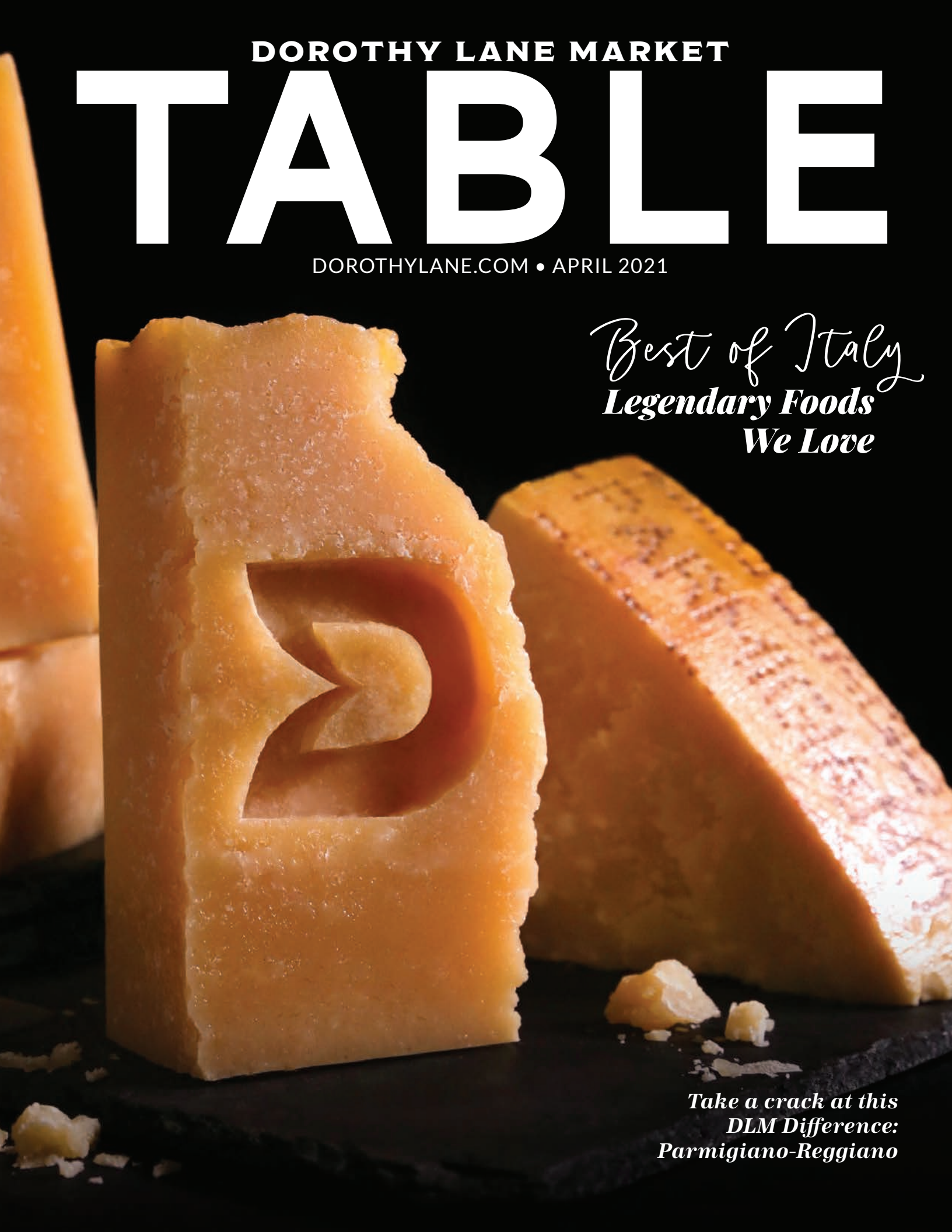


DOROTHY LANE MARKET

TABLE

DOROTHYLANE.COM • APRIL 2021

Best of Italy
Legendary Foods
We Love



*Take a crack at this
DLM Difference:
Parmigiano-Reggiano*

Best of Italy

25 } VERA JANE'S EXTRA-VIRGIN OLIVE OIL

Like most great discoveries in the food business, this one began at a dinner lubricated with a glass of wine ... likely a rustic Brunello. Some 20 years ago, my parents were at a home dinner party in Tuscany and met a young man named Alex along with his mother Lily. They live on a beautiful hillside, dense with ancient olive trees garnished by large bushes of fragrant jasmine, outside of a little town called Lucignano. At the time, Lily was exporting Italian-made leather purses and Alex was in the jewelry business. Their olive grove produced plenty but they never gave it much thought, other than bottling some oil for family and friends, and selling some locally.

After dinner, Alex gave a bottle to my parents to try and the rest is history. We loved it so much, we made it our own. We named it after my grandmother Vera Jane, the majority owner of DLM for most of its history, and decorate the bottle with a beloved photo of her from 1938.

Of all the products we put our name on, we are proudest of this one. We've tasted hundreds of oils, and this one is always in our top tier. It's typically Tuscan with full-bodied flavor, and a healthy peppery kick. If you only want to buy one oil, this is it.

Colin



The olives used in our **Vera Jane's Extra-Virgin Olive Oil** are grown on the Zanetti family's Italian estate. Alex Zanetti, left, shows DLM's Scott Achs the olive grove.



Not only do we carry our beloved **Vera Jane's Extra-Virgin Olive Oil** in our stores, but we also include it in numerous gift sets that ship at shop.dorothylane.com.



Another Italian treasure, **DLM Aged Balsamic Vinegar of Modena**, comes to us from producer Maria Livia. On one visit, she offered us samples directly from various aging barrels.

Best of Italy

LEGENDARY FOODS WE LOVE

