

# POTLUCK DINNER

**YOU ARE INVITED TO AN EVENING OF FOOD AND FUN**

**AT**

**THE SUMMIT CENTRE, NORTON SUMMIT**

**ON**

**FRIDAY 23rd AUGUST**

**6.30 FOR 7.00PM**

**THEME: ITALIAN CUISINE**

**ALL BRING A DISH TO SHARE**

**CHECK YOUR RECIPE BOOKS- ITALIAN FOOD IS NOT JUST ABOUT PASTA**

*(See the helpful notes on the reverse side of this invitation)*

**COST: \$20 EACH**

**FUNDS TO ASSIST ST JOHN'S CHURCH RESTORATION PROJECT**

**RSVP TO REV JOHN – 0418 808 256**

# SOME CULINARY IDEAS FROM

## CUCINA DELLA NONNA

### (GRANDMA'S KITCHEN)

Italian cuisine has developed through centuries of social and political changes, with roots as far back as the 4th century BCE. The Italian menu is designed so that you choose dishes from various categories rather than only one. Many families will eat in this manner in their own homes as well. For lunch you will have a plate of pasta (a *primo*), cleared away once it is finished to make room for the next plate (a *secondo*) which will have meat or fish on it. With the meat comes a salad or vegetables (*contorno*). For dessert (*dolce*) Italians usually have sweets (cake etc) or if you are on a diet - fruit – but not always!

### WE DON'T NEED ALL OF THESE – JUST CHOOSE ONE TO BRING

- **Antipasto** (Before the pasta) Appetisers -is the traditional first course of a formal Italian meal. Typical ingredients of a traditional antipasto include cured meats, olives, peperoncini, mushrooms, anchovies, artichoke hearts, various cheeses (such as provolone or mozzarella), pickled meats, and vegetables in oil or vinegar.
- **Piatti Primi** - (First Plates) refers to the first proper courses in a traditional Italian meal. Pasta, gnocchi, soups, polenta, rice, omelets and other staples that can fill a hungry family on a low cost budget. So primi piatti come before the expensive meat is served. Pizza is not normally part of the traditional meal structure, because it constitutes a full meal in itself. Besides, pizza is rarely made at home due to the lack of the indispensable *forno a legna* (wood oven). La Minestra (soup) – for ideas and inspiration visit: [https://en.wikipedia.org/wiki/list\\_of\\_italian\\_soups](https://en.wikipedia.org/wiki/list_of_italian_soups)
- **Piatti Secondi** – Main Course – Meat (Beef, Lamb, Chicken etc)
- Contorni (Side dishes – Salad (Insalata) or Vegetables (Verdure)
- Dolce – Sweets - desserts
- Caffè – Coffee and Biscotti (Biscuits)