

Tuesday
February

10

February						
M	2	9	16	23		
T	3	10	17	24		
W	4	11	18	25		
T	5	12	19	26		
F	6	13	20	27		
S	7	14	21	28		
S	1	8	15	22		

8 A.M. *Rommelaide Sauce*
9 *Sal Shrimp or fish*
10
11 *Mayo*
12 *Horseradish*
1 P.M. *Ketchup*
2 *red pepper*
3 *paprika*
4 *onions*
5 *garlic*
6

FARFALLE ai PORRI e SALSICCE (photo on cover)
(Farfalle with sausage and leek sauce)

Serves 6

- 2 large leeks
- 1 lb. farfalle
- 2 tbs. olive oil
- 2 sweet Italian sausages
(taken out of casings)
- 1 tsp. minced shallot
- 1 tbs. unsalted butter
- 1 cup blanched young peas
- 1 cup chicken stock
- Salt and freshly ground pepper to taste
- 1/2 cup freshly grated Parmigiano-Reggiano

Bring a large pot of salted water to a boil.

Meanwhile, trim the leeks, discarding the top 1/3 of the rough green portion, and slice in 1/2-inch rounds. Rinse in several changes of cold water to remove all soil and grit; drain well.

Add farfalle to boiling water, stirring occasionally.

In a large skillet, heat the olive oil, add the leeks and sausages, and sauté over moderately high heat, stirring about 5 minutes. Add the shallot and cook

while stirring for 1 minute. Add butter, peas and stock; simmer gently 5 minutes. Season to taste.

When farfalle are *al dente*, drain well; add the sauce, and toss well to coat the pasta. Add cheese, toss well, serve with additional cheese on the side.

Wine recommendation: Barbera d'Alba, 1994, Clerico. \$10.

TROPICAL SHRIMP SALAD

Makes 6 servings at \$2.51 each.

Prep: 35 minutes.

- 1 pound cooked, shelled, medium-size shrimp
- 1/2 cup fresh lime juice
- 1/2 teaspoon salt
- 2 cucumbers, peeled, quartered lengthwise, seeded, sliced
- 4 green onions, sliced
- 1 sweet red pepper, cored, seeded, cut in thin strips
- 1 cup chopped unsalted roasted cashews
- 1/2 cup unsweetened reduced-fat coconut milk
- 1 teaspoon liquid red-pepper seasoning
- 1/4 cup chutney
- 1/4 cup chopped fresh cilantro
- 8 ounces angel hair pasta

1. Stir together the shrimp, lime juice and salt in a medium-size bowl. Refrigerate for 30 minutes.

2. Place cucumber slices in sieve; let drain for 15 minutes.

3. Combine onion, red pepper, nuts and cucumbers in medium-size bowl.

4. Mix coconut milk, red-pepper seasoning and chutney in small bowl. Pour over cucumber mixture. Add shrimp with marinade, and cilantro. Refrigerate. ▶▶▶▶▶▶▶▶

