

Slow Meals on Green Wheels

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

A Culinary Tour with a Poetical Twist

The tour

Piemonte is famous for its green rolling hills covered with vineyards and chestnut groves, dotted with ancient medieval villages, castles and churches. It is renowned for its wines, Barbera, Dolcetto, Barolo, Moscato (among others), white truffles, porcini mushrooms and the delicacy of its gastronomy both sweet and savory. Piemontese cuisine features an infinite variety of appetizers, fresh and stuffed pastas, the best meats, tasty vegetables and cheeses and desserts that were invented for kings.

What we will do

Through appreciation of the local art, architecture and territory we will explore the relationship between the mysterious geological forces active below this area's ground and what grows on the surface. We will learn why ancient temples and churches (some of which we will visit) were built near sources of water, the same water that nourishes the long roots of the grapevine and is transformed into this area's famous wines and spirits. We will learn to see our environment with poetical eyes and, through a variety of poetry workshops and exercises, we will learn to register impressions and experiences in poetry under the guidance of Nelly Capra and Esther Kamkar, both accomplished chefs and poets. With hands-on cooking classes we will learn the secrets of combining local ingredients to create gastronomical delights. We will also explore ancient medieval villages, wineries, markets, and the countryside during grape harvest time. We will learn the secrets of amaretti cookies (for which Mombaruzzo is famous), tour the charming city of Acqui Terme, famous for its "Boiling Waters" and spas and pay a visit also to the house of one of the most famous Italian poets, Cesare Pavese. You will meet Nelly's friends and family and directly experience the openness and generosity that the people of this region are noted for.

Where we will stay

Participants will stay in an ancient farm house, beautifully restored and transformed into a charming agriturismo in the middle of the vineyard-covered rolling hills, a short walk from the center of Mombaruzzo, Nelly's father native village.

What we will accomplish

Through experiences in the kitchen, the exploration of the flavors and the spirit of the area and through meeting the local people we will gain new culinary knowledge and a sense of being part of an extended Italian family. Having learned to capture impressions and images on paper we will come home with a collection of recipes and poems to remind us of our Italian adventure.

Program includes:

Local touring of the main sites - Accommodations: 6 nights in Agriturismo. (All rooms have private bath- Double occupancy).
 Breakfasts and dinners (or lunch) - Three dinners will be hands-on cooking classes with chefs Nelly and Esther. Daily poetry exercises and workshops
 Price: \$ 2,300 (based on the current dollar/euro exchange rate) for registrations within 7/15. After 7/15: \$ 2,500.
 Deposit: \$ 500
 Program does not include: air fare, transportation to and from airport, personal expenses and lodging before and after tour dates.
 We reserve the right to cancel or modify touring destinations, depending on weather and other factors
 Maximum number of participants: 12.
 For more information visit: www.ornellacucinaitaliana.com. and to reserve your space: call Nelly at (650) 964-4265 or email: ornella@ornellacucinaitaliana.com

What is new

Garden Parties Picnics in the Park or at the Beach



Celebrate a special occasion, a graduation or simply the fabulous spring weather with friends in your own garden, or in some other favorite nature setting with a gourmet lunch - which may include:

- a variety of appetizers
 - focaccia and vegetable torta
 - salads
 - grilled meats and vegetables
 - desserts (including home-made gelato).
- Call Nelly for details and quotes.



Week 1

Soup Tomato soup and croutons

Dessert Baked stuffed peaches with hazelnut and cocoa

Thursday 7/5

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

Friday 7/6

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



Week 2

Soup Pea soup with mint and crostini

Dessert Strawberries in rose syrup with zabaglione

Monday 7/9

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

Tuesday 7/10 *wheat-free*

Penne with fresh tomato sauce, mozzarella, basil and Parmesan cheese
Beef rolls with ham and provolone in white wine/thyme sauce
Zucchini and carrots with parsley and garlic

Wednesday 7/11 *wheat-free*

Bell pepper and eggplant torta
Chicken thighs with braised orange-flavored fennel and olives
Steamed Swiss chard and potatoes with garlic and olive oil

Thursday 7/12

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

Friday 7/13

Linguine with olive oil, fresh chilli, garlic, Romano cheese
Chicken saltimbocca with ham and sage
Sautéed mixed greens

What is new

Order Now! Torta Pasqualina

The **Genovese** 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

Also available with other seasonal vegetables



Ravioli

Filled with a mixture of home-grown and wild greens with pine nut, sage, garlic sauce and cheese.

- 4 portions: \$ 28
- 8 portions \$ 52



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. Also available frozen.

Week 3

Soup Swisschard and garbanzo beans soup and crostini

Dessert Home made frozen yogurt with seasonal fruit

Monday 7/16 *wheat-free*

Risotto with summer vegetables
Honey-balsamic baked chicken with tomatoes, mushrooms, peppers
Roasted cauliflower with balsamic vinegar

Tuesday 7/17

Rigatoni with fresh tomato/basil sauce and mozzarella
Chicken scaloppine with lemon/caper sauce
Sauteed mixed greens

Wednesday 7/18 *wheat-free*

Roasted potatoes and carrots
Pork chops with white wine and bay leaf
Kale with garlic and onions

Thursday 7/19

Fettuccine with garlic/pine nuts/Parmesan cheese sauce
Beef scaloppine with Marsala sauce
Green bean salad with white beans and garbanzos with fresh herbs and rose vinaigrette

Friday 7/20

Spelt salad with summer vegetables
Grilled chicken breast on lemon and verbena leaves
Cucumber and tomato salad with basil and feta cheese

Week 4

Soup Pasta e fagioli

Dessert Lemon cake bars

Monday 7/23 *wheat-free*

Potato/ham torta on fig leaves
Chicken piccata
Grilled zucchini and eggplant

Tuesday 7/24 *wheat-free*

Turkey chilli with beans
Corn bread with honey butter
Sauteed collard greens

Wednesday 7/25

Pasta e fagioli
Chicken strips with black olives and lemon
Zucchini and bell peppers with parsley and garlic

Thursday 7/26

Fresh fettuccine with summer vegetables and fresh herbs
Beef strips with mushrooms and herbs
Potatoes and green beans salad

Friday 7/27

Risotto with tomato sauce and mozzarella
Frittata with zucchini and mint
Beet salad with orange zest and fennel seeds