

# CAPONE FOODS

## FRESH PASTA AND SPECIALTY FOODS

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**SPRING 2005**

## Pizzahhhh

As spring rolls back around, my thoughts always gravitate towards pizza. Nothing new — I also think of pizza when it snows or rains and even when the wind blows. And though it seems I have a borderline unhealthy obsession with pizza, I just think eating pizza is a terribly civilized and delicious way of getting a good balance of carbohydrates, protein and fiber along with a good dose of vitamins, right?

So, armed with this bit of rationalization, I set out to make pizza last Sunday. The girls were home from school and I was really cooking for them, right?

I kept it simple and made only five pizzas, all with dough kneaded from our “00” Italian pizza flour. This smooth, soft, inspiring and still-alive bread was the perfect foundation for my toppings. Nothing fancy.

First, very thin lemon-scented béchamel topped with whole small shrimp marinated in olive oil, fresh garlic, parsley, lemon salt and a dash of white pepper. Results: stunning pastel colors and subtle yet haunting, delicate flavors.

Next, hand-crushed San Marzano tomatoes tossed in Gasull-brand olive oil from Spain, buffalo-milk mozzarella, truffle anchovies, oregano and a gentle dusting of Locatelli Romano cheese. We had an objection to the anchovies by my youngest, so I had to eat a larger share of this one.

Then, grilled asparagus with Schinkenspeck, Gruyere and thin strips of Piquillo peppers on dough “painted” with a lemon-scented béchamel and a whisper of fresh nutmeg.

Followed by slices of beef marinated in soy sauce, olive and sesame oils, paper-thin slices of red onions and chopped (green part only) scallions on dough brushed with juice from the San Marzano tomatoes.

And last, my favorite. A layer of our Garlic & Herb Crème de Crème (just nuke it for 24 seconds), sautéed oyster mushrooms and shallots, pancetta, and a good sprinkling of a blend of tomato juice and olive oil, finished with garlic sliced so thin it vaporized before the pizza was out of the oven.

Nothing fancy.

Needless to say, we had a lot of pizza left over, and since this stuff is so good for you, we just had to have some for breakfast the next morning.

## What’s New

**CHICKEN MARSALA.** Our version of Chicken Marsala is made from fresh chicken sautéed in olive oil and shallots, combined with cheese gnocchi and blended with our own Marsala sauce. And like the original dish, we also add mushrooms and top it with green onions. Just like home-made, but ready in minutes. We sell this entrée, big enough for two, for only 8.50. And we have it on special (see below) until the end of May.

**COMING SOON: PIZZA DOUGH** made from “00” Molino Caputo brand imported Italian pizza flour. Stretch it out as thin as you want. I suggest very thin. Top it with the type of tomatoes you like, but it would be nice to use San Marzano. Add a little mozzarella, buffalo-milk of course. Drizzle a good amount of high-quality olive oil, like Capone’s extra virgin olive oil, perhaps. And there you go! The pizza is ready for the oven (check out the recipe on page 2 for more details).



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**We’ve got pizza  
on our minds —  
and Chicken  
Marsala on sale.**

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## Special Offer

**CHICKEN MARSALA:** The latest addition to our selection of homemade, microwavable entrées, Chicken Marsala is made from happy chickens and all the other good stuff: shallots, olive oil, mushrooms, Marsala wine, etc. We spread the mixture over our own Cheese Gnocchi.

With a nice bottle of wine, this makes a sumptuous dinner for two. On special for 7.50 ‘til the end of May. Regular price 8.50.

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## Featured Customer

### *Grape Ideas*

**T**his Wayland wine and specialty-food store is our kind of place. First, they specialize in unique wines at a fair price. Second, they supply us with two terrific olive oils from Sicily (see below). Last and most important, they carry several Capone's products, including some of our homemade frozen entrées, our succulent Golden Potatoes, a variety of our fresh pastas and sauces, and our Butternut Squash Soup.

Grape Ideas evolved out of owner Helmut Colbath's import business. Their beverage list includes not only wine, but liquors and a wide selection of U.S. and imported craft beers. And in addition to Capone foods and Sicilian olive oil, the store carries a selection of infused oils from Umbria, high-end Balsamic vinegars from Reggio-Emilia and, from Helmut's native Austria, pumpkinseed oil. They offer free delivery within a 30-mile radius on orders of \$50 or more.

Located at 131 Main St., Wayland, MA. Phone: 508-651-7031. Web site: [www.grapeideasinc.com](http://www.grapeideasinc.com).



## Have You Heard of This

**N**EW OLIVE OIL FROM SICILY. Helmut Colbath, the owner of Grape Ideas in Wayland (see Featured Customer above), turned us on to a couple of tasty extra virgin olive oils from Sicily, which we now carry:

**GALIMOTO "GREEN LABEL"** (13.95/500ml), a medium-bodied, medium-intensity oil that's bright-tasting and suitable for cooking.

**CASTEL DI LEGO** (22.00/500ml), an aromatic, intense oil made from a single olive variety that grows around the small town of Ferla, where the Galimoto brand is produced.

**FUN FACT:** According to Helmut, although the Sicilian town of Ferla has only 3,000 inhabitants, it has 10 churches and five butcher shops.

## What's Cooking

### **Pizza with Homemade Dough**

*Makes 2 pizzas*

**P**ick one of the toppings from the front page. Chill out — this is not that difficult.

2 cups warm water (at precisely 110° F)  
2 packets active dry yeast  
1 tbsp sugar  
5 cups "00" pizza flour (plus 2 tbsp)  
1 tsp salt  
1 tbsp olive oil

For the dough:

First, proof the yeast by mixing the first 3 ingredients with the 2 tbsp of flour. Let stand for 15 minutes. You should see some bubbles after a few minutes.

**If using a power mixer**, blend this starter with rest of ingredients until dough releases from the sides of the bowl, then mix at low speed for 11 minutes. **If making dough by hand**, mix starter with rest of ingredients and knead for about 12-15 minutes or until your shoulders begin to ache.

After mixing, let dough rest in bowl for 45 minutes (it should double in volume), then punch down and form into two balls. Sprinkle some flour on a flat-bottomed pan. Place dough on pan, leaving at least 4 inches between the two balls. Cover tightly with plastic and refrigerate until ready to use.

**NOTE:** dough may seem too moist — don't worry, that's a good thing.

Final assembly (pan pizza):

Use a pan at least 14 inches in diameter or width. Bring dough to room temperature and pre-heat oven to 450°F. Brush pan with a liberal amount of olive oil. Place dough on flat surface and stretch with rolling pin to fit pan. Place pie in center of oven for 3 to 4 minutes. Remove from oven and add toppings. Place in oven again until edge of pizza is dark tan or cooked to your liking.

*We recommend a good Aglianico wine from southern Italy. If you happen to be in Wayland, MA, pick a bottle up at Grape Ideas, this newsletter's Featured Customer.*