

Pasta and Sauce Pairings Guide

• = Good ◆ = Really Good ◆◆ = Classic



Sauces

Plum Tomato w/ Basil ^{vegan}
 Plum Tomato w/ Chicken
 Plum Tomato w/ Porcini ^{vegan}
 Marinara ^{vegan}
 Putanesca
 Amatriciana
 Quick Tomato ^{vegan}
 Tom/Sausage (Bolognese)
 Bergamo
 White Clam
 Alfredo
 Alfredo with Shallots
 Newburg
 Pesto - Basil
 Pesto - Sun Dried Tomato
 Pesto - Roasted Pepper
 Ratatouille
 Porcini Sauce
 Chicken stock
 Marsala
 Mushroom Pesto
 Tomato Essence *
 Sugo di Carne



Pasta Flavors	Price Per Lb	5.95	5.95	5.95	5.95	5.95	5.95	5.95	5.95	5.95	4.50 8.50	4.50	4.50	5.95 10.95	5.95 10.95	5.95	6.50	5.50	3.95	5.95	5.95	8.50	6.50
Egg	4.50	◆◆	•	◆	•	•	•	•	•	◆	•	•	•	•	•	◆	•	◆◆	◆	•	•	◆	◆
Spinach	4.50	•	◆	•	◆	•	•	◆	•	•	•	•	•	•	◆	•	◆	◆◆	•	◆	◆	•	◆
Tomato ^{vegan} *	4.50	•	•	•	•	•	•	•	•	◆	◆	•	•	•	•	•	•	•	•	◆◆	•	•	•
Lemon	4.50	•	•	•	•	•	•	•	•	•	◆◆	•	•	•	•	•	•	•	◆	•	•	•	◆
Garlic & Parsley	4.50	•	•	•	◆◆	◆◆	•	◆◆	•	◆	•	•	•	•	•	◆	◆	•	•	•	•	•	•
Basil	4.50	•	◆◆	•	◆◆	•	•	•	◆	•	•	•	•	•	◆◆	•	•	•	•	•	•	•	•
Wild Mushroom	4.50	•	◆	•	•	•	•	•	•	◆◆	•	◆◆	•	•	•	•	•	•	•	•	◆	•	•
Saffron *	4.50	◆	•	•	•	◆◆	•	•	•	•	•	•	•	•	◆◆	•	•	•	◆	•	•	◆	•
Black Pepper	4.50	◆	•	◆	•	•	◆◆	•	◆◆	◆	•	•	•	◆	•	•	•	◆	◆	•	•	◆	•
Chives *	4.50	•	◆	•	•	•	•	•	•	•	◆◆	•	•	•	•	•	•	◆	◆	•	◆◆	•	◆
Rosemary & Garlic	4.50	•	•	•	•	•	•	◆	•	•	•	•	•	•	◆	•	◆◆	•	•	•	•	◆	•
Whole Wheat	4.50	•	◆◆	◆	•	•	•	•	•	◆◆	•	◆	•	•	•	•	◆◆	◆	•	•	•	•	◆
Pumpkin ^{vegan} *	4.50	•	•	•	•	•	•	•	•	•	◆	◆◆	•	◆◆	•	•	•	•	•	•	◆	•	•
Squid Ink	5.50	•	•	•	•	◆◆	•	•	•	◆	•	◆	◆◆	•	•	•	◆	•	•	•	◆	•	•
Shells, egg	4.50	•	•	•	◆	•	•	◆	◆◆	•	•	•	•	◆	◆	◆	◆	•	•	•	•	•	•
Rotini, egg	4.50	•	•	•	•	◆	◆◆	•	◆	◆	•	•	•	•	•	•	•	•	◆◆	•	•	•	•
Rigatoni, egg	4.50	◆	◆	•	◆	◆	•	•	•	•	•	•	•	•	•	•	•	•	◆	•	◆◆	•	◆◆
Creste di Gallo, egg	4.50	◆	•	◆◆	•	•	•	◆	•	•	•	•	•	•	◆	•	◆	•	•	◆	•	•	◆
Thin egg pasta	4.50	◆◆	•	◆	•	•	•	◆	•	•	◆	•	•	•	•	◆	•	◆	•	◆	•	◆◆	•

