

LA PASSEGGIATA

Weekly newsletter brought to you by the Italian Club Board



LA PAROLA

Mantecare: a word that doesn't directly translate into English, *mantecare* is the process of mixing a dish (usually with butter and cheese) until it reaches its desired creaminess. Used famously in risotto and *Fettuccine Alfredo* (more below!)

SE HAI 21 ANNI...

Barone Fini has a great *Pinot Grigio* available for \$10. The Italian version of the French *Pinot Gris* grape, *Pinot Grigio* is light and fruity, great for people who don't like it too dry, but also not too sweet. It will also pair well with our recipe this week!



IL FATTO

Italians love their coffee, so much so that there are some "rules" around coffee consumption, one of them being that Italians generally do not order *cappuccino* after breakfast, or any coffee with milk for that matter. They think of it as too heavy.



FETTUCCINE ALFREDO

For this simple and authentic *Fettuccine Alfredo* recipe, all you need is butter, *parmeggiano reggiano*, fettuccine, and some pasta water. Start by boiling some heavily salted water in a large pot. Once the water is boiling, add in the fettuccine and cook until *al dente*, about eight minutes or so. Don't forget to check periodically to make sure you don't under-or over-cook the pasta!

PART II

While the pasta is cooking, cut two sticks of room temperature butter into cubes and place them on a warm platter. Drain the pasta (reserve some pasta water) and place it over the butter. Sprinkle your 3 1/2 cups of cheese and add some pasta water.



PART III

Once you have all the ingredients together, take a large spoon and fork and begin to mix (*mantecare!*), adding more pasta water until you reach your ideal, saucy, creamy texture. Serve immediately. Feeds 4-6.



PRATO

The second largest city in Tuscany, Prato is a city that is little known amongst tourists, who usually pass it without a second thought on their way north to Venice or Milan. However, it is a vibrant, unique city, with a long history extending from the early Etruscans, to the Middle Ages, to the Renaissance, when Italy's greatest artist left their work in the city, to today, with great Tuscan food to eat and art to see.

I BISCOTTI

Perhaps the most famous culinary invention of Prato is the *biscotti*, the dry and sweet cookie served in coffee shops around the world. In Italy, it is sometimes served with a Tuscan dessert wine called *vin santo*.



SANTO BEIJING

The most unique feature of Prato is its Chinatown, known as *Santo Bejing*, which began to develop in the 1990s after a large wave of immigration from Wenzhou, China. Today, around 45,000 Chinese people live in the city, or over 10% of the population!