

Slow Meals On Green Wheels

slowmeals@me.com

650-9644265

FEBRUARY 2011 Menus

www.ornellacucinaitaliana.com

What is new

Special Valentine's Dinner* for Two Piemonte-style

- Tartrà: mini savory flans with fresh herbs and blood orange, carrot-infused cream sauce
- Piemonte Salad with asparagus tips, frisée, radicchio and green beans served with home-made crusty olive bread
- Home-made agnolotti (Piemontese ravioli filled with meat, marjoram and Asiago) in Parmesan sage-butter (also available filled with escarole and mushrooms)
- Zabaglione semifreddo with fresh strawberries in rose syrup

\$ 85 for two. *Includes a bottle of Italian Prosecco

June and July 2011 Cooking Tours

- Northern Italy: Piemonte/Liguria/Cinqueterre
- Central/Southern Italy: Molise

This June there will be a new opportunity to live, cook, eat, drink (and even speak) like a true Piemontese among the vineyard-covered hills of **Mombaruzzo**, the village where Nelly's paternal family is from. For a week we will tour renowned wineries, distilleries, open-air markets, cheese and amaretti factories, antique fairs; we will learn the secrets of the local cuisine and way of life and visit the nearby house and museum of the great Italian poet Cesare Pavese. We will spend the following 3 days visiting Genova, participating in a cooking demonstration at Nelly's former shop, Antica Sciamadda, and exploring the less traveled Ligurian coast and/or Cinqueterre.

A week-long tour of Nelly's maternal family's village, **Sepino**, is also in the pipeline. We will explore this ancient Roman village -with its still intact ruins- its genuine and tasty cuisine and enjoy the generosity of its people. We will be immersed in the Italian way of celebrating life as the tour will take place during the three day festival dedicated to Santa Cristina, the village's patroness.

Dates and Cost TBA

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

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

FEBRUARY 2011

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, and dessert is available **in addition** to the set menu.

WEEK 1

Soup	White bean soup with kale and crostini
Torta	Torta with onions and leeks
Dessert	Baked Bosch pears in Cabernet and spices

TUESDAY 2/1 Wheat-free

Polenta with beans and Parmesan cheese
Italian lean sausage
Sweet and sour cabbage

WEDNESDAY 2/2 Wheat-free

Risotto with spinach and borage
Pork chops with cumin and sautéed pears
Carrots and potatoes with rosemary

THURSDAY 2/3

Fettuccine al pesto with green beans
Beef scaloppini with pizzaiola sauce and potatoes
Shredded zucchini with parsley, thyme and garlic

FRIDAY 2/4

Torta with onions and leeks
Chicken breast shallow fried and topped with diced basil tomatoes
Roasted cauliflower with balsamic vinegar

Week 2

Soup	Minestrone genovese with pesto
Torta	Whole-wheat focaccia stuffed with spicy greens/Provolone
Dessert	Chocolate/hazelnut cake

MONDAY 2/7

Wheat-free

Minestrone genovese with pesto
Beef scaloppine al Marsala
Fennels braised with orange zest

TUESDAY 2/8

Whole-wheat focaccia stuffed with spicy greens/Provolone
Roasted pork loin with rosemary and sage
Honey-glazed root vegetables with spices

WEDNESDAY 2/9

Wheat-free

Polenta with vegetables and marinara sauce
Chicken cacciatore
Red cabbage with cumin and balsamic vinegar

THURSDAY 2/10

Penne all'arrabbiata
Chicken braised with olives, limes, herbs and white wine
Zucchini with mint and garlic

FRIDAY 2/11

Lasagna with home-made noodles and marinara sauce
Omelette with sautéed mushrooms
Green and white beans salad with thyme

Week 3

Soup Soup with wheat berries, garbanzos and spinach

Torta Torta with herbed rice and Parmesan cheese

Dessert Mandarin-flavored creme caramel

MONDAY 2/14

Spelt salad with ginger, almonds and herbs
Chicken breast with orange gremolata sauce
Salad of fennel and blood orange with arugula

TUESDAY 2/15

Baked rigatoni al ragu
Cauliflower au gratin

Three-bean salad

WEDNESDAY 2/16

Torta with herbed rice and Parmesan cheese
Roasted pork loin with rosemary and sage
Butternut squash gratin with sage and breadcrumbs

THURSDAY 2/17 Wheat-free

Soup with wheat berries, garbanzos and spinach
Chicken piccata with black olives, capers, lemon, white wine
Sauteed cauliflower and green beans with fennel seeds

FRIDAY 2/18 Wheat-free

Risotto milanese with saffron
Pork chops with grape, rosemary and red wine sauce
Sauteed broccoli

Week 4

Soup	Black bean soup
Torta	Torta with zucchini and artichoke
Dessert	Baked stuffed apples with hazelnut and cocoa

MONDAY 2/21 Wheat-free

Black bean soup
Roast chicken with potatoes and rosemary
Sauteed spicy winter greens

TUESDAY 2/22 Wheat-free

Polenta with sage and Parmesan cheese
Fish stew with capers, tomatoes, olives Genovese-style
Bell peppers and zucchini with oregano and garlic

WEDNESDAY 2/23

Torta with zucchini and artichoke
Beef saltimbocca with white wine and sage
Green beans, tomato and potato salad with basil

THURSDAY 2/24 Wheat-free

Rice with shredded butternut squash and orange zest
Pork chop with bay leaf and white wine
Slow roasted beet wedges with thyme and rosemary

FRIDAY 2/25

Penne with zucchini and sage
Chicken with forty cloves of garlic
Baked vegetables with herbs

MONDAY 2/28

Wheat-free

Lentil and spelt soup
Roasted chicken thighs with bell peppers
Broccoli with black olives, garlic and lemon