FRESH PASTA COOKING DIRECTIONS

Allow approximately 1/3 lb. of pasta per adult dinner portion.
 Cook pasta in plenty of water — at least four quarts per pound

- 1) Bring water to boil and add one to two tablespoons of salt.
- 2) Loosen pasta and add to pot when water is boiling rapidly.
- 3) Try pasta while cooking, don't overcook. It should have some bite."
- 4) Thin pasta such as linguine will take about **1.5 minutes**.
- 5) Wider cuts such as paparadelle may take **up to 3** .
- 6) Drain, add sauce, olive oil or butter and serve immediately.

You can use fresh pasta for your *Lasagna!* No need to pre-cook (Just blanch for 45 seconds) and one piece will cover a whole layer.

SAUCE COOKING DIRECTIONS

Tomato based sauces— heat in sauce pan or in microwave.
Cream Sauces— heat gently in sauce pan **do not** microwave.
Pesto Sauces— Use at room temperature. Do not heat!
White Clam Sauce— Remove from container while frozen, place in sauce pan upside down (clams on top). Heat to just boil.

PAIRING CHEESE WITH PASTA

We recommend these cheeses for pasta. *Romano* is more robust and is usually better for tomato sauces. *Parmesan*, *Sardo* and *Asiago* can be used for all others. Traditionally seafood is not served with cheese. Try our home-made **Ricotta** on any pasta.

PIZZA INGREDIENTS

PIZZA DOUGH Made from "00" Italian flour
WHOLE WHEAT Made from "00" Italian flour
PIZZA SAUCE Plum tomatoes, shallots, oregano
CHEESE TOPPING Mozzarella, Romano, basil combo

Fresh Pasta and Specialty Foods

14 Bow Street Somerville, MA 02143 (617) 629-2996
 Fax (617) 776-0318 <http://caponefoods.com>
 M-F: 8 to 6 Saturday: 10 to 5 Sunday: Closed
www.caponefoods.com



RAVIOLI

Plum Tomato w/ Basil
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 Plum Tomato w/ Porcini
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 Porcini Sauce
 Chicken stock
 MARSALA
 Mushroom Pesto
 Tomato Essence*
 Sugo di Carne

7.95	Cheese	◆	•	•	◆	◆	•	•	•	◆		•	•		•	•	•	•		◆		◆	
7.95	Spinach	•	•	◆	•	•	•	◆	•	•		•							◆◆		•	◆◆	•
7.95	Shrimp					•					◆◆	•	◆	•	•		•			◆			
7.95	Mushroom <i>vegan</i>	•	•		•	•	◆	•	•	•		•	◆	•	•	•	•			•		◆◆	•
7.95	Roasted Pepper				◆				•	•	•	•	•	•	◆◆		•			◆			
7.95	Florentine <i>vegan</i>	•	•	•	•	◆◆	•	•	•	•		•	•	•	•	•	◆◆			•		◆	•
7.95	Pesto	◆			◆	•	•	•		•						◆◆				•		◆	
7.95	Sweet Potato <i>vegan</i>								◆◆			•	◆◆	•		•	•			•	•	•	
7.95	Chicken & Prosciutto	•		◆◆	•	◆	•	•	•			•	◆	•	◆	◆	◆			•	◆		
10.95	Lobster & Crab	•								◆	•	•	◆◆		•	•				◆◆	◆		
8.95	Smoked Salmon										◆	•	•		•	•						◆◆	
8.95	Scallop	•									◆	•		◆◆		•	•			◆			
7.95	Eggplant	•		•	•	◆	•	◆	•	•		•	•	•	◆	•	◆◆			•			
7.95	Tomato & Basil								•				◆◆		•	•				◆			•
7.95	Roasted Garlic	◆	◆	•	◆	◆	◆	•	•	◆◆	•	•	•	◆	•	•	•			◆	•		◆◆
7.95	Artichoke	•	◆			◆	•	◆				◆◆			•	◆	◆					◆	
7.95	Pumpkin								•			•	◆◆		•	•	•			•			

RAVIOLI: COOKING DIRECTIONS
 Separate ravioli and drop into rapidly boiling salted water. Stir occasionally as the water comes back to a boil. Simmer **gently** for about eight minutes or until pasta is still a little firm to the bite. Drain and sauce. If planning to bake in sauce, cook it a minute or two less than usual.

