

MY HERITAGE PROJECT: ITALY

BY: CARLY MAREE SAIA



FACTS ABOUT ITALY (PAGE 1 OF 2)

- Capital:
 - Rome
- Location and Size:
 - Italy is in Europe. It is near Switzerland, Austria, and France.
 - Italy is almost 300,000 square kilometers of land and 7,200 square kilometers of water. It is the 72nd largest nation in the world.
- Nationality of People:
 - Italian
- Population:
 - A little more than 60 million people live in Italy.
- Language Spoken:
 - Italian

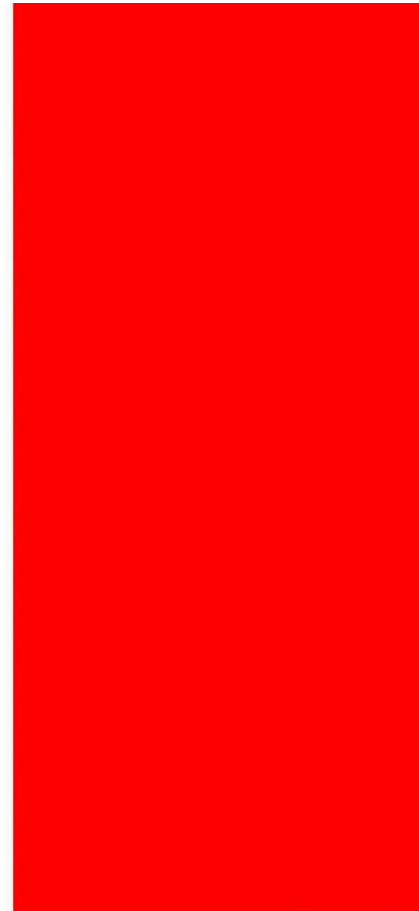
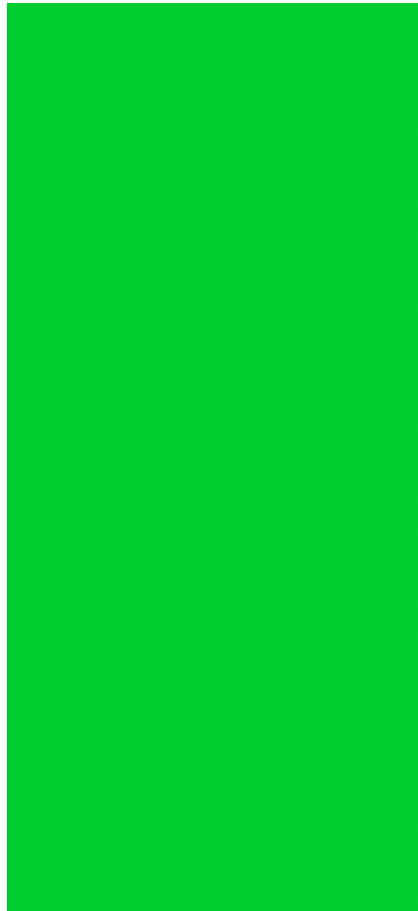


FACTS ABOUT ITALY (PAGE 2 OF 2)

- Natural Resources:
 - Pumice and marble
 - Natural gas and Crude Oil
 - Fish
- Government Structure and Leaders:
 - The government is a Parliamentary Republic.
 - There is an executive branch and legislature.
 - It is a democracy.
 - Giuseppe Conte is the premier of Italy. He is new.
- Other Interesting Facts about Italy:
 - Italy uses the Euro for money.
 - Italy was first known as the Roman Republic which dates back to 510 BC.
 - The famous artists Michelangelo, Raphael, Leonardo da Vinci, and Donatello were Italian.
 - By the way, they were also famous Ninja Turtles.
 - There are 3 active volcanos: Vesuvius, Etna, and Stromboli.
 - Venice is an Italian city that has waterways and boats instead of streets and cars.



THE ITALIAN FLAG



A TRADITIONAL ITALIAN RECIPE – CANNOLI

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Ingredients:

■ Shells:

- 2 cups of all-purpose flour
- 1 tablespoon granulated sugar
- 1/4 teaspoon kosher salt
- 1 tablespoon plus 2 teaspoons unsalted butter, cut into small pieces
- 1 egg yolk
- 1/2 cup dry white wine

■ Filling:

- 2 cups ricotta cheese
- 3/4 cups powdered sugar
- 1 teaspoon ground cinnamon
- 1/4 teaspoon allspice
- 1/4 cup heavy cream
- 1/4 cup small semisweet chocolate chips
- 1 lemon
- 1 quart of canola oil, for frying
- Flour, for rolling
- 1 egg, lightly beaten
- Powdered sugar for dusting



"BIRDS CAN DO IT SO LETS GET TO LET'S FALL IN LOVE,"
WITH CANNOLI.





