

**Slow Meals On Green Wheels
January 2011 Menus**

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What is new

Special January Offer: Subscription to any Slow Meal Deal or Plan for the first 3 months of 2011 (January through March) will earn a gift certificate equal to 10% of the total to be applied against any future purchase. (Example: 3 Slow Meal Deals = \$ 300: gift certificate \$ 30).

Party ideas and gifts for all occasions

Appetizer party (3 appetizers, torta, focaccia): \$ 16 per person

Buffet dinner (Slow meal of the day, 2 appetizers, focaccia, dessert): \$ 29 pp

Gnocchi party class Learn how to make 2 different kinds of gnocchi and sauces, hear about the many regional varieties of this wonderful Italian dish. Cooking class, appetizer, gnocchi, dessert: \$ 48 pp

Dessert party (Platter of Italian cookies, mandorletti, panettone, cake,): \$ 19 pp

Minimum: 8 guests (smaller or larger parties by special arrangement.)

Lasagna with home-made noodles: \$ 24 for 6 (min order 6). \$ 30 for 8.

Torta di Verdure: \$ 20 for 6/8; \$ 30 for 10/12

Panettone Genovese: \$ 15 1 lb; \$ 21 1.5 lb.

Mandorletti: \$ 10 per dz; \$ 18 2 dz.

Gift certificates	Mini Slow Meal Deal	\$ 70 (4 individual Slow Meals)
	Slow Meal Deal	\$ 100 (6 individual Slow Meals)
	Slow Meal Plan	\$ 150 (10 individual SlowMeals)

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

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

JANUARY 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	New Year's herbed lentil soup with crostini
Torta	Pissaladiere – provencal pizza with tomatoes, garlic, herbs
Dessert	Panna cotta al caffè'

MONDAY 1/3

Wheat-free

New Year's herbed lentil soup with crostini
Chicken with forty cloves of garlic
Spicy broccoli

TUESDAY 1/4

Pizza alla napoletana with capers, olives, mozzarella
Italian lean sausage
Sweet and sour cabbage

WEDNESDAY 1/5 Wheat-free

Polenta with beans and Parmesan cheese
Pork chops with cumin and sautéed pears
Orange salad with frisee and honey rose vinaigrette

THURSDAY 1/6 Wheat-free

Green bean/potato cake
Carne alla pizzaiola (beef scaloppini with pizzaiola sauce and potatoes)
Shredded zucchini and carrots with parsley, thyme and garlic

FRIDAY 1/7 Wheat-free

Risotto with radicchio
Chicken breast shallow fried and topped with diced basil tomatoes
Roasted cauliflower with balsamic vinegar

Week 2

Soup	Minestrone genovese with pesto
Torta	Torta with artichoke hearts
Dessert	Baked pears with bay leaf and white wine

MONDAY 1/10 Wheat-free

Minestrone genovese with pesto
Beef scaloppine alla Milanese
Fennels and zucchini with orange zest

TUESDAY 1/11

Torta with artichoke hearts
Roasted pork loin with rosemary and sage
Honey-glazed root vegetables with spices

WEDNESDAY 1/12

Wheat-free

Polenta with vegetables and marinara sauce
Italian sausage
Red cabbage with cumin and balsamic vinegar

THURSDAY 1/13

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

FRIDAY 1/14

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

Week 3

Soup	Pasta e fagioli with fresh noodles
Torta	Torta with red rice and Parmesan cheese
Dessert	Apple and pears strudel

MONDAY 1/17

Baked rigatoni al ragu
Cauliflower au gratin
Fennel and red onion with arugula

TUESDAY 1/18

Couscous with ginger, almonds and herbs
Pollo alla diavola
Salad of mixed grilled vegetables with fresh oregano/mint and garlic

WEDNESDAY 1/19

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

THURSDAY 1/20

Wheat-free

Risotto with mushrooms
Chicken piccata with black olives, capers, lemon, white wine
Sauteed cauliflower and green beans with fennel seeds

FRIDAY 1/21

Pasta e fagioli with fresh noodles
Pork chops with grape, rosemary and red wine sauce
Sauteed broccoli

Week 4

Soup	Swisschard and garbanzo beans soup and croutons
Torta	Torta with spinach and Swiss chard
Dessert	Baked stuffed apples with hazelnut and cocoa

MONDAY 1/24 Wheat-free

Swisschard and garbanzo beans soup (and croutons)
Roast chicken with potatoes and rosemary
Sauteed spicy winter greens

TUESDAY 1/25 Wheat-free

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

WEDNESDAY 1/26

Torta with spinach and Swiss chard
Beef saltimbocca with white wine and sage
Green beans and potato salad with garlic and parsley

THURSDAY 1/27 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 1/28

Penne with zucchini and sage
Chicken breast with orange gremolata
Baked vegetables with herbs

MONDAY 1/31

Wheat-free

Lentil and spelt soup

Roasted chicken thighs with bell peppers

Broccoli with black olives, garlic and lemon