HOW TO USE VERA JANE'S EXTRA-VIRGIN OLIVE OIL? DRIZZLE PLENTIFULLY.

I sometimes chuckle in the morning, rebelliously gently frying my local farm fresh eggs over easy in a small kiddie pool of high end olive oil. Years ago I remember reading an article in some fancy-schmancy food magazine about “strict” uses of first pressed extra-virgin for *this*, and instructions for use of pure olive oil for *that*.

Having seen first-hand how producers such as the Zanettis in Tuscany, the Palomars in Granada, and the Mahjoubis in Tunisia, to name a few, consume their great oils *liberally*, I've come to realize that extra-virgin olive oil is simply a great everyday food. No need for food snobbery here. A good olive oil is more than just a pretty bottle; it's something you can feel good about using on all sorts of dishes.

Quality olive oil is a delicious healthy fat, and as such, is a perfect base for sauces, vinaigrettes, baking, and yes ... frying eggs. Just take care to not use high-heat. Beyond that, it's a wonderful finishing condiment that's so good to drizzle on just about any food you like, from pizza to pasta, in soups and stews, and over steaks and potatoes.

“Superb balsamic made by a small family producer in Modena! Made in the traditional way by aging progressively in barrels of different woods to achieve complexity.”

24 } DLM AGED BALSAMIC VINEGAR OF MODENA

Another friend we made on our tours of Italy was Maria Livia, in the food-loving city of Modena. Her family produces gorgeous balsamic vinegar, which we sampled cheerily from various old barrels. It was here that we chose our DLM blend on site.

We love it for its depth, richness, and complexity. Try drizzling on your steak as it finishes on the grill or brushing a reduction on other meats, such as roast beef or lamb. Also put a few drops on fresh strawberries or drizzle on grilled vegetables. Since it is a sweet condiment derived from grapes, it also

does very nicely on desserts, such as DLM Madagascar Vanilla Gelato and DLM Classic Coffee Cake.

