

ABBONDANZA!

Specifically for those with a Passion for Everything that is Italian...

Is Italy Living Healthier?



According to a report by The Italian Food Industry Federation, Federalimentare, Italians have been consciously making better food choices for the past three decades, with the average Italian diet dropping from 3,000 to 2,200 calories.

Italians remain the largest known European consumer of pasta and cereals. They have greatly eliminated such culprits as fats and animal proteins from their diets, as well as reduced their annual consumption of alcohol. The report states that Italians consume more fruit, vegetables and fish due to the availability and convenience of ready washed, prepared produce and frozen products. It is also reported that Italians in general are said to have the lowest consumption of sweets in Europe, as well as the lowest consumption of milk on the continent.



The low-fat, high-fiber Mediterranean diet has helped prevent against arthritis, obesity, diabetes, asthma and cardiovascular disease. However, despite their efforts to live a healthier lifestyle, reports earlier this month by Italy's high Health Institute (ISS) are disheartening. The ISS states that one in three Italian children within the age 6-11 years old, are overweight due to poor meal habits and lack of physical activity.

by Nancy S. Mure

Posted on Thursday, November 6, 2008 at 11:27AM by [Team Abbondanza](#) in [Health and Science](#) | [Post a Comment](#)

Marco Sassone - Painting the Soul of Venice



Venice is a beautiful sight to behold. Anyone wanting to linger in its romance, architecture and canals can find themselves immersed in Venice through the eyes of artist Marco Sassone. The

painter, born in Campi Bisenzio and raised in Florence, has an interesting story. Forced to leave his hometown after the devastation of his city from floods, he came to California and embarked on an extensive and personal research on the homeless. Sassone did this by dressing as a homeless person, spending time on the streets and listening to stories of dispossession. He sketched and painted a series of large canvasses and charcoal drawings portraying the life he observed over a period of two years. The exhibition “Home on the Streets”, held at the Museo ItaloAmericano, in San Francisco received considerable critical and public attention. Of the many landscapes he paints, the humble and gifted artist is highly recognized for his intensely colored and powerfully expressive oils on canvas of the soul of Venice.

Sassone’s paintings will be exhibited at Pasquale Iannetti Art Gallery, November 6 thru 27, 2008 in San Francisco, California.

To find out more about where Marco Sassone’s paintings are sold as well upcoming exhibits in Toronto and California [visit his official website](#).

by Nancy S. Mure

Posted on Wednesday, November 5, 2008 at 08:55AM by [Team Abbondanza](#) in [Recommended Today](#), [Italian-America](#), [Art](#) | [Post a Comment](#)

Barack Obama: 44^o Presidente degli Stati Uniti

I heard through several media outlets that the world was watching this election closely. People from continent to continent were staying awake, regardless of the time differences so that they could watch the results as history unfolded in this great nation of ours.

At 10:28pm EST, I checked a few online media sources in Italy - and wouldn't you know it... they had already announced that Barack Obama was the 44th President of the United States. A whole half-hour before the numbers were all in!

Our Italian ancestors came to this country because they believed that dreams could come true in the United States. And although our streets are not “paved in gold”, they are full of dreams; dreams that can become achievable with hard work and perseverance. No clearer example of this can be laid before us than the election of President Barack Obama. God bless this country, and God bless the Obama family and all that they stand for.

Posted on Tuesday, November 4, 2008 at 11:05PM by **Team Abbondanza** in **Italian-**

[America, Politics](#) | [Post a Comment](#)

Tasting Notes: Bonamini Olive Oil - Veneto Valpolicella D.O.P.



Historically, we would highlight olive oils among the many other products we review. In light of the current initiatives by Italian farmers and the Italian government to protect the sanctity of this precious product, we have decided that we are now adding high quality Italian olive oils to our Tasting Notes.

To conduct our taste tests we decided to focus on the key (flavor profile) factors that best allow us to distinguish one variety of oil from another: color, bouquet, taste, viscosity and finish.

In part two of our tests, we take the review specimen into our kitchens, where we

prepare Italian dishes that will rely on the overall flavor profile of the oil to complete the dish.

Our first Tasting Notes review focuses on the Bonamini Veneto Valpolicella DOP. The first indication that this was no ordinary olive oil was the packaging. Bottled like an exquisite wine, with a fantastic label, a foil wrapped cap, and the D.O.P. certification prominently displayed on the neck of the bottle. Everything about this bottle rings of high quality.

