

## Welcome to Our "Good Life Page"

July, 2011 Recipe of the Month: [Al Fresco Seafood Salad](#)  
Wine Pairing: [Folonari Pinot Grigio](#)  
After Dinner Pleasures: [Cigar - Te Amo](#)  
[Desert Wine - Rosa Regale by Banfi](#)

### [About the Good Life Page](#)



### Al Fresco Seafood Salad

"This beautiful summer seafood salad, *Insalata dei Frutti Di Mare*, as we call it in Italian, is perfect for entertaining friends, business company or for a romantic candlelight dinner for two *al fresco*. We get our seafood fresh in the Strip District of Pittsburgh, which is reminiscent of the many fresh seaside markets found on the breathtaking Mediterranean coasts of Italy. You will want to serve this delicious course with a loaf of fresh garlic bread and my

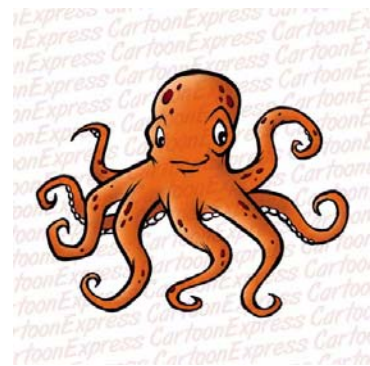
brother's crisp white wine pairing of [Folonari Pinot Grigio](#). After dinner, relax under the stars with delightful glass of [Rosa Regale](#) and a sexy cigar pick such as [Te Amo](#).

I hope you will enjoy this recipe with your family and friends for many years to come. Buon Appetito!" **Natalie**

### Let's Make the Salad!

#### Ingredients

1 fresh or frozen octopus (about 2 pounds)  
Salt to taste  
1 pound small to medium shrimp, shelled and deveined  
1 pound cleaned squid, cut into 1/2" rings, tentacles left whole  
2 cups thinly sliced celery  
1/2 cup extra virgin olive oil  
3 tablespoons fresh lemon juice, or to taste  
2 tablespoons chopped flat-leaf parsley  
2 or 3 garlic cloves, finely chopped  
1/2 teaspoon lemon zest  
1/2 small pepperoncino, crumbled or a pinch of crushed red pepper  
Garnish: Lettuce and radicchio leaves, lemon slices and flat-leaf parsley  
Serve with fresh, warm garlic bread, cut into rough slices and served on a cutting board in center of the table  
Services about 4



If the octopus is frozen, thaw it in a large bowl of cold water, changing the water frequently, drain. Remove the hard beak from the base of the tentacles.

Fill a large saucepan with water and bring to a simmer. Add 1 teaspoon salt and the octopus, partially cover the pan, and cook until the octopus is tender when pierced with a fork, 45 minutes to 1 hour according to size.

Meanwhile, bring a second pan of water to a boil. Add 1 teaspoon salt and the shrimp and cook for 2 to 3 minutes, according to size. Remove the shrimp with a slotted spoon, transfer to a colander, and cool under cold running water. (Leave the water at a boil.) Drain the shrimp well.

Drop the squid rings into the boiling water and cook for 1 minute, or until opaque. Drain thoroughly.

Drain the octopus and scrape away any loose skin with a small knife. Cut the octopus tentacles into bite-size pieces.

Pat all the seafood dry. Cut the shrimp into bite-size pieces. Combine the seafood and celery in a large bowl. (The salad can be made ahead to this point, covered and refrigerated for up to 2 hours.)

In a small bowl, whisk the olive oil, lemon zest, lemon juice, parsley, garlic and salt and pepper to taste. Pour the dressing over the seafood mixture and toss well. Taste and adjust the seasoning.

Arrange the lettuce and radicchio leaves on a large platter. Spoon the salad into the center. Garnish with parsley and lemon slices. Serve immediately.

### **Suggested Wine Pairing:** **By Bruno Schirripa**



#### **Folonari Pinot Grigio**

"A refreshing, crisp Pinot Grigio. Served chilled, the enhancement to the "Al fresco" dish this month is unmistakably divine! With a pale yellow color and a fragrant bouquet, this dry crisp Italian white wine has an elegant background of green apple and a clean finish. It rolls through the palate with an embracing flavor."

### **Suggested After Dinner Pleasures:** **By Bruno Schirripa**



### Te Amo

"My Cigar this month is a Mexican entry and one of the world's most popular cigars. There is a silky, quality feel to a Te Amo Robusto that tells you even before you light up of its superb tobacco and expert craftsmanship. All the tobaccos used are grown in Mexico's famous San Andres Valley and Te Amo Robusto are handmade by skilled people who have made cigars for generations. As you smoke a Te

Amo Robusto, you'll experience their rich tobacco flavor and aroma that distinguishes this great cigar! Bon Appetito!!!"



### Rosa Regale by Banfi

"This dessert wine is one of my all time favorites. Rosa Regale (by Banfi) is a sparkling blush that is more elegant than Kate Middleton. Rosa Regale is created in one of Italy's smallest production zones, the Brachetto d'Acqui Denominazione di Origine Controllata e Garantita, commonly referred to as DOCG. This wine has a delicate bouquet of rose petals and offers sensuous flavors of fresh raspberries and strawberries. Its effervescence is softer than that of champagne, yet it yields a persistent and delicate pink froth. Its lively garnet color makes other sparklers pale in comparison. Served chilled and with a low alcohol content, it serves as the perfect dessert.

No wine pairs better with chocolate than Rosa Regale. The bright fresh berry flavors complement the sweet velvet of the chocolate. Rosa Regale is a seductive red sparkler that turns any occasion into a celebration.

Interesting note: Legend has it that both Julius Caesar and Marc Antony presented Cleopatra with several gourds of Brachetto. The empress then had her lovers drink the wine in order to unleash their passion. I used this one on my first dinner date with my now wife :-)."

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"Sometimes we get so busy with business and with life that we forget to stop and enjoy the good things in life - "la vita bella", as we call it in Italian. So, I thought it would be fun to share one of my favorite passions with you each month - authentic southern Italian recipes - just like my mother and grandmothers taught me growing up. My brother, Bruno Schirripa, and I love to cook together, so I am thrilled that he will be contributing the monthly wine pairing and after dinner cigar pick to accompany my recipes. My husband, Steve, is not much into the cooking aspect, but he is definitely an expert "tester" and especially enjoys the after dinner pleasures. We hope you will enjoy and share it all each month with your

family and friends!"

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