Calvin





Prosciutto di Parma Salad with a Balsamic Vinaigrette

Serves 4

INGREDIENTS:

- ½ lb Prosciutto di Parma, very thinly sliced, room temperature
- ¼ cup Vera Jane's Extra-Virgin Olive Oil
- 1 Tbsp DLM Aged Balsamic Vinegar of Modena
- Salt and freshly ground black pepper, to taste
- 4 cups arugula, washed and patted dry
- 8 oz large button mushrooms, stemmed and caps very thinly sliced
- 1 cup artichoke hearts, very thinly sliced
- 2 ripe plum tomatoes, cored, seeded, and finely diced
- ¼ lb Parmigiano-Reggiano, finely shaved
- 8 Alessi Grissini Thin Breadsticks, optional

DIRECTIONS:

Arrange finely shaved prosciutto slices decoratively around the edges of four salad plates. In a small bowl, combine olive oil, balsamic vinegar, salt, and pepper. In a salad bowl, toss the arugula leaves with ½ of the prepared olive oil/balsamic vinegar dressing. Place arugula leaves in the center of the four individual serving plates. In the same bowl, toss the mushrooms with artichoke hearts in the remaining ½ of the olive oil/balsamic vinegar dressing. Arrange mushrooms and artichoke hearts over the arugula leaves. Top with diced tomatoes and shaved Parmigiano-Reggiano. Serve with two breadsticks on each plate, if desired.

Spaghetti alla Carbonara *Serves 4*

INGREDIENTS:

- 1 lb Monograno Felicetti Spaghetti
- 3 Tbsp Vera Jane's Extra-Virgin Olive Oil
- 4 oz Niman Ranch Diced Pancetta
- 2 cloves garlic, peeled
- 2 large eggs
- Freshly ground black pepper
- 1/2 cup Parmigiano-Reggiano, freshly grated

DIRECTIONS:

Bring a large pot of salted water to a boil. When it is boiling, add the pasta and cook 9-10 minutes. Meanwhile, combine the olive oil and pancetta in a sauté pan over medium heat and cook for 2 minutes, until fat begins to render. Add whole cloves of garlic and cook another 5 minutes, until edges of the pancetta just begin to crisp. Meanwhile, break the eggs into the bowl you will serve the pasta in, and beat with a fork. Add some black pepper to eggs.



Discard garlic from the pancetta pan. When pasta is cooked to al dente, drain and immediately pour it into the bowl with the beaten eggs. Mix thoroughly. Add pancetta with its fat, toss again. Add Parmigiano-Reggiano and serve.

25 } Naples-Style PIZZA

When we first sought to bring an authentic pizza experience to DLM, we looked no further than the pizza-making style of Naples, Italy. But to achieve a Naples-Style Pizza, we knew that technique, ingredients, and cooking methods were key. Here is what distinguishes our Naples-Style Pizza eating experience, available at DLM Washington Square and Springboro.

Toppings include our DLM Handmade Fresh Mozzarella, in addition to other accompaniments, which are from our store.

The crust has great flavor. Its texture is crispy on the outside yet chewy on the inside.

**Gluten-free crust is available upon request.*

NAPLES-STYLE PIZZA CAN BE ORDERED BY PHONE OR IN STORES AT DLM SPRINGBORO AND WASHINGTON SQUARE. In addition, place an order with our "Naples-Style Pizza by DLM" App, downloadable on iTunes or the Google Play Store. New, now available on DoorDash!



**WE BAKE IN SPECIALLY
DESIGNED PIZZA HEARTH
OVENS THAT OBTAIN
TEMPERATURES
OVER 1,000°F.**

Our dough comes from our DLM Bakehouse, where our cadre of artisan bakers are masters of dough. It's made fresh daily.

Our talented pizza makers hand-stretch the dough to a perfect tradizionale size (11 inches) or bambino (8 inches) and they always arrange toppings in the right proportions.

Our housemade red sauce is Made Right Here using ingredients indicative of a Neapolitan pizza.

