

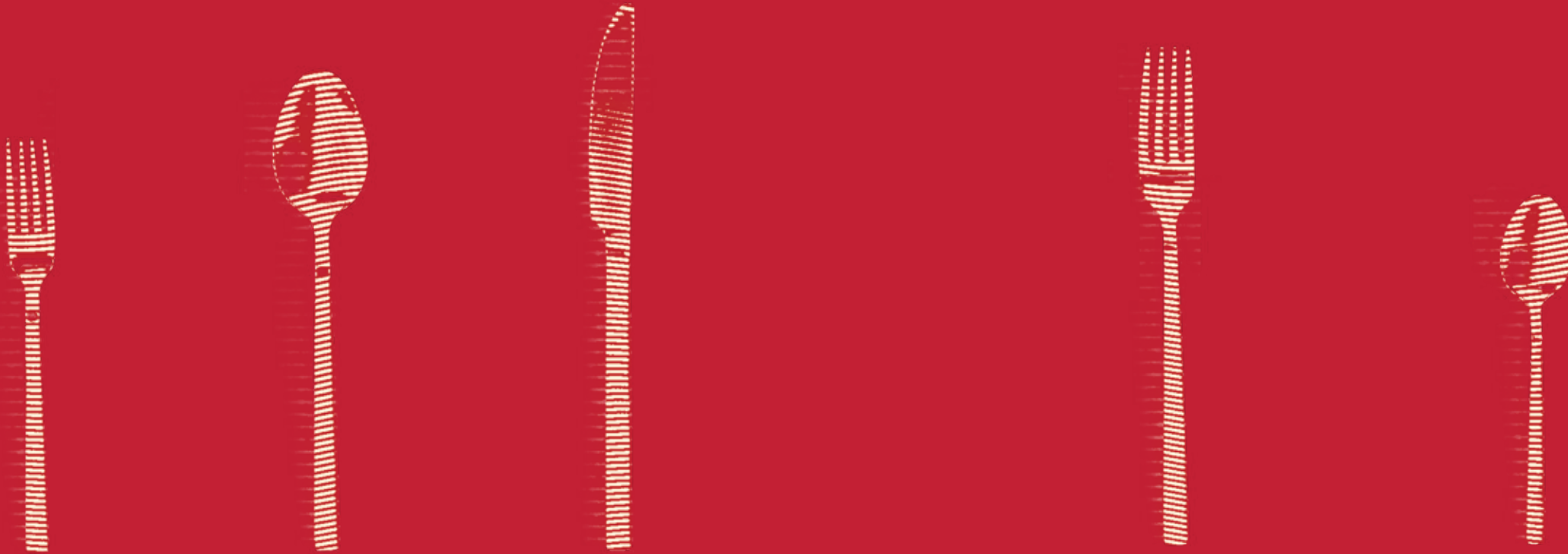
BIRRA MORETTI'S 20 TIPS FOR HOSTING LIKE A NONNA

# THE ART OF ITALIAN GATHERINGS



*Nonna*  
SUPPER CLUB

# INTRODUCTION



Authentic gatherings are more than just meals; they are a tapestry of flavours, memories, and connections. Each tip, recipe, and story within these pages is a testament to the time-honoured practices that turn an ordinary weekly gathering into an extraordinary celebration.

Our nonnas, with their unmatched experience

and love for food, have shared their best-kept secrets to hosting the perfect get-together. From crafting the ideal menu to setting a welcoming table, their authentic advice will guide you every step of the way.

Discover the joy of welcoming loved ones with drinks that set the tone for the evening, learn how to create dishes that are as rich in

flavour as they are in tradition, and immerse yourself in the stories that make each recipe a piece of family history.

Join us as we explore the heart and soul of Italian hospitality. Whether you're hosting a gathering for the first time or looking to infuse new life into your traditions, this book is your ultimate companion for creating

unforgettable experiences around the table with loved ones.

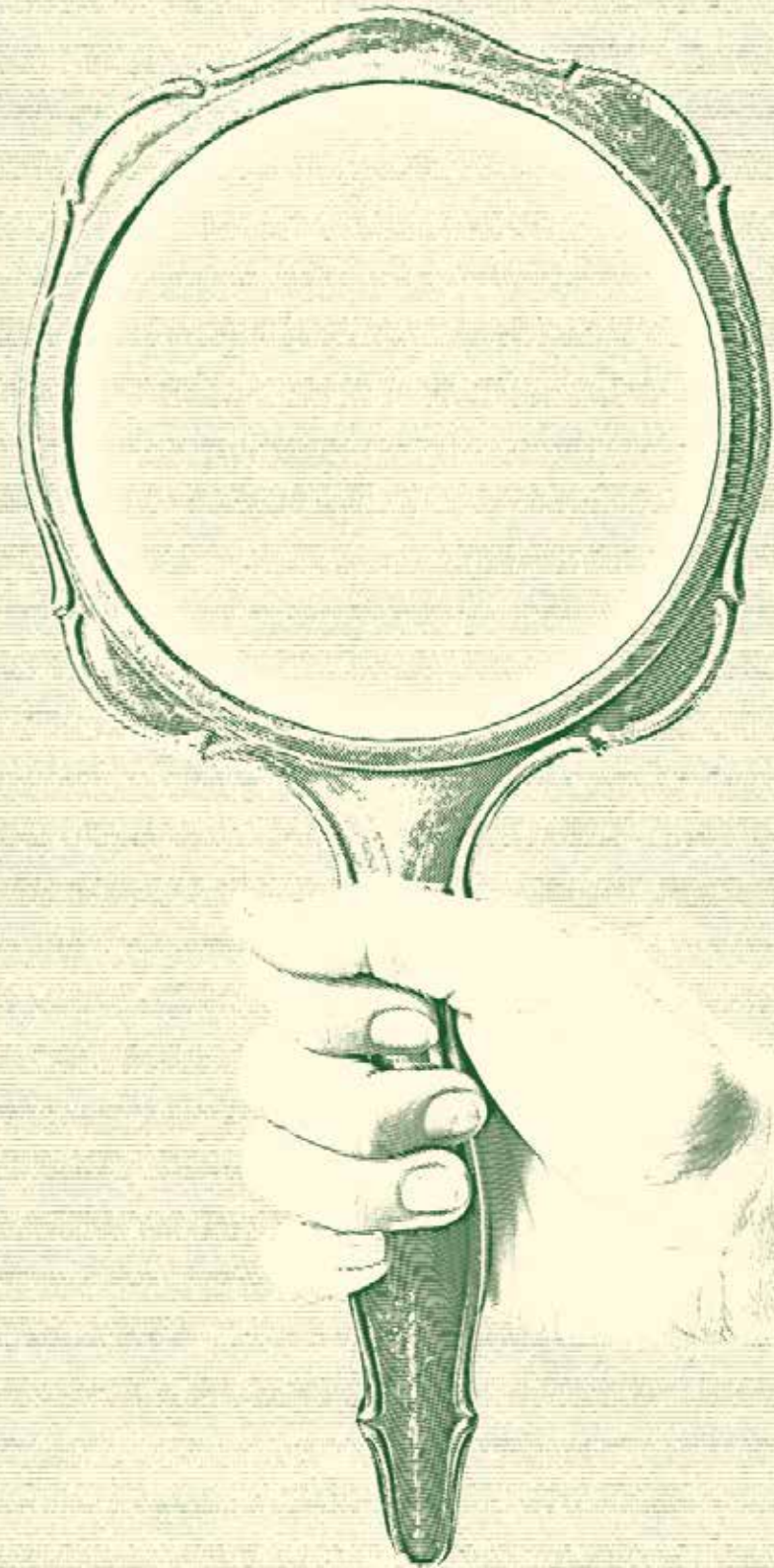


**THE PEOPLE**

# #1

## YOU'RE ALSO A GUEST

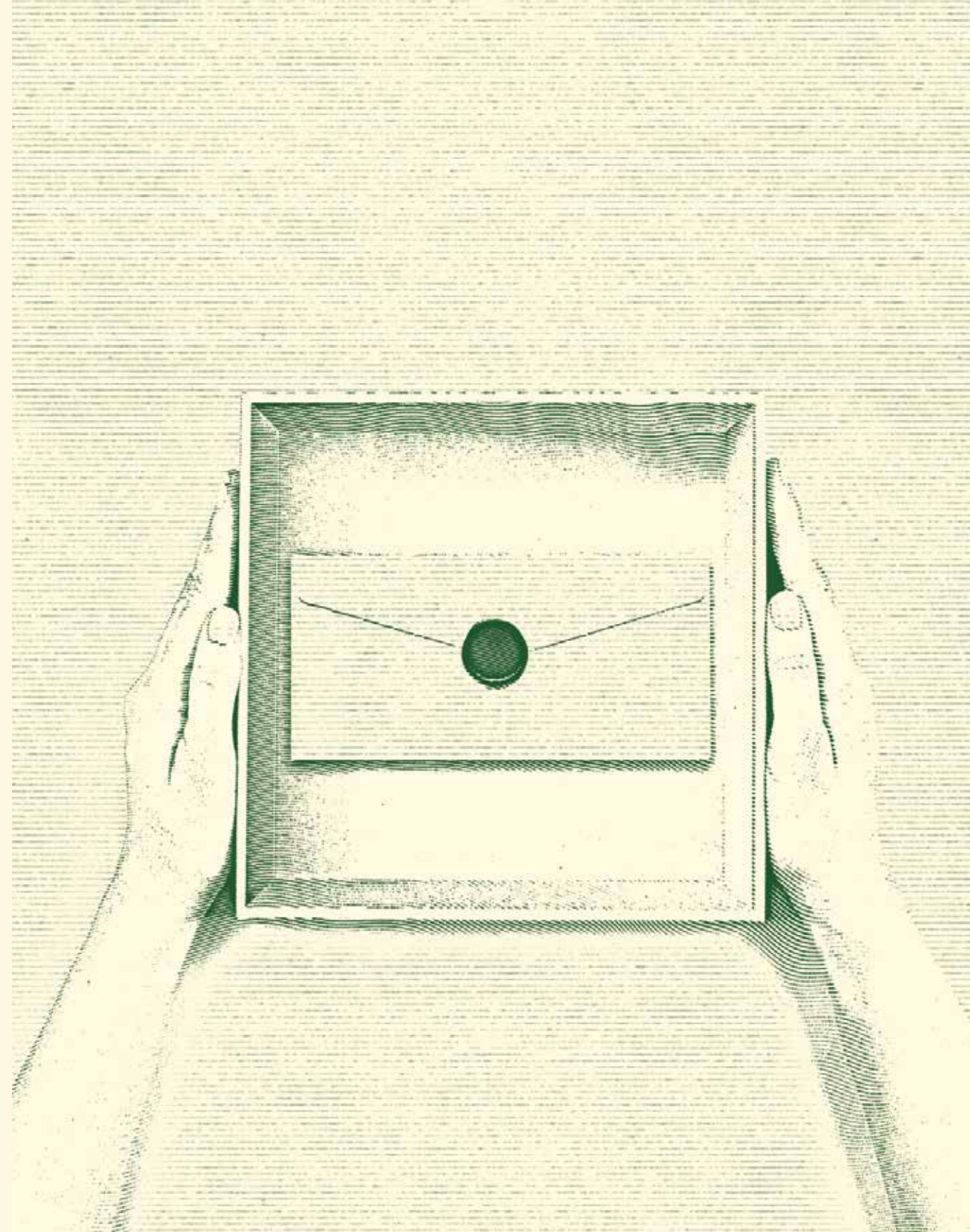
The secret to happy guests is a happy host. The time spent around the table with your friends and family is also meant for you to enjoy. Don't get too caught up in the perfection of the night; sit back and relax. You should have a great time, too.



