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## ***La Gazzetta della Spiga***

*September 2009*

### **Welcome back Pietro and Sabrina**

After a well-deserved vacation, Pietro and Sabrina have returned from Italy rejuvenated and full of culinary inspirations. Initially we were concerned that they might not return, and it didn't help when they "missed" (more likely skipped) their flight. Who could blame them though? A glance at the Facebook updates shows the whole family enjoying the vacation. Thankfully for all of us, what happened in Italy will not be staying in Italy, as Sabrina has been busy in the kitchen adding the La Spiga twist to her new Italian inspirations. It is great to have the family back and we are all looking forward to Sabrina's new creations, which should be arriving in the coming weeks.

### **Cooking with Sabrina Tinsely**

This month there will be three great opportunities to spend some time getting to know Italian food and the kitchen with chef Sabrina Tinsely. The first class will be held at La Spiga and will be focusing on pasta making and wine tasting. In addition to this class Sabrina will be teaching at two demos, the first being held at PCC in Edmonds on September 25<sup>th</sup> and the second will be at Cooksworld in the university district on the 29<sup>th</sup>.

### **Connect with La Spiga**

If you are interested in learning more about the food, the wine, and life at La Spiga, then add them on Facebook or twitter. In addition to photos, thoughts on the food, and descriptions of the wine, there will be several exciting new videos coming out.

### **Wines and Cocktails**

There are a lot of exciting changes this month in the wine and cocktail list as Chris is starting to shake things up. This month alone there are 20 new wines some of which have never been in the US before. In addition to all the wine changes, there will soon be a new list of signature cocktails.

**Featured Ingredients of the Month:  
Chestnut Flour**

This unique flour is ivory in color and slightly smokier in taste than most baking flour. Its uses are extremely versatile ranging from pastas to desserts, and it has the additional benefit of being gluten free. Chestnut flour remains low in fat and rich in Potassium and Phosphorus. The process of making the flour begins in the fall when the nuts are harvested. They are then dried for a month in firehouses that are fueled by chestnut wood. Once the drying process is complete, they are peeled and ground into flour using a stone mill. The final step is to pack the flour in to small wooden boxes for storage. As the flour is needed, a chisel is used to chip off chunks from the blocks that are then broken up before being placed in a sieve. Chestnut flour's excellent nutritional value and unique flavoring make it a favorite for Northern Italian recipes.