

Feb 2013

SLOW MEALS ON GREEN WHEELSslowmeals@me.com

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**Slow Meals Orders**

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 an 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 servings \$ 16

Torta -4 servings \$ 24

Lasagna -4 servings \$ 28

Dessert -4 servings \$ 20

Spring in Sicily - Culinary Tour in April (New!)

April 15-21

\$ 2400 (double occupancy)

Accommodation in beautiful CasaVacanza Castellammare del Golfo (near Scopello and Guidaloca). 3 cooking classes, daily Italian mini-class, breakfast and dinner included. Touring of major local archeological and natural attractions. Optional day-trip to Isole Egadi. Airfare not included.

Weekly menus**Mondays****Soup**

Lentil soup with crostini
Baked frittata with spinach/mushrooms
Cauliflower au gratin

Tuesdays**Torta**

Torta with green beans and spinach
Italian lean sausage with
Sweet and sour red cabbage

Wednesdays**Risotto**

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

Thursdays**Polenta**

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

Fridays**Pasta**

Penne all'amatriciana with pancetta/
tomato sauce
Roast pork with rosemary/sage
Grilled eggplant and zucchini with fresh herb

Celebrate!

Valentine's Dinner For Two

*Mini strudel with artichoke hearts
Salad with radicchio, endive, yellow and green beans with rose vinaigrette,
served with
home-made fresh herb focaccia
Lemon-zest spinach ricotta green ravioli with pine nuts and sage sauce*

Asparagus and carrot ribbons in Cortese wine sauce

*Zabaione semifreddo with raspberries in orange flower syrup
\$ 120 for two
(includes a bottle of Italian Prosecco)*



***Spring in Sicily: Culinary Tour in April (new!)
April 15-21, 2013***

During my visit to Sicily this past fall 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.

- 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 tiny island - former Phenician colony- of Motia. Optional trip to Egadi Islands
- Visit archeological parcs, (Selinunte, Segesta) and the medieval village of Erice (where we will visit a famous Sicilian pastry shop and taste its delicious "genovesi" and Marsala wine)
- Every morning learn some Italian simple sentences, pronunciation, vocabulary, that will enable you to interact with local people, order lunch or shop at the market.
- Sample the best wines, olive oils, ice creams, granitas, arancini, cassate, fish couscous, seafood pastas, etc. We will have 3 hands-on cooking classes and will learn the secrets of combining local ingredients to create gastronomical delights.

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, 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.