# #2

## EVERY GUEST IS A GIFT

On a night dedicated to connection, memories, and family, ensure every guest feels welcome in your home. Whether they're new to the group or a long-standing member of your get-togethers, every person at the table is a part of the story.



# #3

## A WELCOME THEY CAN'T RESIST

After a busy week, remind your guests how special this gathering is. Let them know you've cooked their favourite dishes, saved a seat just for them, and just how much you've missed their company. They won't want to miss it!



# #4

## MIX IT UP

Mix up your guests like you mix your salad. Create opportunities for new connections by seating opposites together or inviting new faces. Surprises make the meal memorable.



# THE TABLE



# #5

## LEAVE ROOM TO PULL UP A CHAIR

At your gathering, there's always room for one more. Have an extra chair or two nearby. You never know when a friend or neighbour might stop by, and no one should ever be turned away from the table. It's the Italian way; hospitality is sacred.



# #6

## KEEP IT FAMILY STYLE

Keep everything within reach. Serve food family style, with dishes placed in the centre of the table so everyone can help themselves. Passing plates encourages interaction, sharing, and ensures no one feels left out.



# #7

## EVERY SEAT IS SPECIAL

Each place setting should have a little touch that makes it special – a small sprig of rosemary tied with twine around the napkin, a handwritten name card, or a little biscotto as a premeal treat. It's the little things that show your love.



# #8

## BRING OUT THE HEIRLOOMS

Old things tell stories. Use the good china that's been passed down, the silverware that has seen countless gatherings, and glasses that keep the drinks flowing. These pieces are not just objects; they carry the love of generations.



**DINNER WITH  
FRIENDS  
AND MORETTI**



# THE DRINKS

# #9

## WARM WELCOMES NEED COLD DRINKS

Your gathering should always begin with a welcome drink. It's the perfect time to share stories, valuable advice, and get your guests talking before dinner. The only way to say "Benvenuto!" is with a Birra Moretti.



# #10

## RAISE YOUR GLASSES

Don't underestimate a good toast. Taking a moment to look your guests in the eyes and acknowledging how grateful you are makes everyone feel special. A simple "Saluti" works too!





# #11

## KEEP IT SIMPLE & KEEP IT COMING

You can't share a meal without the perfect drink to wash it down. Keep it simple with the options, and keep them coming. Nothing bridges gaps between courses or gets conversations going like some Birra Moretti.



# #12

## ESPRESSO IS AN EVENT

The espresso after dinner is non-negotiable. Let the aroma fill the air as it brews and the conversations continue. It's the perfect way to keep everyone at the table just a little longer.