*A tavola non
s'invecchia mai.*

*AT THE TABLE,
ONE DOES NOT
GROW OLD.*

BEST OF ITALY

Italian Wines

*Virtual Wine Tasting • Friday, April 16 • 6:30 p.m.
DLM's George Punter & Teresa Kearney, CSWs,
will take you on an exploration of the Italian wines
featured below with this free virtual tasting.*

*Join us at [Facebook.com/DorothyLaneMarket](https://www.facebook.com/DorothyLaneMarket)
at the time of the event.*

NV Sant'Elisa Prosecco, Veneto

Bright notes of white peach and apple with hints of sweet spices. Elegant, balanced, and crisp. **\$11**

2019 Malvirà Roero Arneis, Piedmont

On the palate, the wine gives way to stone fruits and hints of melon before finishing with a zip of refreshing acidity. **\$20**

2019 Tenuta Rovaglia Limne Lugana, Lombardy

Made from the Turbiana grape, which is a very close DNA match to Verdicchio, this wine is fragrant with a peach blossom aroma and a creamy palate of ripe peach and pear, alongside bright acidity. It's fermented and aged in stainless steel for 4-5 months. **\$19**

2018 Torrebruna Sangiovese, Tuscany

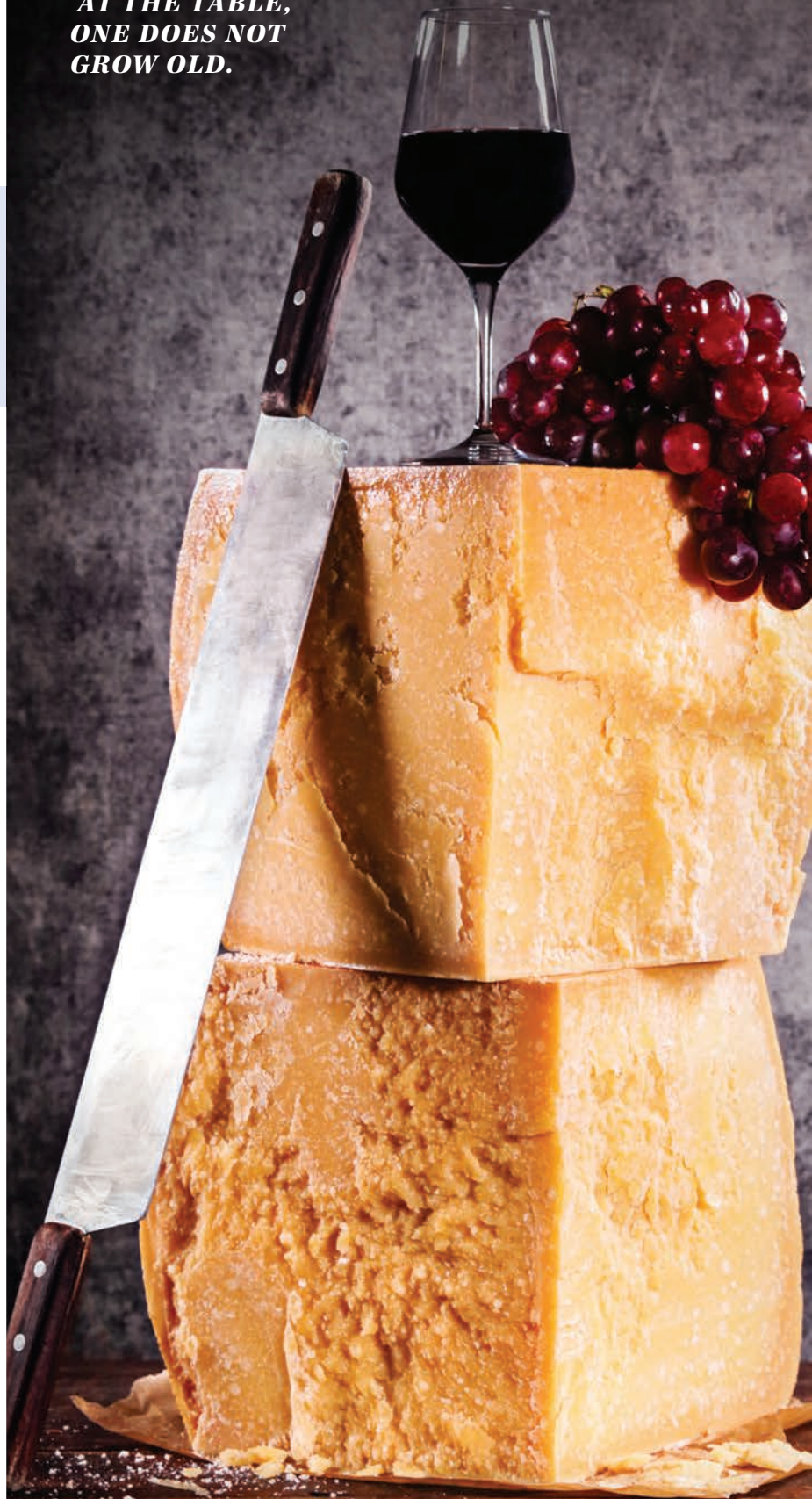
Opaque color with a red berry rim, it's brimming with aromas of cherry, dark fruits, and vanilla. Silky tannins frame flavors of dried strawberries, plums, violet, and red cherries. Robust and balanced. **\$13**

