

**Slow Meals On Green Wheels
July 2010 Menus**

www.ornellacucinaitaliana.com

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(650) 964-4265

What is new

Let's Do Lunch!

Come to Nelly's and enjoy the tasty Slow Meal of the Day.

SERVING: primo, secondo, contorno and a light dessert

WHERE: In Nelly's dining room or in the garden if weather permits

WHO: Perfect for a business lunch, special occasion, or outing with friends

WHEN: From 1 pm on week days

WHAT: Menus online at: www.ornellacucinaitaliana.com/slowmealsmenus

COST: \$ 19/pp, min 2/max 8 guests

HOW: Reserve 24 hours in advance minimum.

Call: (650) 964-4265 or email ornella@ornellacucinaitaliana.com

The Art of Italian Living 2010

Piemonte Wine Country+Genova, Coast, Cinqueterre Cooking Tour

September 16-22 – Mombaruzzo and surroundings \$ 2,150

September 22-24 - Genova/ Cinqueterre \$ 850

These special rates are extended for Slow Meal subscribers until July 10.

Register now and save \$ 250 on the Mombaruzzo tour and \$ 100 on the Genova/Cinqueterre tour.

We will visit the land of the best Italian wines, open-air markets, cheese and amaretti factories. We will learn the secrets of the local cuisine and explore the connection between geography, geology, products of the land and the culture and spirituality of the people. Additionally we will also tour the beautiful city of Genova, participate in a cooking demonstration at Nelly's former shop, Antica Sciamadda, and visit the coast and Cinqueterre. Participation is limited to 12.

To register and for more information, visit www.ornellacucinaitaliana.com.

For information on how to subscribe and featured Item pricing, go to:

<http://ornellacucinaitaliana.com/slowmeals.shtml>.

July 2010

Each standard Slow Meal includes three items, plus an occasional surprise item (focaccia, an extra vegetable or sample of future menus).

Each week a featured soup, torta, lasagna and dessert is available **in addition** to the set menu.

Week 1

Soup of the week	Leek soup with crostini
Torta of the week	Torta di riso (Rice torta)
Desserts of the week	Panna cotta (orange flavor) with strawberries

THURSDAY 7/1 Wheat-free

Leek soup (with crostini)
Beef scaloppini with Marsala on rosemary red potatoes
Green bean and tomato salad with basil

FRIDAY 7/2 Wheat-free

Roasted potatoes and onions with sage
Pork chops with apricot sauce
Sautéed greens with lemon zest

Week 2

Soup	Carrot soup with ginger and orange zest
Torta	Polpettone (mash potato cake with green beans) Genovese-style
Dessert	Apricot cake with lemon custard

MONDAY 7/5 Wheat-free

Polenta flavored with sage, butter and Parmesan cheese
Herbed roasted chicken
Broccoli and cauliflower with herbed breadcrumbs

TUESDAY 7/6 Wheat-free

Risotto with saffron
Pork tenderloin medallions with bay leaf
Steamed broccoli with sesame/lemon sauce

WEDNESDAY 7/7 Wheat-free

Carrot soup with ginger and orange zest
Stuffed beef rolls with white wine/sage sauce
Steamed Swiss chard and potatoes with garlic and olive oil

THURSDAY 7/8

Wheat-free

Polpettone (mash potato cake with green beans) Genovese-style
Broiled chicken breasts with lemon and sage
Squash, carrots, potatoes with parsley and thyme

FRIDAY 7/9

Penne all'arrabbiata
Chicken thighs with braised orange-flavored fennel and olives
Shredded zucchini and carrots with parsley, thyme and garlic

WEEK 3

Soup	Broccoli soup with spices and crostini
Torta	Swiss chard torta
Dessert	Rice/amaretto pudding with zabaglione sauce

MONDAY 7/12

Linguine with green beans/potatoes and pesto
Beef scaloppini with orange/lemon juice
Mixed greens sautéed with garlic

TUESDAY 7/13

Wheat-free

Broccoli soup with spices (and crostini)
Italian sausage with bell peppers
Sautéed potatoes and leeks

WEDNESDAY 7/14

Swiss chard torta
Breaded chicken breast topped with sautéed diced tomatoes
Green beans and potato salad with garlic and parsley

THURSDAY 7/15

Wheat-free

Risotto with spring vegetables
Chicken saltimbocca
Bell peppers with oregano and garlic

FRIDAY 7/16

Rigatoni with fresh tomato/basil sauce and mozzarella
Honey-balsamic baked chicken

Zucchini with mint and garlic

Week 4

Soup Minestrone Genovese-style with pesto
Torta Potato/green beans torta on fig leaves
Dessert Pear flavored puddings

MONDAY 7/19 Wheat-free

Minestrone Genovese-style with pesto
Pork medallions with bay leaf potatoes
Steamed potatoes and green beans with parsley

TUESDAY 7/20 Wheat-free

Risotto with saffron
Beef scaloppini with pizzaiola sauce and mozzarella
Garlic-roasted green beans and shallots

WEDNESDAY 7/21 Wheat-free

Potato/green beans torta on fig leaves
Chicken strips with black olives and lemon
Zucchini and bell peppers with parsley and garlic

THURSDAY 7/22 Wheat-free

Baked polenta with gorgonzola
Beef stew with mushrooms
Zucchini and eggplant

FRIDAY 7/23

Penne with broccoli and bread crumbs
Roasted pork loin on lemon leaves
Potatoes and carrots roasted with sage

Week 5

Soup Garbanzo bean soup with Swiss chard
Torta Mushroom/spinach torta
Dessert Bunet (chocolate amaretti pudding)

MONDAY 7/26

Salad with spelt and garden vegetables
Black olives/feta stuffed chicken thighs
Sautéed parsley and garlic eggplants

TUESDAY 7/27

Penne with mozzarella and diced tomato, tarragon and basil
Broiled chicken breast marinated with herbs
Roasted bell pepper salad with fresh oregano

WEDNESDAY 7/28

Mushroom/spinach torta
Beef strips with mushrooms and herbs
Salad of mixed grilled vegetables and herbs

WEDNESDAY 7/29

Couscous with saffron
White fish stew with tomato, capers, olives, pine nuts,
Marinated zucchini and onions

THURSDAY 7/30

Wheat-free

Rice with carrots and lemon zest
Pork scaloppine with sage and white wine
Sautéed green beans with garlic

FRIDAY 7/31

Wheat-free

Garbanzo bean soup with Swiss chard
Beef scaloppine with Marsala on rosemary red potato slices
Cauliflower and broccoli with balsamic vinegar