



OCTOBER IS...





Italian

Heritage

Month



Favorite Recipes:

(add your own!!)



Chicken Marsala

Serves 4

This chicken recipe is not only delicious and quick to prepare, it is also healthy as it uses only a minimal amount of oil. Imported porcini mushrooms can now be found in many grocery stores, and certainly at Italian specialty stores. To complete this meal, I might serve it with an herb-flavored rice, or garlic mashed potatoes. A tasty sautéed green such as spinach or broccoli rabe would round out the meal nicely.

1 oz. Dried Porcini Mushrooms
8 oz. Fresh White Mushrooms
4 Chicken Breast Halves, Skinned
Flour For Dredging
Salt & Pepper
3 Tablespoons Olive Oil
2/3 Cup Dry Marsala Wine
1/4 Cup Fresh Chopped Parsley



Re hydrate the porcini mushrooms in 1 cup warm water for about 30 minutes. Remove from the water, pat dry with paper towels, and chop coarsely. Strain the porcini water, and set aside to use later. Slice the fresh mushrooms thinly. Dredge the chicken breasts in flour seasoned lightly with salt and pepper, and then brown in a skillet with the oil over medium heat. Once well browned, remove the chicken and set aside.

Cook the sliced mushrooms in the same pan until tender and golden brown. If the pan becomes too dry, use a little of the porcini liquid to moisten it. Return the chicken pieces to the pan with the mushrooms, and add the porcini, the Marsala wine and 1/4 cup of the porcini liquid. Taste, and season with salt and pepper if needed. Turn down to medium low heat, cover, and cook for about 20 minutes. If the juices begin to evaporate too much while cooking, add a few tablespoons of the porcini water. When completed, the sauce should be thick and creamy. To serve, place chicken pieces on a platter, spoon over the juices, and sprinkle with the fresh parsley.

Buon Appetito!



Famous **I**talians:



Enrico Fermi:

an Italian physicist most noted for his work on beta decay, the development of the first nuclear reactor, and for the development of quantum theory.

Fermi won the 1938 Nobel Prize in Physics for his work on induced radioactivity.



Guglielmo Marconi:

An Italian inventor, best known for his development of a practical radiotelegraph system, which served as the foundation for the establishment of numerous affiliated companies worldwide. He shared the 1909 Nobel Prize in Physics for his contributions to the development of wireless telegraphy".



Frank Sinatra:

A popular and highly acclaimed male vocalist and actor. Renowned for his impeccable phrasing and timing, critics place him alongside such artists as Bing Crosby, Elvis Presley, and The Beatles as one of the most important, popular and influential musical figures of the 20th century



Giacomo Puccini:

An Italian composer whose operas, including *La bohème*, *Tosca*, *Madama Butterfly*, and *Turandot*, are among the most frequently performed in the history of the genre. Some of his melodies, such as *O mio babbino caro* from *Gianni Schicchi* and *Nessun Dorma* from *Turandot*, have become recognized in modern culture. One of the few operatic composers to successfully use both German and Italian techniques of opera, Puccini was, in Italian Opera, the only true successor of Giuseppe Verdi.



Robert De Niro:

A two-time Academy Award-winning American film actor, director, producer and founder of the Tribeca Film Festival, he is critically acclaimed as one of the finest motion picture actors and among the most famous actors of all time. He is particularly noted for his portrayal of mobsters in the gangster underworld, and conflicted, troubled characters, and for his enduring collaboration with director Martin Scorsese, and early work with director Brian De Palma.



Did You Know...



Shakespeare's Romeo and Juliet was set in Verona, Italy

Italy is the 4th most visited country in the world

Italy is the size of the state of Arizona

97% of Italians are Roman Catholic

Each Italian consumes more than 25 kilograms of pasta in just one year

20% of Italy's population is over the age of 65 (that's a lot)





Italian sons frequently live at home until well into their 20s.

The famous tower at Pisa leans over about 14 1/2 feet!

By 1978, 5.3 million Italians had immigrated to the United States; two million arrived between 1900 and 1914

During World War II, roughly 600,000 Italians were required to carry identity cards that labeled them "resident aliens." Some 10,000 people in war zones on the West Coast were required to move inland, while hundreds of others were held in military camps for up to two years.

In 2000, Italian Americans constituted the sixth largest ancestry group in America



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