2015 Ca' del Monte Valpolicella Ripasso, Veneto

A blend of 45% Corvina, 35% Rondinella, 15% Molinara, and 5% Negrara-Pelara. A nose of flowers, fruit, almonds, and a touch of spice that wraps it warmly together. The delicious combination is elegant in the mouth; soft and silky with a balance of oak at the finish. **\$25**

2016 Tommasi Synthesi Aglianico del Vulture, Basilicata

Fragrantly fruity bouquet of blackberries, blueberries, wild berries, and pepper. On the palate, it is dry and velvety, with well-integrated tannins. **\$20**



26 } *Parmigiano-Reggiano*

THE DLM DIFFERENCE

There are many different types of Parmigiano-Reggiano marketed from plastic green containers to inexpensive tasteless renditions. But to taste a good Parmigiano-Reggiano is to taste a piece of Italian culinary culture. It carries with it a sense of place as it's been made nearly the same way since the 12th century coming only from the regions of Modena, Parma, Reggio Emilia, and a small part each of Bologna and Mantova. The cows from which the milk comes from cannot be fed silage, only fresh grass, hay, or alfalfa, and only skim milk is used, reducing the fat content of the cheese. Ours is "extra," meaning it's aged longer than the typical Parmigiano. And the Minelli family, whom we've visited in the beautiful countryside just outside of Modena, produces just 14 wheels of this magnificent cheese per day! Of all the Parmigiano-Reggiano we've tasted over the years, this continues to be our favorite. Whether using on a cheese plate, in a soup or salad, or over pasta, it's a great value as well!

Todd | VP of The DLM
Cheese Shop

Look for our Parmigiano-Reggiano in The DLM Cheese Shop or ship this staple via shop.dorothylane.com!



The 80 to 90-lb wheels of cheese designated as Parmigiano-Reggiano must only be made by approved producers. They are made using traditional methods that have been used for more than nine centuries.

We choose to have our Parmigiano-Reggiano aged for 24 months—longer than most. We think this has the best balance of flavor, texture, and aroma. The wheels are carefully aged in special rooms where they are cleaned and kept at specific temperatures and humidity.

For more than a decade, we've sourced our Parmigiano-Reggiano from brothers Valerio and Giovanni Minelli, and Giovanni's son Carlo.

Parmigiano-Reggiano is named after the provinces Parma and Reggio Emilia. Just outside of Modena, Italy, are the rolling hills where the Minelli family's cows quietly graze.

This cheese is made using unpasteurized cow's milk. When we traveled to Italy, Giovanni took us to where the cows graze and remarked "Look into their eyes. They are happy." These words have stuck with us.

