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THE COMPLIMENT

The other night about 11 pm, I was locking up the store, when a happy couple walking by slowed down for some small talk.

"Working hard?" she asked. I told her, "no, today I only worked a half day, only 12 hours!" I recognized this woman; She is the Chicken Dinner and Flat Bottom Meatballs lady. But I couldn't place her partner, I don't know what this person eats. We usually associate our customers with what they eat. There are the Pesto People, the Lasagna Lady, the Marsala Man, the Gnocchi Girl, the Chimichurri Chap, the Squash Soup Senorita, the 1/3 of a pound of Italian Speck Savant. The list goes on and on...

Her friend then suddenly turned to me and said, "just looking at you...("yeah...?" I wondered) makes me hungry!"

***The Marsala
man***

I smiled and with a sense of relief proclaimed, "why, that is the nicest thing a guy has ever said to me!" As I arrived at my car and they kept on walking, I heard the fellow say, "honey let's go home and defrost something."

It makes me feel great to know that in a small way, we really do make some people quite happy. I wonder what they defrosted that night...lasagna, maybe some meatballs? Empanadas perhaps? Next time I see them I will make sure I ask.

DON'T BREAK THE BANK 4 Meals for 4 for around \$20

Feeling the pinch? Capone Foods wants to remind you that good food does not always have to cost a bundle. We have comprised four simple meals using our products... each is food enough for four and totals around twenty dol-

Chicken Dinner Over Fresh Pasta

1 Chicken Dinner:
\$9.95
1 lb. any flavor fresh pasta:
3.95
1 lb. Plum Tomato Basil Sauce:
4.95

\$18.85

Eggplant Dinner or Flat Bottom Meatballs would also work.

Italian Sausage Subs

Italian Sausage (1 package)
\$5.95
2 Clear Flour French Baguettes
5.00
1 jar Mancini Fried Peppers
3.95
1/2 lb. Fresh Mozzarella
3.50

Empanada Dinner

2 Packages Empanadas
~~\$18.40~~
\$15.40

To make these subs even tastier, toast the entire thing in the oven for a few minutes to melt the cheese.

Pizza with Hot Sopressata and Olives

"00" Pizza Dough	\$2.95
1 lb. Pizza Sauce	
2.95	
Cheese Blend for Pizza	
2.95	
1/4 lb. sliced hot sopressata salami	~
2.50	
1/4 lb. Spiced Pitted Sicilian Olives	<u>2.50</u>

\$15.35

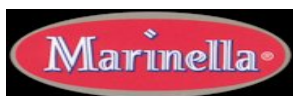
What a deal ! Every night should be pizza night !

THE OLIVE OIL

A rabbi walked in the store, (no, a priest did not come in later) and asked me which was the best olive we carried. I asked him what style he liked, mild soft buttery types or more assertive, green and "grassy" tasting. To my amazement he said he really didn't care about the taste and wanted extra virgin olive oil because he read about the health benefits. Once I got over the shock, I said, "well you might as well buy something that also tastes good," and after sampling a few oils he happily left with a bottle of our wonderful Falconero from Sicily. I always knew that olive oil was good for you but now the latest studies show that this monounsaturated fatty acid is one of the best "healing fats" you can consume. And while all olive oils provide monounsaturated fat, "extra-virgin" or "virgin" olive oils are the least processed and contain the highest levels of polyphenol, a powerful antioxidant. Who knew? I realize olive oils have these special attributes, making it a very healthy food, but I find them to be much more desirable when used for that special flavor they add to meals. I wonder what came first for the Ancient Greeks, Spanish and

*Tastes Great &
Good For You*

THE SPECIAL OFFER



I am always asked to recommend a good "every day use" olive oil and vinegar. I think one of the best combinations comes from one of our favorite suppliers, D. Coluccio & Sons. Their Marinella Brand extra virgin olive oil is premium quality first cold pressed, smooth and warm tasting and can be used on salads and cold vegetables, or to add flavor to sautés and sauces. Marinella 8 year old balsamic vinegar is rich and bright, with good acidity. They are already a very good value when purchased alone, but now you can save even more when you buy them together.

34 oz. oil and 17 oz. vinegar,

SAVE THE DATE

5. Keep heat on low as you slowly stir in the Pecorino Romano.
6. Serve hot and enjoy!

THE FAST FOOD

Pasta with Tomato, Spinach and Pecorino Romano

Serves 4

- 1lb. fresh egg linguini
- ½ cup finely grated Pecorino Romano
- 1 bag of baby spinach (aprox. 10 oz.)
- 3 medium sized tomatoes, cubed
- 2 cloves garlic, minced
- ½ cup extra virgin olive oil

1. In a large skillet, sauté the garlic in olive oil over medium low heat for approximately 3 minutes.
2. In another pot, boil water and cook fresh pasta for 1 minute (a little firmer than al dente). Save some cooking water
3. Add cubed tomatoes to the skillet and cook them with the oil and garlic until soft. Add spinach and cook until almost wilted .
4. Lower heat, add the pasta, fold everything together, and add some of the cooking liquid.

THANK YOU !

April marks the one year anniversary of the opening of Capone Foods Cambridge. We would like to thank all of our customers - old and new - for your continued support. We had a great year in Cambridge and could not have done it without you.



*The Cambridge
Store Turns 1 !*
