

PASQUALINA'S ITALIAN MARKET & DELI



PASQUALINA'S GOES GREEN

Pasqualina's celebrates green

Earthwise Reusable Bags

We are all responsible for maintaining and fostering a clean, healthy environment. Reusable bags help reduce waste and pollution from plastic and paper bags, and promote earth conscious alternatives. Purchase an Earthwise reusable bag to carry all of your Pasqualina purchases.



Issue 4

August 8th, 2008

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Fine Cheese Cracker Company—BASIL CRACKERS

Fragrant and mellow for mild, sweet Swiss cheeses and for fruity sheeps' milk cheeses.

Il Forteto Pesto Genovese

Pesto alla Genovese is made from a time-tested recipe of olive oil, basil and pine nuts, combined with Grana Padano, walnuts and cashews a truly memorable pesto is created.



Garlic & Basil Pasta

Garlic and basil are essential ingredients in the Italian kitchen. Morelli of Tuscany has naturally flavored their wheat germ pasta with these perfectly paired flavors. Free of preservatives and coloring agents, you get nothing but a mild basil and garlic aroma and flavor. This pasta will enhance the flavor of your favorite pasta sauces and is equally simple and delicious with extra virgin olive oil and your favorite pecorino grated on top.



THE CHEESE CORNER W/BRIAN

(e-mail your questions to Brian: brian@pasqualinas.biz)

Kelly asks.... "I spend a good deal of money purchasing high end olive oils and vinegars, I try to save money by buying larger bottles, how long can I keep these items in my pantry... should I be buying the smaller bottles?"

As a rule of thumb, All vinegars should be stored tightly closed in a cool, dark place. They will last for about a year after opening; after that time, the flavors will diminish. Vinegars should be clear and clean looking, never cloudy or muddy. Any sediment that develops can be strained out; if mold develops, discard the vinegar.

As for olive oils Different oils age at different rates. Some olive varieties make oil with more natural antioxidants which resist ageing. These oils may be good for up to 3-4 years if properly stored in unopened containers. Other oils, particularly unfiltered oils, may be unpalatable in a year even if stored well. It is important to keep your olive oils away from direct sunlight, store them in a cool, dark area in your pantry, not on the kitchen counter.

When olive oil is too old and has oxidized, it is usually rancid. Rancidity is most commonly detected by taste. Oil doesn't suddenly go rancid, it slowly becomes more oxidized and as it does, the flavor suffers. Rancid oil has fewer antioxidants but is not poisonous. Bottom line, if you enjoy the taste, by all means go ahead and use it.



CHEESES OF THE MONTH

BASIRON

This cheese is every bit as good as it sounds! Basiron is a creamy-tasting, gouda-style Dutch cheese jazzed up with pesto. Perfectly balanced and extremely addictive, this glitzy cheese "shows off" for Christmas, St. Patrick's Day, or almost any occasion. Its ingredients include pasteurized cow's milk, vegetarian rennet, and pesto (basil and garlic). It has 50% fat in dry matter and is aged approximately 5-6 weeks for a firm, yet youthful texture. The Veldhuyzen family in Holland, whose cheese making tradition dates back to the 1800s, makes a variety of innovative cheeses.

Although Basiron is a show stopper on the cheese board, its festive color is always ready to complement a tray of vegetables or equally colorful cheeses such as red-waxed gouda or edam. For a bright and flavorful dish with a twist of flavors, shred Basiron over gnocchi or pasta smothered in your favorite pasta sauce.

& PECORINO BASILICO

Basil, extra virgin olive oil, and pecorino (sheep's milk) cheese are synonymous with Italian cuisine. The Tuscan cooperative known as Il Forteto in Mugello (near Florence) has united these flavors in Basilio cheese. Basil and extra virgin olive oil are rubbed on the rind and melded with soft pecorinos to create harmonious pesto flavors.