As the cheese ages, peptones, peptides, and free amino acids form. When these crystallize, they give Parmigiano-Reggiano its distinctive, slightly crunchy texture, as well as making it a healthy, easy-to-digest food.

After aging for one year, professional cheese testers from the Parmigiano-Reggiano Consortium scrutinize each wheel for maturation, aroma, color, consistency, and internal structure. After passing inspection, the wheel is branded with the Consortium's symbol and finishes aging.



Oven-Roasted **ZUCCHINI+PARM**

No frying or heavy breading necessary—this layered casserole is simply delicious! Oven roasting brings out all the velvety goodness of cooked zucchini, bright tomato sauce, and the layers of Parmigiano-Reggiano within. *Chef Camie* | Culinary Director

Oven-Roasted Zucchini Parmigiano-Reggiano

Makes (1) 9x13-inch pan or serves 6

INGREDIENTS:

- 2½ lbs zucchini
- 3 Tbsp Vera Jane's Extra-Virgin Olive Oil, plus more for drizzling
- Salt and pepper to taste
- 1/2 onion, finely chopped
- Pinch or two of red chili flakes
- (1) 32-oz jar of DLM Original Marinara Sauce
- ¾ cup Parmigiano-Reggiano, grated
- Fresh basil for garnish

DIRECTIONS:

Pre-heat oven to 450°F. Wash and pat dry zucchini. Trim ends, cut in half crosswise, and then cut into 1/4-inch thick slices. Spread in a single layer on a rimmed sheet pan, drizzle with olive oil, season generously with salt and pepper, and roast 10-12 minutes. Remove from oven and set aside. Lower oven temp to 375°F.

In a sauce pan, heat 3 Tbsp olive oil and sauté the onion and red chili flakes until soft. Carefully add the marinara sauce and let cook briefly, seasoning with salt and pepper to taste. In a 9x13-inch casserole dish or large gratin dish, drizzle bottom with a little olive oil. Spoon ½ cup of the sauce, covering bottom of dish. Arrange one third of the zucchini in an even layer over sauce and sprinkle with ¼ cup Parmigiano-Reggiano. Repeat with two more layers, ending with Parmigiano-Reggiano. Bake 30-40 minutes, or until bubbling and browned on top. Remove and let sit for 5 minutes. Garnish with fresh basil.



Self-Care Saturday

April 24 • 10 a.m.–3:30 p.m. • Free Virtual Event

Self care has never been more important and needed than now, and our Healthy Living department has rounded up excellent speakers and experts, all to kickstart your self-care journey!

In lieu of our annual Health Fair, we are excited to feature Self-Care Saturday with a full line-up of virtual sessions. Whether you are joining us for all of the topics and chiming in with questions via the chat panel, tuning in for specific sessions, or accessing the event on-demand, Self-Care Saturday is a free virtual event aimed at providing you with ideas and inspiration for rejuvenation.

