



The Taste of Italy

By: Giovanna Fenati

To discover real Italian cooking is like discovering a natural world, full of simple and ancient flavours. It is a world without frontiers and every Italian region is enriched with small and clever changes while keeping the original values. Absolutely, it's true that creativity and refinement does not involve cooking only very expensive and exotic products. To be refined, it is necessary to have sensitivity and ability to compose with taste and fantasy. The refinement is in the knowledge of measuring the different ingredients without taking to excess flavours and in using their own personality to create dishes where the most important element is the simplicity.

In Italian cuisine, we can find products connected to ancient populations like Etruschi and Romani, particularly some cereals such as spelt. This cereal was used for cooking special "Focaccia" for weddings. In fact, the focaccia was offered to sanction the passing of the bride from one family to another. Today, you can still find spelt focacce in some villages in the center of Italy where they are baked in wooden ovens. I always appreciate the delicate taste that spelt flour gives to bread and pasta. My guests' appreciation for different dishes prepared with spelt always fuels the fire to prepare another meal.

It is the culture of Italian people which brings a meaning to food. For us, a meal means family, friendship, socializing, the hard work of the farmers and the love and fantasy of our grandmothers and mothers. It is an inspiration to cook the daily lunch and dinner and a joy to share these meals. Such wonderful memories I have of gathering fruits and vegetables with my Grandmothers and Mother and storing them in vases to preserve them for the winter. And those times, of us all together, are still in my heart.



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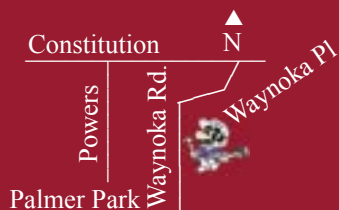
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It is nearly impossible to cook food if you don't have knowledge of the country's history, culture, and warmth of scents. To have been born and raised in Italy, as myself, I always enjoy sharing its food, flavour and its feelings with my guests, especially the ones that have been to Italy and are enthusiastic about the atmosphere, the food and its people. The main ingredient in every dish is the love, listening and telling of your daily experiences, and the time to spend with people you love around the table. This is the value that we give to the food.



Basilica Di san Vitale
Mosaics viewed from within.



Valpolicella Hills, Ravenna, Italy



Giovanna Fenati was born and raised in Ravenna, Italy and specializes in preparing authentic Northern Italian cuisine. Private cooking classes are available and meetings, business parties, rehearsal dinners, baby and bridal showers are welcome!

Cafe Giovanna
773 W. Garden of the Gods
(719) 264-0893

Tagliolini with Lobster Tails

From the Kitchen of:
Cafe Giovanna

– Ingredienti –

- 1 cup dry white wine
 - 1 cup water
 - 2 lobster tails
 - Fresh garlic
 - Fresh Italian parsley
 - 1 lemon
 - oil, salt & pepper
- (May substitute prawns for lobster tails.)

In a large pot, bring wine and water to a boil. Add the lobster tails and cook for 1 minute. Transfer the lobster to a bowl and boil liquid until reduced. Cut each tail in half, cutting through the shell. Heat oil with garlic, white wine and the lobster tail's liquid. Salt, pepper and cook over medium heat for 2 minutes. Add the cut tails, chopped parsley, half of the lemon and the juice of the other half lemon. Cook for another 2 minutes. Serve on the top of cooked tagliolini, sprinkle with chopped parsley.

Buon Appetito!

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