RECOMMENDED RECIPIES:

Tomato, Basil and Cheese Baked Pasta

- 1 pound small pasta (**ditalini, or orricchetti*)
- 2 tablespoons **extra-virgin olive oil*, 2 turns of the pan in a slow stream
- 3 large cloves garlic
- 1/2 small to medium yellow onion
- 1 (28-ounce) can **crushed Italian tomatoes*, any brand
- 1/2 cup, 10 to 12 fresh basil leaves, torn into small pieces
- Salt and pepper
- 1/2 cup **Pesto Genovese*
- 1 cup ricotta cheese
- 1/2 cup grated **Pecorino Basilico*
- 1/2 pound **fresh mozzarella (Ovalini)*

Bring a large pot of water to a boil and salt the water. Add the **pasta** and cook to al dente doneness which means that the pasta will still have a bite to it or be a little chewy. The pasta will soak up more juice and keep on cooking after we drain it, so we need it to be a little under cooked. The pasta will probably cook in about 9 or 10 minutes.

Preheat a deep, big skillet or a medium sauce pot over medium heat.

Place garlic on the cutting board and place the flat of your knife on top of each clove. Carefully give the garlic a whack with the palm of your hand to separate the cloves from the skins. Throw out the skins and chop up the garlic. Remember to keep your fingers curled under and the edge of your sharp, chef's knife tilted slightly away from your body.

Add **extra-virgin olive oil** to the pan by pouring a slow stream of it twice-around-the-pan. This will be about 2 tablespoons of extra-virgin olive oil just enough to coat the bottom of the pan. Do not let the oil pour out too fast. You are looking for a slow, steady stream. Add the garlic to the oil. To chop the onion, cut the ends off and cut the whole onion down the center. Wrap half and save it. Cut the other half into thin slices then twist the slices a quarter turn and chop them again. Hold the tip of knife on the cutting board and lift the back of the knife up and down over the onion to make the pieces really small. Add the chopped up onion to the garlic and oil. Cook, stirring a lot, 5 minutes until the onions are mushy and look cooked.

Add the **crushed tomatoes** to the onions and stir. When the tomatoes come to a bubble, reduce the heat under the sauce to low. Stir in basil pieces to wilt them. Season the sauce with salt and pepper, to your taste.

Preheat your broiler to high and place a rack in the center of the oven.

Drain the **pasta** and add them to a casserole dish. Add your **pesto genovese**, 1 cup of ricotta cheese and a handful of grated **Pecorino Basilico**. Stir carefully and coat the hot **pasta** with the **pesto** and cheeses. Pour the hot tomato and basil sauce over the pasta, as much as you like. You can always serve a little extra at the table, to pass around. Shred up some, **Ovalini (fresh mozzarella cheese)** with a grater and scatter it over the pasta along with a final sprinkle of **Pecorino Basilico**. Place the casserole under the broiler in the middle of oven, 10 to 12 inches from the heat. Let the cheese melt and bubble on top, 3 to 5 minutes.... **Serve & ENJOY!**

*** ingredients available @ Pasqualina's**



**Most Ingredients
Available
for Purchase @
Pasqualina's**



Pasqualina's goes GREEN...

August is everything green:

Basiron, Pecorino Basilico, Basil Crackers,

Pesto Genovese, Basil Pasta

Reusable Earthwise Green Bags are available



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"Come Get To Know Us"

PINE NUTS

Make your own PESTO

2 cups packed fresh basil leaves
2 cloves garlic
1/4 cup **pine nuts**
2/3 cup **extra-virgin olive oil**
Kosher salt and freshly ground
black pepper, to taste
1/2 cup grated **Grana Padano**

Combine the basil, garlic, and
pine nuts in a food processor
and pulse until coarsely chopped. Add the 1/2 cup
of the oil and process until fully incorporated and
smooth. Season with salt & pepper



NAPA VALLEY BARREL AGED VINEGAR—DELICIOUS!!

Our Balsamic Vinegar
from Modena, Italy is
aged up to 18 years in
wood casks. Its sweet
yet subtle character
makes it the most fa-
mous vinegar in the



culinary world.
Splash over crisp
field greens,
steamed aspara-
gus, stir fry fresh
vegetables or
place a drop on
vanilla bean ice cream & strawberries,
for a zero fat ingredient. Whisk in Ex-
tra Virgin Olive Oil and a dash of Dijon
mustard for an
aromatic vinaï-
grette! Drizzle
over prosciutto-
wrapped melon or
fresh berries for a
flavorful and fun
dessert.



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Thank you for your
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