Our initial taste tests were conducted in Brooklyn, New York and Las Vegas Nevada. The round-up of taste tests were - much to our surprise - completed at the New York Public Library, during the recent Vinitaly USA tour event, that also hosted an exhibition of pure Italian high quality olive oils by UNAPROL in the Portfoil tasting area.

OK, let's move beyond first impressions and get to the good stuff...

Color: A bright lemongrass yellow, pleasant to the eye, and consistent in the legs.

Bouquet: If you close your eyes while taking in the bouquet you can see the grassyhills of the Veneto countryside. Consensus revealed faint aromas of fresh grass and mild fruit.

Taste: Initially it feels as though its ramping to a bitter taste, but that actually dissipates rapidly; giving way to a fruity smoothness with just a little twinge of pepper; a very nice and high quality olive oil.

Viscosity: The Bonamini Veneto Valpolicella produces semi-fast (light) legs that leaves traces of its wonderful color and releases the bouquet. So far, it tastes, smells, and looks perfect for use in salads, fish and cheese.

Finish: A quick sip will cause the slightest of coughs - a good thing. A slow sip reveals a bitter, spicy yet somewhat pepperish sensation that touches the back of the throat on the finish; very nicely balanced.





Giancarlo and Sabrina

Bonamini About Bonamini Olive Oil

The Bonamini Company was started back in 1965, in the Italian countryside of Illasi, just 20km East of Verona. Due to the unique characteristics of the land, all phases of the growing cycles (from harvest to picking) are performed by hand. This ensures the integrity of the olives all the way to the mill. The farm's yield is approximately 10,000 liters per production cycle. The farm's philosophy has always been to maintain a strong bond with the land and to respect traditions as well as the environment. Thanks to the farm's strategic location for exporting to Northern Europe, it can quickly respond to customer demands. Bonamini has also established a company subsidiary, Bonamini USA, to accommodate the needs of the U.S. marketplace. In 1996, the Bonamini oil mill was one of the founders of the association for the protection of extra virgin olive oil of the Veneto region.

Recent Awards

2008: Best PDO Light Fruity - L'Extravergine International guide, published by Cucina e Vini

2006: Bonamini PDO Veneto Valpolicella: Gold medal - Los Angeles County Fair Olive Oil Competition International competition; 3rd place –Sirena d'Oro di Sorrento National Award; 2 olives out of 3 – Guida agli Extravergini, published by Slow Food; 1st place –A.I.P.O. di Verona National Competition

2005: Bonamini PDO Veneto Valpolicella: Mention of Merit – Festambiente National Competition

Stay tuned for the second part of our Bonamini Veneto Valpolicella DOP Tasting Notes, where we head to our kitchens and put it through the ultimate tests.

Interested in sampling or purchasing Bonamini Olive Oil in the United States? Visit the **official U.S. website** or call 1-888-936-7366.

For those of you considering a trip to Veneto, we suggest visiting and taking a

tour of **Antico Frantoio per Olive Bonamini**. Where you can also shop in La bottega del Frantoio.

Posted on Tuesday, November 4, 2008 at 03:00PM by **Team Abbondanza** in **Tasting Notes, Product Review, Italian Olive Oil** | [Post a Comment](#)

Cantucci alla Mandorla (Almond Cookies)



These delightful cantucci have been brought to our attention by one of our latest team members, Michele Tucci. As a bartender/mixologist, he is often tasked with developing a new libation. Mikele's libations remain memorable and in demand because of his uncanny ability to accent creations with something more than just liquids. Michele has been known to pair his creations with a fruit, a vegetable, a nut, a spice, and as you will see in the upcoming holiday season... biscotti.



Cantucci alla Mandorla by Carmine Italian Fine Foods
A product of Carmine Italian Fine Foods, and made in the comune of

Moscufo (in the province of Pescara), these cantucci are nothing but a delight to consume. In terms of proportion they are bite-sized. In terms of composition, they are perfectly balanced with just the right amount of cookie to almond ratio. The crisp light crunch and fresh flavor you experience upon your very first bite will provide you with all you need to know about this product... premium quality almonds and a simple traditional recipe handed over by Nonna equal a high quality product. The unmistakable burst of fresh delicious almonds on your palate will certainly put a smile on your face. The long subtle finish is what will make you a repeat-buyer.

This product is all natural and contains no trans-fats.

Posted on Tuesday, November 4, 2008 at 09:21AM by [Team Abbondanza](#) in [Food & Beverage](#), [Product Review](#) | [Post a Comment](#)

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