

## Slow Meals On Green Wheels – November 2009 Menus

www.ornellacucinaitaliana.com

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### Thanksgiving Feast:

Platter of marinated artichokes, zucchini, beets

Assorted olives with orange zest, fennel, chilli

Focaccia crostini with herbed goat cheeses

Maple-glazed (brined) roast turkey with sage leaves under the skin

Dressing with apples, sausage, corn bread, herbs

Green beans with garlic and herbed toasted breadcrumbs

Roasted variety of root vegetables with rosemary and thyme

Cranberry sauce with orange and ginger

Butternut squash, pumpkin and ginger cake with caramelized squash sauce

Special for subscribers: \$ 39 per person. Minimum order: 6

### Christmas Parties: Minimum # of guests: 8.

- Buffet dinner (Slow meal of the day, 2 appetizers, focaccia, dessert): \$ 29 per person
- Ravioli party: Learn how to make squash ravioli with amaretti. Cooking class, recipe and dinner (appetizer, ravioli, entrée, dessert): \$ 48 per person
- Appetizer party (3 appetizers, torta, focaccia): \$ 16 per person
- Dessert party (Platter of Italian cookies, mandorletti, panettone, cake,): \$ 19 pp

### Give sweet Italian things as gifts. Order now your Mandorletti and Panettone.

Mandorletti: \$ 9.60 dz. Panettone: \$ 15.

Gift certificates: available: Mini Slow Meal Deal: \$ 55 (4 Slow Meals)

Slow Meal Deal: \$ 110 (8 Slow Meals)

Slow Meal Plan: \$ 150 (12 Slow Meals)

For information on how to subscribe and featured item pricing, go to:

<http://ornellacucinaitaliana.com/slowmeals.shtml>.

## NOVEMBER 2009

### WEEK I

The following featured items can be ordered in addition to your order:

<b>Soup</b>	Garbanzo beans and Swiss chard soup
<b>Entrée</b>	Lasagna with home-made green noodles and marinara sauce
<b>Torta</b>	Torta with spinach and zucchini
<b>Dessert</b>	Lemon and orange cake with orange-flavored custard

## **MONDAY 11/2**

Tomato and mozzarella pizza  
Italian lean sausage  
Sweet and sour red cabbage with pears and currants

## **TUESDAY 11/3**

Lasagna with home made green noodles and marinara sauce  
Baked frittata with herbs and artichoke hearts  
Carrots, cabbage and apple salad

## **WEDNESDAY 11/4**

Torta with spinach and zucchini  
Beef saltimbocca with sage and white wine  
Green beans and potatoes with garlic and thyme

## **THURSDAY 11/5**

Wheat-free

Rice and peas Venetian-style (Risi e bisi)  
Chicken breast shallow fried and topped with diced basil tomatoes  
Roasted cauliflower with balsamic vinegar

## **FRIDAY 11/6**

Wheat-free

Garbanzo beans and Swisschard soup (with optional fresh noodles)  
Roasted chicken with rosemary potatoes and sage  
Broccoli with black olives, garlic and lemon

## **Week 3**

The following featured items can be ordered in addition to your order

<b>Soup</b>	Butternut/kabocha squash soup with orange zest and crostini
<b>Entrée</b>	Roasted pork loin with rosemary and sage
<b>Torta</b>	Torta with red, yellow and green bell peppers
<b>Dessert</b>	Baked pears in spiced cabernet

## **MONDAY 11/9**

Lasagna with home-made noodles and ragu  
Omelette with sautéed mushrooms  
Green bean and tomato salad with basil

**TUESDAY 11/10**

Torta with red, yellow and green bell peppers  
Roasted pork loin with rosemary and sage  
Honey-glazed root vegetables with spices

**WEDNESDAY 11/11**

Wheat-free

Polenta with cooked-in vegetables  
Chicken arrabbiata  
Fennels and zucchini salad

**THURSDAY 11/12**

Wheat-free

Butternut/kabocha squash soup with orange zest (and crostini)  
Beef scaloppine alla Milanese  
Salad with white and green beans

**FRIDAY 11/13**

Spaghetti with black olives and sage  
Italian sausage and beans with herbed tomato sauce Tuscan-style  
Red cabbage with cumin and balsamic vinegar

**Week 3**

The following featured items can be ordered in addition to your order:

<b>Soup</b>	Chicken and almond soup with crostini
<b>Entrée</b>	Beef saltimbocca with diced zucchini
<b>Torta</b>	Savory torta with squash Genovese-style
<b>Dessert</b>	Apple and pear cake

**MONDAY 11/16**

Semolina gnocchi with Parmesan cheese au gratin  
Chicken piccata with black olives, capers, lemon, white wine  
Roasted cauliflower and broccoli with balsamic vinegar

**TUESDAY 11/17**

Couscous with chickpeas and pistachios

Chicken braised with olives, herbs and white wine  
Salad of mixed grilled vegetables with fresh oregano/mint and garlic

### **WEDNESDAY 11/18**

Chicken and almond soup (with crostini)   Wheat-free  
Glazed pork roast with squash, parsnips and pears  
Sautéed spicy greens

### **THURSDAY 11/19**   Wheat-free

Risotto with mushrooms  
White fish fillet on verbena leaves with white wine  
Bell peppers with oregano and garlic

### **FRIDAY 11/20**

Savory torta with squash Genovese-style  
Pork chops with grape, rosemary and red wine sauce  
Ginger-glazed carrots

### **Week 5**

The following featured items can be ordered in addition to your order:

<b>Soup</b>	Pasta e fagioli with fresh noodles
<b>Entrée</b>	Fish stew with capers, tomatoes, olives Genovese-style
<b>Torta</b>	Caramelized onion and thyme tart
<b>Dessert</b>	Pumpkin/squash cake

### **MONDAY 11/23**

Pasta e fagioli with fresh noodles  
Sautéed chicken breast with orange gremolata  
Herbed potato galette

### **TUESDAY 11/24**                   Wheat-free

Polenta with peas and beans  
Fish stew with capers, tomatoes, olives Genovese-style  
Bell peppers with oregano and garlic

## **WEDNESDAY 11/25**

Penne and fusilli with, garlic and broccoli raab  
Beef scaloppini with Marsala  
Green beans and potato salad with garlic and parsley

## **THURSDAY 11/26**

### **Thanksgiving dinner**

Assorted marinated olives with orange zest, fennel, Serrano chilli  
Herbed goat cheese with focaccia crostini  
Marinated artichokes, zucchini, beets  
Maple-glazed roast turkey with sage  
(dressing with apples, bacon, corn bread, herbs)  
Green beans sautéed with garlic, thyme and butter  
Roasted variety of root vegetables with rosemary  
Cranberry sauce with orange and ginger  
Butternut squash, pumpkin and ginger pound cake

## **MONDAY 11/30**

Caramelized onion and thyme tart  
Salmon and tuna cakes with lemon zest and thyme  
Roasted onions and beets with balsamic and sage