

CAPONE FOODS

FRESH PASTA AND SPECIALTY FOODS

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Stop the Madness

Have you found yourself feeling cranky and out of sorts lately? Maybe short of temper with loved ones and friends? Does Fido get the cold shoulder, or perhaps even worse, when he greets you at the door? Sure, sure ... we all have bad days at the office, but that excuse can only be used so many times. The problem may just be that you are not eating enough carbohydrates. After a while, it really gets to you.

Remember the good old days, when you didn't worry about drizzling a fragrant, green-hued, grassy olive oil on crunchy Tuscan bread — it tasted good, didn't it? And it also made you feel better. Or when you wouldn't think twice about having a bowl of just-cooked fresh fettucine with some butter and good parmesan. Yeah, I remember. I used to like mine with just a hint of truffle oil on top of the butter and parmesan. And the gnocchis with a Gorgonzola and walnut cream sauce ... you couldn't stop eating them.

These memories are tough to forget, and sooner or later you are going to cheat. Trust me, you are. So let me offer some time-appropriate food suggestions. If you fall off the wagon in the morning, don't reach for a doughnut. Have some of our rich and custardy, but not-too-sweet Bread Pudding to get you up and running. If the weakness strikes you at lunch time, boil some Aged Gouda Tortellini and top it with our fabulous Sun-Dried Tomato Pesto (both available in our freezer, by the way). It's so much more civilized than a "bunless burger."

Should you feel that burning urge, let's say around dinner time, nothing puts out the fire like a big bowl of Mushroom Ravioli with our Plum Tomato and Basil Sauce, one or two of our Flat Bottom Meatballs and some broccoli rabe. Are you hungry yet? Finish the meal with a Cannoli and an espresso and you'll go to bed with a smile on your face. However, if it's the middle of the night and you just can't take it anymore, I have one word for you: Cheesecake.

So don't kick the dog tonight. With some exercise, you can have some carbs, feel a lot better and still look like a movie star.

What's New

French Mustards. OK, French mustards aren't exactly new. They've been around since the Romans brought mustard seeds to Europe. Back then, mustard was used as a cure for colds and toothaches rather than a condiment for country pâté and cornichons. The English word "mustard" derives from the Roman mixture of crushed mustard seed and must (unfermented grape juice), which was called *mustum ardens*, or "burning wine." We have a terrific selection of flavorful French mustards from different makers: horseradish, old-style and Dijon from House of Maille, 7.5 oz jars 2.95, 30.5-oz jars (plain only) 6.95. We also have an assortment of Laurent Du Clos mustards. And, by popular demand, we offer Edmond Fallot mustards: honey balsamic 4.95, green peppercorn 4.95, spiced honey Dijon 5.95.

And ... for those of you who still have any money left, we have *Very Pricey Chocolate Easter Eggs* from

Very pricey chocolate Easter eggs

Knipschildt Chocolatiers: large, hand-decorated Easter egg (10 oz) 9.75, Petit Egg Sampler (decorated, ganache-filled Easter eggs — 3 medium and 2 quail-sized — in a colorful egg carton) 14.75, Corn Flakes dipped in white, milk and bittersweet chocolate (absolutely delicious!) 9.75.

Featured Customer

Sherman Café

Homemade pesto mayonnaise. Bread from the Clear Flour Bakery in Brookline. Thick-cut pancetta from Capone Foods. These are some of the “simple ingredients of high quality” that Ben Dryer and Karyn Coughlin, owners of Union Square’s new Sherman Café, say they built their menu around. Named for Ben’s grandfather, Sherman Café opened just a few blocks away from us in January. They sell high-quality coffee drinks, teas, pastries (all house-made), sandwiches, and Toscanini’s ice cream. One of the café’s more popular items is the PLT (pancetta, lettuce, tomato), made with the ingredients listed above, along with roasted tomatoes, and red and green lettuce. The atmosphere is welcoming, the counter help is friendly, and business has so far been brisk. Ben and Karyn say they were inspired to open their business in Union Square in part by Capone Foods, where they shop for some of their sandwich ingredients. “The success of Capone’s made it clear to us that people here care about good food but don’t want pretentiousness,” says Ben. Stop by Sherman next time you finish up your shopping at Capone’s: 257 Washington St., Somerville, MA 02143. Tel: 617-776-4944.

Have You Heard of This?

Our **gnocchi** are made with ricotta cheese and are consistently firm to the bite yet tender in texture. **AND** they have less than half the carbohydrates of ones made with potatoes.

Molino Caputo “00” flour. From Naples, Italy. Specifically milled from selected wheat for pizza dough and breads requiring a high gluten/protein content. Translation: the most heavenly pizza crust this side of the Tiber. And coming soon, “00” pasta flour.

Special Offer

Gnocchi with Plum Tomato Sauce entrée. The latest addition to our menu of home-made, microwaveable frozen dinners. Topped with Parmigiano Reggiano. Just the right ratio of sauce to pasta makes for a tender yet firm-to-the-bite gnocchi when you follow the directions. Regular price \$ 7.95. Special price \$6.95

What’s Cooking

Chorizos al Agua

Serves 4 very adequately

When I was young, my busy mother would make this deliciously simple, one-dish meal. It literally means sausages cooked in water, but the only moisture comes from the tomatoes.

8	sausages (pork, chicken, or chipotle) defrosted
1	35-oz can San Marzano tomatoes (hand crush, save liquid)
2	red or green bell peppers, sliced
1	large Spanish onion, sliced
4	medium potatoes cut into 3/4” cubes
1 cup	flat-leaf parsley cut very coarsely
5	cloves garlic, thin-sliced or chopped
3 tbsp	extra virgin olive oil
1 tsp	oregano
	salt & pepper to taste

1. Pre-heat oven to 375 degrees.
2. Place sausages in center of a baking dish. Place potatoes, peppers and onions around and on top of sausages. Sprinkle with garlic, parsley and oregano, then spread tomatoes with juice evenly on top.
3. Drizzle with olive oil, salt and pepper.
4. Cover with foil and bake on center rack for one hour and 14 minutes.
5. Remove foil for the last 16 minutes.
6. Let the dish rest for 30 minutes before serving.

NOTE: You can omit potatoes and serve over fresh pasta.

