

Slow Meals On Green Wheels June 2010 Menus

www.ornellacucinaitaliana.com

Slowmeals@me

(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

September 22-24 - Genova/ Cinqueterre

Registration is now open for the most unique culinary/cultural tour you will ever experience. Don't miss the opportunity to live, create, cook, eat and drink like a true Piemontese among the vineyard-covered hills of Mombaruzzo, the village where Nelly's family is from.

Special rates are available until June 30. Participation is limited to 12.

We will tour renowned wineries, distilleries, open-air markets, cheese and amaretti factories; visit food, wine, antiques fairs; and will learn the secrets of the local cuisine and way of life. We will also visit Genova, participate in a cooking demonstration at Nelly's former shop, Antica Sciamadda, and visit the coast and Cinqueterre.

Registration (Mombaruzzo) by 6/30: \$ 2150, after 6/30 \$ 2,400

Registration (Genova) by 6/30: \$ 850, after 6/30 \$ 950.

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>.

June 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

TUESDAY 6/1

Leek soup with crostini

Pizza napoletana with olives, mozzarella, capers (optional anchovies)

Salade Nicoise with green beans, tuna, eggs, white beans, tomatoes

WEDNESDAY 6/2

Torta di riso

Chicken piccata with lemon, capers and olives

Zucchini and broccoli sautee

THURSDAY 6/3

Fettuccine with arugula-walnut pesto

Beef scaloppini with Marsala and mushrooms

Green bean and tomato salad with basil

FRIDAY 6/4

Wheat-free

Roasted root vegetables with thyme and orange zest

Pork chops with rosemary apple slices

Greens sautéed with garlic and chilli

Week 2

Soup

Carrot soup with ginger and orange zest

Torta

Asparagus torta

Dessert

Apricot cake with lemon custard

MONDAY 6/7

Penne all'arrabbiata

Stuffed beef rolls with white wine/sage sauce

Shredded zucchini and carrots with parsley, thyme and garlic

TUESDAY 6/8

Wheat-free

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

WEDNESDAY 6/9

Wheat-free

Carrot soup with ginger and orange zest
Chicken thighs with braised orange-flavored fennel and olives
Steamed Swiss chard and potatoes with garlic and olive oil

THURSDAY 6/10

Asparagus torta
Broiled chicken breasts with lemon and sage
Squash, carrots, potatoes with parsley and thyme

FRIDAY 6/11

Wheat-free

Polpettone (mash potato cake with green beans) Genovese-style
Herbed roasted chicken
Broccoli and cauliflower with herbed breadcrumbs

WEEK 3

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

MONDAY 6/14

Fusilli with zucchini and ricotta pesto
Beef scaloppini with orange/lemon juice with sautéed sage potatoes
Mixed greens sautéed with garlic

TUESDAY 6/15

Wheat-free

Rigatoni with fresh tomato/basil sauce and mozzarella
Honey-balsamic baked chicken with tomatoes, mushrooms, peppers
Zucchini with mint and garlic

WEDNESDAY 6/16

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

THURSDAY 6/17 Wheat-free

Cauliflower soup with spices and crostini
Pork chops with white wine and sage
Kale with garlic, onions and croutons

FRIDAY 6/18 Wheat-free

Risotto with spring vegetables
Chicken saltimbocca
Sautéed mixed greens

Week 4

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

MONDAY 6/21 Wheat-free

Minestrone Genovese-style with pesto
Pork medallions with walnuts and gorgonzola
Steamed potatoes and green beans with parsley

TUESDAY 6/22 Wheat-free

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

WEDNESDAY 6/23

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

THURSDAY 6/24

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|--------------------------------------|------------|
| Polenta gnocchi with Parmesan cheese | Wheat-free |
| Beef stew with mushrooms | |
| Zucchini and eggplant | |

FRIDAY 6/25

Wheat-free

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

Week 5

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|----------------|------------------------------------|
| Soup | Creamy tomato soup with tarragon |
| Torta | Mushroom/spinach torta |
| Dessert | Bunet (chocolate amaretti pudding) |

MONDAY 6/28

Spaghetti with fresh tomato/basil sauce
Black olives/feta stuffed chicken thighs
Sauteed parsley and garlic eggplants

TUESDAY 6/29

Wheat-free

Creamy tomato soup
Beef scaloppine with Marsala on rosemary red potato slices
Cauliflower and broccoli with balsamic vinegar

WEDNESDAY 6/30

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