CANNOLI IS PLURAL CANNOLO IS SINGULAR

DID YOU KNOW



A TRADITIONAL ITALIAN RECIPE – CANNOLI

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Directions:

- For the shell dough: In a medium bowl, sift together the flour, sugar and salt. Work the butter pieces into the flour with your fingers until the mixture becomes coarse and sandy. Add the egg yolk and the white wine and mix until it becomes a smooth dough. Spread a piece of plastic wrap on a flat surface and place the dough in the center. Wrap the plastic loosely around it and press the dough to fill the gap. Flattening the dough will mean less rolling later. Let it rest in the fridge for a few minutes while you make the filling.
- For the filling: In a medium bowl, whisk the ricotta until smooth. Sift in the powdered sugar, cinnamon and allspice. Mix to blend. In a separate bowl (or in the bowl of an electric mixer fitted with the whisk attachment), beat the heavy cream until fairly stiff. Using a rubber spatula, gently fold the cream into the ricotta mixture. Stir in the chocolate chips. Lightly zest the exterior of the lemon and stir it into the ricotta. Refrigerate for a half hour to an hour.
- To roll and fry the shells: In a medium pot with a heavy bottom, heat the canola oil to 360 degrees F. Meanwhile, sift an even layer of flour on a flat surface. Flour a rolling pin. Roll the dough until it is very thin (about 1/8-inch thick). Cut the dough into fourths and work in small batches. Use any glass or small bowl that has a 3-to-4-inch diameter. Cut rounds, tracing around each one to assure the dough has been fully cut. You should have about 24 circles. Wrap each circle around a cannoli mold. Use a little of the egg wash on the edge of each round to seal it shut and to assure it won't slide or fall off the mold before pressing it closed over the mold. Flare the edges out slightly from the mold. Flaring will allow the oil to penetrate each cannoli shell as they fry. Use a pair of tongs to hold the edge of the mold as you submerge and fry the shell in the oil until crispy, 2 to 3 minutes. Remove from the oil, and holding the mold in one hand with your tongs, gently grip the shell in your other hand with a kitchen towel and carefully slide it off the mold. Set aside to cool. Repeat with all of the circles.
- To fill the cannolis: Just before serving, use a pastry bag without a tip to pipe the ricotta into the cannoli molds. Fill the cannoli shells from both ends so the cream runs through the whole shell. Dust with powdered sugar. Powdered sugar gives that little extra sweetness and added texture to the exterior. It also makes me feel like I have a professional bakery touch in my own home. Serve immediately.

ALL ABOUT ME – CARLY SAIA

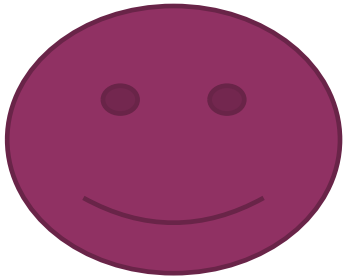
- My first and middle names are Carly Maree.
 - Carly is just a name my mom and dad liked.
 - My dad and I have the same initials.
 - Maree is my Aunt Ann's middle name. My grandmother spelled Maree differently than most do. That's why I use "ee" instead of "ie".
- My last name is Saia.
 - As far as we know, it was always said and spelled the same way.
 - My mom's last name is Lombardi. She is also Italian. As far we know, Lombardi was also said and spelled the same way.
- I have one brother and one sister.
 - My brother is 10 years and 1 day older than me. My sister is 5 years older than me, so the means my brother is 5 years older than my sister!
- I like to dance and snow board!! I was born on September 26, 2008 and yes I will always be the youngest in my family and most likely my class.



MY ITALIAN FAMILY IN PICTURES



THANKS



THANKS FOR WATCHING!!!!!!

Bye from: SAIA, CARLY MARE



Italian words/ sentences

Parlo molto poco italiano: I speak very little Italian

il mio paese era l'Italia: my country was Italy

L'Italia è bel paese: Italy is a beautiful country

Spero vi sia piaciuto: I hope you enjoyed

Ciao: bye