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- GIOIELLI NASCOSTI: CASTRO DEI VOLSCI
- THE SACREDNESS OF THE VINYASA'S ORIGINS
- PRIMO CENTRO ANTIVIOLENZA PER MINORI NELLA REGIONE LAZIO
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Gioielli Nascosti

RUBRICA PER ACCOMPAGNARVI ALLA SCOPERTA DELLE BELLEZZE DEL NOSTRO PAESE

L'Italia è il Paese della grande bellezza. Custodisce tesori paesaggistici e capolavori artistici di valore inestimabile, apprezzati in tutto il mondo.

La FAO Staff Coop Gazette attraverso questa rubrica vuole condurre i lettori nel cuore dell'Italia in una passeggiata nella storia alla scoperta di caratteristici borghi dal fascino antico. Storia, arte, natura, terra e mare saranno i protagonisti della nostra rubrica in cui vogliamo raccogliere curiosità, immagini, colori e bellezze da celebrare e condividere con i nostri lettori.

L'Italia è un paese di poeti, navigatori e paesini addormentati.
Probabilmente in qualsiasi punto dello stivale ci si trovi, nel raggio di un centinaio di chilometri
c'è un borgo-gioiello ai più sconosciuto.
Nella nostra penisola la storia si è sbizzarrita con un tale entusiasmo
da lasciarsi alle spalle villaggi ed uomini in un alternarsi inarrestabile di invasioni,
saccheggi, guerre, terremoti, frane, siccità, povertà, cambiamenti nelle rotte commerciali.
Questi eventi hanno concorso a creare un'altra Italia,
quella fuori dal tempo e dolcemente imprigionata in esso.
Un'Italia che si concentra soprattutto nel cuore del Belpaese.
E noi vogliamo partire da qui, dai borghi abbandonati,
impregnati di un fascino antico che ancora resiste
e che abbiamo il dovere di difendere e valorizzare.
Come sottolineato dall'architetto Paolo Portoghesi
"Questi borghi rappresentano la nostra verginità e conservarla
corrisponde ad uno dei pochi ideali del nostro tempo"

di Enrica Romanazzo

Sostiene e promuove da anni le attività della FAO STAFF COOP. Nel contempo segue ed organizza eventi in difesa dell'ambiente e per la valorizzazione del territorio salentino

CASTRO DEI VOLSCI

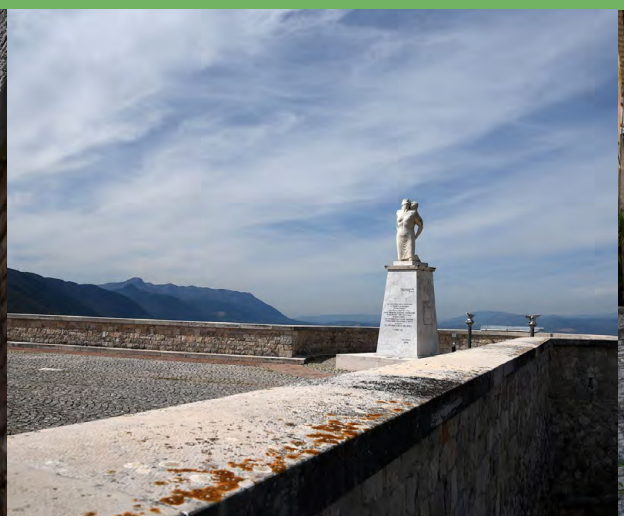
"IL BALCONE DELLA CIOCIARIA" È UN PRESEPE TRA LE NUVOLE.

Ci spostiamo in Ciociaria, una regione del Lazio che comprende diversi territori situati a Sud-Est di Roma e i cui confini non sono mai stati ufficializzati. La regione divenne famosa con il film La Ciociara interpretato da Sofia Loren. Il nome deriva da un particolare tipo di calzature medievali, le ciocie, oggi utilizzate solo in eventi folkloristici.

