



# BOTTEGA FOOD

AUGUST 2008

GET EXCITED ABOUT...

## Farro

**What it is:** A wheat grain that comes in a whole or cracked form.

**How to prepare it:** Wash it well and soak for at least 8 hours.

**What to do with it:** Use it in soups or instead of risotto rice...or try this recipe from *The Flavors of Southern Italy* by Erica De Mane, which is available at Bottega Rotolo.

### Minestra of Cabbage, Farro and Sausage

Soak farro as above. Then put 3/4 cup in a large pot of cold water. Bring to the boil and simmer for about 45 minutes (farro should be tender to the bite). Drain, drizzle with olive oil and set aside. Saute chopped Italian sausage in olive oil, then add 2 cups sliced cabbage, a chopped onion and 2 chopped garlic cloves. When veggies are soft, add 1/2 cup white wine, a bay leaf, chopped herbs (such as thyme) and 4 cups chicken stock. Simmer for 20 minutes, then add farro and simmer for another 5 minutes. Add a splash of Spanish sherry vinegar and season with salt and pepper. To serve, float a slice of toasted baguette in each soup bowl and grate over pecorino cheese.

## Baccala

Baccala (or salt cured cod) is now a trendy restaurant ingredient, but it owes its origins to the peasants and travellers who, centuries ago, needed to preserve food for leaner times. The Conservificio Ittico Tre Torri in Sicily produces a superior quality Baccala that is firm fleshed with a delicious (yet subtle) fish flavour.

To prepare Baccala: Rinse the salt off the fillets and soak in cold water for 2 days, changing the water 2-3 times daily. If you think the prep seems a hassle...try our Baccala alla Fiorentina recipe and you'll see it's worth it.



### Baccala alla Fiorentina

Saute a couple of chopped garlic cloves in a decent amount of olive oil. Add chunks of prepared Baccala that have been lightly floured. Brown the fish on both sides. Splash over some white wine. Then add enough chopped (fresh or tinned) tomatoes to make a sauce. Simmer gently for a couple of minutes. Sprinkle with chopped parsley and serve.



## A Day in Piemonte

Longing for a stay in Piemonte but can't afford the plane trip?

Join us for the next best thing this Saturday the 2nd of August at Bottega Rotolo. We'll be showcasing Piemonte producers - cheese from

La Bottera (new to Australia) and wines from Sordo Giovanni.

**PLUS spend \$65 or more in the store on Saturday and receive a complimentary bottle of wine.**

## Benincasa Tomatoes

We've been scouting for top quality canned tomatoes for a while now and have finally come up trumps with Benincasa.

We've got 400g tins of luscious cherry tomatoes or 2.5kg tins of chopped tomatoes.





# BOTTEGA WINE

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## SPECIAL SELECTIONS...



### AUGUST WINE TASTINGS

IN STORE EVERY SATURDAY 11AM-2PM

2nd August - Piemonte wines

9th August - Pinot Grigio

16th August - Sangiovese

30th August - Benanti wines

## SORDO GIOVANNI

Sordo Giovanni is based near Alba in the heart of Piemonte's Barolo producing areas. Generations of the Sordo family have continued the tradition of producing quality wines from this region. Giorgio Sordo and his wife Emanuela are committed to producing quality wines using traditional techniques. Here's a glimpse of the Sordo Giovanni range:

2006 Barbera d'Alba DOC

2005 Nebbiolo d'Alba DOC

1997 Barolo Riserva DOCG 'Rocche di Castiglione'

1989 Barolo Riserva DOCG 'Sori Gabutti'

A SELECTION OF SORDO GIOVANNI WINES WILL BE AVAILABLE FOR TASTING THIS SATURDAY 2ND AUGUST

## NEW VINTAGES

### 2007 Hofstatter Pinot Grigio

A typical Italian style Pinot Grigio, being full, bright yellow in colour with coppery reflexes and with a clear fruit aroma. A full-flavoured wine with well-integrated acidity...round and satisfying.

Pair it with egg-based dishes or fish.

### 2007 Tedeschi Soave Classico

A fruity and complex wine with some almond notes. 100% Garganega from the hills of the classic Soave zone. It has a good balance of acidity, structure and alcohol.

### 2007 Vagnoni Vernaccia di San Gimignano

100% Vernaccia di San Gimignano from Tuscany. An aromatic white wine with a dry finish.

Excellent as an aperitif. Match it with smoked fish and white meats.