

CAPONE FOODS

FRESH PASTA AND SPECIALTY FOODS

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You Should Sell This At the Store

It all started when Elizabeth, daughter #2, 22 years old, while on a break from college, asked me to make one of her favorite dishes: eggplant parmesan. After tasting it, the first thing this sweet and gentle English major who graduated cum laude said to me was, "You should sell this at the store." Then Ashley, daughter #4, 18 years old, a natural born swimmer with an artistic mind, participated in some soup trials. She loved the butternut squash and said, "You should sell this at the store." Next, Pamela, daughter #3, almost 21, the outspoken, neat-freak journalism major, tasted the chicken dinner and it became her favorite, so she told me, "You should sell this at the store." She also likes the Golden Potatoes — they taste great and fit in the pan nice and evenly. Jennifer, daughter #1, 26 years old, "the queen," is really into healthy eating and has been lobbying me to make a dish that is low-fat, low-calorie, vegetarian, high in fiber, has lots of protein, and still tastes great (!). So I stole one of my mother's recipes and prepared some lentils with garlic, celery, and other condiments, just the way she makes them. After meeting all of Jenny's demands, especially the one about taste, I was told, "You should sell this at the store." Last, Alexandra, daughter #5, almost 13, the future banker in the family who hoards money, loves to read, rides a mean Go Kart, and is very quiet ... after biting into a freshly made, traditional empanada, mumbled to me, "You should sell this at the store."

All these compliments make me feel great, but I think Mary, wife #1 (the only one), is behind all this encouragement. You see, she hardly has to cook anymore. Her favorites are Bolognese Lasagna and Chicken Ravioli.

Check out the lentil recipe on the back of this page.

What's New

ARGENTINE-STYLE EMPANADAS: Delicate, flaky dough filled with a mixture of ground beef and pork flavored with caramelized onions, red bell peppers, and green olives. Redolent of cumin spice. Brand new and on special this fall (see below).

FROM FERRER IN BARCELONA, SPAIN: Gazpacho Soup, a puréed version, with tomatoes, garlic and cucumber, 4.95. Catalan-Style Tomato Sauce, made with fried tomatoes and almonds, 3.95. Brava, a zesty sauce with tomato, sunflower oil, sugar, vinegar, almonds, garlic, and spices, 3.95. Romesco Sauce, a thick, tomato-based sauce with garlic, vinegar, almonds, and hazelnuts, a traditional condiment for fish and meat. All i Oli, a spreadable garlic-and-oil sauce, 3.95.

**Homemade empanadas,
bottled Spanish sauces,
dolce wine vinegars**

WINE VINEGARS: Moving beyond balsamic vinegar, we have just received four terrific sweet wine vinegars made from Cabernet (11.95), Merlot (9.75), Chardonnay (8.95), and Muscatel (8.95) grapes. Be the first one on your block to dress a salad with these Very Special vinegars.

Special Offer

TRADITIONAL ARGENTINE-STYLE EMPANADAS. We managed to capture the distinct flavor and texture of this Argentine classic so well, you'll hear Tango music playing in the background when you bite into one. Regular price \$7.95, special price \$6.95 for six empanadas ready to be baked.

Featured Customer

Savoror's Market

Al and I go way back," said Ron Savoror, owner of the venerable, Beacon Hill specialty-food store Savoror's Market. Savoror's was Capone Foods' very first wholesale customer, back in the early 1970s, when our business was located in Haymarket Square and Al's dad was boss. Julia Child used to shop there, and other famous chefs have followed suit. Savoror's offers custom-cut prime meats and exotic game (emu, lion, and ostrich, among others), seafood, fresh baked goods, cheese, organic produce, and, of course, Capone's fresh pasta. Flavors include lemon, whole wheat, black pepper, and garlic & parsley. They also carry our Alfredo with Shallots sauce. "I like the quality of the product," said Ron, explaining the secret of his business' long relationship with Capone's. The market, located at 160 Charles St. in Boston, has been in business for 65 years. Tel: 617-723-6328.

Fast Food

Lentils, the way my mother makes them

Serves 4-6

Save your finest olive oil for this dish. As a final touch of elegance, just before serving, drizzle a tablespoon or so on each dish of lentils.

2 tbsp	extra virgin olive oil, plus more for serving
2	large shallots, chopped
2 oz	pancetta, diced
4	cloves garlic, smashed
1 cup	celery, including leafy tops, chopped
1	bay leaf
2 pints	Capone's chicken stock
1 1/2 cups	Castelluccio or other lentils
3/4 lb	small Capone's fresh pasta shells
4 quarts	water
	salt and pepper to taste

1. In a saucepan large enough to hold all the ingredients, heat olive oil, then add shallots and pancetta. Cook on medium heat for 3 minutes and 28 seconds. Add celery, garlic, and bay leaf. Continue cooking for 3 minutes and 10 seconds. Add lentils, chicken stock, salt, and pepper.

2. Bring mixture to a boil, then lower heat and simmer for about 30 minutes or until lentils are done to your liking.

3. Meanwhile, in another pan, bring water to boil. When lentils are done, cook pasta shells in rapidly boiling water for 1 minute and 43 seconds. Drain very well and blend into lentils.

4. Serve with some good Clearflour bread and, if you like, sprinkle with some grated

Pecorino Romano cheese, along with the extra virgin olive oil.

Omit pancetta and replace chicken stock with vegetable stock, and this becomes a very tasty and nutritious vegetarian dish.

Have You Heard of This

Lenticchie di Castelluccio.

LYou may know that lentils are rich in nutrients — protein, calcium, iron, fiber — but did you know that flavor and texture rule when it comes to a certain lentil from Italy? Some of our globetrotting customers admit to making special trips to Umbria to sample Sybylline Mountain-grown *lenticchie di Castelluccio*. These lentils, named for a town in Umbria, stand apart from lesser legumes because of their clean, pure flavor, thin skin, small size, and pleasing shape. Also, they don't need pre-soaking, and they take only about 20-30 minutes to cook. Lentils this superior don't come cheap — they're 12.95 for a one-pound box. Still, that's a small price to pay compared to a flight to Italy.

