeting

December 27 Amici Night

**December 31** Ciociaro Club New Year's Eve Gala

Future Events: Tours of Italy coming next spring





#### **General Meetings**

The next General Assembly Meetings will take place on November 26 and December 17 at 9:30 am

#### Riunioni Generali Le prossime Riunioni Generali avranno luogo il 26 novembre ed il 17 dicembre alle ore 9:30 am

	BBQ RIBS, Potato & Vegetable BACCALA IN UMIDO, Polenta, Vegetable	20 ottobre:	COSTOLETT BARBECUE,
	CHICKEN FLORENTINE, Gnocchi, Vegetable	27 ottobre:	BACCALÀ IN
	OSSO BUCO, Polenta, Vegetable	03 novembre:	CHICKEN FLC
	ROASTED RABBIT, Potato, Vegetable	10 novembre:	OSSO BUCC
Nov. 24:	STUFFED FILET OF SOLE, Rice, Vegetable	17 novembre:	
Dec. 1:	ROASTED QUAILS, Potato, Vegetable	24 novembre:	
Dec. 8:	BACCALA IN UMIDO, Polenta, Vegetable	01 dicembre:	
Dec. 15:	CHICKEN PARMIGIANA, Gnocchi, Vegetable	08 dicembre:	
	PRIME RIB, Baked Potato, Vegetable	15 dicembre:	PETTO DI P Gnocchi e Ve
Dec. 29:	SHRIMP KABOBS, Seafood Risotto, Vegetable	22 dicembre:	PRIME RIB, F
~ R	eservations Strongly Recommended ~	29 dicembre:	SPIEDINI DI e Verdure

O ottobre:COSTOLETTE DI MAIALE AL<br/>BARBECUE, Patate e VerdureØ ottobre:BACCALÀ IN UMIDO, Polenta e VerdureØ novembre:CHICKEN FLORENTINE, GNOCCHI e VerdureØ novembre:OSSO BUCO, Polenta e VerdureØ novembre:CONIGLIO ARROSTO, Patate e VerdureØ novembre:FILETTO DI SOGLIOLA RIPIENO, Riso e VerdureØ dicembre:BACCALA IN UMIDO, Polenta e VerdureØ dicembre:PETTO DI POLLO ALLA PARMIGIANA,<br/>Gnocchi e VerdureØ dicembre:PRIME RIB, Patate e VerdureØ dicembre:SPIEDINI DI GAMBERI, Seafood Risotto

## T: 519-737-6153 F: 519-737-7269 **www.ciociaroclub.com**

#### **MEMBERS' INFO / INFORMAZIONI PER I SOCI**

#### **From the Treasurer**

The Ciociaro Club will be holding a **Debenture Repayment Lottery** at the November 26, 2017 General Assembly Meeting. A minimum of \$500,000 will be drawn for repayment, with interest, by January 2018.

Thank you, Enio Di Donato

#### **IN THE NEWS**

Congratulations to our very own Board Member, Jack Ramieri, for being the recipient of the "GENEROSITY OF SPIRIT AWARD" !



At the World Alzheimer's Day Breakfast & Award Presentation, at the Windsor Club, on Thursday, September 21, Jack and his "Battle of the Brains" committee were honoured and recognized for their "philanthropic leadership and continued commitment to the Society."

Jack was humbled as he accepted this award on behalf of his hardworking committee. In January, Jack and his committee organize the annual "Battle of the Brains" fundraiser for the Alzheimer's Society. And it is soon becoming the largest fundraiser for Alzheimer in the country!!!

Again, congratulations to Jack and the "Battle of the Brains" committee !!

#### **Celentano 2 Concert/Buffet**

On Thursday, August 17 in Salon C, following a delicious buffet dinner, about 150 people were treated to a lively concert. Direct from Italy, a talented impersonator, named **Francesco La Cognata** who performs as **Celentano 2**, entertained the audience with excellent singing.

For those who were fans of the original **Adriano Celentano** and followed his music through the years, this was the night for you! Not only did he have the voice... but he had the whole look, as well. He sang, he danced and he took requests for favourite songs. And if that song was not on his play list for this performance, he sang it accapella!

He had people dancing to Celentano's famous songs! He also, danced with ladies from the audience, as he sang!!

He entertained tirelessly for more than 2 hours ! It seemed as though he could go on forever! What a fun evening! Thank you to Mimmo Scuderi for accompanying Celentano 2 to the Ciociaro Club for us to enjoy!

