

CAPONE FOODS

FRESH PASTA AND SPECIALTY FOODS

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Cooking with love... and all the right tools

It's trendy nowadays to claim to be "cooking with love." Cooking magazines are always publishing articles on cooking with love in Tuscany, Provence, Bolivia ... you name it. And lots of celebrity chefs credit their wonderful food creations to their love of cooking.

I also love to cook but take a more clinical approach by placing a lot of emphasis on the correct utensils, equipment, and in many cases very precise measuring tools. I guess you can call it "tough love." In addition to the obvious measuring tools, I think every kitchen should be equipped with an assortment of good-quality knives (they should feel comfortable in your hands), a cast-iron fry pan and Dutch oven (both are excellent for cooking tomato dishes and are non-stick when used correctly), and a garlic press to use as a door stop when the kitchen gets too hot. (If you must use a garlic gadget, try a garlic slicer — it is kinder, gentler, and more loving to the garlic.) And although not a tool, a good wine, whether it is part of the recipe or not, seems to always help me. I can mention many more, but one of the most important tools you should have is an instant-read thermometer (a meat thermometer). Cooking conditions vary a lot, and a thermometer is indispensable for making sure your food is safe to eat and also to tell when it is cooked to perfection.

By now you must be asking, how does all this relate to the food we sell at Capone's? Where is the pitch? Well, before I run out of room on this page, let me tell you that by using a thermometer on any of our dinners, you can be guaranteed that it will be cooked to perfection. So stick a thermometer in one of our prepared meals and save your love to use where it really counts. Your friends will still think you are passionate about cooking. And we have such a large variety of great meals to choose from that you can go on faking it for a long time, and nobody will know.

What's New

SAICA EXTRA VIRGIN OLIVE OIL. After a long time without it, I decided to bring back this extra virgin olive oil from the Castelvetro area of Sicily. A little more expensive than other extra virgin oils but well worth it. I find it has a wonderful, clean flavor and beautiful color, but what I like best about it is its strong, flowery perfume, which is even more pronounced when the oil is used for cooking. 39.00 for a 1-gallon tin and 14.75 for 1 liter.

WINE VINEGARS: I know this was "new" in the last newsletter, but these vinegars are so good that we sold out very fast, and many of you did not get a chance to try them. Cabernet (11.95), Merlot (9.75), Chardonnay (8.95), and Muscatel (8.95).

Special Offer

When you come back from the kitchen store with your brand new thermometer, try it out on some of our family-size entrées. Regular price: 24.00. On special February and March for 21.00.

TRADITIONAL CHEESE LASAGNA: Layers of fresh pasta, plum tomato and basil sauce, whole-milk ricotta, and Romano and Provolone cheese.

EGGPLANT DINNER: Thin eggplant slices cooked in olive oil and breadcrumbs and layered with Provolone and Romano cheeses, our plum tomato and basil sauce, and some very secret spices.

MUSHROOM NAPOLEON: Layers of fresh pasta, mushrooms, shallots, garlic, and parsley in a mushroom-flavored bechamel sauce, covered with an Asiago-breadcrumb topping. A mushroom lover's fantasy.

VEGETABLE LASAGNA: Summer vegetables mixed with caramelized onions, red bell peppers, and spinach in a mushroom-flavored cream sauce and topped with a layer of our plum tomato and basil sauce and Asiago-breadcrumb blend.

Featured Customer

Whole Foods Market

The original Whole Foods Market opened in Austin, Texas, in 1980. Over the years, it acquired other natural- and specialty-food stores, including New England's Bread and Circus chain, to become the Fortune 100 company it is today. "Even though it's a big, national company, we stay connected to local businesses and the local community," says Kate Whittum, who manages the specialty-food department at Whole Foods in Fresh Pond, Cambridge. Case in point: Capone's fresh pasta can be found on the shelves of several of Massachusetts' Whole Foods locations. We not only appreciate the company's 'think locally' philosophy but also their professionalism and clean, well-organized stores. "The product is great," Kate says of our pasta. "The cuts have a lot of texture, especially the Creste di Gallo." Whole Foods Market-Fresh Pond is located at 200 Alewife Brook Parkway, Cambridge. Tel: 617-491-0040. For more info and store locations, go to www.wholefoods.com.

Have You Heard of This

MOZZARELLA 101: We carry three types of mozzarella cheese. First, Mozzarella di Bufala di Campana from Caserta, Italy, is delicately flavored, moist, sweet, and slightly tart tasting. When heated, it melts into smooth and soft strings. Perfect for a real special pizza, 7.95 for 250 grams. Next, Jolina brand low-moisture whole-milk mozzarella is manufactured by Saputo cheese Co. in Illinois. I have been a great fan of this company for many years. Their mozzarella comes in easy-to-handle blocks, it has a terrific taste, melts very nicely, and does not get too stringy. Perfect for pizza. Finally, Polly-O brand fresh mozzarella comes in 4-oz balls and is very good with tomatoes, dry-cured meats like Prosciutto, capicola, sopressata, etc., and good extra virgin olive oil.

ARTISANAL SOAPS FROM CLEARWATER FARM: Hand-crafted, long-lasting moisturizing soaps available in many different types. We currently have Cleopatra's Delight, made from goats milk; Rosemary, fragrant and refreshing; Coffee, a special odor remover; and Oatmeal/Cinnamon, creamy and vibrant. 6.00 ea.

What's Cooking

Whole Wheat Pasta with Ratatouille

Very Simple.... Very healthy

Serves 4

Our last batch of Ratatouille tasted great! Even better than usual. I thought it might complement our whole wheat pasta, and it did ...

1 1/4 lb	whole wheat linguini or fettucine
3 oz	sliced pancetta (not too thick)
1 lb	Capone's Ratatouille Sauce
1/2 lb	Buffalo-milk mozzarella (in 1/2" cubes)
8 oz	chicken stock
2 oz	fresh grated Parmigiano Reggiano
2 tbsps	good-quality olive oil (Saica brand would be ideal) for topping
5 qts	water

1. In a heavy saucepan, on medium heat, cook the pancetta for about 4-5 minutes. Add the chicken stock and ratatouille and heat until just before boiling.

2. Meanwhile, bring water to boil and cook pasta for 1 1/2 to 2 minutes. Drain very well. Add sauce mixture, mozzarella, and olive oil to pasta. Toss very well, serve on preheated bowls, and sprinkle with Parmigiano Reggiano.

3. Serve with a good red Burgundy and bread from Clear Flour Bakery. (Call Steve or Jim at the Wine Cask, 617-623-8656, for a suggestion on a good Burgundy.)