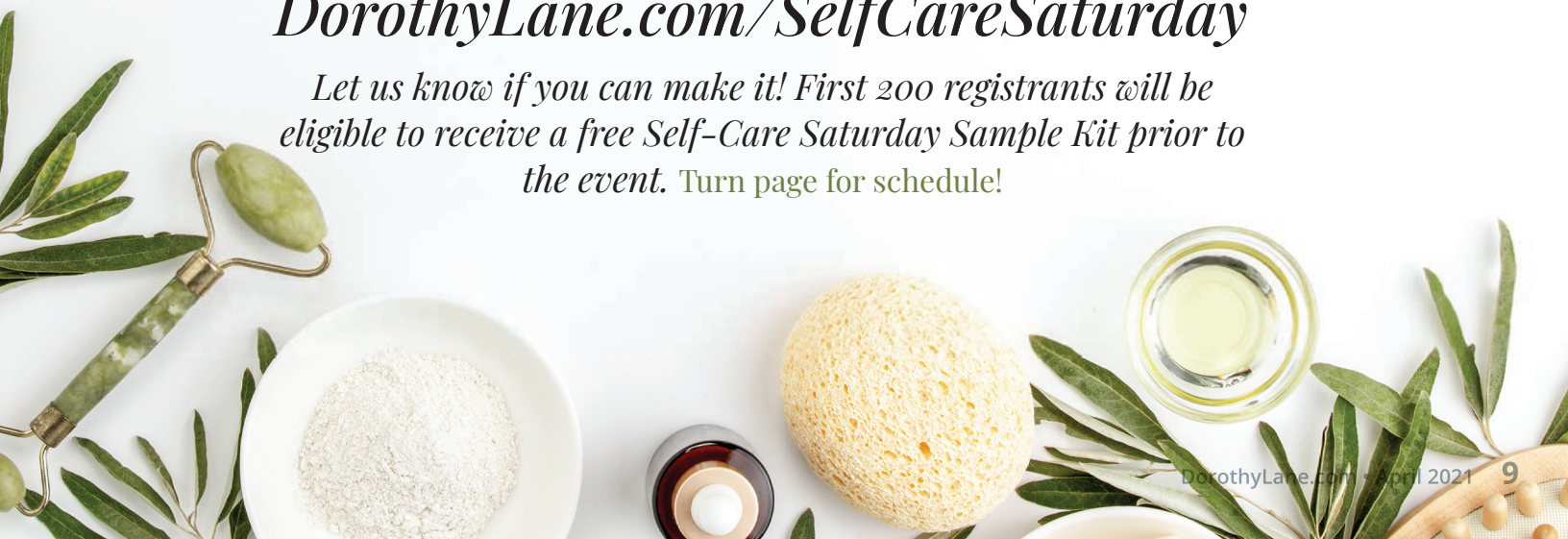
The morning sessions will focus on exploring essential oils and CBD to relieve stress, anxiety, and insomnia. After a break for an interactive and fun movement session, experts will share tips for how to

pay better attention to your gut health to boost immunity. We'll then take a break for lunch, but feel free to stay tuned in for a cooking session. The afternoon programs will dive into screen time self-care and how to protect your eyes, followed by advice on how to relieve joint and muscle discomfort with powerful topical magnesium products from the Dead Sea. To conclude, we are excited to welcome our **keynote speaker, Erica Lugo of "Erica Fit Love"** (as seen on TV's "The Biggest Loser"). We're thrilled to have this Dayton resident and national fitness star inspire us to achieve our fitness goals!

Join us virtually for our free Self-Care Saturday! Simply visit DorothyLane.com/SelfCareSaturday the day of the event to tune in.

DorothyLane.com/SelfCareSaturday

Let us know if you can make it! First 200 registrants will be eligible to receive a free Self-Care Saturday Sample Kit prior to the event. Turn page for schedule!



Self-Care Saturday

April 24 • 10 a.m.–3:30 p.m. • Free Virtual Event

Join the virtual event at DorothyLane.com/SelfCareSaturday

Aromatherapy for Peace & Healing

Presented by Patti McCormick, RN, PHD,
Institute of Holistic Leadership

10:00 A.M. Patti McCormick will kick things off by sharing her wealth of knowledge on the best ways to use essential oils to aid in relaxation, healing, and your overall health and emotional well-being.

Which CBD is Right for Me?

Presented by Maggie Frank, CV Sciences educator

10:30 A.M. This discussion will dive into the numerous health benefits of CBD to relieve stress, anxiety, inflammation, and insomnia and provide great information for choosing which CBD is right for you.

Bodyweight Workout

Instructor-led movement session
by Erica Lugo, Erica Fit Love

11:00 A.M. Follow along at home with Erica Lugo, USA Network's Biggest Loser Trainer, *Women's Health Magazine's* Next Fitness Star, and Lifestyle Expert as she guides you through a full body workout routine.

The Microbiome and Your Immune System

Buddy Ojeda, Certified Nutritionist, health educator, and Eastern Regional Educator for Probulin®,
The Next Generation of Probiotics.

