

Slow Meals on Green Wheels

Slowmeals@me.com

www.ornellacucinaitaliana.com

Nelly Capra (650) 964-4265



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MENUS AND NEWS

*Lunch and Learn:
gluten-free
favorites*

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

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Slow Meals à la carte

Starting this month you can design your own menu: pick three items (a first course, a second course and a contorno) according to your taste. Each meal includes a serving of focaccia or other Italian specialty. Add desert for 2 (\$ 8)

Subscriptions:

- 6 Slow Meals: \$ 120 - Includes 6 Slow Meals (one SM serves one adult person). They can be ordered in any of these combination (6 altogether, 3+3 or 2+2+2) Every additional SM beyond the first 6 cost \$ 17.00 only.
- 4 Slow Meals: \$ 96 (ordered altogether).

Available specialties of the month:

This month: Focaccia al Formaggio, Lasagna with green noodles (made with borage), Torta with Cardoni (not to be missed: it's delicious!) and Tiramisu, perfect to celebrate a special occasion or to give as a gift.

Lunch and Learn:

Theme of the month

Gluten-free Favorites

This month learn a couple of simple, tasty ways to make gluten-free treats from scratch such as farinata, polenta with kale and peperonata. Then let's 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

Order Now!

Focaccia al Formaggio

- 6/8 portions \$ 20
- 10/12 portions \$ 35



Lasagna with home-made noodles (white, flavored with garlic or green with spinach and marjoram.

- With marinara sauce \$ 24 x 6
- With meat sauce \$ 32 x 6
- With pesto alla Portofino \$ 32 x 6

Other sizes available. Also available frozen.



week 1

Primi piatti

Garbanzo bean soup with brown rice

Spaghetti with garlic, olive oil and fresh serrano pepper

Polenta gnocchi with Parmesan cheese

Torta with Swiss chard

Secondi Piatti

Honey-balsamic baked chicken with tomatoes, mushrooms, peppers

Pork chops with plum sauce

Beef scaloppine with lemon sauce

Contorni

Roasted root vegetables

Kale with garlic, onions and crostini

Beat salad with orange zest and fennel seeds

Dessert

Lemon and orange cake with citrus glaze



week 2

Primi piatti

Leek and potato soup with crostini

Fettuccine with ragu

Baked polenta layered with vegetables and marinara sauce

Torta with spinach and zucchini (open face)

Secondi Piatti

Turkey saltimbocca with Marsala

Beef stew with mushrooms and artichoke hearts

Pork roast with lemon and orange sauce

Contorni

Apple and fennel slaw with parsley and lemon

Green and yellow bean salad with tomato and basil

Sauteed mixed greens

Dessert

Panna cotta with ginger



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



week 3

Primi piatti

Beans, garbanzos and black eye pea soup with sage

Risotto with spinach and Swiss chard

Linguine with pesto and peas

Torta with eggplant

Secondi piatti

Roasted chicken thighs with herbs

Pork scaloppine with bay leaf/white wine

Frittata with artichoke hearts and zucchini

Contorni

Grilled zucchini and eggplants

Peperonata

Potatoes and green beans salad

Dessert

Baked Pears with cabernet/orange peel and spices

week 4-5

Primi piatti

Minestrone genovese with pesto

Polenta with garlic/chilli flavored olive oil and Parmesan cheese

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

Torta with red risotto

Secondi piatti

Chicken cacciatore

Pork chops with olives and lemon

Eggplant Parmigiana

Contorni

Zucchini with mint, garlic and olive oil

Roasted broccoli and cauliflower

Cardoni au gratin

Dessert

Strudel with pears and apples