

# Slow Meals on Green Wheels

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## Lunch & Learn

*Classic Italian recipes with light/no-gluten variations*

*Silk handkerchiefs with pesto*



**MAY 2012**  
MENUS AND NEWS

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

### Lunch and Learn

This month I'd like to introduce some **classic Italian regional recipes** and techniques and their corresponding **light/no-gluten variations**. These alternatives will especially please the palate of those who are allergic to gluten and of those who are watching their calories intake.

### Silk handkerchiefs with pesto

This month we will learn how to make the perfect basil pesto and the silken textured home-made pasta known in Genova as silk handkerchiefs (mandilli de soea). We will also explore other ways to obtain similar textures and tasty results using lighter alternatives, like for instance thinly sliced zucchini "handkerchiefs". At the end of the demonstration we'll have lunch together. Includes recipes and left-overs.

From 1pm to 3 pm

Cost: \$ 39 pp - Minimum 5 participants

### Please Note:

**For lighter Slow Meals menu choices, an extra vegetable dish (contorno) may be ordered in place of the regular pasta/rice/polenta first course at no additional cost.**



## What is new

### *Garden Parties Picnics in the Park or at the Beach*

Celebrate a special occasion, a graduation, Mother's day, Memorial day, 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.



May 1-4

### Primi piatti

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Spinach soup with crostini

Sage-garlic flavored polenta with Parmesan cheese and leeks

Pasta salad with vegetables, fresh herbs and olive oil

### Secondi Piatti

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Artichoke heart frittata

Roast chicken thighs with rosemary and orange slices

Beef scaloppine with sage in white wine sauce

### Contorni

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Sliced tomatoes, celery, radish salad

Swiss chard with garlic, onions and Parmesan cheese

Green beans salad with garbanzo beans and tomatoes

### Dessert

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Lemon custard cups with strawberries



May 7-11

### Primi piatti

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Fusilli with eggplant and marinara sauce

Risotto with saffron

Minestrone with pesto

### Secondi Piatti

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Grilled sausage with white beans and thyme

Chicken braised with balsamic vinegar and bell peppers

Beef stew with peas, artichoke, potatoes

### Contorni

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Spicy broccoli

Zucchini and eggplant stew

Bell peppers and onions with basil and fresh oregano

### Dessert

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Baked pears with spiced white wine syrup



## What is new

### *Mandorletti for Mother's Day*

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

[http://  
ornellacucinaitaliana.com/  
specialtyfoods.shtml](http://ornellacucinaitaliana.com/specialtyfoods.shtml)

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



### Springtime Tortas

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

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



May 14-18

### Primi piatti

- Curried cauliflower soup with ginger
- Red risotto with Parmesan cheese
- Spaghetti with caper and olive marinara sauce

### Secondi piatti

- Grilled chicken breast on lemon leaves
- Pork roast with carrot, onion, herb sauce
- Beef à la pizzaiola

### Contorni

- Roasted brussel sprouts
- Zucchini, carrot, green beans salad
- Sautéed greens with garlic and chili

### Dessert

- Orange cake layered with lemon custard



May 21-31

### Primi piatti

- Penne with pesto and zucchini
- Risotto with spinach
- Pea soup with mint

### Secondi piatti

- Beef strips with Marsala wine sauce and pinenuts
- Turkey rolls stuffed with provolone and topped with diced herbed tomatoes
- Stuffed tomatoes with tuna, eggs and rice

### Contorni

- White and green beans and red onion salad
- Grilled eggplant with garlic and basil
- Asparagus with Parmesan cheese

### Dessert

- Home-made mango gelato

