

# *Slow Meals on Green Wheels*

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

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**MARCH 2012**  
MENUS AND NEWS

*Lunch and Learn:  
Springtime  
on the table*

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

## ***Fall in love all over again...***

*with Italy, your partner, with life!*

Experience spring in the Italian wine country. The perfect backdrop for a week filled with fantastic food, wine and romance. You will have opportunities to meditate, attend daily seminars, learn how to cook regional specialties, tour the beautiful countryside and even, if so inclined, to renew your vows.

Led by Nelly Capra (Italian culture and culinary specialist) and Janet Malzahn (renowned seminar leader and relationship guru).

Dates: April 29 through May 5, 2012

Where: Piemonte, Italy

Cost: \$ 2,900

Group size: 10 people

Cost includes accommodation in double room in Agriturismo La Marlera, all breakfasts and dinners, cooking classes, touring, seminars. Does not include air fare.

## ***Lunch and Learn:***

*Theme of the month*

***Springtime on the table***

This month we will prepare together two delicious and tasty simple dishes: Frittatine primavera (with fresh herbs, new leaves and blossoms) and aromatic green noodles with pine nuts and asparagus. Then we'll have lunch together and you get to take home recipes and left-overs. All in about two hours. From 1pm to 3 pm.

Cost: \$ 39 - Minimum: 5



## What is new

### *San Patrick's Dinner*

*with an Italian twist*

\$ 190 for four

Vegetable strudel with Swiss chard,  
asparagus, zucchini, green beans,  
goat cheese and fresh herbs

Corned beef on a bed of white-wine  
stewed cabbage and kale

Baked leeks and potatoes with  
Parmesan cheese

Panna cotta with mint sauce



March 5-9

### Primi piatti

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Chicken soup with vegetables and fresh  
noodles

Fettuccine with Swisschard, onion and  
goat cheese

Baked spinach and pea risotto

### Secondi Piatti

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Glazed pork tenderloin with pineapple/  
green onion and cilantro

Orange-marinated chicken breast with  
broccoli rabe, almonds and apricots

Vegetable stew with cumin, garbanzos,  
tomato, mixture of root vegetables

### Contorni

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Roasted root vegetables

Kale with garlic, onions and crostini

Stewed lentils

### Dessert

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Mint mini brownies



March 12-19

### Primi piatti

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Rigatoni, tomatoes, raisins and pine nuts

Baked polenta layered with vegetables and  
marinara sauce

Tuscan ribollita soup with kale and beans

### Secondi Piatti

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Turkey meatballs with pine nuts in white  
wine sauce

Golden chicken with cherry tomatoes,  
basil and olives

Cannellini beans and sausage Tuscan-style

### Contorni

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Roasted cauliflower and raisins

Zucchini sauteed with parsley and garlic

Roasted asparagus with balsamic vinegar

### Dessert

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San Giuseppe apple fritters



## What is new

### Springtime Tortas

**Torta with Asparagus**  
**Torta with Leeks**  
**Torta with Swiss chard**

- 6/8 portions \$ 20
- 10/12 portions \$ 30
- 20/25 portions \$ 60



**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

Other sizes available. Also available frozen.



March 19-23

### Primi piatti

Carrot soup with ginger and orange zest  
Risotto with provolone and tomato sauce  
Spaghetti and zucchini/parsley pancakes

### Secondi piatti

Grilled sausage with pickled red onions  
Chicken braised with red wine vinegar and tomatoes  
Frittata with spring greens and herbs

### Contorni

Roasted asparagus with balsamic vinegar  
Olive oil braised leeks with thyme  
Kale with garlic and lemon

### Dessert

Tangerine-flavored panna cotta



March 26-30

### Primi piatti

Squash-leek soup  
Polenta with beans with olive oil and Romano cheese  
Baked rigatoni with mozzarella, basil and marinara sauce

### Secondi piatti

Chicken cacciatore  
Beef scaloppine with Marsala wine  
Tuscan-style roast pork with potatoes and fennels

### Contorni

Sautéed carrots and zucchini ginger and green onions  
Broccoli, orange and olive salad  
Fennel and apple slaw with lemon and parsley

### Dessert

Flourless almond cake with strawberries