Il territorio controllato dal borgo di Castro dei Volsci è fertile e caratterizzato da clima ospitale. Questa terra che ha dato i natali a Nino Manfredi è rinomata anche per i prodotti coltivati in loco, come ortaggi, cereali, vigne e uliveti, prodotti caseari, capretti e agnelli su cui si basa una cucina contadina, espressione di una vita semplice, scandita dai ritmi della natura. Elementi spesso presenti nei film ambientati in Ciociaria del compianto attore italiano.

Castro dei Volsci, arroccato su di un cucuzzolo circondato dal verde che domina la sconfinata valle del Sacco, è soprannominato il "Balcone della Ciociaria". Nelle giornate nebbiose sembra di trovarsi su una nave che naviga nel mare grigio da cui affiorano come isolette le cime dei colli e degli altri paesi che puntellano l'interno della valle. Con il cielo limpido si può godere a pieno di tutto lo scenario da Palestrina sino a Monte Cassino. Nelle serate estive il paesaggio avvolto dal cielo stellato che si piega dolcemente all'orizzonte appare come un tappeto magico che si distende ai piedi di chi ha la fortuna di poter ammirare il suggestivo spettacolo. E quando il cielo si fa velato il borgo sembra un presepe che galleggia tra le nuvole.

I dolci declivi che circondano l'abitato, coltivati a terrazzamenti, raccontano di una lunga tradizione agricola favorita anche dal corso del fiume Sacco. Sin dai tempi più remoti proprio il fiume ha rappresentato una fonte di ricchezza per la valle, sia per il sostentamento alimentare che per le possibilità di trasporto. Lungo il corso naturale del fiume e lungo le vie di comunicazione, che negli anni sono sorte seguendo la sua direttrice, sorgono diversi centri di interesse storico-artistico, le cui vicende storiche e sociali hanno raggiunto, in alcuni casi, momenti di grande valenza monumentale ed artistica, come testimonia ad es. Anagni, Alatri, Ferentino, Frosinone, Ceprano, Castro dei Volsci.



Questo grazioso borgo di circa 5 mila abitanti che sorge laddove un tempo vi era il confine tra lo Stato Pontificio e il Regno di Napoli, è un prezioso tassello di un territorio ricco di storia dove si sono consumate battaglie e nei secoli si sono moltiplicate le testimonianze artistiche. La Valle del Sacco è stata teatro di molte vicende sin dal paleolitico superiore. Sono inoltre, molto diffuse le testimonianze del periodo preromano, romano e di epoca alto medievale e medievale. Soffermarsi sulle vicende avvenute in questi luoghi significa davvero ripercorrere la storia dell'uomo dalla preistoria sino ai nostri giorni, passando attraverso le scelte e le abitudini dei diversi popoli che si sono avvicendati su questo scenario, dai popoli Italici (Ernici e Volsci arroccatisi sui monti che da loro prendono il nome), fino alla conquista romana, allo splendore delle città del medioevo come Anagni, città dei Papi, Ferentino, Veroli, sede delle Diocesi e ai Castra, come Castro dei Volsci, arroccati sulle colline, con il borgo circondato da imponenti cinte murarie.

All'interno del centro storico il tempo sembra si sia fermato tra le casette in pietra grigia addossate l'una all'altra, nei vicoli stretti e tortuosi lastricati in cotto e calcare, nelle piazzette piccole come salottini, tra i torrioni di guardia, le botteghe medievali e tanto altro.

Castro dei Volsci che è considerato uno dei borghi più belli d'Italia, si rianima durante i due eventi che oggi si svolgono all'interno dell'incantevole abitato.

