

## PASQUALINA'S ITALIAN MARKET & DELI



Issue 10

February 2nd , 2009



***Wow, lucky you... two issues in a row...Brian gets to share some of his tidbits with you, this time his take on the history of Valentine's Day.***

Which St. Valentine the pope intended to honor remains a mystery: according to the *Catholic Encyclopedia*, there were at least three early Christian saints by that name. One was a priest in Rome, another a bishop in Terni, and of a third St. Valentine almost nothing is known except that he met his end in Africa. Rather astonishingly, all three Valentines were said to have been martyred on Feb. 14.

Most scholars believe that the St. Valentine of the holiday was a priest who attracted the disfavor of Roman emperor Claudius II around 270. At this stage, the factual ends and the mythic begins. According to one legend, Claudius II had prohibited marriage for young men, claiming that bachelors made better soldiers. Valentine continued to secretly perform marriage ceremonies but was eventually apprehended by the Romans and put to death. Another legend has it that Valentine, imprisoned by Claudius, fell in love with the daughter of his jailer. Before he was executed, he allegedly sent her a letter signed "from your Valentine." Probably the most plausible story surrounding St. Valentine is one not focused on passionate love but on Christian love: he was martyred for refusing to renounce his religion.

In 1969, the Catholic Church revised its liturgical calendar, removing the feast days of saints whose historical origins were questionable. St. Valentine was one of the casualties.

Over the centuries, the holiday evolved, and by the 18th century, gift-giving and exchanging hand-made cards on Valentine's Day had become common in England. Hand-made valentine cards made of lace, ribbons, and featuring cupids and hearts eventually spread to the American colonies. The tradition of Valentine's cards did not become widespread in the United States, however, until the 1850s, when Esther A. Howland, a Mount Holyoke graduate and native of Worcester, Mass., began mass-producing them. Today, of course, the holiday has become a booming commercial success. According to the Greeting Card Association, 25% of all cards sent each year are valentines.

### INSIDE THIS

#### ISSUE:

- ***Happy Valentine's Day (page 1)***
- ***Cheese Corner w/ Brian (page 2)***
- ***Cheese of the Month (page 2)***
- ***Recipes (page 3)***
- ***Homemade Sauces Now Available (page 3)***
- ***Specialty Severino Pasta/Ravioli & Manicotti (page 4)***
- ***COUPON (page 4)***

## THE CHEESE CORNER W/BRIAN

E-MAIL YOUR QUESTIONS TO: [brian@pasqualinas.biz](mailto:brian@pasqualinas.biz)

I've received several e-mail regarding Blue Cheese's such as Gorgonzola, Roquefort & Stilton's inquiring how they become veined or moldy and why they have a pungent odor....

Let me explain: Blue cheese is a general classification of cow's milk, sheep's milk, or goat's milk cheeses that have had cultures added so that the final product is spotted or veined throughout with blue, blue-gray or blue-green mold, and carries a distinct smell. Some blue cheeses are injected with spores before the curds form and others have spores mixed in with the curds after they form. Blue cheeses are typically aged in a temperature-controlled environment such as a cave.

The characteristic flavor of blue cheeses tends to be sharp and a bit salty. The smell of this food is widely considered to be pungent, even compared to other cheeses. This is due to the types of bacteria encouraged to grow on the cheese. Due to this strong smell and flavor blue cheeses are often considered an acquired taste. They can be eaten by themselves or can be crumbled or melted over foods. Patty & I love Blue Cheeses especially when served with Soppessata or melted on a well prepared Steak or Burger.

## CHEESE OF THE MONTH:

### AGED ASIAGO

This reserve stock, slow-ripened Asiago is aged for a full year. Made in small batches from partially skimmed raw cow's milk, this cheese takes on a distinct but pleasant sharpness with hints of butter-scotch as a result of the additional six months of time spent in the cellar. It has a texture that is firm enough to grate yet allows it to be served as a table cheese as well. We love this cheese as part of a traditional northern Italian meal, grated over risotto, polenta or pasta or chunk off a bite-sized piece & eat it straight—or thinly slice and serve with crusty Italian bread. Asiago is also excellent shredded into omelettes.



Subtle wines won't work with Asiago, it should be paired with a robust red Italian wine like Barolo or Chianti.

## RECOMMENDED RECIPIES:

### FRIED CHICKEN ASIAGO

2 boneless, skinless chicken breasts  
 \* **3/4 Cup Asiago, finely grated**  
 Flour  
 Salt, pepper & Lemon Juice



\* ingredients available at  
**Pasqualina's**

Chop the chicken into 1 inch pieces. Wash and pat dry, leaving the chicken damp. In a plastic bag, mix one part flour, a half part Asiago, salt and pepper. Put the chicken pieces in the bag and shake, making sure all the chicken is covered. Fry the chicken in a very hot pan lined with enough oil to cover the chicken. Fry until golden brown and arrange on plate. Sprinkle with leftover grated Asiago and lemon juice. Serve w/your favorite vegetable or salad and enjoy!

### FUSILLI WITH SPINACH & ASIAGO CHEESE

- \* **1 pound FUSILLI PASTA**
- \* **1/4 cup olive oil**
- 1 garlic clove, minced
- 1 (9-ounce) bag fresh spinach, roughly chopped
- 8 ounces (1/2 pint) cherry tomatoes, halved
- \* **1 cup (about 3 1/2-ounces) grated Asiago**
- \* **1/2 cup grated Parmesan**
- 1 teaspoon salt
- 3/4 teaspoon freshly ground black pepper

Bring a large pot of salted water to a boil over high heat. Add the pasta and cook until tender but still firm to the bite, stirring occasionally, about 8 to 10 minutes. Drain pasta reserving 1/2 cup of the cooking liquid.

Meanwhile, warm olive oil in a large, heavy skillet over medium-high heat. Add the garlic and cook until fragrant, about 2 minutes. Add the spinach and tomatoes and cook until the spinach wilts, about 2 more minutes. Add the cooked pasta and toss. Add the cheeses, salt, pepper, and the pasta cooking liquid and stir to combine.

Transfer the pasta to a serving plate and serve.

## ***NOW AVAILABLE***

**Paqualina's Gourmet Homemade Sauces (16 oz & 32 oz)**  
**Puttanesca (olives/anchovy)**

**Bolognese (meat)**

**Arrabiata (hot!)**

**Classic Tomato Sauce**

1259 Souderton Road (Route 113)  
Blooming Glen, PA 18911  
Phone: 215-453-5941  
Fax: 215-257-6885  
Email: patty@pasqualinas.biz

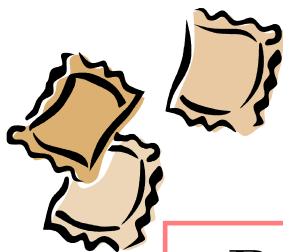


**Treat Your Valentine  
to a Gourmet**

**Dinner for  
Two....Pasqualina's  
makes it easy with  
our huge selection  
of Frozen Pasta's/  
Ravioli's & Sauces**

**"Come Get To Know Us"**

**SEVERINO FROZEN PASTA'S, RAVIOLI'S & MANICOTTI  
ESPECIALLY MADE FOR VALENTINE'S DAY!**



**Heart Cheese Ravioli**

**Chocolate  
Fettuccine**

**Red Beet  
Pappardelle**

**Crab  
Lobster &  
Spinach  
Manicotti**



**10% OFF YOUR  
PURCHASE  
OF \$30.00 or more**

Note: Gift Certificates not included



**Expires: March 1st, 2009**

**Thank you for  
your Patronage**