

# *EASTER*

*In Italy*

# WHAT DOES IT MEAN?

Easter is the most important holiday of the Christian Church, celebrating the resurrection of Christ.

- **Easter**, *Pasqua* in Italian, has many rituals and traditions. The days before Easter in Italy include solemn **processions** and **masses**.



# WHEN IS IT?

**This year, 2022, Easter is on Sunday,  
the 17<sup>th</sup> of April.**

**The date depends on the ecclesiastical  
approximation of March 21 for the  
vernal equinox.**

- Parade participants are often dressed in traditional ancient costumes.



- Olive branches are often used instead of or along with palm fronds in the processions and to decorate churches.



## Rome and St. Peter's

- The biggest and most popular mass is held by the Pope at St. Peter's Basilica. On Good Friday, the Pope celebrates the *Via Crucis* or Stations of the Cross in Rome near the Colosseum.



- A huge cross with burning torches lights the sky at the same time the stations of the cross are described in several languages. At the end, the Pope gives a blessing.





# THE «CHOCOLATE EGG»

The chocolate egg is the modern substitute for the Easter egg.

The egg is the symbol of a new life. Chocolate eggs are often given as gifts, they usually have a gift inside



## Almond cookies - Pasta Mandorla

In the week before Easter in Abruzzo is prepared this traditional cake in the shape of “pupa” (doll) for girls and horse-shaped for the boys or in the shape of heart for engaged couples and friends.

It 's a very old custom which plans to create a simple cookie for the kids that in itself recalls the ancient symbols of rebirth and fertility.

In the past, both shape brought on their belly an egg, enclosed by two strips of pasta in the shape of a cross. The pupa (doll) also must have the form of a basin (typical copper vessel with which women were going to collect the water at the source).



# EASTER TRADITIONAL FOOD IN ITALY

## Lamb

- **Lamb** is the symbol of birth: the most important dish is **agnellino**, roasted baby lamb.



## Dove

- **Dove** symbolizing peace with the famous Easter sweet bread the Colomba Pasquale.



*Happy Easter!*



Traditional saying: “Natale con i tuoi, Pasqua con chi vuoi”  
("Christmas with family, Easter with whoever you like")

Easter Monday or '*La Pasquetta*' - literally little Easter - is one of our favourite Italian holidays.

Easter Monday does have some religious significance.

It's also known in Italy as '*Lunedì dell'Angelo*' ('Monday of the Angel') - the day to remember Mary and Mary Magdalene visiting the sepulchre and, finding it empty, being comforted by an angel.

But, Generally speaking, Easter Monday for families means a picnic.

Many dishes are improvised using bits left over from the big Easter Sunday lunch.

Grilled lamb is a must- things baked with eggs - Italian frittata - an Italian omelette filled with leftover vegetables (which makes a delicious eggy sandwich when slapped between two slices of bread) and the favorite of all picnic the cold picnic recipes - the *Insalata di Riso* (rise salad)

To finish, home made Italian Cheese pastries “Pasticce” homemade pasta filled with cheese and eggs.



# Pasticce



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