A Natale il paese intero si trasforma in un enorme presepe di ambientazione ottocentesca. Molte botteghe antiche vengono riaperte ed allestite con materiali della tradizione ottocentesca. Adulti e bambini in costume ciociaro popolano le stradine e gli angoli tipici illuminati da fiaccole a vento, impegnati in antichi mestieri, ormai scomparsi in un'atmosfera magica e rievocativa della natività e dei tempi passati. Curato nei dettagli e nei particolari, ricco nella scenografia, negli allestimenti e nei costumi tipici ciociari dei primi anni dell'800, il presepe vivente ha saputo davvero ricreare, anche nelle sensazioni e nei sentimenti, il momento più profondo ed alto della storia dell'umanità. La realizzazione di questa sentita manifestazione è possibile grazie alla generosità ed all'impegno dei numerosi volontari che vogliono tener vive le tradizioni e che si dedicano per molti giorni all'allestimento dei vari ambienti e delle botteghe artigiane.

Un altro evento degno di nota è il CARNEVALE DEL FOLCLORE, dedicato all'arte e all'artigianato locale, nato per volontà dell'Amministrazione Comunale e della Pro Loco per far conoscere e rinascere l'arte e l'artigianato attraverso l'esposizione nelle botteghe antiche dei manufatti e prodotti tipici della tradizione castrese, il tutto condito da eventi musicali e degustazione di prodotti tipici.

Le foto dell'articolo sono di ***ROSI MARMO***

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THE SACREDNESS OF THE VINYASA'S ORIGINS

Text and drawing By Janine Claudia Nizza

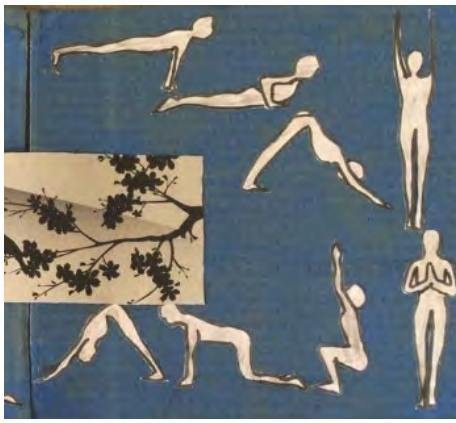
Janine has been teaching Yoga Flow in Rome for almost two decades. Since 2019, she is ERYT 500 PLUS Yoga Alliance Italia "Vinyasa Yoga Flow Teacher Trainer". She has authored many yoga articles for the Fao Casa Gazette, Vivere Lo Yoga, Yoga Pills, Yoga Journal Italia, Yoga Magazine Italia, Le Voci dello Yoga.

Yoga has always been an excellent tool to "rebalance". Since its beginnings, it teaches us to change the "negligent causes" that bring as a "deleterious effect" the psycho-physical imbalances in the human being. The practice of "awareness" starting from the body and the breathing, keeps its promises beyond time.

In the past, the problems connected to the good development of an existence depended on contingent factors: looking for food, finding shelter from the weather, defending oneself from the attacks of animals, enemies, and diseases. The stress was so strong that in order to help people, the wise men provided preventive remedies by teaching philosophies of life, moral conduct and rituals through oral precepts. The Yoga Sutra described by Patanjali and the Hatha-Yoga-Pradipika of Swatmarama, are an example of emancipation and dissemination of written works, their purpose was to educate even the most humble and deliver knowledge at the same time. The precepts were usually expressed in aphorisms on which to meditate to understand the depth and essence. Thanks to the great results obtained initially from the elite, over time, some Indian schools benefited from yoga providing health and intellectual and spiritual enrichment of its people: a splendid example it's of the new school of the master Paramahansa Yogananda who, in 1918, obtained from the Maharaja of Kasimbazar, as headquarters, his palace in Ranchi, which became the Yogoda Satsanga Brahmacharya Vidyalaya.

The first form of Vinyasa was born to associate prayers with sacred movements evocative of devotion and adoration. These postures were intertwined with the mantras and with the journeys on foot to places of worship. Vedic archaeology has shown that yoga was already practiced in India since pre-historic times. Numerous seals discovered on the civilization sites of the Indus Valley (3300-1700 BC), according to archaeologist Gregory Possehl, are thought to represent "a form of ritual discipline, the precursor of present-day yoga". Many of these postures were later codified and chosen to create various sequences of Namaskara and Vinyasa.