**NONNA  
KNOWS  
BEST**

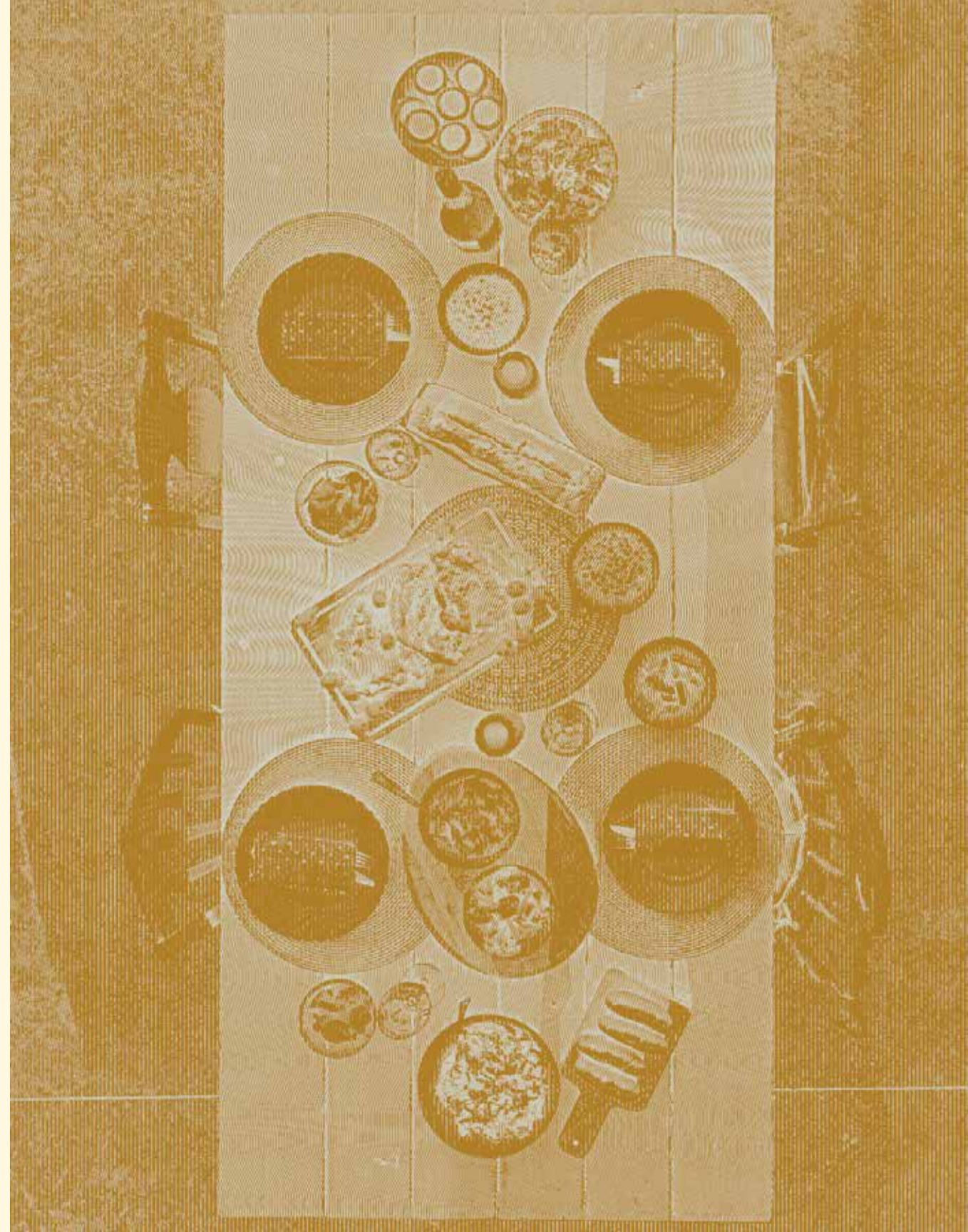


# THE MEAL

# #13

## END WITH A SALAD

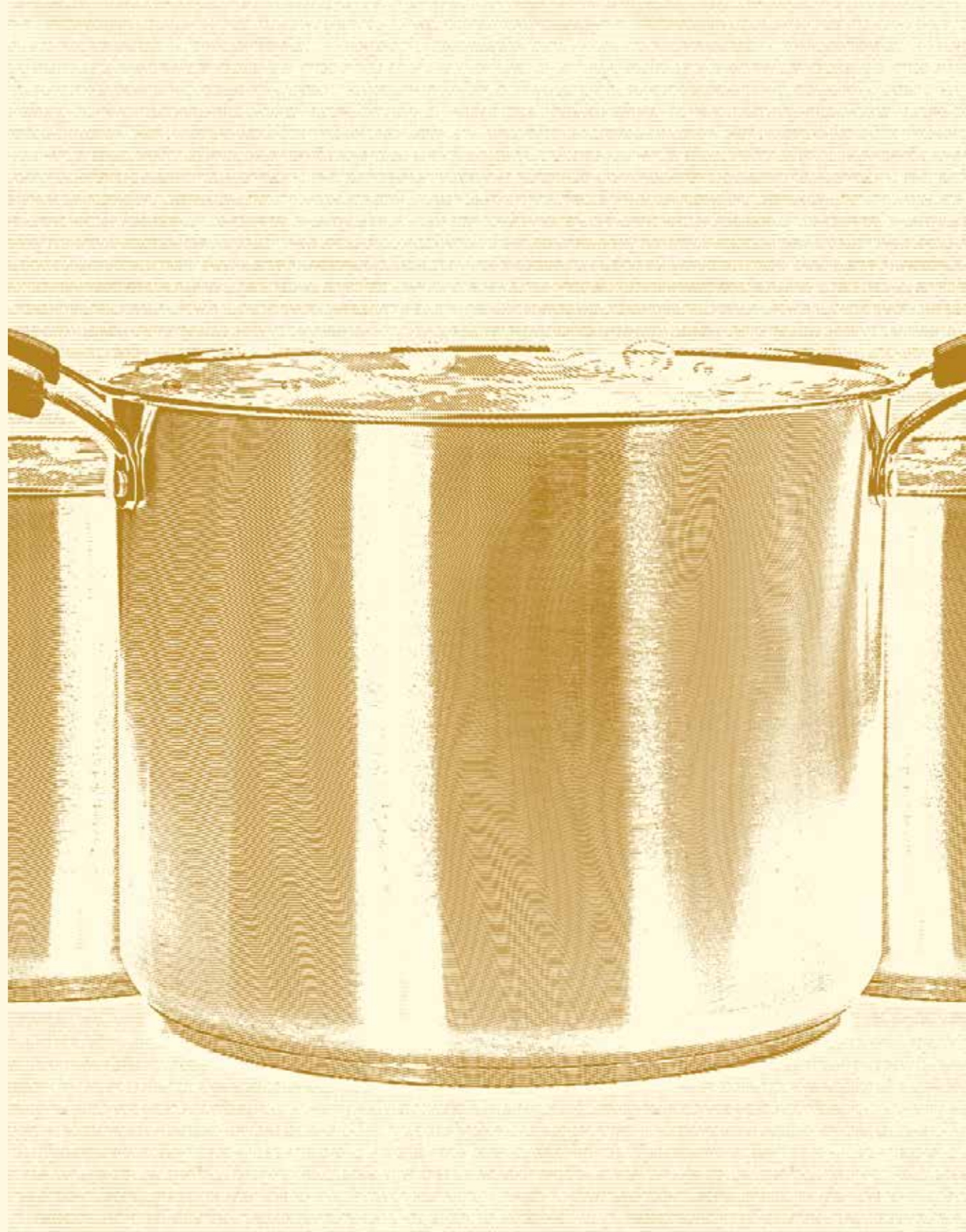
In true Italian fashion, dinner isn't complete without a fresh, crisp salad at the end of the meal. It's more than just tradition – ending with a salad helps cleanse the palate, aids digestion, and offers a light, refreshing finish that balances the richness of the courses that came before.



# #14

## MAKE EXTRA

Always make extra of each dish; one plate is never enough. More food means more sharing, more toasting, and more laughter. When your plate is full, so is your heart.



# #15

## TRUST YOUR GUT

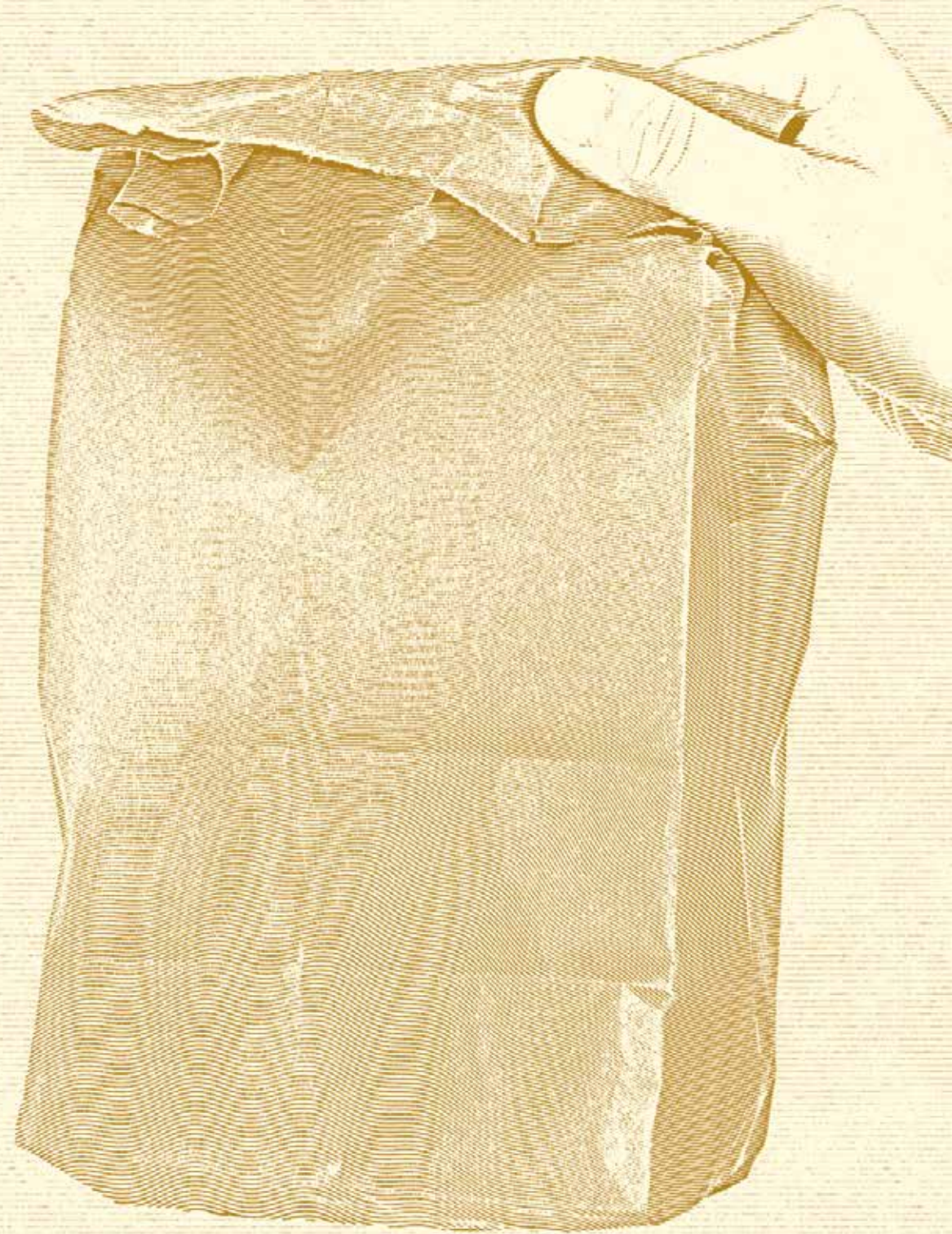
Leave the measurements to the professionals. Listen to your instincts, add what you like, and taste as you go. A basil leaf for garnish or a little extra garlic never hurt anyone.



# #16

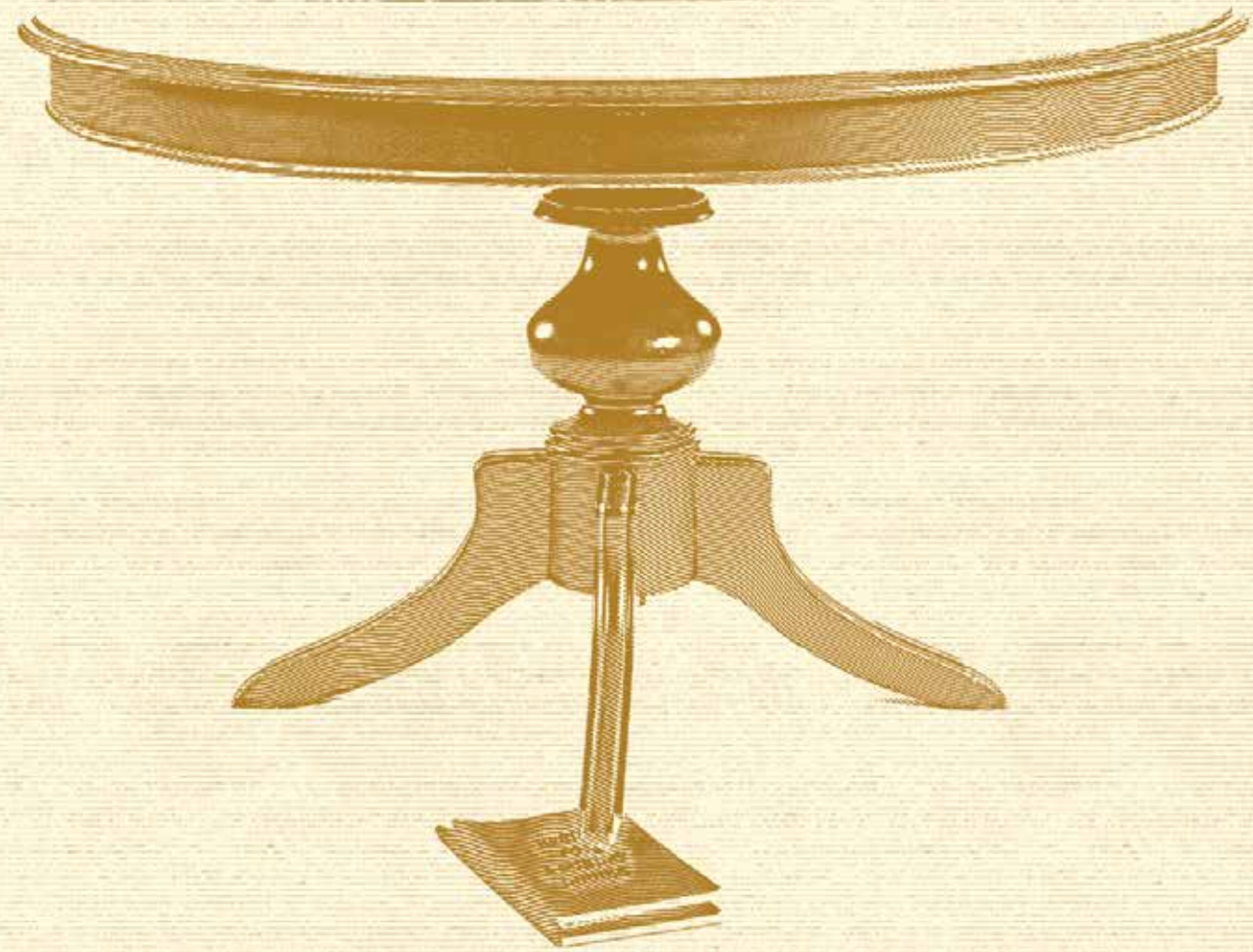
## HAVE TO-GO CONTAINERS READY

Now that you've cooked enough food to feed the whole neighbourhood, send your guests home with some of those leftovers. Your empty ricotta containers or pasta jars will work perfectly.





