

Slow Meals on Green Wheels - January 2012 Menus

Starting this month you can design your own menu: pick three items (a first course, a second course and a contorno) according to your taste. Each meal includes a serving of focaccia or other Italian specialty. Add dessert for 2 (\$ 8).

Subscriptions

- 6 Slow Meals: \$ 120 - Includes 6 Slow Meals (one SM serves one adult person). These 6 SM can be ordered in any of these combination (6 altogether, 3+3 or 2+2+2) Every additional SM beyond the first 6 cost \$ 17.00 only)

- 4 Slow Meals: \$ 96 (ordered altogether).

Specialties of the month:

Lasagna with home-made noodles (white, flavored with garlic or green with spinach and marjoram.

With marinara sauce \$ 24 x 6

With meat sauce \$ 32 x 6

With pesto alla Portofino \$ 32 x 6

Other sizes available

Week 1

Primi piatti

Garbanzo bean soup with brown rice
Spaghetti with garlic, olive oil and fresh serrano pepper
Polenta gnocchi with Parmesan cheese
Torta with Swiss chard

Secondi Piatti

Honey-balsamic baked chicken with tomatoes, mushrooms, peppers
Pork chops with plum sauce
Beef scaloppine with lemon sauce

Contorni

Roasted root vegetables
Kale with garlic, onions and crostini
Beat salad with orange zest and fennel seeds

Dessert

Lemon and orange cake with citrus glaze

Torta with Cardoni

Made with tasty, luscious Italian eggplants, fresh ricotta and oregano. Perfect for picnic or as a center piece for a late summer dinner in the garden.

6/8 portions \$ 20

10/12 portions \$ 30

20/25 portions \$ 60

Tiramisu

Made according to the original Venetian recipe with Savoiardi cookies, mascarpone cheese and a mixture of Marsala and coffee liqueur, this Tiramisu will leave a lasting memory on your taste buds.

6/8 portions \$ 25

10/12 portions \$ 40

20/24 portions \$ 75

Focaccia al Formaggio

- 6/8 portions \$ 20

- 10/12 portions \$ 35

Week 2

Primi piatti

Leek and potato soup with crostini
Fettuccine with ragu
Baked polenta layered with vegetables and marinara sauce
Torta with Swiss chard
Torta with spinach and zucchini

Secondi Piatti

Turkey saltimbocca with Marsala
Beef stew with mushrooms and artichoke hearts
Pork roast with lemon and orange sauce

Contorni

Apple and fennel slaw with parsley and lemon
Green and yellow bean salad with tomato and basil
Sauteed mixed greens

Dessert

Panna cotta with ginger

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Week 3

Primi piatti

Beans, garbanzos and black eye pea soup with sage
Risotto with spinach and Swiss chard
Linguine with pesto and peas
Torta with eggplant

Secondi piatti

Roasted chicken thighs with herbs
Pork scaloppine with bay leaf/white wine
Frittata with artichoke hearts and zucchini

Contorni

Grilled zucchini and eggplants
Peperonata
Potatoes and green beans salad

Dessert

Baked Pears with cabernet/orange peel and spices

Week 4

Primi piatti

Minestrone genovese with pesto
Polenta layered with sauteed spinach, topped with garlic/chilli flavored olive oil and Parmesan cheese
Penne alla puttanesca with spicy tomato sauce, capers and black olives

Secondi piatti

Chicken cacciatore
Pork chops with olives and lemon
Eggplant Parmigiana

Contorni

Zucchini with mint, garlic and olive oil
Roasted broccoli and cauliflower
Cardoni au gratin

Dessert

Strudel with pears and apples