

## SWEETS:

Common throughout Italy are the Easter sweets: "Colomba" (cake filled with candied fruit), "torrone" (nougat) and panforte (gingerbread made with hazelnuts, honey and almonds). All Easter sweets, as a rule, contain nuts and almonds.



## SIMPLE PHRASES:

**Buona Pasqua** Happy Easter

*(Boowona Pasqwa)*

## EASTER BISCUITS makes 25

- 1 Kg sugar
- 1.5 Kg plain flour
- 500 gr bitter cocoa powder
- 200 gr hazelnut paste
- 18 egg whites
- 4 orange
- 2 teaspoons vanilla essence
- 1/4 tsp cinnamon
- 4 tablespoon baking powder
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Beat the egg whites until firm then add the sugar and the nut paste (this can be replaced with 80 gr of hazelnuts, finely ground in the food processor).

In a separate bowl, mix the flour with the cocoa, the grated orange rind, a pinch of cinnamon, a little vanilla and the baking powder. Slowly fold this into the egg whites you should obtain a fairly dense mixture. On baking paper (or a buttered tray) form letters of the alphabet with the mixture using a confectioner's bag (space well as these will grow with cooking).

Leave to stand for about one hour, then bake in a warm oven (250C) for about ten minutes.

## Community Partners Program (CPP)

### Easter Information Italian Residents



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# Easter Information - Italian Residents

## EASTER:

Italians are predominantly Christian. Tradition and ritual play a strong part in the celebration of Easter for Italians. Italians celebrate Holy Week in incredibly diverse ways. It is a culmination of religion, peasant lore, and regional influences. In Italy, although the church bells ring daily at regular intervals, during the period of Holy Thursday until Good Friday they are silent as the community recalls the death of Jesus. On Easter Sunday morning the bells again toll out celebrating Christ's resurrection. The Easter seasons begins with Lent which lasts for 40 days before Easter.



Palm Sunday which is the beginning of Holy Week, is celebrated by the blessing of olive branches in churches. These branches are then kept at home for the year.

On **Holy Thursday**, churches re-enact the ceremony of 'the washing of the feet' at the altar. This is representative of Christ washing the feet of his 12 disciples during the last supper.

On **Good Friday** the commemoration of the crucifixion is observed by the "Stations of the Cross" (Via Crucis) and at 3pm (the time of Christ's death) a moment's silence is observed.



**Easter Sunday** (La Pasqua) is a joyous day. Following attendance at Mass, families return home to celebrate Easter Lunch.

**Easter Monday** (Pasquetta) is also a holiday celebrated with family and this day brings the Easter season to a close.



The most significant dish is 'agnellino' roasted baby lamb. The lamb is another symbol associated with Jesus, He is often referred to in Scriptures, as the 'Lamb of God'.

In Southern Italy, before the arrival of chocolate Easter eggs, breads and ornamental scrolls were made and decorated with hard boiled eggs. Coloured eggs often decorate the tables and each region has traditional dishes to celebrate this event. In Italy the olive branch is used instead of a palm.

## EASTER SYMBOLS:

**The Dove** is a symbol of peace. It represents the end of God's wrath following the Flood when a dove returned to the Ark with an olive branch.

**The cross** is a symbol of Christ's Crucifixion and Resurrection.

**Candles, lanterns and bonfires** mark celebrations in many regions. Roman Catholics extinguish the candles in the church on Good Friday and light them again with the Pascal Candle on Easter Day.

**Eggs** are a symbol of the new life at Easter Time.