

CAPONE FOODS

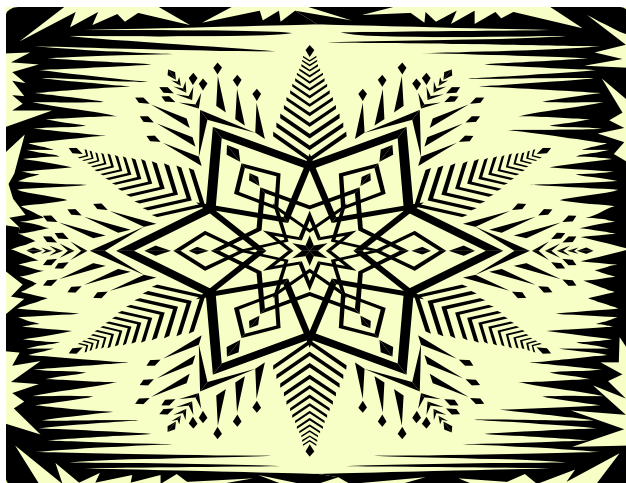
FRESH PASTA AND SPECIALTY FOODS

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Pasta Prevents Colds....

CLEAN LIVING

Two years ago the medical charts indicated I was severely overweight and I had to do something or face potentially severe complications. I took a serious look at low carbohydrate diets. It was depressing, but I read seven books and gathered a ton of information. Soon, I found myself reading nutritional labels in the supermarket for the first time in my life. After eating a ton of spinach and baked chicken breasts my militant approach paid off and I lost almost 50 pounds. It was really boring, however, until I remembered I was in the food business and I began developing new products I could eat. First came sausages, then the eggplant dinner, quickly followed by our Mushroom Napoleon, Bolognese Lasagna, mushroom stock, chicken stock, and oh, oh... the cream sauces - Alfredo, Porcini and Newburg. Now, some experts claim that high fiber, whole grains, low fat, exercise, no alcohol, and all the rest of the clean living program are vital to your well being. I guess so, but if this becomes too much for you, we have a rich, custardy, sweet, comforting and full of carbs, Bread Pudding. Our motto for 2002:

Clean Living, in Moderation!

WHAT'S NEW

We have some new products that are just flying out the door. Our new Squash Soup (\$3.95) is extremely velvety. We roast butternut squash first to intensify the flavor, puree with chicken stock and add a little ginger, nutmeg and cream. Try it with a little drizzle of truffle oil or Austrian pumpkin seed oil.

Strata (\$7.95) is my other new favorite. In Italy a strata is a layered, savory bread pudding. Ours is savory but not exactly layered. We combine chunks of pan loaf bread with sautéed mushrooms, shallots and garlic, spinach, cave-aged Gruyere cheese, eggs, a little cream, milk, nutmeg and top the whole thing with Asiago cheese and roasted garlic. Straight from the freezer it should be cooked in the microwave in about 15 minutes. Let it rest for ten minutes and serve it with a mixed salad. It is very light and satisfying. Theoretically it serves two, but I have cousin who can eat a whole one by herself (and she is not very big, either...).

In the freezer cabinet there are two lasagnas. The one I call "Traditional" (\$6.95) has a tomato and basil sauce with garlic, onion and spices. We layer our special egg pasta sheets with sauce, ricotta, mozzarella, and top with plum tomato sauce. People buy three or four at a time and keep them in the freezer for parties or nights when they do not care to cook. Our Bolognese Lasagna (\$7.95) has a long simmered Northern Italian pork based meat sauce with only a little tomato. It is lighter and more subtle than the Traditional.

According to the *New York Times* it takes two days to make a good lasagna. We save you all that time, and we might just change the quality of your life.

*Eat the
Whole Thing
Yourself...*

SPECIAL OFFER

Try our velvety Squash Soup at only \$3.50 per container (enough for two servings). Offer good through the end of March.

