

Our Italian Heritage

Grandma was right! Eat your pasta!

by John Peter Curielli (Beta Mu, 1966)
Vice President for Cultural Affairs

When we think "Italian," what do we automatically think about but food? And what Italian food most symbolizes the Italian kitchen? Pasta, of course! Legend has it that pasta had its origin in China and was brought back to Italy by Marco Polo. That legend fits the romantic Italian heart.

I remember reading somewhere that Americans consume well in excess of a billion pounds of pasta a year. At one time the only pastas that Americans knew were macaroni and spaghetti. Now Americans have been indoctrinated to all of the marvelous shapes and styles of Italian pasta noodles from angel hair spaghetti, thin and light, all the way to fettucini, thick and hearty. We can't forget all of the different forms of macaroni either; from the mostaccioli noodle to the cork screw or rigoletti.

I think it is absolutely marvelous that at one time the only thing Americans knew about Italian pasta was spaghetti with red/tomato sauce. Now, you can go into virtually any Italian restaurant and choose from a dozen types of pasta, as well as a dozen types of sauce; everything from Hunter-style sauce to Alfredo sauce.

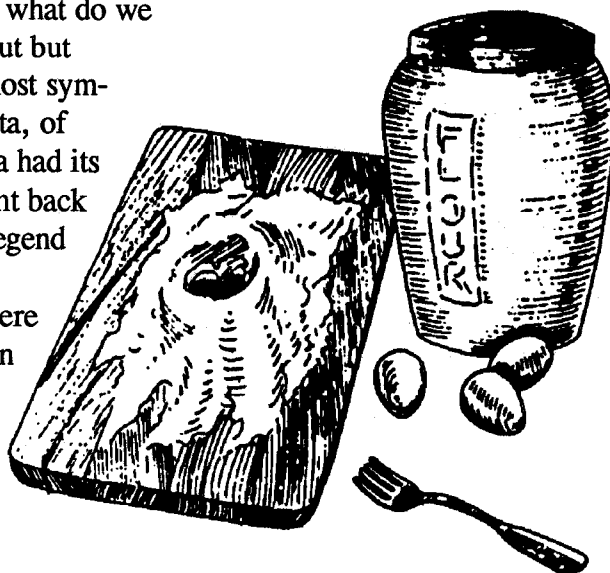
What's even more amazing is now we have discovered that what our grandmother kept trying to feed us is actually healthy and less fattening than that hearty piece of prime rib or julienne salad loaded with lunch meats. I am fascinated with how the world is one large circle and we keep coming back to our roots and basic ways of life.

At one time it was an embarrassment to say that you went home and had spaghetti with peas or some other vegetable mixed in. Now it's quite avant garde.

Pride in the Italian heritage of food was once some-

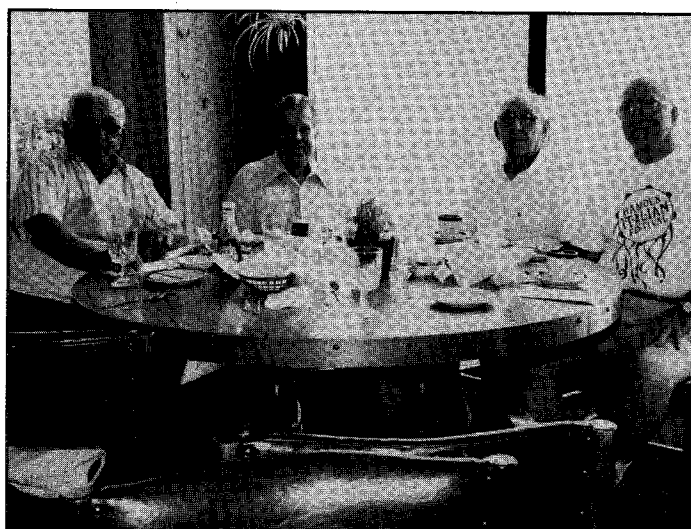
thing that we tried to shun and now we realize that Italians are probably the finest cooks in the world. I know I may get some argument on the next statement, but I feel that they are superior to the much overrated French cooks.

My wife and I will soon be spending our 25th wedding anniversary in Sicily. We have been to Italy many times, but never travelled farther south than Naples. My family comes from the province of Lucca and my wife's family comes from the region of Palermo. I am looking forward to sampling some fine Sicilian pasta dishes. I'll be reporting back to you in the next edition of The Kleos as to our adventures in Sicily. ■



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roots and basic ways of life."*

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Enjoying the Alumni Emeritus luncheon at the Summer Convention are, from left, Walter Primerano (Xi, '36), Steve Rubino (Sigma, '38), Matt LoMonaco (Beta Delta, '42) and Al Marzullo (Theta, '35). Alumni Emeritus brothers are those who have been in the fraternity for 50 years or more. To receive an Alumni Emeritus certificate, send your name, address, chapter and date of initiation to Central Office, 56 Greenway Square, Apt. L-12, Dover, DE 19901.