A. Rossi



### MARIA SS DI CANNETO FESTIVAL - AUG. $20^{\text{TH}}$

# **30th Anniversary** of the Madonna di Canneto

Sunday, August 20 was sunny and cloudless and just a glorious day for the 30th Anniversary of the Madonna di Canneto!

As the statue left the chapel, white doves were released flying upward into that beautiful blue sky and the Madonna, carried by six devoted men, seemed to be looking up and smiling in appreciation! There was music from the Banda Liri from Leamington and songs from the Voci Ciociare. Flags and banners were carried by various group members and those who travelled by bus and car from various cities. Also there, faithful as ever, were members of the Knights of Columbus! Five lovely little girls carefully scattered flower and rose petals to honour the Madonna. Father Licciardi and Father Restivo and president Malandruccolo were also in procession. The short walk brought the Madonna into the Main Hall for the Mass, where eager people awaited.

The St. Angela Choir sang the opening hymn as the Brown Madonna was placed near the altar. Readings were done by Teresa Di Domenico and Anna Vozza and Prayers of the Faithful by Loretta Gabr and Silvana Patella. Father Licciardi gave an eloquent homily on the Madonna di Canneto. A final procession took place around the long track of the Club, stopping at the top for prayers and a balloon release.

The crowd made their way back to the chapel where the Madonna was placed at the front where people could sit and pray in a quiet setting.

As usual, there were fun activities for the children as well as bocce and soccer games around the Club. Delicious food could be pruchased under the pavilion, as well as in the main building. Ciambelle and crustole were sold at a booth near the pavilion. The Voci Ciociare entertained the crowd along with various musicians.

At dusk, there was a candlelight mass in front of the Chapel, followed by a procession around the Chapel. The day concluded with a most spectacular display of fireworks!!

To all the faithful visitors who keep coming back...thank you! May the Madonna continue to bless you!!

If this was your first time visiting with us, we sincerely hope your experience was a good one and you will make this an annual trip!!!

Thank you to the organizing committee and all the volunteers who helped make this day a success!

Evviva Maria!!

by: A. Rossi



Procession to the hall



Polizia Stradale protecting the Madonna



The crowd at the mass

# MARIA SS DI CANNETO FESTIVAL - AUG. 21<sup>st</sup>



Walking around the track



Prayer on hilltop



Evening procession around chapel



Enjoying the fireworks

#### KIDS CAMPS AT THE CIOCIARO CLUB - AUG. 14-18TH

Our third annual Kids' Club Summer Camp ran from August 14 - 18, 2017 and was a huge success. We had a total of 33 children participate from ages 5-13. Over the course of the week the children played Italian games and sports. They learned about their heritage and language and created unique crafts. They made pizza from scratch,



made traditional Italian cookies and ice cream sandwiches with pizzelle!

We would like to thank our camp leaders Miss Ava and Miss Lisa. We would also like to thank all of our volunteers.

We look forward to Kids Camp in 2018! M. Costella



## NOSTALGIA CIOCIARE - Sept. 24<sup>TH</sup>





Even though the weather was hot and humid, the Festa Nostalgia was a success.

Those who were present saw the making of the "Pizze Fritte" by Delfina, Giuseppina and Carolina! Very delicious, ladies!! There was the Men's Bocce at the back courts and Soccer shoot-outs in the fields. For the kids, the activities were numerous!... Face Painting, Potato Sac Races, Corn Eating Contest, Breaking of a Pinata and a Tug of War!!!

The Committee also provided a DJ to entertain the crowd under the pavilion. The Leamington Choir from the Roma Club had a wonderful repertoire of several familiar and popular Italian folk songs for us to enjoy. Our very own Ciociari Folklore children showed us their cute dancing abilities once again under the leadership of Cristina Timperio with Alessandro DeLuca on the accordian. Then, the Voci Ciociare demonstrated their talents with a selection of six songs that were performed with enthusiasm!

Continuing with the Nostalgic part of the day there was Corn Husking Demonstration and Grape Stomping the old fashioned way in bare feet.

There was also a raffle to win a cheese roll and a prosciutto which were hung high from a pole. On the tickets height measurements were written, with only 2 tickets having the exact height of the cheese and the prosciutto. The draw was held at 5:30 and two winners went home with either a cheese and or a prosciutto!!! Buon appetito!!