FEATURED CUSTOMERS

Suddenly we have three really good “destination” restaurants in Union Square. Instead of focusing on just one, I want to describe all three.

Macondo, a Latin Grill and Bar, is downstairs in the space occupied by the old Elephant Walk. Their unique food and cozy bar recently received a good review from the *Boston Globe*. Right now, Chef Paul Sussman is serving a lemon linguini with grilled squid, smoked tomato, roasted garlic, poblano peppers and salsa verde.



Two doors down, is *The Independent*, a new Irish Pub and Restaurant. There are two separate rooms - one, a cozy oak-paneled traditional pub, and the other a modern, sophisticated restaurant. Chef Mark Usewitz trained in France, and incorporates a number of Mediterranean influences in his New American Cuisine. His brandade raviolo is paired with seared cod and spinach and his vegetarian torta with goat cheese, mushrooms and swiss chard with sun choke puree is spectacular.

In the next block is *eat*. We are fans of the warm, casual atmosphere and Chef Nick Speros’ satisfying bistro dishes. This Valentine’s Day he is creating a special ravioli stuffed with fava beans and shallots and sauced with chestnuts, fennel and baby onions. Bring a close friend....

HAVE YOU HEARD OF THIS?

There is a lot of balsamic vinegar on the market, some good and some bad, but I was surprised to read an article not long ago where a very inexpensive bottle with no particular credentials beat some very pricey competitors which had six, eight, even ten years of age. Our older balsamics are usually better than the younger ones, but I did some research and discovered that age is not everything.

*Balsamic Vinegar
of Reggio Emilia*

Balsamic vinegar originated near Modena, Italy and the best ones are designated with “*Reggio Emilia, DOC*”, and legally regulated like fine wine. They do not have an age claim, and are classified by a committee, according to their taste, as “Red”, “Silver” or “Gold”. It sounds like marketing, but these three vinegars are the best I have ever tasted. Sprinkle a few precious drops on strawberries, Parmesan cheese, or goose liver.

FAST FOOD

I have been experimenting with unsealed ravioli. Here is a triple decker that is quick and delicious.

Deconstructed Ravioli with Shrimp and Spinach

1 sheet Saffron pasta
8 Medium shrimp, about 1/2 lb.
6 oz. Capone’s Alfredo Sauce with Shallots
3 tbs. Milk
1/2 lb. Fresh spinach
1 Fresh tomato
2 tbs. Chopped Italian parsley
Olive oil and flour for dusting
Salt and pepper to taste.

1. Bring four quarts of water to a boil with 2 tbs. salt. Set oven to 375 degrees and preheat.
2. Warm Alfredo sauce in sauce pan and thin with milk.
3. Fill a large bowl with cold water. Cut the sheet of pasta in half, lengthwise. Drape a half-sheet over the handle of a wooden spoon, carefully dip into boiling water, blanch for 30 seconds, and immediately remove to bowl of cold water. Repeat with second half-sheet.
4. Shell shrimp. Make a thin incision along the length of the back with a sharp knife and remove the vein. Flatten slightly with the heel of your hand.
5. Wash the spinach carefully and remove stems. Place in a bowl and pour two cups of boiling pasta water over the leaves. Drain after the spinach wilts - about 2 minutes-and squeeze lightly. Seed and chop tomato.
6. Oil a baking pan and dust lightly with flour.
7. Cut each half sheet of pasta into thirds. You will be making two stacks of pasta, three layers each. Place one square on the baking pan, top with four shrimp, and dot with 2 tbs. of Alfredo sauce. Cover with a second square of pasta, add half the spinach, 2 tbs. sauce, and top with the third square of pasta. Spread 2 tbs. of sauce over the top square and sprinkle with chopped tomato. Repeat steps to make the second “ravioli”.
8. Bake for about 20 minutes. While the pasta is baking, chop the parsley.
9. Remove each ravioli to a warmed plate. Sprinkle with parsley.

Serve with a glass or two of Prosecco, the sparkling wine of the Veneto region of Italy.