11:30 A.M. An expert from Probulin® Probiotics will share the importance of gut health and how probiotics play a key role in boosting our immune systems during this crucial time.

NOON Short Break. Back at 12:15

Cooking Demonstration

Presented by Lori Kelch, MS, CHNC

12:15 P.M. As you lunch, stay tuned in as we share the latest craze for healthy eating—salads in a jar. We'll show you how to meal prep these and incorporate things like chia seeds and flax seeds to dramatically improve the health benefits of your meals.

Screen Time Self-Care

Presented by Maureen Kelly, 5th Sun Brokers
Educator for Pranarôm, Nordic Naturals, Derma E

1:00 P.M. Understandably, screen time usage is at an all-time high. But too much “blue light” from our TV screens, computers, and cell phones can do a lot of damage to our bodies. Listen in as Maureen shares some natural products to help you combat these harmful side effects.

Bringing Life to Your Skin From the Dead Sea

Presented by Tom Strader, Mg12 owner

2:00 P.M. Learn to use topical magnesium to help relieve stress, ease joint and muscle discomfort, and promote overall skin health. Tom will introduce you to the healing benefits of a soothing soak in Mg12's Magnesium Dead Sea Bath Salts.

KEYNOTE SEMINAR

Your Wellness Journey Beyond the Scale

Presented by Erica Lugo, Erica Fit Love

2:30 P.M. Erica Lugo resides in Dayton and in addition to inspiring her clients through Erica Fit Love, she is a USA Network's Biggest Loser Trainer, *Women's Health Magazine's* Next Fitness Star, and Lifestyle Expert. Prepare to get motivated by her keynote to lose that “Quarantine 15” and achieve your fitness goals.





NEW! SANDWICH & PIZZA OF THE MONTH

Each month, we debut a new specialty menu item for both our Naples-Style Pizza and Sandwich Station selection. Inspired by our Best of Italy DLM Difference favorites, DLM's Chef Carrie is excited to bring these to the menus this month!

Sandwich of the Month

Italian Beef

Thinly shaved DLM Natural Beef is simmered in au jus and layered with spicy giardiniera on our Classic Italian Bread.

Naples-Style Pizza of the Month

Parmigiano Prosciutto

Prosciutto di Parma, Parmigiano-Reggiano, and our DLM Balsamic Vinegar of Modena come together for a *buonissimo* pizza!

UPCOMING VIRTUAL COOKING CLASSES

Cook along or learn a new skill from the comfort of your kitchen with our virtual classes (\$29, registration required). After you register, we'll send you prep notes and a list of ingredients/equipment. Then, join via Zoom at the time of the event.

- **Sunday Supper Homemade Ricotta Gnocchi with Quick Bolognese:** Sunday, April 11 • 5-7 p.m.
- **Fresh and Fried Spring Rolls:** Friday, April 16 • 6-7:30 p.m.
- **Take Out Thai:** Thursday, May 6 • 6-7:30 p.m.

REGISTER AT DorothyLane.com/CulinaryCenter



PICK-YOUR-OWN 10-POINT DAYS!

EARN 10 POINTS FOR EVERY \$2 SPENT!

Today is my 10-Point Day!

Bring this coupon in any day in April 2021 to redeem.

VALID THROUGH 4/30/2021. NO CASH VALUE. Excludes wine, beer, postage stamps, and gift cards. Club DLM card must be presented at time of purchase. Not combinable with any other offers.



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A Taste of Italy OIL & BALSAMIC PERFECT PAIR

Great foods of Italy from masterful artisans who we are proud to call our friends.

Send a gourmet gift!

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Approximately **\$30,946**
WORTH OF PRODUCTS DONATED TO
LOCAL FOOD BANKS IN FEBRUARY



Best of Italy *Legendary Foods We Love*



It's our pleasure to share with you these storied foods that we love from Italy! Bring them to your table and enjoy often.

Send a gourmet gift!
shop.dorothylane.com

THE DLM DIFFERENCE

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