THE DEVOTION OF SURYA NAMASKARA



The origins of the first Vinyasas demonstrate their spirituality, a prayer in movement that transforms the devotee in his journey towards the divine, awakening the soul to the "liberation" from the four main human sufferings: birth, suffering, illness, death. Actions such as raising the eyes and hands to the sky, lowering the head to the ground, genuflecting, prostrating, and thanking the sky with the eyes to take each step towards the goal, were the prodromes of the first Asanas. It is clear that these rituals were observed, studied and grouped into "routines" of postures to be practiced in everyday life. To better understand, we try to immerse ourselves in the atmosphere of those times when yoga beat the rhythm of mantras, alternating sacred gestures, among the crowds of people who came and went on pilgrimages to places of worship. We have to imagine their hearts full of hope in the healing of a relative, or for the solution of a serious problem: almost always their bodies thin and hungry, barefoot, with torrid temperatures during the day and cold at night, yet diligently intent to pray in procession without rest for hours!

In an attempt to bring this vision that emerges from the past to the present day with a tangible experience, I wish you to try to practice Pilgrim's Vinyasa, which I have documented in the following images.

PILGRIM'S VINYASA

The sequence should be read from right to left following the circular pattern of asanas in succession. In this sequence we find the flavor of the practice as an offering, atonement, devotion that reconnects us to the yoga of the past of our ancestors.
Choose a large space to place an offering or a sculpture in the center of a hypothetical perimeter. Formulate the goals that you want to achieve with your "traveling" yoga practice. Arrange a yoga mat (and a small cover) to define the point of departure and arrival of Vinyasa; at the end of the practice it will also serve for the final relaxation posture: Shavasana.

1) Tadasana

Five Ujjayi breaths in posture to activate the Respiratory Tree in a conscious way, pressing the soles of the feet to the ground for rooting and stretch the spine between sky and earth.
Transition: take one step forward with the right leg

2) Utkatasana

Inhale and exhale twice in posture, feel the support of the earth and address pleasantness to the ground. The great master Tich Nhat Hanh reminds us that the feet, while walking,"kiss the earth".

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3) Marjarasana
Inhale, bring the knees and hands to the ground, the gaze is directed to the tip of the nose, give serenity to the place of your choice. Two deep breaths.
Transition: inhale, move the right arm and left knee to step forward to the next asana, "crawling".

4) Adho Muka Svanasana
Inhale and extend arms and legs, shifting the center of gravity to the soles of the feet, gaze is directed to the navel, take two breaths. Make this bow to honor your intent, create an internal silence of recollection, smile gently to remove tension from the muscles of the face and neck. Remain in posture for two complete breath cycles.
Transition: inhale,look forward, jump with knees together land with instep. Exhale, rest forearms on the ground, stretch legs and pelvis.

5) Niravalasana (Salamba Bhujangasana, Sphinx Pose)
Inhale, elbows flexed perpendicular to the shoulders, look at the horizon. Exhale, expand the chest by separating the shoulder blades, stand still in posture (like Sphinxes) without contracting the buttocks. Let the feeling of relaxation of the coccyx and sacrum that transmits openness to the sternum emerge. Two Ujjayi breaths: thank and accept the unfathomable divine within you.
Transition: inhale, raise the torso and bring the feet to the hands on the ground, exhale returning to an upright position. Inhale by stepping forward with the right leg.

6) Urdva Hastasana
Exhale, raise arms (gentle back bend). Inhale returning to Samasthitih, left leg forward, exhale bring arms down walking hands away from feet

7) Adho Muka Svanasana
Two full breaths
Transition: inhale and take a jump forward

8) Ashtanga Pranam

Exhale and move forward with the hands until you bend the knees bringing them to the ground to go down into the eight supports. Two deep breaths, Broomadya Dristi (look between the eyebrows) align the attention of the mind to Ajna Chakra, symbolically the eight supports recall the eight limbs of which is composed the way of Yoga (described in the Yoga Sutras of Patanjali), Ashtu means precisely :"8".