Something new this year, was the "SFIDA DEGLI ORTAGGI 2017"! The contest was to see who had the best green thumb in their vegetable garden. The club was on the look-out for the largest tomato, cucumber and zucchini. The entrants were few but the winners were happy. There were trophies for first, second and third place winners.

Congratulations to Tony Ciotoli and his committee for all their hard work in the success of this Nostalgie Ciociare!!

by A. Rossi







#### Sfida degli ortaggi

Grazie a tutti per aver partecipato a "Nostalgie Ciociare 2017", un giorno di riunirsi e celebrare il nostro patrimonio. Grazie anche a coloro che hanno partecipato al primo "Sfida Degli Ortaggi" (1st Annual Ciociaro Club Vegetable Growing Contest). L'obiettivo di quest'anno era vedere chi era in grado di coltivare il piu Grande "Pomodoro, Zucchine o Cetrioli.

Thank you to all attending this year's "Nostalgie Ciociare" 2017, a day to come together and celebrate our heritage. Thank you as well to those who participated in the 1st Annual "Sfida Degli Ortaggi" (1st Annual Ciociaro Club Vegetable Growing Contest). This year's Challenge was to see who could grow the Biggest Tomato, Zucchini and Cucumber.

#### THIS YEAR'S WINNERS:

#### "Biggest Zucchini"

- 1st prize Joe Viselli
- 2nd prize Roberto Paglia
- 3rd prize Dionisio Di Mario

"Biggest Tomato" - 1st prize - Lori Rossi - 2nd prize - Rosa Conte

"Best in Show" - Roberto Paglia (Zucchini)

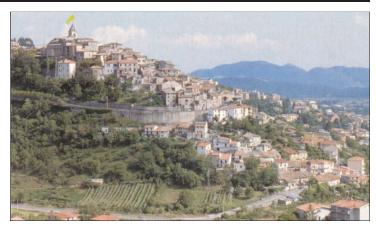
#### Antonio Ciotoli, Direttore Culturale



#### Paese storico della Ciociaria: FIUGGI

Alle pendici dei monti Emici, si estende Fiuggi (pop. 10,536; a 747m. s.l.m.; a 33 km. Nord-Ovest da Frosinone), una bellissima cittadina della Ciociaria, circondata da una ricca vegetazione di boschi di castagno, così imponenti da potervi ricavare "mini-abitazioni". La parte alta della città è caratterizzata da un "labirinto" di stradine e piazzette nelle quali è possibile immergersi nel fascino della ricca storia del posto. Nella chiesa di San Biagio Martire si conservano opere di pregio, quali un quadro del Cavalier d'Arpino, un'acquasantiera formata da un capitello romanico e un affresco della Vergine col Bambino (sec. XII; scuola di Giotto?). Due busti in argento del patrono (S. Biagio) e comprotettore (S. Rocco) si trovano nella collegiata di S.Pietro. Quindicimila posti-letto ed ogni comfort per il turista caratterizzano invece la parte bassa della città, quella delle Terme, dove, nella Fonte di Bonifacio VIII ed in quella Anticolana si raccolgono le acque oligominerali "di Fiuggi", famose per le loro proprietà terapeutiche, apertamente riconosciute da numerose autorità mediche. Esse sono indicate per la cura e prevenzione della calcolosi renale, gotta, infezioni delle vie urinarie, ecc. (Vennero prescritte anche a papa Bonifacio VIII che ne trasse immediato giovamento e a Michelangelo per placare "il mal di pietra" di cui soffriva). Oggi Fiuggi è un centro attrezzatissimo per il relax e lo sport con campi di golf e da tennis, piscine, maneggio, tiro con l'arco, piste di "mountain bike" e minigolf. Shopping, gallerie d'arte ed aste, animano, la sera, le vie della città.

