

Growing Up in the Butcher Shop: Salad / Insalata

Ciao Amici, While discussing "Sunday Dinner" with friends; the question arose about the salad course. My Grandmother told me a story about the time my Uncle Vince invited a college roommate over for Sunday dinner. They began with the first (primo) course of macaroni which was served in a large bowl along with the grated cheese and bread that they passed. Naturally one serving was not enough. After another bowl of macaroni, they served the second (secondo) course; the gravy meat. Since we are butchers we had a vast array of different meat which made the gravy extra special. We always had meatballs, sweet sausage (no fennel) and braciole; which is beef, pork or veal round steak stuffed with pecorino, fresh



garlic, parsley and fresh breadcrumb. Pieces of meat with bone in like spareribs, lamb shank or beef shoulder were sautéed in lard and simmered with the tomatoes they canned. Now for the most part you would use the same dish but my grandmother always asked if you want a clean one. However, Uncle Vince's friend said, "No, same dish please." "After we have the gravy meat, then we eat our salad (insalata). When my American friends would come over for dinner they would say that they eat their salad first. We Italians like it after. I think it is a refreshing course and is better for your digestion. As my grandmother cleared the table the guest said, "No put my salad in the same bowl," so not to upset the guest she did. The salad was always made with olive oil, red wine vinegar, salt & pepper. I don't know if this guest was this way to save on washing dishes or just liked it that way. One thing I remember is that my grandmother and mother never let doing dishes bother them; it was something they did for the love of their family. Dessert was a chocolate cake and when serving this guest, again he said, "No same dish please." My grandmother was amazed and said, "Basta (Enough) you are getting a clean dish!"

When and how do you like your salad? Let us know and Grazie for reading my article.
 Appetito non vuol salse / Hunger is the best sauce
 Best Regards / Con cordiali saluti
 Joe
 J. DeFranco and Daughters Catering & Deli
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A Big Thank You

Another successful Heritage Days, held on July 24 & 25, 2009 in downtown Bangor, can be credited to by this year's new Chairperson Bonnie LaBar, Lisa Lobb & Maryann Strawn.

We wish to thank all those volunteers, demonstrators and business people for their tremendous support during Heritage Days. Thanks to bangor Borough, Bangor Business Association, Bangor Community Partnership, Dally Amusements, Bangor Elks Lodge, Broadway Apartments, Bangor Borough workers & staff, Bangor Police Department, LeDonne Bakery, Bangor Borough Authority, Bangor Preschool Inc., Frontier, Bangor Fire Police, the "Walkers", Anna Marie Caldara & Brian Carroll, Caroline Wilkie, Todd Miller, and Leonard Ramautaur, John Dally, Capozzolo Brothers Slate, & Williams & Sons Slate. A special thanks to our corporate sponsors, Bangor Borough Authority, H.A. Berkheimer, Inc., Bangor Jacksonian Club, James Gaffney Funeral Home, Brown Daub of Wind Gap, Merchants National Bank, Capitol Ace Hardware, Owens Monumental David J. Ceraul, Esq. PPL Martins Creek, Mayor Joseph Capozzolo, Palmeri Transportation, Inc., Curtis Fehnel CPA, Reimer Brothers Fuel Service, First National Bank of Palmerton, Tolino Fuel Service, State Representative Richard Grucela, Ultra-Poly Corporation, Detzi's Tavern & Vanity Fair. Bonnie, Lisa & Maryann would also like to give special thanks to our Heritage Day Committee members for all their hard work.

This years Shoo-Fly Pie Contest Winners were: 1st place: Dena Mulitsch, 2nd Place, Judy Strouse, 3rd Place winners, Misty Marino, Frank Kern, & Mary Lockwitch.

Raffle Ticket winners: 1st prize winner, Nelson Hill, 2nd prize winner, Richard Kessler & 3rd prize winner Becky Groeneveld.

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Latino Leadership Alliance of the Lehigh Valley Asks the Bethlehem Area School District Board to Reconsider their Decision to Cut Programs

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Latino Leadership Alliance of the Lehigh Valley is deeply concerned about the decision made by the Bethlehem Area School District (BASD) Board of Directors to eliminate the much needed academic support for struggling, at risk, low income and/or minority students.

Our organization's mission is to 'strengthen the Latino community through leadership development, education, health and advocacy' and we feel it's our duty to express our concern and to ask the BASD Board to reconsider their decision." For more information, please call Jose A. Molina, President of LALV, at 484-651-5868.

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