

CAPONE FOODS

FRESH PASTA AND SPECIALTY FOODS

SPRING 2002

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Spring for Pasta....

OBSESSED AGAIN

As spring rolls around again and the birds and the bees are busy at whatever, I am overcome by obsessive thoughts. Most men think of you-know-what; nothing to be ashamed of, but it is annoying. I try to divert myself by thinking about baseball. I try pinching myself. Even when I am in the dentist's chair, my mind flowers with the same wild fantasies. The worst time is in the morning when I drive in to work. By the time I hit Porter Square there is smoke coming out of my ears. I am thinking, hey, *combinations!*

Fregola with Chicken Dinner, together, on the same plate.... I am thinking Duck Sausages, roasted, and Torta Pascualina, steaming hot. It is spring and I am by food obsessed....

WHAT'S NEW

There are several new dinners in the freezer compartment. Fregola with Mushrooms (\$7.95) is based on toasted Sardinian pasta that resembles large couscous. The combination of mushroom cream sauce and fregola is very light and suitable either for a side dish with chicken or fish, or as a delicate first course.

My favorite is Torta Pasqualina (\$7.95). I discovered that the pleasant, earthy flavor of Swiss chard combines well with mushrooms and a light béchamel sauce, so I layered this filling between sheets of egg pasta and topped it with Asiago cheese. Presto. Flavorful and very nutritious.

*For
Adults,
Too!*

If you are one of the many readers who buys our Stuffed Shell Dinner (\$5.95) to serve to your kids, I would like to point out that we add roasted pepper to the filling and top it off with Tomato Basil Sauce so adults will find it equally appealing. This is real food for real people.

The following heating technique works well for all of our dinners. Loosen the top of the package and microwave for ten minutes. Allow it to rest for five minutes and heat it again for ten minutes. Make a salad or vegetable, and drink a glass of wine while you are waiting.

SPECIAL OFFER

Try our Torta Pasqualina, my favorite, for only \$6.95 for the months of May and June.

FEATURED CUSTOMER

The Solea Restaurant and Tapas Bar is a member of the same family that includes Dali and Tapeo. It opened last year in the dark days of November but proved to be remarkably resilient and appealing. Like all the Dali offspring, it has a spirited atmosphere and its own personality. The décor is upscale casual, and the lighting gives everyone a warm glow.

Chef Mikail Kysiak has over thirty hot and cold tapas on the menu, along with a small number of well-prepared Spanish, Portuguese, and Latin entrées. Try the paella or the lamb shank in red wine. Great sangria and sparkling Cava.

Solea is in Waltham, a fifteen-minute drive from Boston or Cambridge. 388 Moody Street. Check their website (www.Solearestaurant.com) for directions or give them a call: 781-894-1805.



HAVE YOU HEARD OF THIS?

Many people ask about the paella kit behind the counter. Besides being eye catching, it contains some of the best ingredients in the shop. The paella rice is Calasparra, the finest rice in Spain, and the roasted piquillo peppers are the top of the line. The La Chinata paprika, sprinkled on sautéing onions, will produce a true smoky and slightly spicy Spanish flavor.

All of this comes neatly packaged with a real steel paella pan.

Only The Best...

Add a dollop of olive oil, onions, chorizo sausage, chicken or rabbit, shrimps, scallops, clams, peas, and Capone chicken broth. Presto: authentic saffron paella.

At \$55.00, the paella kit is perfect wedding or graduation gift.

FAST FOOD

Last month we gave away complimentary containers of tortellini, sauces, and cannoli to diners who attended Capone night at the Independent Restaurant. Chef Mark Usewicz got rave reviews again, but many people told us they really enjoyed the tortellini. It is remarkably simple and quick to prepare.

Tortellini Bolognese with Two Sauces

2 packages	Capone's Tortellini Bolognese
6 oz	Capone's Basil Pesto
8 oz.	Capone's Tomato Basil Sauce
2 oz.	Fresh ground parmesan cheese

1. Bring four quarts of water to a boil with 2 Tbs. salt.
2. Separate any tortellini that are stuck together and add them to the boiling water. Stir occasionally.
3. Warm two separate bowls with hot water.
4. Defrost the pesto and the tomato basil sauce in the microwave. Heat the tomato basil sauce in a small pan until it begins to boil.
5. The tortellini take about eight minutes to cook. They should be al dente. Dip about ¼ cup of the boiling pasta water into a cup. When the tortellini are done, drain and divide between the two warm bowls. Sauce one bowl with pesto and the other with tomato basil sauce. Add a little of the pasta water to the basil pesto tortellini and stir until it is a little creamy.
6. Serve the two different tortellini in the same flat soup bowls but do not mix them.

For a small, elegant dinner start with an appetizer of spring asparagus in a vinaigrette with a few garden-fresh radishes for color. Follow the pasta with a mixed salad and Clear Flour crusty bread. All these flavors go well with a dry chardonnay from the Frulia region of Italy.