

# CAPONE FOODS

## FRESH PASTA AND SPECIALTY FOODS

SUMMER 2002

Capone Foods  
14 Bow Street, Somerville, MA 02143

Phone: (617) 629-2296  
Fax: (617) 776-0318

e-mail: [albert@caponefoods.com](mailto:albert@caponefoods.com)  
[www.caponefoods.com](http://www.caponefoods.com)



*Sun shines, pasta reigns...*

## JUST DO THE MATH

**S**erving pasta to your family on a regular basis can have a major impact on your child's future. I figured this out the other day on my way in from Porter Square. A Capone Bolognese Lasagna, broccoli, and a big salad costs about \$4.00 per person, compared to about \$8.00 for a steak, potato, and salad. Choose Tomato Basil Ravioli and Pesto Sauce, or Egg Pasta and Ratatouille, and you save even more. I ran the numbers. If you save an average of \$8.00 each night by serving an interesting pasta combination, instead of a standard dinner, you will end up with about \$2,500 at the end of the year. Invest your savings conservatively and in ten years, compounded annually, you have \$37,000. Invest more aggressively and pasta savings may add up to \$70,000, enough for a year at a really good private school (in 2012.)

**Eat more pasta, support higher education!**

In addition to subsidizing my own kid's education, please note that this proposition makes more sense than most of the credit card offers you get through the mail, and promises to taste better as well.

## WHAT'S NEW

**I** took some time off from redesigning our labels to make a few improvements. We spiced up the Tomato Basil Ravioli (\$4.75/lb) by adding a little more sun dried tomato, shallots, garlic and olive oil to the ricotta filling. They have a firm texture and are both savory and colorful with our basil pesto (\$3.45/sm.) I want everyone to try these ravioli so we are making a Special Offer that you can not refuse (see below.)

The new and improved Lobster Sausage (\$5.95/6 oz.) is getting raves from the foodies. We changed the filler to a scallop and shallot mousse to better show off the pink lobster chunks. Making this sausage has more stages than the Big Dig, but the flavor is quite exceptional. I have been grilling and serving them with a tangle of baby lettuces. They would also be perfect, sliced thinly, in the center of a cool, well seasoned tomato broth.

---

*New and Improved...*

---

The next Capone Night at the Independent Restaurant will be July 24. Chef Mark Usewicz has created another fine menu with ingredients we selected from our counters and shelves. We will be making a special Swiss chard Ravioli that Mark will pair with native striped bass. And, I brought in a special gorgonzola dolce for a fresh fig appetizer. Reserve now....

## SPECIAL OFFER

**F**or retail customers only, July and August, one package of Tomato Basil Ravioli and one small container of Capone's Basil Pesto for \$7.00 (normally \$8.20).

## FEATURED CUSTOMER

**L**ucca in the North End is enjoying consistently strong business in a tough economy. Maybe it is because of the lively, contemporary atmosphere and big windows that open onto the street. More likely, it is the really fresh fish, or the potato lasagna with wild mushrooms, or the pappardelle with a signature Bolognese sauce that has just a little smoked tomato to make it really interesting. (However, to those in the trade, I would like to point out that he uses a lot of our pasta, size-proportioned to save time and avoid waste, which just might be the secret of his success.)



Chef Frank Santonastaso has created the right combination of Northern and Southern dishes, and a pleasant bar to draw a young and knowledgeable crowd. Way to go...

226 Hanover Street, tel. 617-742-9200.

## HAVE YOU HEARD OF THIS?

**I**t was a good spring for goat cheese in France this year, so I added some special items from the Loire and Provence.

- Selles-sur-Cher. (\$6.95). This gold medal winner is smooth and light with a lingering after-taste. Spectacular!
- Pouligny-Saint-Pierre. (\$6.95). Slightly dense, delicate and complex, in a classic pyramid shape.
- Galoubet. (\$4.25). A thin log, from Provence covered with herbs and mold. Unusually creamy in the center. The rind is exceptional.

---

*Classy  
Goats...*

---

In addition, we have very good Crottin de Chavignol, Bucheron, Buche Blanc, and Saint-Loup, a soft ripened goat cheese resembling Camembert. Try a selection with a loaf of crusty bread and a chilled Sancerre.

## FAST FOOD

**I**t has been hot lately, too hot for cooking, so I started thinking about all the products we have that can be served cool. For example, I boiled a pound of fregola (\$4.95), the pearl shaped, toasted pasta from Sardinia, for 12 minutes and 47 seconds, rinsed it with cold water, dressed it with a small amount of olive oil to keep it from sticking, and stored it in the refrigerator. A cup of fregola contributes a pleasant texture to a salad of chopped vegetables, and adds body to a quick, cold soup of puréed tomatoes, chopped onion and basil.

For guests, here is a fast, light summer meal:

### Ratatouille and Mozzarella Salad

1 Pt. Capone's Ratatouille sauce, thawed  
½ Lb. Calamata olives, pits removed  
1 Tbs. Good red wine vinegar  
3 Balls of fresh mozzarella  
1 Head of Romaine lettuce, rinsed  
1 Tbs. Balsamic vinegar  
3 Tbs. Extra Virgin Olive oil  
Salt and pepper to taste.

1. Cool four dinner plates in the refrigerator.
2. Add the olives and red wine vinegar to the Ratatouille (our chunky sauce of eggplant, celery and onions).
3. Slice the mozzarella into ¼ inch slices.
4. Rinse the whole inner leaves from the romaine, pat dry on paper towels, and dress with the balsamic vinegar, oil, salt and pepper.
5. Arrange the lettuce on the top half of the plate like spokes from a wheel. Divide mozzarella into four servings and lay them in overlapping slices in a circle over the bottoms of the lettuce leaves. Place Rattatouille and olives in the center of the circle.

Serve with a loaf or two of crusty Clear Flour Bread, a bottle of cold French Rose, or Italian Pinot Grigio. For guests with bigger appetites, offer a platter of prosciutto, salami, and other cold cuts. Manga.