Fiuggi (pop. 10,536; 747m. a.s.l.; at 33 km. NW of Frosinone), is another attractive town in Ciociaria, which sits on the foothills of the Ernici Mountains and is characterized by a maze of narrow streets and squares, where one can spend hours exploring a fascinatingly rich history. The Church of San Biagio Martire conserves valuable works of art consisting of a painting by the Cavalier d'Arpino, a holy water



font, in the form of a Romanesque capital, and a fresco of the "Virgin and Child" (12th cent., possibly Giotto's school?). Two silver busts, one of St. Biagio, the Patron Saint and the other of St. Rocco, co-protector of the city, are kept in the Collegiata of S. Pietro. Fiuggi has fifteen thousand hotel rooms at the tourists' disposal, which can be found on its lower levels where famous thermal centres are also located, such as the Fonte di Bonifacio VIII and the Anticolana. They are renowned for their mineralsrich "Fiuggi" waters, which has therapeutic properties. They are openly acknowledged by most medical authorities and recommended for the cure and prevention of kidney stones, gout, urinary infections, etc. (prescribed to Pope Boniface VIII, they gave him immediate relief and to Michaelangelo, who suffered from stones). Today Fiuggi is a well equipped resort centre, also for leisure and sporting activities, such as golf, tennis, swimming, horse riding, archery, mountain bike trails and minigolf; not to mention its shopping, art galleries, auction houses, etc., which enliven the city's nightlife.

Edited by Erminio Di Domenico

#### WELCOME NEW MEMBERS IN SEPTEMBER 2017 UN BENVENUTO AI NOSTRI NUOVI SOCI



Laura Tiberia, Director Claudio Campoli Lauren Lopez Rebecca Seguin Gina Coccimiglio John Paul Mastromattei Giulio Malandruccolo, Pres.

Also welcome to Michael and Andrew Pozzuoli missed from our last newsletter.

## **MEMBERS' INFO / INFORMAZIONI PER I SOCI**



#### Next Newsletter

The next newsletter will be going out the third week of December. Anyone interested in putting information in the newsletter, please submit to Armando Carlini by Nov. 30th.

#### II Prossimo Corriere

Il prossimo Corriere Ciociaro uscirà l'ultima settimana di dicembre. Spedite i vostri annunci ad Armando Carlini entro il 30 novembre.

#### Newsletter

This newsletter is produced by the Ciociaro Club of Windsor for its 1900 members. Editor: Armando Carlini Contributing writers: Annalisa Rossi, Erminio Di Domenico, Ciociaro Club Board of Directors. Photos: Armando Carlini, Visual Expression (Angelo Verrelli) Creative: Media Duo Printed by: Connor Printing To receive a PDF copy to your email contact reception@ciociaroclub.com

**CHRISTMAS is just around the corner!** This is just a reminder to **book your holiday office or family party EARLY** to avoid disappointment. Reservations usually come in very quickly! Please call the office to book your date as soon as possible at 519-737-6153.

#### CIOCIARO CLUB GIFT CERTIFICATES

Various denominations of gift certificates are always available. They make great Christmas gifts. Just ask the ladies in the office the next time you come in or call 519-737-6153.

# **COMING EVENTS**

Oct. 29	General Assembly / Riunione Generale
Nov. 7	Deceased Members' Memorial Service
Nov. 11	Bocciofila Annual Banquet
Nov. 25	Frankenmuth & Birch Run Shopping
Nov. 26	General Assembly / Riunione Generale
Nov. 29	Tre Sette Tournament
Dec. 2	Andrea Bocelli in Detroit
Dec. 3	Live Nativity Play
Dec. 8	Community Christmas Party
Dec. 10	Christmas Party for Members' Children
Dec. 17	General Assembly / Riunione Generale
Dec. 27	Amici Night
Dec. 31	Ciociaro Club New Year's Eve Gala

For more information, please contact the Ciociaro Club 519-737-6153.

#### AUTUNNO di Elfisio Miele

CON UN MANTELLO CHE RE' MAI INDOSSERA', S'E' RICOPERTA TUTTA LA CAMPAGNA. IL CIELO L'HA TINTO DI COLORI E L'HA DISTESO SU OGNI VALLE E OGNI MONTAGNA. E' BELLO! PIU' BELLO NON CE N'E'. IL VENTO GELOSO, PERO', LO STRAPPA A FOGLIA A FOGLIA, E CON SE' LE PORTA VIA PER DENUDAR LA TERRA. IL CIELO, PRESTO, PERO', CON UN MANTELLO BIANCO ANCOR LA COPRIRA'.

#### **SPORTS**



Ciociaro Club

Walter Thomas Champions



#### Ciociaro Club 15 year old boys team

Playoff Champions 2016-17

#### **GOLF TOURNAMENT - SEPT. 10TH**

A heartfelt thank you to all those who came out and supported our annual "Swing it for Youth" golf tournament. We would like to thank all the sponsors who helped out this year and to our premium sponsor Windsor Chapel funeral home. I would also like to thank Elvira Pizzo and Nora Fazio for all of their help that resulted in a fabulous day and successful tournament.

