

Cambridge  
2285 Mass Ave.  
617-354-0599

M-F 10-7  
Sat. 10-6, Sun. 12-6



Somerville  
14 Bow St.  
617-629-2296

M-F 8-6  
Sat. 10-5, Sun. Closed

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## The Compliment

The other night at about 11 pm, I was locking up the store, when a happy couple walking by slowed down for some small talk.

"Working hard?" she asked. I told her, "no, today I only worked a half day, only 12 hours!" I recognized this woman, she is the Chicken Dinner and Flat Bottom Meatballs lady. But I couldn't place her partner, I don't know what this person eats. We usually associate our customers with what they eat. There are the Pesto People, the Lasagna Lady, the Marsala Man, the Gnocchi Girl, the Chimichurri Chap, the Squash Soup Senorita, the 1/3 of a pound of Italian Speck Savant. The list goes on and on...

Her friend then suddenly turned to me and said, "just looking at you...("yeah...?" I wondered) makes me hungry!" I smiled and with a sense of relief proclaimed, "why, that is the nicest thing a guy has ever said to me!" As I arrived at my car and they kept on walking, I heard the fellow say, "honey let's go home and defrost something."

### ***The Marsala Man***

It makes me feel great to know that in a small way, we really do make some people quite happy. I wonder what they defrosted that night...lasagna, maybe some meatballs? Empanadas perhaps? Next time I see them I will make sure I ask.

## Have You Heard of This?

New! Our Cambridge store is now featuring *Heat and Serve Empanadas*. Perfect for a quick snack or a lunch addition, these Argentine style *pre-cooked* empanadas can be found in our refrigerator and take only 40 seconds of heating until they are ready to eat. \$3.95 for a container of two.

## Don't Break the Bank 4 Meals for 4 for around \$20

Feeling the pinch? Capone Foods wants to remind you that good food does not always have to cost a bundle. We have comprised four simple meals using our products. Each is food enough for four, costs just around twenty dollars, and is simple and easy to prepare.

### **Chicken Dinner Over Fresh Pasta**

Take a Chicken Dinner (9.95) heated to perfection in the microwave or conventional and serve it over one pound of any flavored fresh pasta (3.95). Add some extra plum tomato basil sauce if you'd like (4.95). Total: **\$18.85** An Eggplant Dinner (9.95) or Flat Bottom Meatballs (9.95) would also work in this simple meal.

### **Italian Sausage Subs**

Bake one pack of Italian Sausage (5.95), and divide evenly between two Clear Flour French baguettes (2.50 each). Sprinkle one jar of Mancini fried peppers over the sausage (3.95) and then throw the whole thing in the oven with a half pound of sliced fresh mozzarella on top (3.50). Heat until the cheese melts and the bread toasts up a little. Both subs total **\$18.40**.

### **Pizza with Hot Sopressata and Olives**

Make the perfect pizza with one ball of "00" dough (2.95), Capone's own pizza sauce and cheese blend (2.95 each), 1/4 lb. sliced hot sopressata salami (2.50) and 1/4 lb. of the ever popular spiced pitted Sicilian olives (2.50). Dough enough for two thin or one thick crust pies, this meal is a steal at **\$13.85**.

### **Empanada Dinner**

Choose two packages of empanadas (\$7.95 each) and grab one jar of gazpacho soup (4.95). Fill your veggie quota for the day by choosing at least one package of the spinach variety. Your Latin style meal for four costs **\$20.85**.

### **Sunday Brunch**

Brunch at home could not be tastier when you microwave up some Spinach and Mushroom Strata (9.95) and pair it with a container of Golden Potatoes (8.95). **\$18.90** before the obligatory Bloody Marys.

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## The Olive Oil

A rabbi walked in the store, (no, a priest did not come in later) and asked me which was the best olive we carried. I asked him what style he liked: mild, soft, buttery types or more assertive green and "grassy" tasting. To my amazement he said he really didn't care about the taste and wanted extra virgin olive oil because he had read about its health benefits. After getting over the shock, I said, "you might as well buy something that also tastes good," and after sampling a few oils he happily left with a bottle of our wonderful Falconero from Sicily. I always knew that olive oil was good for you but was surprised to read that the latest studies show that this monounsaturated fatty acid is one of the best "healing fats" one can consume. And while all olive oils provide monounsaturated fat, "extra-virgin" or "virgin" olive oils are the least processed and contain the highest levels of polyphenol, a powerful antioxidant. Even after knowing that olive oils contain exceptionally healthy attributes, I still find them most desirable for the special flavor they add to my meals. All this makes me wonder: What was more important to the Ancient Greeks, Spanish, and Italians: *Tastes great or good for you?*

### Special Offer



I am always asked to recommend a good "every day use" olive oil and vinegar. I think one of the best combinations comes from one of our favorite suppliers, D. Coluccio & Sons. Their Marinella Brand extra virgin olive oil is premium quality first cold pressed, smooth and warm tasting and can be used on salads and cold vegetables, or to add flavor to sautés and sauces. Marinella 8 year old balsamic vinegar is rich and bright, with good acidity. They are already a very good value when purchased alone, but now you can save even more when you buy them together.

**34 oz. oil and 17 oz. vinegar, both for \$18.95, you save \$3.00.**

### Save the Date

**Saturday, May 3rd, 2008**

Capone Foods **Cambridge** will be hosting our first ever Oil and Vinegar tasting event. Be sure to check your email in the coming weeks for more information.

## The Fast Food

### Pasta with Tomato, Spinach and Pecorino Romano

Serves 4

1 lb. fresh egg linguini  
1/3 cup finely grated Pecorino Romano  
1 bag baby spinach (about 10 oz.)  
3 medium sized tomatoes, cubed  
2 cloves garlic, minced  
1/2 cup extra virgin olive oil

1. In a large skillet, sauté the garlic in olive oil over medium low heat for approximately 3 minutes.
2. In another pot, boil water and cook fresh pasta for 1 minute (a little firmer than al dente).
3. Add cubed tomatoes to the skillet and cook them with the oil and garlic until soft. Add spinach and cook until almost wilted.
4. Lower heat, add the pasta and fold everything together.
5. Keep heat on low as you slowly stir in the Pecorino Romano.
6. Serve hot and enjoy with a loaf Clear Flour bread. We suggest their Rustic Pave

## Thank You

April marks the one year anniversary of the opening of Capone Foods Cambridge. We would like to thank all of our customers - old and new - for your continued support. We had a great year in Cambridge and could not have done it without you.



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*The Cambridge Store Turns 1 !*

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