

Slow Meals on Green Wheels

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FEBRUARY 2012
MENUS AND NEWS

*Lunch and Learn:
Romantic
flavors*

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
Romantic flavors

This month we will prepare together two unforgettable romantic treats: pink fettuccine with pine nuts and asparagus tips and zabaglione semifreddo. Then we'll have lunch together and you get to take home recipes and left-overs. All in about two hours. From 1pm to 3 pm.

Cost: \$ 39 - Minimum: 5



What is new

Celebrate!

Valentine's Day

Dinner for 2

Mini torta with artichoke hearts

Salad with radicchio, endive, yellow and green beans with rose vinaigrette, served with home made green onion focaccia

Orange-zest squash ravioli with pine nuts and sage sauce

Asparagus with Pinot Grigio zabaglione

Torroncino semifreddo with raspberries in rose syrup

*\$ 100 for two
(includes a bottle of Italian Prosecco)*



Feb 6-10

Primi piatti

Spaghetti with marinara sauce and mozzarella

Polenta with pinto beans au gratin

Risotto with saffron

Secondi Piatti

Honey-balsamic baked chicken thighs

Pork chops with vermouth and apple slices

Beef scaloppine with Marsala wine

Contorni

Roasted root vegetables

Kale with garlic, onions and crostini

Beat salad with orange zest and fennel seeds

Dessert

Chocolate cake with hazelnuts



Feb 13-17

Primi piatti

Minestrone genovese with pesto

Fettuccine with broccoli rabe

Baked polenta layered with vegetables and marinara sauce

Secondi Piatti

Turkey saltimbocca alla romana with sage

Beef stew with bell peppers and potatoes

Pork roast with lemon and orange sauce

Contorni

Apple and fennel slaw with parsley and lemon

Zucchini sauteed with parsley and garlic

Sauteed mixed greens (slightly spicy)

Dessert

Orange flavored creme caramel

What is new

Cardoni Season!



Torta with Cardoni

Made with tasty, luscious Italian eggplants, fresh ricotta and oregano. Perfect for picnic or as a center piece for a late summer dinner in the garden.

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



Tiramisu

Order Nelly's Tiramisu to celebrate a special occasion or give as a gift. Made according to the original Venetian recipe with Savoiardi cookies, mascarpone cheese and a mixture of Marsala and coffee liqueur, this Tiramisu will leave a lasting memory on your taste buds.

- 6/8 portions \$ 25
- 10/12 portions \$ 40
- 20/24 portions \$ 75



Feb 20-24

Primi piatti

Pasta e fagioli

Risotto with squash

Linguine with spicy garlic sauce

Secondi piatti

Grilled chicken breast topped with diced tomato and basil

Pork medallions with rosemary and sage

Frittata with spinach

Contorni

Grilled zucchini and eggplants

Peperonata

Potatoes and green beans salad

Dessert

Baked apples stuffed with amaretti and chocolate

Feb 27-29

Primi piatti

Minestrone genovese with pesto

Polenta with marinara sauce and Parmesan cheese

Penne alla puttanesca with spicy tomato sauce, capers and black olives

Secondi piatti

Chicken cacciatore

Beef rolls stuffed with provolone and zucchini

Roasted pork tenderloin with potatoes

Contorni

Zucchini with mint, garlic and olive oil

Broccoli au gratin

Sauteed eggplant with parsley and thyme

Dessert

Pear pie with conrmeal crust

