

Delizioso!

CIAO participants learn how to make authentic Italian pasta

BY GRACE HOUSHOLDER
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In July when a number of Italians living in the Piemonte region of northern Italy opened their homes to CIAO visitors from the U.S., Norway and Chile, one of the highlights was food. Multi-course meals. Exploring farmers' markets and grocery stores. Touring a family-operated bakery. Beginning to feel at home in an Italian kitchen.

On our first afternoon in Italy Cathy Linsenmayer and her husband Antonio Lauriola graciously allowed a group of us to congregate in their kitchen for an introduction to pasta making. Mariella Fiscella deftly demonstrated how to make numerous varieties of pasta. The men, especially, enjoyed the baptism by flour.

My friend Cathy said that Italians put just enough sauce on their pasta to coat it. "You will never find pasta 'swimming' in its sauce, or have sauce left over in the bowl when the pasta is gone!" she said.

Cathy, I and Gloria DeFilippi founded CIAO five years ago. We three have in common many years of volunteering with AFS, an international student exchange organization, and a desire to learn about other cultures, at the grassroots level. CIAO has organized four Italy/U.S. exchanges, each lasting about 10 days. The first CIAO experience was in April 2007 when 13 Italians came to Kendallville and northeast Indiana. CIAO II was in the summer of 2008 when Americans went to Ivrea and the Piemonte region. CIAO III was in 2009 when Italians went to Washington D.C. (hosted in Rockville, Md. by my sister Sally Stolz and her husband Richard) and CIAO IV was in July. CIAO IV included 33 people, ages 5 months to over 80 years. Most were from northeast Indiana or have close ties to northeast Indiana.

The idea of CIAO is to create a two-way bridge between cultures. Very often the people who host CIAO participants in their homes then stay in the homes of their visitors but not everyone who visits becomes a host, and not everyone who hosts becomes a guest. The emphasis is on getting to know people and their way of life. When the Italians came to northeast Indiana in April 2007 our experiences ranged from lunch on an Amish farm to a tour of Steel Dynamics in Butler. The Italians and their Hoosier hosts went to work, school and/or shopping together.

An American, Cathy has lived and worked in Italy, for more than 20 years. During many of those years she and Antonio have hosted AFS students. Several years ago Cathy and Antonio purchased a home on Sylvan Lake in Noble County, and that is how we met. Cathy's mother, Carolyn Linsenmayer (a Gene Stratton-Porter volunteer) and her brother Steve Linsenmayer and his family live in Fort Wayne.

Cathy will be here Sept. 23-Oct. 5 and is looking forward to the Apple Festival of Kendallville — especially sampling the pioneer-style foods such as apple fritters and dumplings.



Mariella Fiscella, a friend of CIAO host Silvia Balla, expertly created pasta from start to finish in the kitchen of Cathy Linsenmayer, a resident of Strambino,

near Ivrea, Italy, and Sylvan Lake, Rome City. Linsenmayer and her AFS friend Gloria DeFilippi of Ivrea organized this summer's CIAO experience in Italy.

DIEGO REYES LOPEZ



PHOTO CONTRIBUTED

Elizabeth Housholder, Diego Reyes Lopez, Mariella Fiscella, Catherine Reyes Housholder, Silvia Balla and Simon Dankel hold platters of pasta. Under the watchful eyes of CIAO participants, Fiscella shared her recipe and demonstrated how to make a large variety of pasta. Pasta-making equipment and ingredients can be purchased in U.S. stores.



PHOTO CONTRIBUTED

Cathy Linsenmayer and her husband Antonio Lauriola enjoy a scenic overlook during one of the CIAO excursions in the Piemonte region of northern Italy.

INSTRUCTIONS AND RECIPES BY CATHY LINSENMAYER

No-fail Italian pasta

This is the no-fail way to cook good Italian pasta.

Fill a large pasta saucepan 3/4 full of cold water and

Garden Fresh Tomato Sauce

For about one pound of pasta.

This sauce work well with nanna

Liguria Style Pasta

For one pound of pasta. This is a typical pesto recipe from the

Italian Riviera, where the

Pesto Sauce

This sauce is best when garden fresh basil is used. Since the sauce can be refrigerated or