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

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.

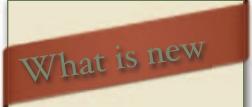
Lunch and Learn: Theme of the month Springtime on the table

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 Ipm to 3 pm.

Cost: \$39 - Minimum: 5





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

Chicken soup with vegetables and fresh noodles

Fettuccine with Swisschard, onion and goat cheese

Baked spinach and pea risotto

Secondi Piatti

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

Roasted root vegetables

Kale with garlic, onions and crostini

Stewed lentils

Dessert

Mint mini brownies



March 12-19

Primi piatti

Rigatoni, tomatoes, raisins and pine nuts

Baked polenta layered with vegetables and marinara sauce

Tuscan ribollita soup with kale and beans

Secondi Piatti

Turkey meatballs with pine nuts in white wine sauce

Golden chicken with cherry tomatoes, basil and olives

Cannellini beans and sausage Tuscan-style

Contorni

Roasted cauliflower and raisins

Zucchini sauteed with parsley and garlic

Roasted asparagus with balsamic vinegar

Dessert

San Giuseppe apple fritters





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 $$24 \times 6$ With meat sauce $$32 \times 6$

Other sizes available. Also available frozen.



March 19-23

March 26-30

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



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