**DINNER WITH  
FRIENDS  
AND MORETTI**



# THE MEMORIES

# #17

## STORYTELLING IS KEY

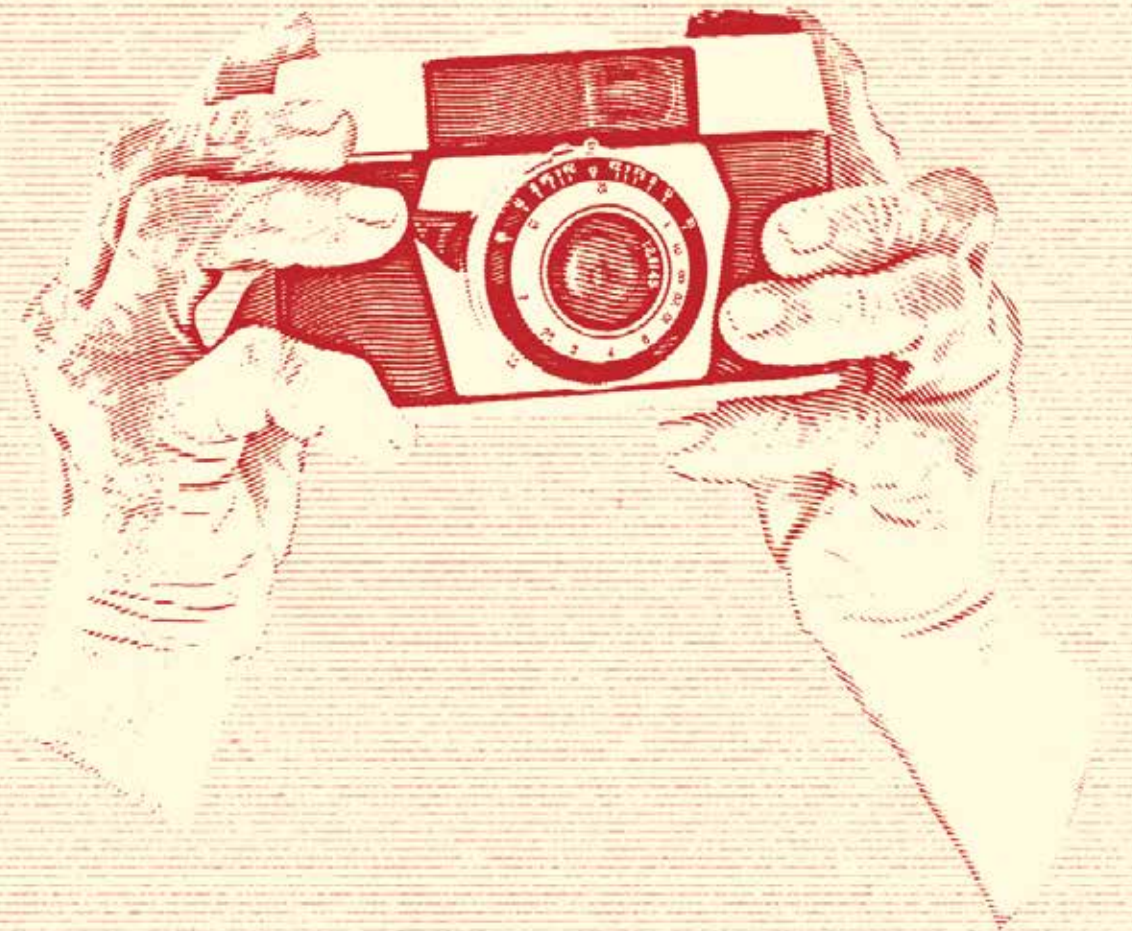
Talk about the memories you've already made. These tales not only warm the heart but also remind everyone of the beautiful family history that binds you together. A meal tastes better when seasoned with laughter and love.



# #18

## CREATE NEW MEMORIES

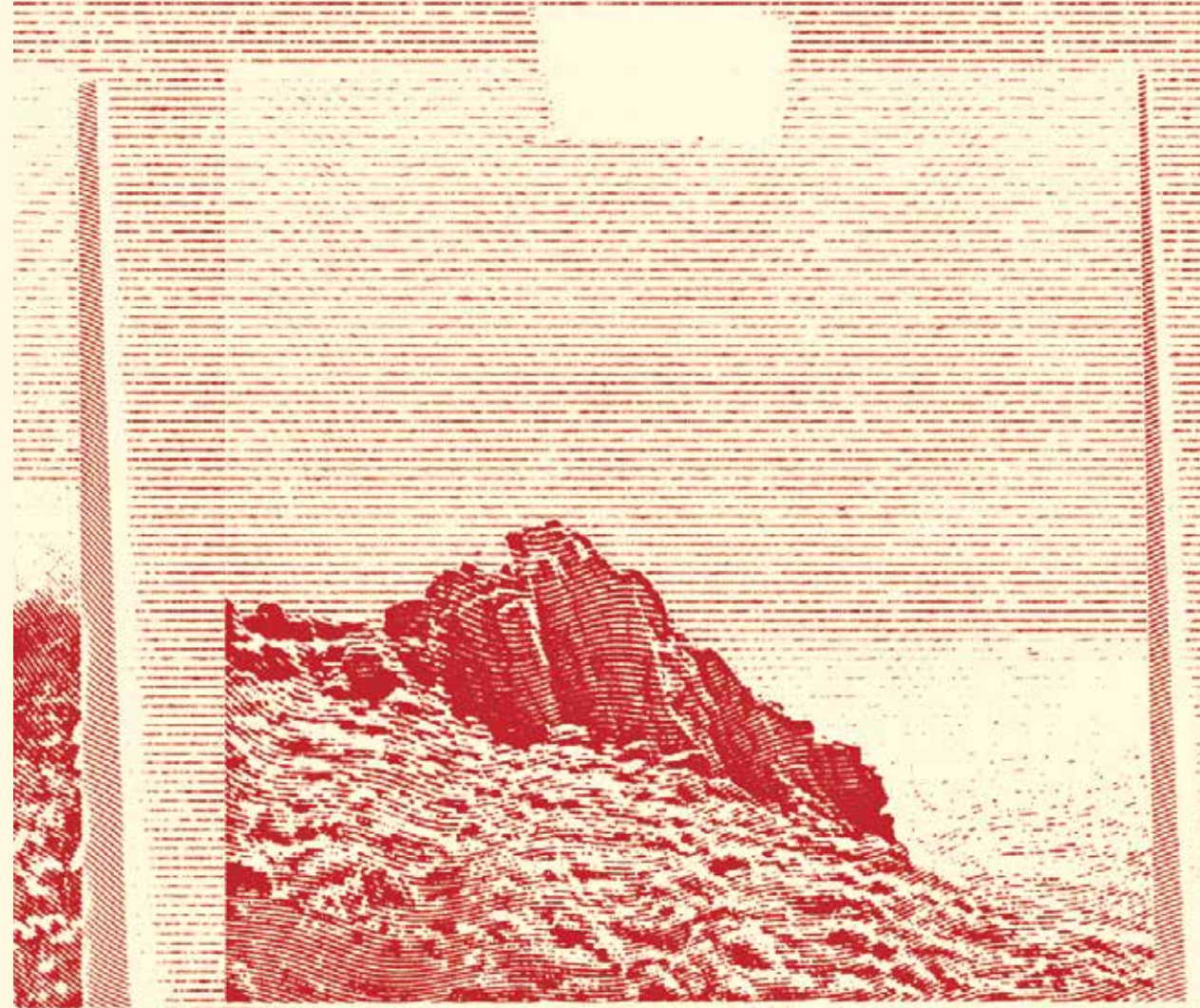
As you gather around the table, make sure to leave space for new stories to unfold. Encourage each guest to share a recent adventure or a funny mishap from the week. Capture photos, let your laughs fill the room, and soak in the moments unfolding in front of you.