Transition: inhale, extend the right leg forward

9 Virabhadrasana A

Exhale, raise arms holding hands together, relax the head, look at the thumbs. Inhale and bend the right knee to 90 degrees, rooting the toes to stretch the big toe. Offer the chest to the sky in prayer for 5 breaths. Keep the eyelids relaxed, not closed, to direct sunlight to the brain channeling it into the heart.

Transition: inhale, left leg forward and bring the feet together.

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10) Uttanasana
Exhale, bend the torso forward without closing the eyes, relax the neck by taking the Uddiyana emptying the navel well, two deep breaths, look Nasagrai Drishti.
Transition: Inhale, step forward with right foot, bring legs together stretching back parallel to the floor

11) Hardha Uttanasana
Exhale, fingertips to the ground, take Uddyana, expand chest forward, Nasagrai Dristhi. Two breaths. Inhale Existence, exhale Peace: "inhale: Being, exhale: Peace" from the wisdom of Master Thich Nhath Han. Continue the "path" by reversing the direction as shown in the drawing:

12) Utkatasana
Three breaths

13) Virabhadrasana A
with left leg forward: three breaths
Transition: inhale, hands on the ground, left leg back

14) Chaturanga Dandasana
One full breath
Transition: inhale, jump forward with feet together, lift arms

15) Urdva Hastasana,
One full breath, exhale bending the torso forward

16) Uttanasana
Inhale release the column, *Nasagrai Dristhi*

17) Hardha Uttanasana
Transition: Inhale and a step forward with the right leg, bring the left knee to the ground

18) Hardha Chandrasana
Exhale raising the arms with the hands together entering in posture.
Transition: Inhale, hands on the ground, bring left foot together with right foot

Hardha Uttanasana
Transition: step forward with left foot: exhale, facing knees: Uttanasana
Transition: Inhale and step backwards with the right leg: bring right knee to the ground, exhale raise arms with joined hands: Hardha Chandrasana

19) Planque Pose
Inhale, hands on the ground extending the arms and toes on the ground, pushing the heels back.

20) Bujangasana
Exhale, bend elbows and expand chest up and forward.
Transition: inhale and jump forward with legs together, Nasagrai Dristi: Hardha Uttanasana, exhale and walk forward, with hands only

21) Adho Muka Svanasana
Inhale, extend arms and legs, shifting body weight to heels, look at navel. Three breaths Ujjayi: it's the last bowing/ greeting (Namaskar) to the Sun (Surya), to the earth and to the prefixed intent.
Transition: take the Uddiyana, inhale slowly while making the leap forward and, with the arms upwards entering:

0) Samasthitih
exhale bringing the arms along the body.

Repeat Pilgrim Vinyasa at least three times. At the end of the sequence sit cross-legged for a few minutes before stretching the body in Shavasana: complete relaxation on the ground.
Today, as then, while we do yoga, our souls are on a "pilgrimage" in search of good, with the offer of our commitment to the truth.

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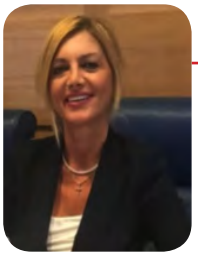
www.yogaflow.it
Janine Claudia Nizza holds Yoga Flow classes every Tuesday at 7PM and Thursday at 5:30 PM - ONLINE CLASSES

Contacts: fao-staff-coop@fao.org - Paola Franceschelli (Yoga Flow coordinator) paola.franceschelli@fao.org

LATINA, NASCE IL PRIMO CENTRO ANTIVIOLENZA PER MINORENNI DELLA REGIONE LAZIO



di Silvia De Mari

Giornalista pedagogista esperta in politiche sociali

Offrire un servizio gratuito di accoglienza, ascolto, orientamento e sensibilizzazione per minorenni ed adolescenti vittime di reato.

Questi gli obiettivi del primo Centro antiviolenza per minorenni della Regione Lazio – aperto a Latina e nato dalla volontà dell'ufficio del Garante per l'Infanzia e l'Adolescenza della Regione Lazio – che mira ad essere una risposta istituzionale e professionale dinanzi ai gravi eventi che destano sempre più preoccupazione intorno alla fragile condizione del minore e della famiglia.