TORTELLINI: COOKING DIRECTIONS
 Separate frozen tortellini and drop into rapidly boiling salted water. Cook at a rapid boil, stirring occasionally, for about eight minutes or until still a little firm to the bite. Drain and top with your favorite sauce.

GNOCCHI: COOKING DIRECTIONS
 Drop frozen gnocchi into rapidly boiling, salted water. They will sink to the bottom of the pot. Stir them gently, when they rise to the surface, cook for one to two more minutes. Drain, top with sauce and serve immediately.

TORTELLINI

6.95	Bolognese 3/4 lb	•		◆		◆	◆		◆◆	•		•	◆		•	◆	•		◆	◆◆	•		◆
6.95	Porcini 3/4 lb		•		•	•	•	◆	•			◆◆	•		•	•	•	◆				◆	
6.95	Cheese 1 lb	◆◆	•	•	•	◆	•	•	◆	•		•	•	•	◆	•	•	•		◆	•		◆
6.95	Farmers Gouda 3/4lb	•	•	•		◆	•		•	•		◆	•	•	•	•			◆◆		•		

CHEESE GNOCCHI

6.95	Plain	◆	◆	◆	◆	•	•	◆	◆	•		•	•	•	•	•	◆			•	◆	◆◆	◆◆
6.95	Spinach	•	•	•	•	•	◆	•	•	•		◆	•	•	•	•			◆				
6.95	Chives					•	•		◆◆			•	◆		•					•	◆		•
6.95	Blk. Ppr. & Romano	•	◆◆	◆	•		◆	•	•	•	◆◆	•	•	•	•	◆				◆◆	◆		◆
6.95	Sweet Potato											◆◆	◆	•	•	•	◆					•	

READY TO HEAT DINNERS SERVE 2-3

Eggplant Dinner	11.95
Stuffed Shells	11.95
Shells & Sausages	11.95
Cheese Lasagna	11.95
The Chicken Dinner	11.95
Chicken Marsala	11.95
Meatballs, flat bott	11.95
Gnocchi Dinner	11.95
Lasagna Bolognese	13.50
Strata, vegetable	11.95
Fregola, Mushroom	11.95
Golden Potatoes	11.95
Mushroom Lasagna	12.50
Vegetable Lasagna	12.95
Duck Lasagna	13.95
Chic Meatball, Porci	12.50
Chic " Tomato	11.95
Tortellini ,prosciutto	11.95
Chicken broccoli	11.95
Poblano Chile Chili	11.95
Chicken lasagna	13.50
Lobster Mac'n che	13.95
Mac'n Cheese	11.95
Meat Lasagna	13.50
EMPANADAS, Argentine spinach, Asian, Prosciutto, Nutella, Strawberry	8.95

LARGE FAMILY SIZE ENTREES 10-12 SERVINGS

Eggplant Dinner	34.00
Cheese Lasagna	34.00
Mushroom	34.00
Vegetable Lasagna	34.00
Meat Lasagna	34.00
Meat balls 24 pc	34.00
SAUSAGES	
Chicken	6.95
Pork with Asiago	6.95
Chipotle Peppers	6.95
Italian Pork	6.95
Duck With	9.50
MISCELLANEOUS	
"00" Pizza Dough	3.25
Mignon Dough	6.25
Whole Wheat	3.25
Pizza Sauce	3.95
Pizza Cheese	3.95
Lobster Chow	8.95
Squash Soup	5.50
Chocolate Figs	2.95
Choc bon bon	1.95
Choc Ravioli	1.95
Cran-cho Cluster	1.95
House Ricotta	4.95
Capone XV Oil	14.95