> See you all next year! Sincerely, **Anna Vozza**









# CERIMONIA RELIGIOSA In memoria dei Nostri defunti soci

martedi, 7 novembre, 2017

IN THE MADONNA DI CANNETO SHRINE 6:00 P.M. In remembrance of our deceased members Tuesday, November 7, 2017

RELIGIOUS

FELLOWSHIP BUFFET AFTER PRAYERS ADULTS \$18. KIDS \$10

PENNE, SALAD, CHICKEN, POTATOES, ROLLS, COFFEE, CASH BAR

# Presepe-Vivente Live Reenactment

# Penne · Roasted Chicken & Potatoes · Green Beans · Salad & Rolls · Coffee & Tea Adults - \$18 Kids(Ages 4-10) - \$10.00 (519) 737-6153

CORPORATE | COMMUNITY

L FRIDAY DECEMBER 8TH

UB

## This season, give your team **the Christmas Party it deserves. Countrystyle Dinner**

Antipasto Italiano Rigatoni. Tomato Basil Sauce Garden Salad Chicken Parmigiana Roasted Potatoes Beef Tenderloin Tips with Peppers and Mushrooms

Green Beans & Baby Carrots Rolls & Butter **Assorted Pastries** Coffee & Tea Cash Bar

Doors Open: 6:00 p.m. Dinner: 7:00 p.m. Dancing: Following dinner until 1:00 a.m.

> **Festive Decor! DJ for Music & Dancing!**

Reserve your tables today!

Tickets: \$42 tax inc. / person

Address: 3745 North Talbot Rd., Tecumseh, Ontario Email: reception@ciociaroclub.com (519) 737-6153 WWW.CIOCIAROCLUB.COM



# **Ciociaro Club Pre-Junior Kids Program**

# Available to all children under the age of 14 with at least one parent that is a General Member of the Ciociaro Club

The state of the state of the state	NE 1121 1123
Child'e	Information:
Cillia 2	mormation.

1		
First Name (Child) Initial Surnan	ne	
Birth date (Month/Day/Year)		Gender (M/F)
Parent's Information (Must be	a General Member):	
First Name Initial Surname		
Street Address City Province/Sta		
Home Phone#	Work Phone#	Mobile #
E-mail Address		Ciociaro Club Membership #
Family's Town(s) of Origin in Cl	OCIARIA Italy	
membership (Junior Member wi held in a trust account until the transferred and the Club records	Il not take effect until age child reaches the age of s will be amended to show	would be entitled to pre-pay for a lifetime 14 – including swearing in). These funds will be 14, at which point the funds will automatically be w that the lifetime membership has been paid. Al to apply for Ciociaro Club Junior Membership a
Applicant's Signature (Parent)		Membership Committee Chair
Date		Date
		1 1L0 ph 519-737-6153 fax 519-737-7269



#### CHRISTMAS PARTY FOR CHILDREN DECEMBER 10, 2017 REGISTRATION FORM (ACCEPTED UNTIL DECEMBER 1, 2017)

For the children or grandchildren (aged 0-10 years old) of a member. Membership must be in good standing for a period of at least one year. NOTE: ALL children MUST be enrolled in the Pre-Junior Kids Club Program (see separate form) in order to participate. Enrolment is free. If the child is not currently enrolled, the completed Pre-Junior Kids Club application must accompany this registration form. All children participating in the program shall receive one ticket per child plus two tickets for the accompanying adults per family good for entry to the

event and all activities as well as for an age appropriate gift. The registered child can be accompanied by ONLY two people (one person must be a member) at no charge. <u>ALL OTHER PEOPLE ATTENDING WITH THE REGISTERED CHILD ARE WELCOME BUT MUST PAY \$5.00 PER PERSON</u> AT THE DOOR.

AT THE DOOR. Forms can be dropped off in person, faxed to 519-737-7269 or e-mailed to reception@ciociaroclub.com.

