



August 30th 2010



Bravo Cucina Italiana **Where food and Celebration come together!**

BRAVO! is a fun, white-tablecloth casual eatery offering great Italian food under a Roman ruin decor. The concept is positioned between the fine-dining and casual chains, with a menu emphasis on food that is fresh, made-to-order and made using authentic Italian cooking methods, rooted in 2,000 years of history. Our subtitle "Cucina Italiana" or "Italian Kitchen" is appropriate in that all of the cooking is done exhibition style — in full view of the guest.

Our goal is to be the "Best Italian" restaurant company in America. We are a quality driven company, not a quantity one. Our number one focus is the Guest Experience. Consistently high quality food, superior service, good value and a unique atmosphere all contribute to our Guests' satisfaction. We differentiate ourselves by offering classically prepared food items from original regional recipes using the highest quality, freshest ingredients. At BDI, significant time and resources are spent in the development and implementation of our team members so that we deliver superior guest service each and every meal, each and every day.

New Summer Features

Spicy Feta Dip with Pane Al Forno

Creamy Feta, garlic, fresh herbs, spicy peppers and lemon with freshly baked dipping bread

Gazpacho

BRAVO!'s chilled summer soup of cucumbers, tomatoes, bell peppers, red onion and celery, garnished with sour cream and croutons

Heirloom Tomato Caprese Salad

Marinated sun-ripened tomatoes and fresh Mozzarella di Bufala tossed with field greens in our lemon vinaigrette

Panini Verduta & Zuppa

Grilled zucchini, Provolone, summer bell peppers with a housemade goat cheese spread on griddled whole wheat and honey bread served with Gazpacho (*only offered at lunch*)

Strawberry Shortcake

Housemade with sliced strawberries and a Caravello Limoncello cream

Wildberry Palmer

A refreshing blend of our housemade lemonade and iced tea with an infused blend of blueberries and raspberries in a sugar rimmed glass

Apple Strawberry Mojito

Fresh mint crushed with strawberries and lime slices, shaken with Bacardi Superior Rum and apple juice



Weekly Produce Newsletter

August 30th 2010

PRODUCE SPOTLIGHT Sweet Basil (Basilicum)



Basil (*Ocimum basilicum*) (pronounced /'bæzəl/ or /'beɪzəl/), of the family Lamiaceae (mints), is a tender low-growing herb. Basil is a culinary herb prominently featured in Italian cuisine, and also plays a major role in the Southeast Asian cuisines of Taiwan, Thailand, Vietnam, Cambodia, and Laos. The plant tastes somewhat like anise, with a strong, pungent, sweet smell.

There are many varieties of basil. That which is used in Italian food is typically called **sweet basil**, as opposed to Thai basil, lemon basil and holy basil, which are used in Asia. While most common varieties of basil are treated as annuals, some are perennial in warm, tropical climates, including African Blue and Holy Thai basil.

Basil is originally native to tropical regions of Asia, having been cultivated there for more than 5,000 years

The word *basil* comes from the Greek βασιλεύς (*basileus*), meaning "king", as it is believed to have grown above the spot where St. Constantine and Helen discovered the Holy Cross. The *Oxford English Dictionary* quotes speculations that basil may have been used in "some royal unguent, bath, or medicine". Basil is still considered the "king of herbs" by many cookery authors

Basil is commonly used fresh in cooked recipes. It is generally added at the last moment, as cooking quickly destroys the flavour. The fresh herb can be kept for a short time in plastic bags in the refrigerator, or for a longer period in the freezer, after being blanched quickly in boiling water. The dried herb also loses most of its flavour, and what little flavour remain tastes very different, with a weak coumarin flavour.

Basil is one of the main ingredients in pesto—a green Italian oil-and-herb sauce.





August 30th 2010



Pesto makes a great sauce for pasta, spread for sandwiches or topping for chicken dishes, or flavorful addition to soups. It takes only minutes to make and can be frozen for up to year. It can also be stored in the refrigerator for up to 2 months providing the surface is kept covered by a thin coating of olive oil.

Basic Pesto

Recipe #1 Pesto with Walnuts

- 2 cups fresh basil leaves, washed, patted dry
- 4 cloves of fresh garlic, peeled
- 1 cup shelled walnuts
- 1 cup olive oil (good quality)
- 1 cup freshly grated Parmesan cheese
- ¼ cup freshly grated Romano cheese
- Salt and freshly ground black pepper to taste



Combine the basil, garlic and walnuts in bowl of food processor and chop. Leave the motor running and pour in the olive oil in a slow steady stream until smooth and incorporated. Turn off processor and add both cheeses and salt and pepper. Turn on processor again briefly to incorporate the cheese. Transfer to a container and smooth out top. Cover with a thin layer of olive oil.
Yield- about 2 cups — enough for 2 lbs. of pasta.

Recipe#2 Pesto with Pine Nuts

- 2/3 cup olive oil
- 1 cup fresh basil leaves, washed, patted dry
- ½ cup pine nuts
- 3 garlic cloves
- 2/3 cup freshly grated Parmesan cheese
- Salt and freshly ground black pepper to taste



Combine the basil, garlic and pine nuts in bowl of food processor and chop. Leave the motor running and pour in the olive oil in a slow steady stream until smooth and incorporated. Turn off processor and cheese, salt and pepper. Turn on processor again briefly to incorporate the cheese. Transfer to a container and smooth out top. Cover with a thin layer of olive oil.

Yield- about 1 ½ cups

To freeze pesto— either spoon heaping tablespoon size mounds onto cookie sheet or spoon into ice trays coated with non-stick cooking spray and freeze. Once pesto is frozen remove from cookie sheet or ice tray and store in freezer bags.

To use as pasta sauce for one lb of pasta- – Cook pasta according to package directions. Reserve ½ cup of the hot pasta water and drain pasta. In a small bowl stir or whisk together 2 Tablespoons of the hot pasta water , ¼ cream or milk and 1 cup pesto, (adding more pasta water if necessary for creamy consistency). Add sauce to pasta and serve immediately.