



# SOS Women's Club

## Carte Di Donne

*Ciao tutti!*

*Hope all is well - I am happy to say that our January meeting at the Pasta Market was well attended and I look forward to seeing you all on the 13th.*

*Please RSVP to Donna as soon as you can. Hoping you are staying warm and dry with all the rain we are getting.*

*Amore,  
Paulette*

# Upcoming Dates

**CLUB MEETING      FEBRUARY 13th,**

**NEW START TIME 6:30 PM**

**The Pasta Market 579 Coleman Ave SJ**

**Menu Options      Dinner \$25**

*Eggplant Parmesan with Vegetables*

*or*

*Linguine Leonardo*

RSVP to Donna [art2donna@yahoo.com](mailto:art2donna@yahoo.com)

**FEBRUARY 17TH 2024**

**SOS MENS CLUB CRAB FEED**

**\$75 call Mike Maltese**

**408-972-4986**

February

Birthdays !!!!

Grace V 2/2

Elaine H 2/24



## 2024 Meeting Dates

*February 13*

*March 12*

*April 9*

*May 14*



***Location: The Pasta Market***

**START TIME 6:30 PM**

**Mark your calendars**



# Mangia Bedda

Preserving tradition one recipe at a time

<https://www.mangiabedda.com/tetu-sicilian-chocolate-spice-cookies/>



Tetù (Sicilian Chocolate Spice Cookies)



# Tetù (Sicilian Chocolate Spice Cookies)

★★★★★

*Tetù or Sicilian Chocolate Spice Cookies are rich, dense chocolate cookies flavored with cinnamon, cloves, nutmeg and orange zest. Traditionally prepared for All Saint's Day (November 1st) in Sicily or during the Christmas holidays in North America.*

<b>Course</b>	Dessert
<b>Cuisine</b>	Sicilian-Italian
<b>Keyword</b>	tetù cookies, Sicilian chocolate spice cookies, toto, meatball cookies
<b>Prep Time</b>	15 minutes
<b>Cook Time</b>	20 minutes
<b>Servings</b>	30 cookies
<b>Calories</b>	92kcal
<b>Author</b>	Nadia Fazio

## Ingredients

- 2 cups all-purpose flour
- 3/4 cup sugar
- 1/3 cup unsweetened cocoa powder
- 1 tsp cinnamon
- 1/2 tsp cloves
- 1/4 tsp nutmeg
- 1 1/2 tsp baking powder
- pinch of salt
- 1/4 cup plus 3 tbsp unsalted butter at room temperature
- 1/2 cup walnuts finely chopped
- zest of 1 orange
- 1 large egg lightly beaten
- 1/2 cup milk or more as needed

## For the glaze

- 1/2 cup powdered sugar
- 3 tsp milk

## Instructions

1. Preheat oven to 350 degrees F. In a large bowl sift together all-purpose flour; sugar, unsweetened cocoa powder; cinnamon; cloves; nutmeg; baking powder and a pinch of salt.
2. Add cubed butter (at room temperature) and use your fingers, a pastry cutter or even your electric mixer, if you prefer, to cut the butter into the flour.
3. Stir in finely chopped walnuts and orange zest.
4. Make a well in the center of the mixture and add a beaten egg, stir into the flour. Stir in the milk and shape into a dough. Add extra milk, if necessary, to ensure that the dough holds together. The dough will be quite firm and slightly sticky. At this point, I prefer using my hands to gather the dough together and shape it into a ball.
5. Scoop pieces of dough using a cookie scoop for even sizing (I used a 1 tbsp sized scoop) and roll into a ball. Place on a baking sheet coated with cooking spray or parchment paper if it is not a non stick pan. They do not have to be placed too far apart as they don't spread much during baking.
6. Bake for 18-20 minutes. Transfer to a wire rack to cool while you prepare the glaze.

## To glaze

1. In a medium sized bowl whisk powdered sugar and milk until you have a glaze of desired consistency. I prefer my glaze on the thin side. Dip the tops of each cookie in the glaze allowing the excess to drip off. Transfer to the wire rack to set. Alternately, you may use a pastry brush to apply the glaze.
2. Once the glaze has hardened, store the cookies in an airtight container separating layers of cookies with wax or parchment paper to prevent them from sticking.

## Notes

- The walnuts may be substituted with almonds.
- If you're not a huge fan of cloves, as I am, simply eliminate this spice.
- For a more festive looking cookie, top the glaze with a few colored candy sprinkles.
- Store cookies in a well sealed container separating layers of cookies with parchment or wax paper.
- These cookies can be frozen up to 3 months.
- Please note that the nutritional information provided is approximate and may vary according to ingredients used and portion size.

## Nutrition

Calories: 92kcal | Carbohydrates: 15g | Protein: 2g | Fat: 3g | Saturated Fat: 1g | Cholesterol: 11mg | Sodium: 5mg | Potassium: 65mg | Fiber: 1g | Sugar: 7g | Vitamin A: 63IU | Calcium: 23mg | Iron: 1mg

I saw these and wanted to share from Mangia Bedda's website. If you decide to make these let me know how they turn out! ENJOY !