«L'inaugurazione di questo centro – ha dichiarato la Dott.ssa Monica Sansoni (Garante per l'Infanzia e l'Adolescenza della Regione Lazio) – è una mission che porto avanti da tantissimo tempo. L'obiettivo è quello di offrire un servizio di assistenza legale e psicologica alle vittime, oltre a raccogliere segnalazioni di abusi che arrivano da parte delle scuole o direttamente dalle famiglie stesse».
Tanti gli ospiti che hanno preso parte all'evento, moderato dalla giornalista Roberta Sottoriva, tra cui Mariano Crociata (Vescovo della Diocesi Latina-Terracina-Sezze-Priverno), Marco Vincenzi (Presidente del Consiglio Regionale del Lazio), Damiano Coletta (Sindaco di Latina), Giuseppe De Falco (Procuratore della Repubblica – Tribunale di Latina), Vincenzo Serra (Presidente "Associazione per la Famiglia Onlus"), Pasquale Lattari (Responsabile Uffici di giustizia riparativa Consultorio Familiare "Crescere Insieme" Latina).
Presenti, inoltre, anche i rappresentanti della Guardia di Finanza, della Polizia di Stato e della Polizia Locale. Hanno partecipato da remoto, poi, i responsabili dei Centri della Regione Lazio che hanno aderito al protocollo e che fanno parte della Rete Regionale dei Centri Antiviolenza per Minorenni.
L'apertura del centro a Latina farà da capofila per tutti gli altri centri antiviolenza per minorenni che apriranno in ogni provincia del Lazio.

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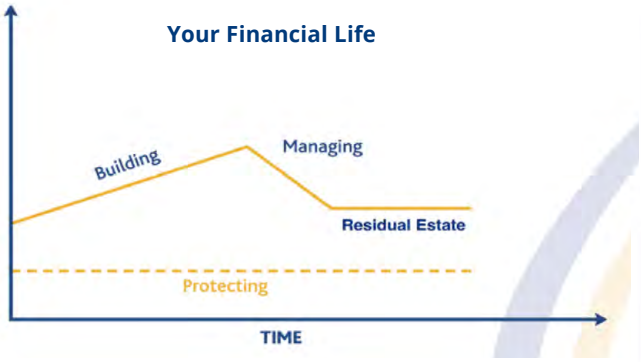

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- TOUR: ON THE FOOTSTEPS OF THE ETRUSCANS (National Archeological Park of Vulci)

DATE: SATURDAY 14 MAY, 2022

10:30 am – 12:30 pm – Extra virgin olive oil tasting/lesson in the mill MEETING POINT: AT THE FARM I&P - AZIENDA AGRICOLA IONE ZOBBI
ADDRESS: Strada comunale della sala, 12 – Canino (VITERBO)

13:00 pm - 14:00 – Lunch
MEETING POINT: At ticket desk of the National Archeological Park of Vulci

Option 1. At Casaletto Menganelli Restaurant within the Archeological Park of Vulci (reservation required)
Option 2. Packed lunch.

14:15-17:30 pm – Guided tour (English speaking guide) of the Park of Vulci (2 hours walk, pleasewear comfy shoes). Meet the guide at the entrance of the park.

What is included:
- oil tasting/lesson
- archeological guided tour

What is not included
- Entrance fee to the Vulci Archeological Park (6 € adults, free under 13)
- Lunch
- Transportation (you will need your private vehicle)

A 20% discount will be dedicated to FAO Staff Coop members for olive oil purchase in the mill.

The tour will be confirmed when a minimum of 10 adults sign up.

In case of heavy rain an alternative indoor tour will be offered and an alternative restaurant will be reserved.

