

CAPONE FOODS

FRESH PASTA AND SPECIALTY FOODS

FALL 2002

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Autumn Leaves, Pasta Dreams...

STICK TO FOOD

You know times are changing when one can get into more trouble by talking about politics than by talking about sex. A short political debate used to be OK, even a good thing for democracy. So, I did my duty and engaged in frequent political discussions with my sophisticated and knowledgeable customers. Unfortunately, these discussions about politics tended to distract people from the lovely cheeses and chocolate, the pasta and prosciutto, the sauces and sausages. It was costing me money. On the other hand, if we accidentally started talking about sex and making jokes everyone would be smiling and laughing and getting hungry. So, from now on politics are taboo at Capone Foods. Take your choice: Food or ...whatever.

(If I were you I would stick with food.)

WHAT'S NEW

For most of the summer I have been experimenting with Swiss chard. It has a good texture and color, stands up well to stronger seasonings, and is oh-so-good-for-you. One of my restaurant customers who likes our *Torta Pasqualina* (\$7.95) asked us to create a chard ravioli. The final result is the *Swiss Chard Ravioli* (\$5.95) - plain egg wrapper stuffed with Swiss chard, fresh ricotta, cave aged gruyere cheese, shallots and pancetta. These ravioli are nutritional powerhouses and, like most things in the store, really good with plum tomato/basil sauce (\$3.95).

*Nutritional
Powerhouse
Ravioli*

A little lasagna goes a long way, and a big lasagna goes even further. A local caterer asked me to create a large, party-sized lasagna for events and I decided to make extras for our retail customers. It has the same ingredients as our popular cheese tomato lasagna but weighs in at seven pounds. I was inspired to call it *The Big Lasagna*. It serves 12 or more and, for \$19.50, it is a good deal.

We have one of the largest selections of anchovies in town, including the top-of-the-line Nardin brand. For those seeking authenticity, we offer the salted variety (\$18.00/lb.) and really good marinated boquerones. And finally, the good tuna is back: Ormaza white meat (\$3.25) and Flot brand tuna belly (\$5.95).

SPECIAL OFFER

Try our new *Swiss Chard Ravioli* for only \$4.95, one dollar off the regular price, during the months of October and November.

FEATURED CUSTOMER

Instead of the usual focus on a favorite chef or restaurant, this issue spotlights a local tap dancer, Josh Hilberman, because he has been badgering me to give equal time to our retail customers. It is not a bad idea. He has really good taste in chocolate, cheese, pasta, and pesto sauces.



Furthermore, he will probably leave me alone if I give him some free publicity for the tap dance extravaganza (including the *Kamikaze Jitterbug*) he is staging with twenty local and international artists and a live jazz trio at the Regent Theatre in Arlington Center, MA, on November 1, 2002. Please attend and show support for your fellow retail customers.

RHYTHM AT THE REGENT
Ticket sales: 781-646-4849

HAVE YOU HEARD OF THIS?

Montassio cheese (\$8.50/lb.) comes from the Venezia Giulia region in Northern Italy where it is used to make a tasty snack called “frico”. Pour a tablespoon of olive oil into a nonstick frying pan and turn the heat on low. Sprinkle a very thin layer of grated montassio over the pan and flatten with a spatula. When the crisp turns a light golden color, flip it and sauté the other side until light golden. Pour off excess oil and blot lightly with paper towels. Serve with a glass of dry white wine or prosecco.

Check out our new handmade chocolate truffles from Choco Choco house. The Grand Marnier Choco Choco Hand Bag (\$12.50) consists of six dark chocolate ganache truffles flavored with Grand Marnier and encased in harder dark chocolate shaped like a hand bag, with an edible gold clasp.

***Edible
Gold
Clasp***

FAST FOOD

Here are two soups that will satisfy cravings brought on by cool autumn weather. Both are super fast. Each recipe serves four.

Plum Tomato Basil Soup

1 pt. Capone’s Chicken Stock
1 pt. Capone’s Plum Tomato/Basil Sauce
1/2 lb. Fresh small shells macaroni
1/4 cup Fresh grated parmesan cheese

1. Bring two quarts of water to a boil with 1 tbs. salt.
2. Bring the chicken stock and plum tomato sauce to a simmer in the same pan. The sauce is chunky; puree in a blender if you wish a smoother texture.
3. Boil the macaroni for one minute and drain immediately.
4. Add the macaroni to the soup, simmer for one minute longer and serve. Do not leave the macaroni in the simmering soup too long or it will become mushy.

Sprinkle a tablespoon of parmesan on each bowl or pass at the table.

Garnished Cream of Squash Soup

2 pts. Capone’s Squash Soup

Heat the soup until hot, but do not boil. Ladle into soup bowls and garnish each bowl with a tablespoon or two of any of the following:

- Sautéed caramelized shallots
- Chopped scallions
- Basil pesto (one tsp. per bowl)
- Croutons sautéed in olive oil until crunchy
- Crispy pancetta or bacon
- A drizzle of Austrian pumpkin seed oil

While your soup is heating, prepare a salad of mixed greens and a platter of assorted meats and cheeses. Serve a loaf of crusty Clearflour bread, and a bottle of light red wine, such as a dolcetto, or a white pinot grigio. Enjoy.