**MEMBER** INFO (FOR ADULTS ACCOMPANYING THE CHILD):

FIRST NAME:	 LAST NAME:			MEMBER #:
STREET ADDRESS	 CITY/TOWN		PROV	POSTAL CODE
PHONE	 E-MAIL AI	DDRESS		
FIRST NAME:	 LAST NAME:			MEMBER #:
STREET ADDRESS	 CITY/TOWN		PROV	POSTAL CODE
рноле ======= CHILD INFO - ғш	E-MAIL AI		(use 2 forms if necessar	x)
			DATE OF BIRTH	GENDER
		=	(d/m/yr)	



# Figli illustri

"Un popolo, di poeti, di artisti, di eroi, di santi, di pensatori, di scienziati, di trasmigratori, ....."

"A people of poets, artists, heroes, saints, thinkers, scientists, and emigrants ..."

CIOCIARIA: A HERITAGE YOU CAN BE PROUD OF!

# Nicola Parravano

Nicola Parravano (Fontana Liri (FR), 21 luglio 1883 – Fiuggi, 10 agosto 1938) è stato un chimico laureatosi all'Università di Roma nel 1904 e docente italiano e membro dell'Accademia d'Italia. Il primo giugno 1905 fu iniziato in Massoneria nella Loggia Universo di Roma. Docente universitario a Padova, Firenze e Roma, fu presidente dell'Unione internazionale di chimica pura e applicata, direttore dell'Istituto di chimica del Consiglio Nazionale delle



Ricerche e accademico dei Lincei. Parravano fece parte del primo gruppo degli Accademici d'Italia nominati nel 1929 da Benito Mussolin e fu poi amministratore della stessa Accademia dal 1931 alla sua morte, avvenuta a Fiuggi, a 55 anni. Le sue ricerche si rivolsero, prevalentemente, allo studio delle leghe metalliche ternarie e quaterniare e alla catalisi eterogenea.

È stato anche tra i maggiori organizzatori dell'Istituto Nazionale di Chimica e uno dei maggiori collaboratori di Guglielmo Marconi al Consiglio Nazionale delle Ricerche. È stato anche membro del Consiglio Superiore dell'Istruzione e del Consiglio Superiore della Sanità. Per tutto questo è stato nominato all'Accademia d'Italia, di cui è diventato poi amministratore. È stato anche presidente della "Union Internationale de Chimie." L'Istituto tecnico di Arpino e' dedicato al suo nome.

Nicola Parravano was born in Fontana Liri, Frosinone, on July 20, 1883 and died in Fiuggi, on August 10, 1938. He was a famous chemist, who graduated from the University of Rome in 1904. He was also a reputed instructor and a member of the Italian Academy. On June 1st 1905, he was initiated in Masonry (association), in the "Loggia Universo di Roma". His teaching career involved the Universities of Padua, Florence and Rome. He was also President of International Union of Pure and Applied Chemistry, Director of the Institute of Chemistry of the National Council of Researches and an Academic of the Lincei. Parravano was a participant to the first group of the Italian Academics who, in 1929 were nominated by Benito Mussolini and was later Administrator of same Academy, from 1931, to his death, at the age of 55. His researches were mainly aimed at the study of metallurgical alloys – tertiary and quaternary and to the heterogeneous catalysis.

He was also one of the top organizers of the National Institute of Chemistry and one of the top collaborators of Guglielmo Marconi to the National Council of Researches. He was also a member of the Superior Council for Education and of the Superior Council of Health. For all of the above, he was nominated to the Academy of Italy, of which he later became the Administrator. He was also President of the "Union Internationale de Chimie". As a tribute to this distinguished gentleman, the Technical Institute of Arpino has been assigned his name.

Edited by Erminio Di Domenico

## **CHEF'S CORNER:**

Ratatouille Fresca e Naturale



#### Ingredienti:

- 150 g di cipolla
- 100 g di peperoni
- 300 g di zucchini
- 150 g di melanzane
- 1 peperoncino fresco
- 500 g di pomodori
- 4 spicchi d'aglio
- sale, pepe
- aromi naturali
- olio d'oliva

#### Istruzioni:

Affetare finamente la cipolla e i peperoni. Tagliare a dadini le zucchini e le melanzane. Sminuzzare un peperoncino fresco e togliere i semi. Tagliare a spicchi 500 g di pomodori. Schiacciare gli spicchi d'aglio. Unire il tutto nella cocotte, mettere il coperchio a far cuocere a fuoco lento per 45 minuti. Salare, pepare a aggiungere gli aromi naturali. Prima di servire, condire con un filo d'olio d'oliva.

Annalisa Rossi

# **Buon** Appetito!

