



February
2010
Newsletter

A Ricotta Cheese Moment

One night a few months ago I woke up at about 2 am and could not go back to sleep. Having heard that warm milk and cookies could help, I got up out of bed and headed to the kitchen for the solution to my dilemma. I soon realized that I shouldn't be eating sugary food like cookies, especially in the middle of the night- it's just not healthy! Now we all know that you can't have milk without cookies, so I figured the next best thing to do, since I was sitting on a stool very close the refrigerator, was to open the freezer door and pull out a goose. A grey goose. A Grey Goose vodka bottle that is! I also grabbed some ice because it just happened to be conveniently stored in the same area. I did, however, have to "get up" and walk over to the liquor cabinet for some vermouth to wave over my drink. Sounds very civilized and a lot healthier, than cookies, no?

What does all this have to do with Ricotta cheese you might ask. Well, after drinking the second glass of that delicious French wheat water, I began reminiscing (to this day I don't know why) about the good old days back in Boston's Haymarket when customers came to our store from near and far for our wonderful rich and creamy homemade Ricotta. Even though I was sitting in my kitchen, I know there comes a time when I should stop imbibing, but since I was still awake, I figured what the heck, why not make cheese? So I got up from my stool, grabbed some milk and cream, a pot and strainer, some salt and vinegar and... Voila! In less than 30 minutes, I had made some delicious Ricotta cheese, just like we did in the good old days. So this is how, after more than 26 years, I was inspired once again to make Ricotta cheese, and within two days this delicious hand-dipped old fashioned Ricotta was being made in our store and enjoyed by our current customers.

Some people think that wheat is just for bread. I find it is also quite inspiring!

What's new

Homemade Ricotta– We make this real old fashioned hand dipped ricotta every couple of days from whole milk and cream. It has a smooth, creamy and silky texture and taste. It is firmer than most other ricottas and makes the best lasagna ever. You can use it for desserts such Cannoli, Cheesecake and Tiramisu or just bake the whole piece and cover with your favorite fruit, honey or preserves. We pack our ricotta in containers that weigh about 3/4 lbs each. \$3- 4 each.

Lobster Mac'n Cheese– This comforting, ready-to-heat meal is made with our fresh homemade pasta shells and tender lobster meat in a Newburg sauce with Parmesan and cheddar cheeses, sherry wine, spices and a panko chive bread crumb topping. This meal has become one of our most popular entrees in a short period of time. 2 lb. microwavable container \$12.95

Mushroom Pesto– This robust pesto goes very well with grilled meats, poultry and fresh pasta. It is also used as a topping for crostini. We normally sell it in large containers to restaurants but now have it available in 6 oz containers, just enough for a pound of pasta or a couple of steaks. 6 oz. container \$4.95

Sausage & Cheese Strata– Perfect for breakfast or brunch, this meal is made with our homemade Italian sausage and mozzarella and cheddar cheeses in a custard spiced with shallots, parsley and red peppers. Cooks in just a few minutes. 2 lb. microwavable container \$9.95

Special Offer

Sausage & Cheese Strata

Until the end of March on special for \$7.95. At that price you may want to pick up a few of them... one for breakfast, one for lunch, one for brunch...

Somerville, 14 Bow St. 617-629-2296
M-F 8-6
Sat. 10-5
Sun. 12-5

Cambridge, 2285 Mass Ave. 617-354-0599
M-F 8:30-7
Sat. 10-6
Sun. 12-6

www.caponefoods.com

Have You Heard of This?

Catering

New! Our Cambridge store now offers Catering. With just 24 hour notice, all of our large dinner entrees can be picked up hot and ready to serve. Additionally, we're offering cannoli trays, cheese and antipasto platters, tortellini salad, baked ricotta and more. For the full menu and more information look on our website (caponefoods.com) under CATERING.

Rotating Dinners

New! We've recently developed a new line of dinners for \$7.95 each. These "rotating dinners" will change every 3-4 weeks and will be available in our freezer cases. Upcoming meals will include Bolognese Tortellini with Proscuitto, Peas and Alfredo; Rigatoni with Sugo di Carne Sauce; Sausage Mac'n Cheese; Lemon Linguine with White Clam Sauce and more.....

These meals will feed at least 3 people and cost \$7.95.

New Hours

The Somerville store is now open on Sundays from 12 to 5 pm.

New Cooking Class

Mushroom Lovers Delight

SUNDAY 03/28, 3-6 PM For all you fungi lovers, in this class we plan to make 4 dishes just for you! 1. OYSTER MUSHROOMS IN ESCABECHE, a delicious vinegary accompaniment to grilled meats, fish or chicken that can also be used as an appetizer. 2. MUSHROOM LASAGNA with a béchamel sauce and Parmigiano Reggiano cheese 3. PORCINI SAUCE, a light cream sauce with an intense porcini flavor and 4. PLUM TOMATO AND PORCINI SAUCE that can be served over pappardelle and other robust pastas as well as polenta. Cooking classes will take place at our Somerville store, 14 Bow St.



Fast Food

Baked Ricotta

Baked ricotta has been popular in Italy for many years. This simple version makes a unique dessert. *Served warm*, it has a "soft as a cloud" creamy texture and a flavor that pairs very well with apricot and other fruit preserve toppings. When *allowed to cool*, it resembles and tastes like a good cheesecake but a lot less sweet.

Serves 3-4 per cheese

- 1 piece Capone's Home-made Ricotta
About 3/4 lb
- 1/3 cup Apricot or your favorite preserve



Pre-heat oven to 375 degrees. Place ricotta on a non-stick cookie sheet or large shallow non stick-pan (so it looks like a pyramid) and bake for about 25 minutes or until edges begin to toast and caramelize. Remove from oven and cover with preserve. Return to oven for 5-7 more minutes. Serve as warm dessert or refrigerate and serve cold . May be reheated in a microwave oven.

Save the Date

Saturday, March 13, 2010

Join us at our Cambridge store for an open house tasting-featuring Comfort Food to get us through the last few weeks of cold weather! We will have a variety of delicious entrees for sampling including the new items featured in this newsletter and of course some of our old favorites. Stop by any time from 12-5.