

# MERCATO SHEWOLF

## CHEF ANTHONY'S GUIDE

to cooking & storing all this tasty food

## STORING

### SOUPS

- store in the fridge for up to 5 days

- freeze for up to 5 weeks

### SAUCE

- store in the fridge for up to 4 days (\*1 day for seafood)

- freeze for up to 5 weeks

### VEGETABLES

- store in the fridge for up to 2 days

- please don't freeze it

*GOLDEN RULE: FOR THE SALAD, GOOD ORGANIC GREENS DON'T NEED THAT MUCH DRESSING*

### FOCACCIA

- our focaccia is baked fresh every morning

- toast in a toaster or one of those counter-top oven things people love

- still tasty after 2 days in the fridge, wouldn't eat it past that

*GOLDEN RULE: ALWAYS KEEP COVERED, IT WILL DRY OUT IF LEFT UNCOVERED*

### CHEESE

- cheese is grated in house, no caking agents

- half cow's milk, half sheep's milk

- store in the fridge up to 2 weeks

- freeze for up to 5 weeks

*GOLDEN RULE: USE ON SOUPS, PASTA, SALAD & VEGGIES. I LOVE CHEESE.*

### GELATO

- obviously store in your freezer

*GOLDEN RULE: FOR MAXIMUM GELATO RESULTS, PUT IN YOUR FRIDGE 1 HOUR BEFORE YOU EAT IT.*

## COOKING & PLATING

### SOUPS

1. pour soup from container into a pot

2. fill empty container with a cup of water and put the lid back on. Shake it up, get all that good flavor off the side of the container.

3. Pour the water into the pot and bring to a boil while stirring.

4. Fill up a bowl and drizzle with oil (or cheese)

*GOLDEN RULE: ALWAYS BRING TO A BOIL, HOT SOUP IS TASTY SOUP*

*CHEF'S TIP: REUSE THE CONTAINER!*

*\*In a hotel room? Or you're a cheater? Microwave on high for 3 minutes. Don't burn your face off.*

### PASTA & SAUCE

- One pint of sauce is designed for one pound of pasta, plus a touch of pasta water and obviously cheese. But if you like it more saucy, use more sauce, get another pint. It's your world.

1. Bring a large pot of water to a boil (1.5 gallons is good) and salty like the ocean. You want your pasta to have room to float and bob around in there, don't over-crowd the water.

2. In a large sauté pan or even a dutch oven, bring your sauce to a simmer. Put a tablespoon of water in the pint container and shake out all that flavor from the sides. Don't waste that flavor.

3. Drop your pasta in boiling water (fresh pasta from the fridge - 4 minutes; frozen pasta - 6 minutes).

4. Remove pasta with a slotted spoon and place into sauce pan. Do not dump into a colander! Pasta is tender and fragile! Pasta water is your friend, put it in your sauce!

5. Toss the pasta in sauce, create a little air by shaking your pan, add the container of cheese slowly and keep shaking the pan. Let the cheese melt into the sauce.

6. When serving, scoop out pasta first, placing on your plate and leaving sauce in the pan. Get the sauce boiling so that it's nice and hot, then pour over the pasta. More cheese.

*GOLDEN RULE: ONLY DROP PASTA IN BOILING SALTED WATER, NOT ALMOST BOILING... BOILING!*