



## Spolumbo's Fine Foods

*Built on quality specialty sausage and personality.*

*The Spolumbo's story is that of three first generation Italian-Canadian boys. Their apprenticeship of authentic Italian cuisine started within traditional families who knew how to raise strong, solid and charismatic gentlemen...and CFL football players.*

*The childhood buddies, Tom Spoletini, Mike Palumbo and Tony Spoletini put their experience and personalities into bringing you a blend of fresh, natural ingredients, and the goodness of a strong European tradition.*

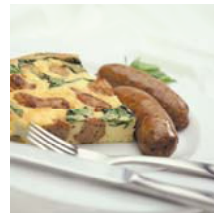
*Here are the recipes for the three traditional dishes pictured on the front.*

### MICHAEL'S ITALIAN SAUSAGE WITH POTATOES AND PEPPERS



2 links of Spolumbo's Spicy or Mild Italian Sausage  
 1 tablespoon of olive oil  
 3 large potatoes (cubed 1/2")  
 2 red bell peppers (cut julienne style)  
 1 cup white onion (chopped)  
 3 cloves of garlic (chopped fine)  
 1/2 tsp crushed chilies or 1 1/2 tsp chili powder  
 1 1/2 tsp of ground oregano  
 salt & pepper to taste

Bake or barbecue sausages until almost done. Cut to bite-size portions and set aside. Heat oil over medium heat in a deep fry pan. Add potatoes. Cook potatoes 5 minutes; add peppers, onions and garlic. Cook 10 minutes more, stirring occasionally. Peppers should begin to soften; potatoes will be crispy brown. Add sausage, simmer an additional 10 minutes. Mix in remaining spices one at a time. Serves 4.



### FRITTATA DI ANTONIO WITH ITALIAN SAUSAGE

2 links of Spolumbo's Mild Italian  
 1 tablespoon of olive oil  
 2 cloves garlic (finely chopped)  
 6 eggs  
 1/2 cup milk  
 1/2 cup of chopped fresh spinach  
 Black pepper to taste

Heat olive oil in deep fry pan on medium.  
 Cut sausage into bite-size portions and cook until brown. Add garlic, cook for 3 minutes.  
 Beat eggs and milk together. Add to pan with spinach and pepper, cook until eggs are of desired consistency.  
 Also try with Spicy Italian or Chicken Apple  
 Serves 2.

### MARINARA SAUCE WITH CHICKEN SAUSAGE DALLA TOM



3 links of Spolumbo's Spicy Chicken  
 4 tablespoons of olive oil  
 3 cups onion (chopped)  
 2 gloves garlic crushed  
 2 - 28 oz. Cans diced tomatoes  
 1 - 28 oz. Can tomato puree  
 1 - 12 oz. Can tomato paste  
 2 cups water  
 1 1/2 teaspoons dried oregano  
 1 teaspoon fresh ground black pepper  
 2 teaspoons salt  
 1 cup chopped Italian parsley  
 1/4 cup fresh basil  
 1 pound pasta  
 Grated Parmesan or Romano cheese (optional)

Broil sausage for two or three minutes to partially cook. Slice to bite-size portions and set aside. Coat the bottom of a deep skillet with olive oil and heat on low. Add the garlic and onion; simmer until the garlic is golden brown. Add all other ingredients, including the sausage and bring to a slow boil over medium heat. Simmer sauce for about two and a half hours. Boil and drain pasta. Spoon sauce over pasta and sprinkle with cheese. Serves 4.