# #19

## BRING OUT THE ALBUMS

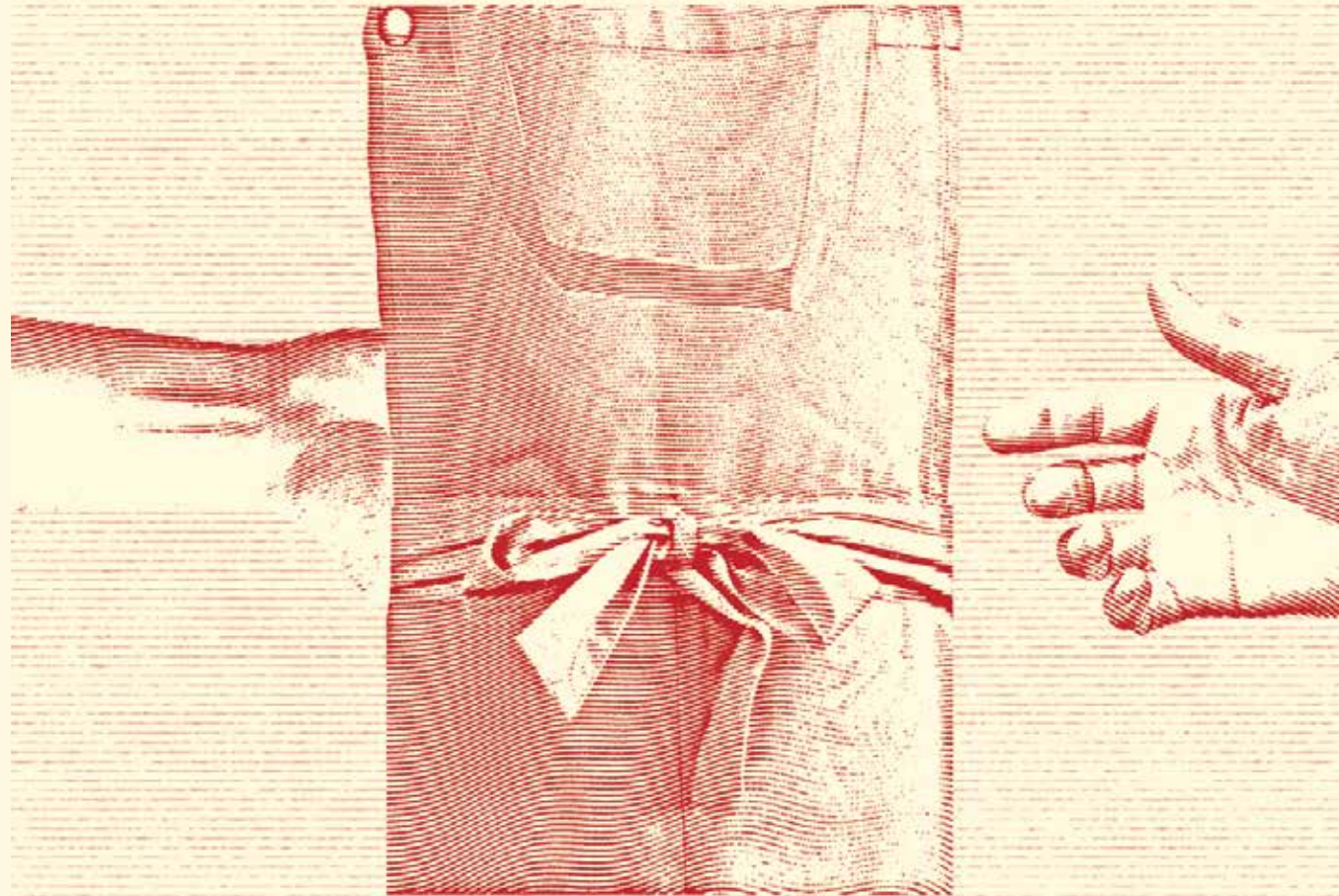
Break out the family photos and take a trip down memory lane. This creates a conversation piece and allows guests to reminisce and share stories about their connections to the family and the meal.



# #20

## PASS ON THE TRADITION

To keep the ritual of gathering alive, pass on the tradition to those around you. Bring everyone together each week, and connect over great food, booming laughs, and excellent drinks. A time so wonderful deserves to live on.



# THE NONNAS

# NONNA ADA

TORONTO, ONTARIO

I was born in Montalto Uffugo, a city in the province of Cosenza, Calabria, and grew up in Italy with four siblings – two sisters and two brothers – before moving to Canada in 1971 after getting married. In May 1972, I welcomed my first son, Frank (Francesco), and two years later, another son, Daniele. When Daniele was three, I began working at a factory, where I met Nonna Elda, and we worked side by side cutting pantyhose for about 13 years before moving to work at a nursing home together. Although my siblings remain in Italy, I have built a close-knit family in Canada, with my sister-in-law playing a significant role in helping me adjust to life here. My father owned a tile company in Italy where all the men in the family worked, and my mother helped until she opened a grocery store and then a bar, where I eventually met my husband. After marrying, we moved to Canada despite my husband's initial reluctance, and we built a life filled with family, traditions, and love, just like the Sunday dinners I remember from back home. Nothing is more important than family.





# ADA'S RICE BALLS

## INGREDIENTS

1 cup short grain Italian rice  
(Unico brand)

1 cube vegetable bouillon

Flour (for breading)

Breadcrumbs (for breading)

1-2 eggs

1 tsp fresh chopped parsley

1/2 a garlic clove

Black pepper

1/2 cup grated parmigiana  
(or any other Italian hard cheese)

Mozzarella

Tomato sauce

Oil for deep frying

## INSTRUCTIONS

1. Boil rice in vegetable bouillon until soft but not mushy.

2. Drain well until dry.

3. In a bowl, mix the rice with one or two raw eggs, depending on how many you're making.

4. Add fresh chopped parsley, garlic, black pepper, and grated parmigiana or any other Italian hard cheese.

5. Mix well.

6. Prepare three containers: one with flour, one with egg, and one with breadcrumbs.

7. Wet your hands a little, make a ball with the rice, then make a small hole in the top and put a piece of mozzarella cheese inside. Cover it.

8. Roll the ball first in the flour mixture, then the egg, and finally the breadcrumbs.

9. Deep fry until crispy and golden.

**Optional:** If you like, you can add a little tomato sauce on top and cheese, then bake at 350°F for a few minutes, but they're delicious just fried.



# ADA'S STUFFED PEPPERS

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## INGREDIENTS

4 red, yellow, or orange peppers  
(no green)

Parmigiana

Mozzarella

1 garlic clove

1/2 of an onion

1 tbsp carrots

1/2 lb ground veal

1 sausage

Salt

Black pepper

1 tsp fresh parsley

Tomato sauce

## INSTRUCTIONS

1. Wash and cut the peppers lengthwise in half, removing the insides.
2. Sprinkle parmesan cheese and a bit of salt inside.
3. In a frying pan, sauté garlic, onions, carrots, ground veal, and sausages (remember to remove the sausage casing).
4. Add salt, parsley, and black pepper.
5. Add just a little bit of tomato sauce.
6. Remove from the heat, and when it's cool, add grated mozzarella, parmigiana, and fresh parsley (don't cook the parsley – it tastes better fresh).
7. Stuff the peppers with the mixture using a spoon.
8. Add a little bit of sauce on top and sprinkle with mozzarellla.
9. Bake at 350°F for about half an hour or until soft.



# ADA'S STUFFED EGGPLANT

## INGREDIENTS

Good bread (hardened)

6 small dark eggplants & 1 large eggplant

Salt & black pepper

2 tbsp tomato sauce

1 tbsp fresh basil & fresh parsley

1/2 tsp garlic clove

1/2 cup parmigiana

1/2 cup mozzarella

## INSTRUCTIONS

1. Get some good bread and leave it out to harden.

2. Use small dark eggplants (about the size of your hand) for stuffing and one large eggplant for the stuffing itself.

3. The day before or the morning of, wash the small eggplants, cut off the tops, and slice them in half lengthwise. Score the flesh with a knife, not too deep, as you don't want to rip the skin.

4. In a pot of boiling water with salt, place the small eggplants face down along with the large eggplant, and let them boil for a few minutes – just enough to cook the insides.

5. Drain and let them cool. You can refrigerate overnight or let

them cool for several hours before finishing the preparation.

6. Once cool, scoop out the inside with a spoon, leaving enough flesh to keep the skin intact as a shell. Place the insides in a colander and gently press down to remove excess water.

7. In a frying pan, cook the chopped-up insides of the small and large eggplants until dry.

8. Soak the day-old hard bread in water until soft, then squeeze out the excess water. Rip it into small pieces and add to the frying pan with the eggplant. (You can also use a blender to break down the bread.)

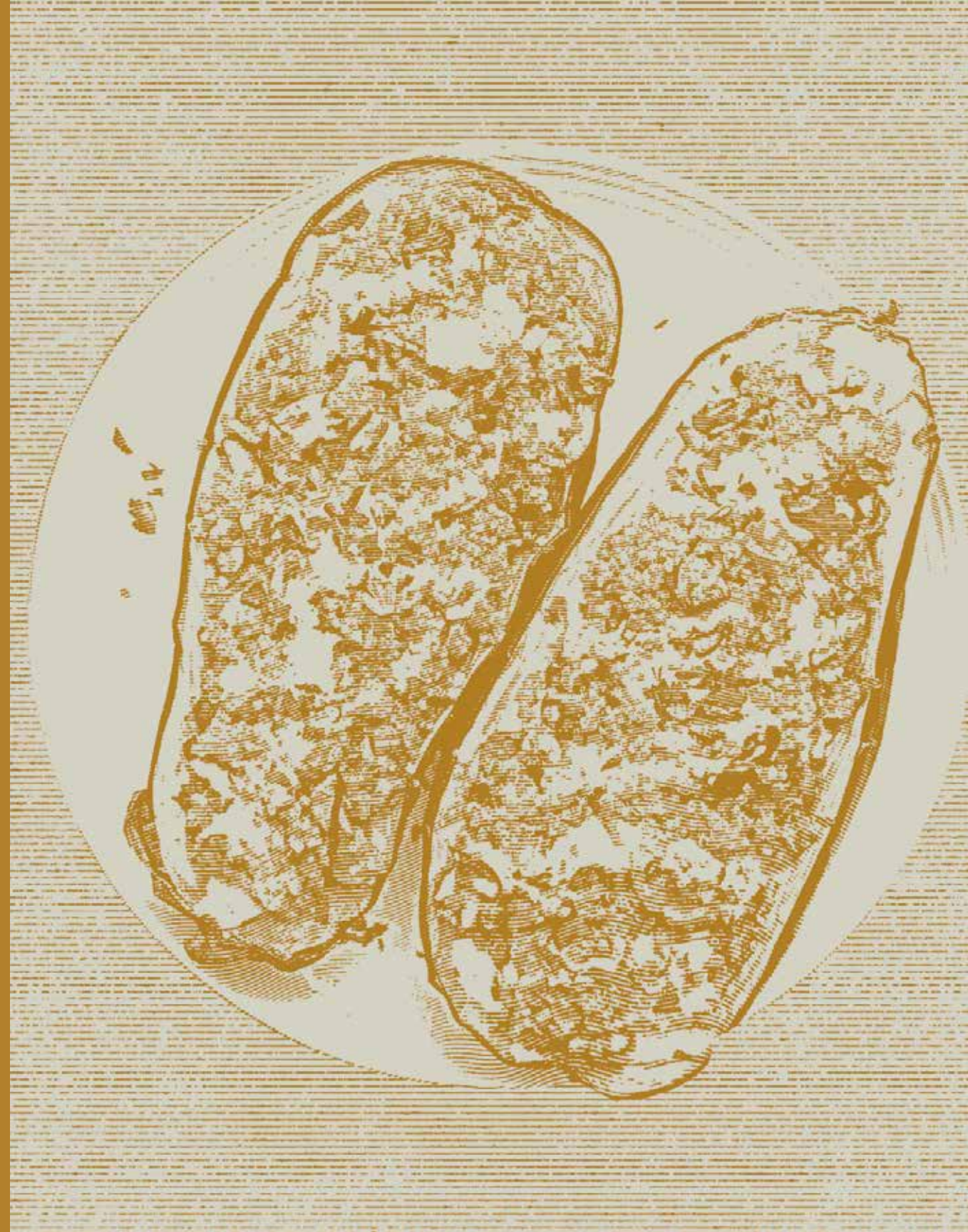
9. Add salt, black pepper, a little tomato sauce, chopped basil, parsley, and garlic to the frying pan, frying until golden.

