

# Slow Meals on Green Wheels

Slowmeals@me.com

[www.ornellacucinaitaliana.com](http://www.ornellacucinaitaliana.com)

Nelly Capra (650) 964-4265

## Announcements

### 2011 ITALY COOKING TOURS

THE SOUTH:  
MOLISE

SEPTEMBER 12-19, 2011

THE NORTH:  
PIEMONTE/LIGURIA

SEPTEMBER 3-10, 2011



MAY 2011  
MENUS AND NEWS

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** September 12-19, 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** Minestrone genovese with pesto

**Torta** with asparagus

**Dessert** Mandorletti (almond cookies)

### Monday 5/2

Bucatini with spicy breadcrumbs and mustard greens  
Beef scaloppine with white wine  
Cauliflower/broccoli with balsamic vinegar

### Tuesday 5/3 *wheat-free*

Minestrone genovese with pesto  
Frittata with greens and herbs  
Salade Nicoise with green beans, eggs, artichoke hearts, tomatoes

### Wednesday 5/4 *wheat-free*

Polenta "maritata" with white beans  
Chicken cacciatore with vegetables  
Zucchini and broccoli sauté

### Thursday 5/5 *wheat-free*

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

### Friday 5/6 *wheat-free*

Rice with carrots and lemon zest  
Torta with asparagus  
Salad of mixed grilled vegetables and herbs



## Week 2

**Soup** Leek soup with tarragon and crostini

**Torta** with onions and leeks

**Dessert** Lemon cake

### Monday 5/9

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

### Tuesday 5/10 *wheat-free*

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

### Wednesday 5/11 *wheat-free*

Leek soup with tarragon and crostini  
Chicken thighs with fennel and olives  
Steamed Swiss chard and potatoes with garlic and olive oil

### Thursday 5/12

Torta with onions and leeks  
Broiled chicken breast topped with spicy sautéed diced tomatoes  
Green beans and potato salad with garlic and parsley

### Friday 5/13

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

## What is new

### *Book your graduation party now*

Buffet table including a variety of appetizers, focaccia, torta, platter of mixed Italian cookies  
\$ 20/25 per person  
call/email Nelly for ideas and quotes.



### *Order Now!*

#### **For Mother's Day**

##### **Mandorletti**

delicious soft almond cookies



**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.

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



## Week 3

**Soup** Carrot soup with ginger and orange zest

**Torta** Focaccia stuffed with spinach

**Dessert** Orange flavored panna cotta

### Monday 5/16 *wheat-free*

Risotto with spring vegetables  
Roasted chicken with rosemary  
Cauliflower and broccoli with balsamic vinegar

### Tuesday 5/17

Rigatoni with fresh tomato/basil sauce and mozzarella  
Beef stew with peas, potatoes and carrots  
Sautéed mixed greens

### Wednesday 5/18 *wheat-free*

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

### Thursday 5/19 *wheat-free*

Carrot soup with ginger and orange zest  
Chicken grilled on lemon leaves  
Potato and green beans salad with tarragon

### Friday 5/20

Penne with broccoli and breadcrumbs  
Focaccia stuffed with spinach  
Grilled zucchini and eggplant

## Week 4

**Soup** Cauliflower soup with crostini

**Torta** Potato/green bean torta

**Dessert** Strawberries and zabaglione

### Monday 5/23

Semolina/ham gnocchi with Parmesan cheese  
Vegetable stew  
Green beans and tomato salad with basil

### Tuesday 5/24 *wheat-free*

Chicken piccata with capers and olives  
Grilled asparagus with scallions and orange  
Potato/green bean torta

### Wednesday 5/25 *wheat-free*

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

### Thursday 5/26 *wheat-free*

Risotto with tomato sauce/bay leaf  
Beef scaloppine with Marsala  
Rosemary red potato slices

### Friday 5/27

Spaghetti with basil tomato sauce  
Broiled chicken breasts with lemon and sage sauce  
Zucchini and potatoes with parsley and garlic