

# La Cantina

November 2010



Buon Giorno! La Cantina is now One year old, yes hard to believe that a whole year has passed since we opened our Culinary haven, here at No. 5 Boughton. To celebrate our first busy year we held a party, many thanks to those of you who were able to come and a big thank you to all of you for your continued loyalty and support during the last year. We are tremendously proud of all we have achieved in such a short space of time and look forward to sharing our continuing success with you all.

- **La Cantina Cookery School** –for a fun evening of learning delicious Italian recipes in an informal atmosphere, come and work alongside Marco and Dave. You will soon see that their passion for excellent Foods and Wines, Italian fashion, is infectious!!
- **Food and Wine Tasting** –Our October, Food and Wine tasting centered on Turin and the Piemonte region cuisine and wines. Again Marco did us proud, (without Dave this time, as he was away on holiday) by cooking up a spectacular feast.  
**Bagna Cauda**- anchovy, garlic, olive oil, butter dips with crudite.  
**Carne Crudo** – thinly sliced fillet steak served with a sauce of gorgonzola, cream, lemon and mayonnaise  
**Pate di Fegato** – calves liver, chicken liver and

truffle pate with cognac and marsala wine

**Cippole farcite** – boiled onions stuffed with chopped egg, onion and parmesan cheese drizzled with butter and brandy baked in the oven.

**Tegame alla Vernazzana** – sardines with wine, herbs, garlic, olive oil and potatoes baked in the oven.

**Risotto di Fagiano**- Pheasant risotto

**Brasato di Bue al Barolo**- marinated braised beef in Barolo wine served with mixed salad

**Bacci di Dama**- homemade biscuits covered in chocolate served with gorgonzola cheese

At our next Food and Wine tasting, our gastronomic tour of Italy takes us to the region of Puglia. Book early to avoid disappointment!

For more information on any of the above recipes or wines please do not hesitate to contact us.

We will be serving a selection of delicious red and white Puglian and other southern Italian wines; also some of the beautiful Burratta cheese, otherwise generally only found in Italy and top London eateries.

## EVENTS CALENDAR

**Italian Cookery School**-dates for November are on **Sunday/ Mondays** by reservation. Outstanding Value at £24 per person

**Food and Wine Tasting** –our gastronomic tour of the Italian regions continues on **Monday, 29<sup>th</sup> November**. £27.50 per. person

**Christmas Bookings** – we are now taking bookings for the festive season. Celebrate in style at La Cantina.

## RESERVE A TABLE NOW

For further information on any of these events please contact us

*La Cantina Chester Ltd.- Italian Ristorante, Cafe, Deli & Bar*

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## ITALIAN FOOD AND WINE TASTING

**Gastronomic tour of Italy** – Our tour to date has taken us to Sicily, Rome, Venice, Tuscany, Turin and Piemonte region and in November, we are going to visit the region of Puglia. At the amazing price of just £27.50, you will have a veritable feast of delicious foods and wines and also an informative and fun evening to remember. The evenings are rounded off with a quiz and there is a prize for the winner.

**Tuesdays at La Cantina**-Venetian and Roman cuisine. 2 courses and a half carafe of wine for £14(starter/main or main/dessert) or a variety of Venetian style ‘cichetti’(like tapas) 3-6 smaller plates and a half carafe of wine for £9-£14

**Cookery School** – come and join us for a fun evening of learning new culinary skills. For just £24 you will make and eat a 3 course meal, enjoy delicious wines and learn about fine Italian foods. We accommodate groups from 6-18 people, or for one person, will introduce you to new friends, in making up a group. Schools are run on Sunday or Monday evenings, enquire at the restaurant if you want to find out more. Over 200 people have enjoyed participating in our Cookery School evenings and getting hands on experience in a relaxed situation, enjoying eating what they cook with existing friends and sometimes new ones made on the night.

**Deli Service** – under development !!- Juliusz’s full range of Italian wines, & a list of made on the premises food & some direct from Italy specialties

### 3 COURSES & GLASS of WINE: £16-95

*Wednesday and Thursday evenings at La Cantina are not to be missed, delicious freshly cooked food for an amazing price*

**Booking recommended!!!!**

### **CHRISTMAS AT LA CANTINA**

*Come and celebrate with us during the Festive Season. Liz, Dave, Marco, Francesca are available to help you plan the best Christmas party ever!!!!*



### Interesting Fact

*Italians eat (& drink) well but have one of the highest lifespan –longevity-in the world- can that be due to eating simple, fresh produce whether fish, meats, cheeses, vegetables simply prepared without lots of additives and much less processed foods including sugars and fats than in the UK?*