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In memoria di Vincenzo Marciano

Caro Vincenzo, queste brevi righe sono per ricordare la tua simpatia e la tua onestà intellettuale e per ribadire la stima di tutti coloro che ti hanno conosciuto. Credo di poter interpretare il sentire di tanti amici e colleghi che hai sempre aiutato con la tua disponibilità ed i tuoi preziosi consigli.

Ci siamo conosciuti in occasione delle tante attività sportive che si svolgevano in ambito FAO. Ricordo i nostri incontri al caffè ed alle riunioni per organizzare gli Inter Agency Games, a cui partecipavamo con entusiasmo e vero spirito sportivo per incontrare e conoscere i colleghi delle altre Agenzie ONU.
Eravamo sempre felici di ritrovarci per passare qualche giorno insieme all'insegna dello sport e dell'amicizia.

Erano piccole pause dalla vita di tutti i giorni che ricordo con nostalgia.
Soprattutto ora che tu, caro Vincenzo, lasciandoci per l'eterno riposo,
ci mancherai ...

Giancarlo Trobbiani

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ARUGULA PESTO! (PESTO DI RUCOLA)

By Culinary Genes, LLC

by Pasqualina Raspaolo

She is the founder and owner of Culinary Genes, LLC. Pasqualina pursued her passion in nutrition, the culinary arts and genetics. She holds annual Tuscan Culinary Adventures and Catamaran Cruises to the beautiful islands of Southern Italy, where she shares her enthusiasm and love of food. Pasqualina is passionate about people, and the triple L's - love, laughter, and living … it's in her DNA!

Native to the Mediterranean region, arugula has been grown as a vegetable since the Roman era. It's delicious, it's versatile, and has many health benefits. Arugula is a healthy, cruciferous leafy green vegetable with a peppery taste that is high fiber and phytonutrients.

Phytonutrients are plant compounds found in foods that have superpower beneficial properties that speak to our genes. It is also low in sugar, calories, carbohydrates and fat, as well as being high in several vital nutrients such as calcium, potassium, folate, vitamins C, K and A. Research has linked arugula with health benefits such as reducing cancer risk, diabetes, and supporting heart health to name a few.

Last year, for some odd reason, my mom's garden grew an abundant amount of arugula and since it's one of our favorites, we were absolutely thrilled! It is delicious raw and can be used as a healthy complement to many dishes. Some find arugula to be a bit too bitter so we have added walnuts to this recipe, creating a delicious balance between sweet and bitter. You can also add other healthy greens such as mint, basil, or zucchini for a more delicate flavor, or experiment with some of your favorite greens!

In addition to serving this vibrant pesto with pasta or rice, it can also be added to salads, on a freshly baked focaccia, as a complement to a fish or meat dish, or serve as a dip on crudités, for example.

Here is a quick and simple recipe with some of our favorite greens. I hope you enjoy it as much as we have!

Yields: about 1 cup
Prep Time: 15 minutes

Ingredients:

- 2 cups arugula leaves, washed and dried
- 1 cup fresh spinach leaves, washed and dried
- 2 springs fresh basil, washed and dried
- 1/2 cup walnuts, shelled
- 1 garlic clove, cut in half, green shoots removed
- 1 tablespoon fresh lemon juice
- 1/2 cup pecorino Roman or Parmigiano Reggiano or both
- 1 teaspoon sea salt
- 1 to 1 1/2 cups extra virgin olive oil, as needed

Directions:

1. Wash the arugula, spinach and basil well and place in a food processor. Add walnuts, garlic, lemon juice, cheese, salt and pulse to blend.
2. With the machine running, slowly pour in the olive oil through the food tube in a slow, steady stream and process until smooth, about 2 to 3 minutes, stopping to scrape down the sides of the bowl as needed. You may not need the entire amount of olive oil.
3. Taste and adjust seasoning.

Additional traditional family recipes can be found in our book: "Pasqualina's Table, Our Italian Family Traditions ...The Gluten-Free Way" available on Amazon: https://amzn.to/3g2SFNl (Coming Soon: Book will soon be available in Italian!)

For additional gluten-free recipes, check out our blog at www.culinarygenes.com

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