

# Slow Meals on Green Wheels

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**APRIL 2011**  
MENUS AND NEWS

## Announcements

### 2011 ITALY COOKING TOURS

THE SOUTH:  
MOLISE

**AUGUST 13-20, 2011**

THE NORTH:  
PIEMONTE/LIGURIA

**SEPTEMBER 13-20, 2011**

For information on how to subscribe and featured Item pricing, go to:  
<http://ornellacucinaitaliana.com/slowmeals.shtml>

#### MOLISE COOKING TOUR

An 8-day Italian adventure that will introduce you to the pristine beauty of the Molise region in central south Italy, an area famous for its rich Italian culture and genuine hospitality, as well as its unique cuisine, wines, olive oils, cheeses and pastas. Molise is characterized by mountainous reliefs, valleys, forests, and coastline. Explore castles, medieval hamlets and ancient Roman ruins, visit the city where the most famous bells in the world are made, partake in village traditions by celebrating a vibrant local festival, learn to cook some of the region's specialties alongside local women, and travel to the sea for breathtaking views and relaxation.



**DATES** August 13-20, 2011 (8 days) **COST** \$2,600

#### TRIP HIGHLIGHTS

- Venture on excursions to discover the region's sites, history, food and wine
- Partake in a traditional festival and learn village customs alongside the locals
- Learn Italian chef secrets in private cooking courses and share your creations with the village women
- Relax and explore along the Adriatic sea in the city of Termoli

#### PIEMONTE/LIGURIA COOKING TOUR

An 8-day Italian adventure that departs from the well-traveled tourist track to spend a week in the charming, unspoiled region of Italy's northwest. Venture from the base of the Alps to the rolling vineyards of Piemonte to the shores of the Italian Riviera. Soak up sites, history and culture; indulge in countless culinary delights; and authentically experience and connect with the locals while sharing in meaningful experiences with fellow travelers.

**DATES** September 3-10, 2011 (8 days) **COST** \$2,600

#### TRIP HIGHLIGHTS

- Enjoy dinner and dancing with a local Italian family
- Indulge in a day of tasting in the scenic Piemonte wine country
- Learn to cook authentic Italian with renowned local culinary experts
- Explore Turin and Genoa, two of the North's most important cities
- Relax and rejuvenate on the Italian Riviera.



# What is new

## Let's Do Lunch!



Come to Nelly's and enjoy the tasty Slow Meal of the Day. Fresh from the garden, hot from the kitchen.

**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](http://www.ornellacucinaitaliana.com/slowmealsmenus)

**COST:** \$ 19/pp, 2-8 guests

**HOW:** reserve 24 hours in advance minimum. Call: (650) 964-4265 or email [Slowmeals@me.com](mailto:Slowmeals@me.com)



## Week 1

**Soup** Asparagus soup and croutons

**Torta** Torta with spinach and Swiss chard

**Dessert** Baked stuffed apples with hazelnut and cocoa

### Monday 4/4

Bucatini with spicy breadcrumbs and greens  
Beef scaloppine with Marsala on rosemary red potato slices  
Cauliflower/broccoli with balsamic vinegar

### Tuesday 4/5

Asparagus soup with crostini  
Pizza napoletana with olives, mozzarella, capers  
Salade Nicoise with green beans, tuna, eggs, white beans, tomatoes

### Wednesday 4/6 *wheat-free*

Polenta with kale and beans  
Chicken cacciatore with vegetables  
Zucchini and broccoli sauté

### Thursday 4/7 *wheat-free*

Roasted root vegetables with thyme and orange zest  
Pork chops with rosemary apple slices  
Greens sautéed with garlic and chilli

### Friday 4/8

Rice with carrots and lemon zest  
Torta with spinach and Swiss chard  
Salad of mixed grilled vegetables and herbs



## Week 2

**Soup** Pea soup with mint and crostini

**Torta** Bell pepper and eggplant torta

**Dessert** Baked Bosch pears with zabaglione

### Monday 4/11

Penne all'arrabbiata  
Stuffed beef rolls with white wine/sage sauce  
Shredded zucchini and carrots with parsley, thyme and garlic

### Tuesday 4/12 *wheat-free*

Risotto with saffron  
Pork tenderloin stuffed with spinach and mushrooms  
Steamed broccoli with sesame/lemon sauce

### Wednesday 4/13 *wheat-free*

Pea soup with mint and crostini  
Chicken thighs with braised orange-flavored fennel and olives  
Steamed Swiss chard and potatoes with garlic and olive oil

### Thursday 4/15

Bell pepper and eggplant torta  
Breaded chicken breast topped with sautéed diced tomatoes  
Green beans and potato salad with garlic and parsley

### Friday 4/16

Rigatoni with fresh tomato/basil sauce and mozzarella  
Chicken saltimbocca  
Sautéed mixed greens

## What is new

### Order Now!

#### TWO SPRINGTIME TREATS

**Ravioli** filled with a mixture of home-grown and wild greens with pine nut, sage, garlic sauce and Parmesan cheese.

- 4 portions: \$ 24
- 8 portions \$ 45



**Torta Pasqualina:** the **Italian Easter** treat made with fresh artichoke hearts, spinach, marjoram, ricotta, Parmesan cheese, eggs, enveloped in multiple layers of thin dough. Ideal for picnics, as gift or as a potluck contribution.

- 6/8 portions \$ 20
- 10/12 portions \$ 30
- 20/25 portions \$ 60



## Week 3

**Soup** Swiss chard and garbanzo beans soup and crostini

**Torta** Torta with spinach and Swiss chard

**Dessert** Baked stuffed apples with hazelnut and cocoa

### Monday 4/18 *wheat-free*

Risotto with spring vegetables  
Honey-balsamic baked chicken with tomatoes, mushrooms, peppers  
Roasted butternut squash

### Tuesday 4/19

Rigatoni with fresh tomato/basil sauce and mozzarella  
Chicken saltimbocca  
Sautéed mixed greens

### Wednesday 4/20 *wheat-free*

Roasted potatoes and carrots  
Pork chops with white wine and sage  
Kale with garlic, onions and crostini

### Thursday 4/21

Garbanzo beans soup, Swiss chard and crostini  
Breaded chicken breast topped with sautéed diced tomatoes  
Green beans and potato salad with garlic and parsley

### Friday 4/22

Fettuccine with arugula-walnut pesto  
Torta with spinach and Swiss chard  
Green bean and tomato salad with basil

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## Week 4

**Soup** Asparagus soup with crostini

**Torta** Potato/ham torta on fig leaves

**Dessert** Baked Bosch pears with zabaglione

### Monday 4/25 *wheat-free*

Polenta gnocchi with Parmesan cheese  
Beef stew with mushrooms  
Zucchini and eggplant

### Tuesday 4/26 *wheat-free*

Roasted chicken thighs with herbs  
Grilled asparagus with scallions and orange  
Potato/ham torta on fig leaves

### Wednesday 4/27 *wheat-free*

Asparagus soup with crostini  
Chicken strips with black olives and lemon  
Zucchini and bell peppers with parsley and garlic

### Thursday 4/28

Fresh fettuccine with spring vegetables and fresh herbs  
Beef strips with mushrooms and herbs  
Zucchini and potatoes with parsley and garlic