10. Remove from heat and let cool. Once cooled, mix in grated mozzarella and parmigiana.

11. Stuff the eggplant shells with the mixture.

12. Deep fry them face down until golden, poking the skin with a toothpick to prevent bubbling. When the bottom is golden, turn and finish frying.

13. Serve them fried with parmesan cheese, or bake them with tomato sauce and more grated cheese at 350°F for a few minutes.



# NONNA ELDA

TORONTO, ONTARIO

I was born on a farm in Torrice, Italy, the seventh of twelve children, in 1940. I came to Canada in the 1960s and brought with me all of the traditions of the rustic Italian countryside. Together with my granddaughter Alessandra, we are sharing my secret family recipes through video tutorials as well as sharing tips on how to grow and plan meals that bring families and communities together. When I was a child, there was no money, and sometimes not very much food depending on the season and how good the harvest was. But we all worked together so we could eat well. We would go out to pick the olives that fell from the tree, and when we came home, we made puttanesca. We live well because we eat well; we eat like our grandparents and their grandparents before them. I am passionate about making sure everyone has the skills to feed their family well no matter their income level or previous cooking experience while passing down the tradition of Italian cooking to a new generation. As long as I can remember, my mother and father always made sure we ate together, and I've kept that tradition. It means so much because it's family. We try our best to make time to enjoy together, whatever we have. Family is the most important thing.



# ELDA'S PASTA ALLA PUTTANESCA

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## INGREDIENTS

A few cloves roughly chopped garlic

A few tbsp good olive oil

4 pieces of anchovy (bottled in oil)

1 1/2 cups of chopped grape tomatoes

1 cup chopped black & green olives (in olive oil or brined, not spiced)

Dried chili flakes

Spaghetti

Salt

Handful fresh chopped parsley

Grated parmigiano reggiano

## INSTRUCTIONS

1. Remove pits from olives and chop.

2. Wash and halve grape tomatoes.

3. Fry garlic.

4. Add anchovies and fry. Mash up the anchovies in the pan.

5. Boil water in pot and salt. Add spaghetti to cook until al dente.

6. Remove frying pan from heat, add tomatoes, put back on heat and fry. Add olives, parsley, and chili pepper.

7. Fry – medium heat. Mash the tomatoes as they fry.

8. Add a ladle full of pasta water from the spaghetti pot.

9. Remove spaghetti from water and put in frying pan. Fry for a few minutes.

10. Serve with cheese.



# ELDA'S PASTA DOUGH

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## INGREDIENTS & TOOLS

You will need a pasta machine.

9 large eggs

5 cups all-purpose flour

3 tsp salt

1 cup water

Clear plastic bag

## INSTRUCTIONS

1. Mix dry ingredients in a large bowl, then make a well. Crack your eggs separately to ensure they are good, then add to flour mixture.

2. Knead together for at least 10 minutes with your hands until smooth and firm – must not be sticky. Add flour as needed. Don't be shy with flour.

3. Shape into a log, and then put in plastic bag for at least an hour.

4. Knead again, then shape into log again.

5. Cut log into slices about an inch thick.

6. Then put through your machine on settings 2, 4, 6, 8 (for fettuccine, for lasagne/

cannelloni, you will need thinner, 9 or 10, if your machine has it).

7. Remember! For pasta it must be very hard, not sticky, so add more flour until it is stiff and not sticky.

8. In between putting it through each setting, dust with flour and lay them out without creasing.

9. When it's the thinness you want, lay it out, dust with flour, and let dry. Do not crease.

10. When it feels dry, either cut on the cutting setting you want to use – fettuccine or spaghetti – or if you are making lasagne or cannelloni, you do not need to cut it.

11. When you are done, take the machine apart and dust it off. Never get your machine wet. Take care of your machine and it will last forever.

12. Dust your pasta lightly with flour so it doesn't clump together.

13. Either boil it immediately until it rises to the top of the water, or you can dry in a cool place or freeze it. Only dry or freeze in one layer or it will get all stuck together. Use parchment paper to separate the layers.

**Remember! Never, ever add oil to your boiling pasta water.**



# ELDA'S TOMATO SAUCE

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## INGREDIENTS

Extra virgin olive oil

3 cloves garlic

1/4 onion

Meat of your choice – a couple chicken wings, meatballs, sausages, or very good beef with bones

2 l jarred tomatoes

Handful parsley

1/2 tsp pesto or fresh basil

Tomato paste  
(Pastene brand is best.)

1/2 cube Aurora vegetable bouillon

1/2 tbsp white sugar

Water

**Optional:** If adding meat, add it after you begin frying the onions; brown the meat. But don't add too much or it will come out too heavy in flavour – a couple of little chicken wings, a very good piece of beef with bones, or a few Italian sausages are perfect.

**Meatball option:** When adding meatballs, you must prepare the meatballs and brown them separately, then add them to this sauce once the sauce is already simmering. You must cook them through. If you are using this sauce for meatballs, you can add lots of meatballs. Meatballs freeze very well!

## INSTRUCTIONS

1. Fry on high heat in a few tablespoons of olive oil, about a quarter of an onion chopped, and a couple of full cloves of garlic.
2. Add the jarred tomatoes once the onions and garlic are a blonde colour.
3. Add the can of tomato paste.
4. Add 1/2 tablespoon white sugar.
5. Add 1/2 cube vegetable bouillon.
6. Add herbs.
7. Boil for a couple of hours at a very low heat, add water, and stir every so often.
8. Add good olive oil on top; you should see the oil rising to the top nicely.



# NONNA PIA

TORONTO, ONTARIO

I was born in Calabria, Italy, and immigrated to Canada in 1960 with my family, bringing our rich heritage and unwavering passion for hospitality and community with us. I am a proud mother of three daughters, all married, and a grandmother to six grandchildren and a great-granddaughter. For me, family and food are inseparable. My mission has always been to fill my home with love, laughter, and the delicious flavours of my heritage. Sunday dinners at my home became a cherished ritual, where the aroma of my homemade tomato sauces and pasta welcomed everyone at the door. These gatherings were more than just meals; they were a way to connect, create memories, and celebrate family. Each Sunday, my table is not just a place to eat but a space where stories are shared, laughter is abundant, and bonds are strengthened. Being a nonna means I get to pass on the traditions and values I hold dear. I find immense joy in seeing my family come together, enjoying my cooking, and sharing the love I pour into every dish. When you open your home, you also open your heart.





# PIA'S PASTA CON LA MOLLIKA

## INGREDIENTS

Any pasta but the best are spaghetti, linguine, or bucatini

100 g breadcrumbs (preferably from rustic bread, slightly toasted) or store bought

4 cloves garlic, finely chopped

1/4 cup extra virgin olive oil

Chili peppers

Calabrian chili oil for extra kick (optional, for serving)

2 tbsp chopped fresh parsley and basil

Salt, to taste

Black pepper, to taste

Grated pecorino or parmesan cheese (optional, for serving)

