

Nov 2012

SLOW MEALS ON GREEN WHEELSslowmeals@me.com

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NOVEMBER 2012
MENUS AND NEWS

Pick your favorite 3-item combination. If desired, add dessert, extra servings of torta, soup or lasagna or substitute items. Customized menus available.

Weekly menus**Mondays****Risotto**

Risotto with radicchio/Parmesan cheese
Chicken breast grilled, topped with diced basil tomatoes
Broccoli with black olives, garlic, lemon

Tuesdays**Pasta**

Penne all'amatriciana with pancetta/
tomato sauce
Baked frittata with spinach/mushrooms
Ginger glazed carrots

Wednesdays**Soup**

Lentil and bean soup
Roast pork with rosemary/sage
Butternut squash au gratin

Thursdays**Polenta**

Polenta with kale and Parmesan cheese
Beef scaloppine alla pizzaiola
Bell peppers and zucchini with oregano and garlic

Fridays**Torta**

Torta with mushrooms and squash
Italian lean sausage with
Sweet and sour red cabbage

SLOW MEALS ORDERS SPRING IN SICILY: NEW!

Pick the combination corresponding to the day of the week, send email to slowmeals@me.com specifying your choices, any extra item order, how many servings, your address and phone #.

I will reply with information about delivery times, containers, and payment method.

The cost is \$ 120 for the basic subscription of 6 Slow Meals - serving 6 adults (minimum order is for 2). Each extra meal after the first 6 **in the same month**, will cost \$ 18 each.

Substitutions of same category items (first course/second course/side) are possible for and added \$ 1.50 fee per substitution.

Extra items

Torta, Lasagna, Dessert and Soup can be ordered - in a variety of flavors - in addition to regular 3-item meals or separately (min order 4)

- **Soup (4 serv): \$ 16**

- **Torta (4 serv): \$ 24**

- **Lasagna (4 serv) \$ 28**

- **Dessert (4 serv) \$ 20**

This past month I spent some time in Sicily. It was my first time and I was so charmed by its natural, cultural, artistic, culinary beauty that I decided to add this enchanting region as a new destination for my annual cooking tours. Here are some of the things I'm planning to offer:

- Visit the many charming villages and towns along the northwestern coast (Castellammare del Golfo, San Vito Lo Capo, Marsala)

- Take a boat trip to Scopello's famous beaches, to the Egadi Islands in front of Trapani and to the tiny island -former Phenician colony- of Motia.

- Visit archeological parcs, (Selinunte, Segesta) and the ancient medieval village of Erice,.

- And then of course, sample wines, oils, icecream, granitas, arancini, cassate, fish couscous, seafood pastas, etc. We will have hands-on cooking classes and will learn the secrets of combining local ingredients to create gastronomical delights. The trip will take place in the spring. Details about dates, accommodations and cost coming soon.

THANKSGIVING FEAST: ORDER NOW!

- Appetizers: Platter of home-made marinated vegetables, assorted olives with orange zest, focaccia crostini with herbed goat cheeses
- Maple-glazed (brined) roast turkey with sage leaves under the skin and bacon strips
- Dressing with apples, cranberries, sausage, corn bread, herbs
- Green beans with garlic and herbed toasted breadcrumbs
- Roasted root vegetables with olive oil, rosemary and thyme
- Cranberry sauce with orange and ginger
- Butternut squash, pumpkin and ginger cake with caramelized squash sauce

Special for Slow Meals subscribers (min order 6)

\$ 50 per person.

Substitutions available.

GIVE SWEET ITALIAN THINGS AS GIFTS



Panettone for the holidays

Classic recipe, just like it's been made in Genova for centuries with orange blossom water, pine nuts, fennel seeds.

1 pound \$15.00

1.5 pounds \$21.00

2 pounds \$29.00

Mandorletti

Intensely almondy these traditional, deliciously chewy "amaretti" are made with only three ingredients: almonds, sugar, egg whites. Their slightly bitter aftertaste marries perfectly with a glass of chilled sparkling Moscato di Asti. Ideal as small gifts/ party favors.

(flourless soft almond cookies)

1 dz Mandorletti \$ 9.60

2 dz Mandorletti \$19.20

3 dz Mandorletti \$ 38.40



Spring in Sicily

Castellammare del Golfo

Castellammare del Golfo means Castle-on-the-Sea of the Gulf and its Arabian/ Norman fortress is one of this beautiful village's attraction. It is situated in the Northwestern coast of Sicily in the province of Trapani, about 58 km from Palermo. From here we can easily reach by car or by boat the famous nature reserve Lo Zingaro, and the small town of Scopello, with its well known Tonnara. Other locations well worth a visit are the medieval town of Erice, the temple and amphitheatre of Segesta, the archeological park in Selinunte, the saline near Marsala, the cathedral of Monreale, downtown Palermo and many more. At night Castellammare's harbor comes to life with its pubs and restaurants. Sitting on a terrace overlooking the harbor, you can enjoy some aromatic Sicilian wine, a refreshing granita made with seasonal local fruit, or a delicious seafood meal at one of the many lovely restaurants.

Fish couscous, arancine, pasta con le sarde, timpano, cassata are some of the specialties of this area.

The Sicilian landscape is characterized by rocky mountains, bays, beaches, cliffs, salt pans, woods and many hills with grain, olive trees and vineyards.

