

Slow Meals on Green Wheels

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JUNE 2012
MENUS AND NEWS

Announcements

**ITALY
COOKING TOUR
THE NORTH:
PIEMONTE
SEPTEMBER 20-26**



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, Moscato, 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 spirit. 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, who are 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

Dessert Almond/orange cake

Monday 6/4

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

Tuesday 6/5 *wheat-free*

Minestrone genovese
Frittata with greens and herbs
Salade Nicoise with green beans, basil, mozzarella, tomatoes

Wednesday 6/6 *wheat-free*

Risotto with saffron
Chicken cacciatore with vegetables
Zucchini sauté

Thursday 6/7 *wheat-free*

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

Friday 6/8 *wheat-free*

Rice with carrots and lemon zest
Grilled chicken breast with sage
Salad of mixed grilled vegetables and herbs



Week 2

Dessert Lemon cake

Monday 6/11

Penne all'arrabiata
Beef and bell peppers
Shredded zucchini and carrots with parsley, thyme and garlic

Tuesday 6/12 *wheat-free*

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

Wednesday 6/13

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

Thursday 6/14 *wheat-free*

Rice and peas
Broiled chicken breast topped with spicy sautéed diced tomatoes
Green beans and potato salad with garlic and parsley

Friday 6/15 *wheat-free*

Cauliflower and broccoli soup
Chicken thighs with fennel and olives
Steamed Swiss chard and potatoes with garlic and olive oil

What is new

Order Now!

Mandorletti

delicious soft almond cookies



Mandorletti, the delicious gluten-free almond cookie - the perfect sweet gift.

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

1 dz \$ 9.60
2 dz \$19.20
3 dz \$28.80
4 dz \$38.40

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

Dessert Orange flavored panna cotta

Monday 6/18 *wheat-free*

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

Tuesday 6/19

Orecchiette with garlic, olive oil and Romano cheese
Beef stew with peas, potatoes and carrots
Sauteed mixed greens

Wednesday 6/20 *wheat-free*

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

Thursday 6/21 *wheat-free*

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

Friday 6/22

Penne with broccoli, garlic and olive oil
Frittata with asparagus tips and cherry tomatoes
Grilled zucchini and eggplant

Week 4

Dessert Strawberries and zabaglione

Monday 6/25 *wheat-free*

Risotto with Parmesan cheese
Vegetable stew
Green beans and tomato salad with basil

Tuesday 6/26

Linguine with marinara sauce and basil
Chicken piccata with capers and olives
Grilled asparagus with scallions and orange

Wednesday 6/27 *wheat-free*

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

Thursday 6/28 *wheat-free*

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