## INSTRUCTIONS

1. In a large skillet or sauté pan, heat the olive oil over medium heat.

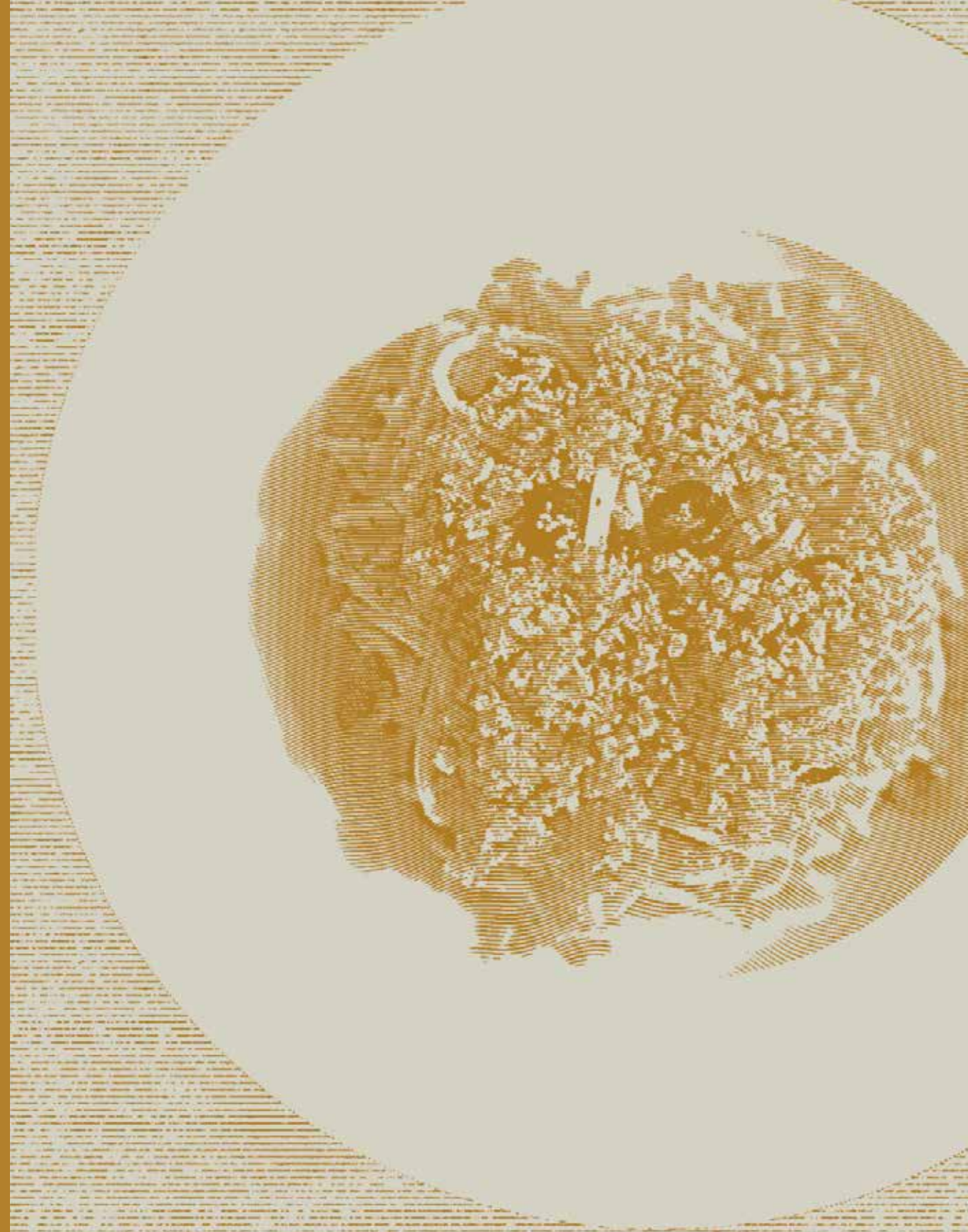
2. Add the chopped garlic and chili peppers. Sauté until the garlic is golden brown and fragrant, being careful not to burn it.

3. Add the breadcrumbs to the skillet with the garlic and chili. Stir continuously to toast the breadcrumbs until they become golden brown and crisp. This should take about 3–5 minutes.

4. Add the drained pasta to the skillet with the toasted breadcrumbs. Toss well to combine, adding a bit of the reserved pasta cooking water to help coat the pasta if necessary. Season with salt and pepper to taste.

5. Stir in the chopped parsley and basil.

6. Serve the pasta hot, with a sprinkling of grated pecorino or parmesan cheese if desired. Add a drizzle of Calabrian chili oil.



# PIA'S BIANCA PASTA FAGIOLI

## INGREDIENTS

1 lb ditalini pasta

2-3 garlic cloves, slightly crushed

1 large onion, finely chopped

2 celery stalks, finely chopped

1/4 cup extra virgin olive oil

1-2 tbsp Calabrian chili oil  
(optional, for extra heat)

1 large can (about 15 oz)  
cannellini beans, drained (or use  
preboiled dried beans if preferred)

4 cups water or vegetable broth  
(use chicken broth if you prefer)

Salt, to taste

Black pepper, to taste

Grated pecorino or parmesan

Parmesan rind for the base of the  
soup

Chopped fresh parsley

## INSTRUCTIONS

1. Heat the olive oil in a large pot  
over medium heat.

2. Add the slightly crushed garlic  
cloves and cook until fragrant but  
not browned, about 2 minutes.  
Remove the garlic cloves and set  
aside.

3. Add the chopped onion and  
celery to the pot. Sauté until the  
onion is translucent and the celery  
is tender, about 5 minutes.

4. Stir in the drained cannellini  
beans. Cook for a couple of minutes  
to combine.

5. Pour in the water or vegetable  
broth. Bring to a simmer and cook  
for about 10 minutes.

6. Add the ditalini pasta to the pot.  
Cook according to the package  
instructions until al dente. Stir  
occasionally to prevent sticking.

7. Season with salt and black pepper  
to taste.

8. If using Calabrian chili oil for  
a touch of heat, drizzle it into  
the pot or serve it on the side for  
individuals to add according to  
their preference.

9. Top with grated pecorino or  
parmesan cheese and garnish with  
chopped fresh parsley if desired.



# PIA'S FRIED CUDDRUREDRI

## INGREDIENTS

500 g flour  
250 g potatoes  
13 g salt  
1/2 cube brewer's yeast  
500 ml lukewarm water  
Oil for frying

## INSTRUCTIONS

1. To prepare the cuddruredri, first put the peeled potatoes to boil.
2. After 30–40 minutes, depending on their size, they will be cooked; drain them and while still hot, mash them with a potato masher, collecting the puree in a very large bowl.
3. Pour the warm water into a bowl; add the salt and mix.
4. Add the crumbled yeast and mix again. Pour this liquid into the potatoes and mix with a spoon until you get a cream.
5. Add all the flour at once and start kneading with your hands, then transfer the mixture onto a

surface and work it again until you obtain a smooth mixture.

6. Using a knife, cut out pieces of about 140 g, and helping yourself with your hands, form little balls.
7. Gradually place them on a tray where you have placed a tea towel, spacing them out from each other. Cover with another tea towel and let it rise for about 30 minutes.
8. At this point, pour the oil into a pan and heat it until it reaches a temperature of 170°C.
9. At this point, lift the first ball and insert your fingers into the centre. Create the hole by widening them slightly.
10. If they should stick too much, you can wet your hands.
11. Dip the first donut into the hot oil and move it with the help of a ladle. To keep the shape of the hole, use the base of a wooden spoon.
12. Cook for about 2–3 minutes, turning the donut every now and then until it is golden brown. Drain it from the oil and transfer onto a tray lined with kitchen paper, and sprinkle them with salt.



# NONNA ANGELA

MONTRÉAL, QUÉBEC

I was born in the small village Cattolica Eraclea in the province of Agrigento, Sicily, and left at the young age of 16. Just married, I undertook a long journey to Montréal to offer my family a better life and a promising future. Even though I left, I have always kept a strong link to my Sicilian roots and continue to pass down traditions, bring my family together, and maintain my precious family bonds.

For me, passing on these traditions to my grandchildren is a way of preserving my Italian heritage and keeping the memories of my youth alive. Family dinners are where these traditions come to life and are the perfect place to not just eat amazing food but bring my Sicilian heritage to the next generation.



# ANGELA'S ARANCINI WITH MEAT

## INGREDIENTS

### Rice

3 kg Arborio rice  
6 l water  
300 g margarine  
150 g butter  
2 bay leaves  
85 g vegetable stock  
3 sachets saffron  
3/4 tsp nutmeg  
1 1/4 tsp pepper  
75 g salt

### Stew

1.2 kg celery  
1 kg onions  
900 g carrots  
60 g fresh garlic  
5 kg lean ground beef  
1.5 l tomato paste  
1 cup cooking wine  
6.5 g pepper  
73 g salt  
21 g garlic powder  
26 g sugar  
4 g baking soda

### Coating

500 ml water  
350 g flour  
350 g breadcrumbs

## INSTRUCTIONS

1. Pour the water, margarine, butter, bay leaves, vegetable stock, saffron, nutmeg, salt, and pepper into a saucepan and bring to a boil.

2. When the water boils, add the rice, stirring vigorously to prevent it sticking to the bottom. Wait for it to boil, cover, and turn off the heat.

The rice is ready when the water has been completely absorbed.

### Stew

1. Prepare vegetables: Mince celery, onions, carrots, and fresh garlic.

2. In a large saucepan, heat a little olive oil over medium heat. Add the vegetables and sauté for about 10–15 minutes until tender and lightly browned.

3. Add the ground beef to the pan. Cook over medium heat, stirring occasionally to crumble the meat. Add the wine to deglaze, and cook until the wine is reduced.

4. Add tomato paste and mix well to coat all ingredients.

5. Season with all spices.

6. Reduce the heat to low and simmer the stew for 1–2 hours. Stir occasionally to prevent sticking to the bottom of the pan.

7. Taste and adjust seasoning if necessary.

8. Place rice in the palm of your hand. Press lightly in the centre to form a hollow. Place 2 tablespoons of filling, close the ball with rice, then roll it in your palms to perfect the shape.

9. For the coating, toss the balls in flour and water, then in breadcrumbs.

10. In a deep fat fryer or oil bath, plunge the balls into the frying pan and allow to brown. The arancini are ready when golden brown.



# ANGELA'S EGGPLANT PARMIGIANA

## INGREDIENTS

- 2 large eggplants
- 500 g tomato sauce
- 250 g mozzarella
- 100 g grated parmesan
- 1 garlic clove
- 2 eggs
- Olive oil
- Salt & pepper
- 2 cups seasoned breadcrumbs

## INSTRUCTIONS

### Preparing the eggplants

1. Wash and slice the eggplants into 1 cm thick slices.
2. Arrange slices on paper towels and sprinkle with salt.
3. Leave to drain for about 30 minutes to remove excess water.
4. Rinse and dry the slices. Beat the eggs, and dip each eggplant slice in the beaten egg, then in the seasoned breadcrumbs.

### Cooking eggplant

1. Fry the eggplants and garlic in olive oil in a frying pan until golden. Drain on paper towels.

### Assembly

1. Preheat oven to 375°F
2. In a gratin dish, spread a thin layer of tomato sauce on the bottom. Place a layer of eggplant slices on top.
3. Cover eggplant with tomato sauce, then add a layer of grated mozzarella, and sprinkle with grated parmesan. Repeat, layering eggplant, tomato sauce, mozzarella, and parmesan. Finish with a generous layer of mozzarella.

### Cooking

1. Place in the oven for about 20–30 minutes until the top is golden and bubbly.



# ANGELA'S CIARDONE

## INGREDIENTS

### Cookie

500 g 00 flour

5 g of yeast

2 eggs

1 cup sugar

100 g strutto (lard)

5 g baker's ammonia

1 cup milk

1 tsp baking powder

### Ricotta cheese

500 g firm ricotta

325 g sugar

1 tsp vanilla

## INSTRUCTIONS

### Cookie

1. Preheat oven to 350°F.

2. In a large bowl, combine flour, sugar, baker's ammonia, and yeast.

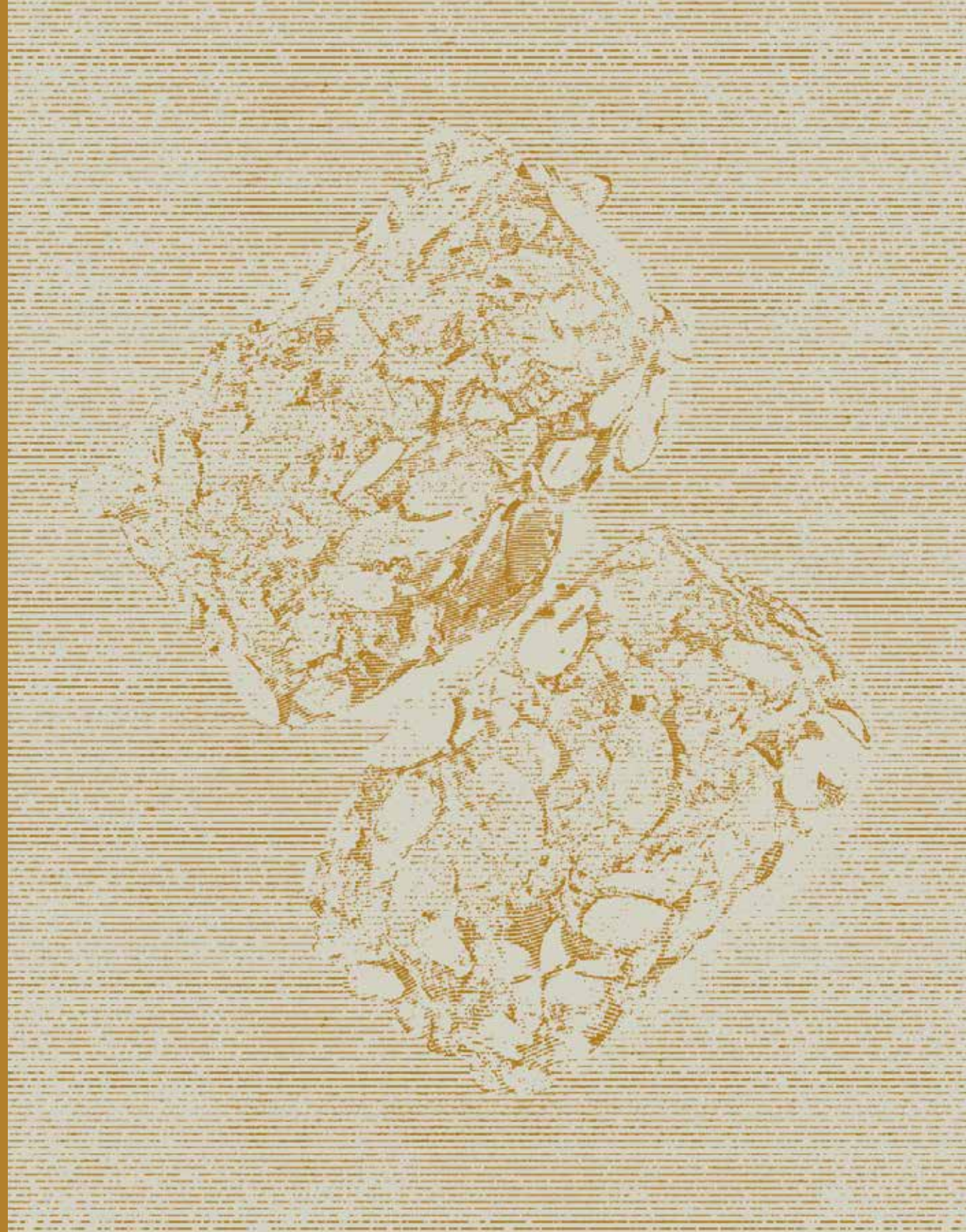
3. Add eggs, milk, and strutto. Mix to a smooth paste.

4. Roll out the dough to a thickness of about 1/4 cm, then cut out 10 cm squares – the size of a cannoli tube.

5. Bake for approx. 5–10 minutes until golden brown.

### Ricotta topping

1. Whisk the ricotta with the sugar and vanilla until creamy.



# NONNA ANGELINA

MONTRÉAL, QUÉBEC

I've been living in Canada for over 50 years. I immigrated here in the 1950s, leaving Italy during the war. I come from a large Italian family, with four brothers and two sisters. My oldest brother was the first to move to Montréal, and soon after, I followed along with some of my other siblings while two stayed behind in Italy. We opened a family grocery store, where I began working. Later, I worked as a seamstress in several factories in Montréal, and it was there that I met my husband, who was a tailor. Not speaking English or French was a significant challenge for me. It was difficult to settle into an unfamiliar country and learn a completely new way of life. But as time passed, I adapted to Canadian culture and began to enjoy living here. Fortunately, I had most of my immediate family, along with aunts, uncles, and cousins nearby. We all supported and took care of each other. Sunday dinner is all about spending quality time with family. The week can be hectic with everyone busy working, which is why Sundays are so important; it's our time to be together and cherish the traditions of our families.





# ANGELINA'S PASTELLA DI FIORI DI ZUCCA

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## INGREDIENTS

2 tbsp cornstarch  
1 cup of Birra Moretti  
1 cup of flour  
Fresh zucchini flowers  
Sunflower oil  
Salt, to taste

## INSTRUCTIONS

1. Mix the ingredients.
2. If too liquidy, add more flour; the mix should resemble a pancake mixture.
3. Clean zucchini flowers by removing stem inside and dry well.
4. Dip flowers into the mixture and add into sunflower oil (once hot).
5. Cook until golden brown, and remove and add to plate with paper towel to soak up excess oil.
6. Add salt and enjoy.



# ANGELINA'S CROQUETTES DI PATATE

## INGREDIENTS

1 large russet potato  
1 cup of grated parmigiano  
2 eggs  
1 cup flour  
1 cup breadcrumbs  
1 tbsp parsley  
Salt & pepper  
Canola oil

## INSTRUCTIONS

1. Start by mixing all the ingredients, ensuring the mixture isn't too liquidy.
2. Start rolling the dough into balls or rectangular shapes (whichever you prefer).
3. Roll into flour, eggs, and then breadcrumbs.
4. Once well coated, you can either fry them in the canola oil or bake them in the oven until golden brown.



# ANGELINA'S ORECCHIETTE WITH RAPINI & SAUSAGE

## INGREDIENTS

2 tbsp pesto

1 bunch fresh rapini

1 pack orecchiette pasta

2 sausages

Extra virgin olive oil

1 garlic clove

Salt & pepper, to taste

Crushed red pepper flakes

Parmigiano cheese

## INSTRUCTIONS

1. Start by boiling pasta water and adding a generous amount of salt.

2. In a pan, drizzle a generous amount of olive oil and add in some chopped garlic and red pepper flakes.

3. Add your de-cased sausage into the pan, cook for about 10-15 minutes until crispy and then remove.

4. Pasta water will likely be boiling; at this point, add your rapini into the water and cook for about 5 minutes. After this, remove and add them to cold water.

5. Now you're going to let the water boil again as it will be used for your pasta.

6. In the same pan where you cooked your sausage, drizzle some more olive oil and garlic, and simmer your rapini.

7. While you simmer your rapini, add your pasta to the boiling water.

8. Now it's time to combine your sausage and rapini in the pan. Add your pasta and pasta water, then add some pesto for flavour, some more olive oil, and mix it all together.

9. Finish off with a generous amount of parmigiano cheese and enjoy.



As we close the pages of *The Art of Italian Gatherings: Birra Moretti's 20 Tips for Hosting Like a Nonna*, we hope you've felt the warmth and wisdom that can only come from generations of Italian tradition.

We, at Birra Moretti, hope that you remember that the magic of a gathering isn't just in the food but in the connections it fosters. It's about creating a space where laughter fills the air, where stories flow as freely as the

Birra Moretti, and where every dish is served with a side of love.

Birra Moretti would like to give a very special thanks to nonnas Elda, Ada, Pia, Angela, and Angelina for sharing their tips, stories, recipes, and family dinners with us.

Don't forget to share your gathering with us, and tag us [@birramoretti.ca](https://www.birramoretti.ca) with **#NonnaSupperClub**.



*Nonna*  
SUPPER CLUB