



**cucina fresca**  
gourmet foods



[www.cucinafresca.com](http://www.cucinafresca.com)

## Cucina Fresca Gourmet Foods Fact Sheet

**Overview:** With roots as a mom-and-pop shop in Seattle’s historic Pike Place Market, Cucina Fresca Gourmet Foods is today a leading producer of natural prepared foods for retail and foodservice. Chef-owned and operated, Cucina Fresca puts product before profit, creating superior quality offerings that are “inefficiently delicious.” Its offerings – including popular fresh pastas and sauces, frozen “lazy” lasagnas and macaroni and cheese entrées – are all handcrafted in small batches from only the freshest, highest quality ingredients available to ensure the most delicious experience possible.

**Products:** Cucina Fresca’s current gourmet food line includes more than 30 retail products, including its popular fresh pastas, fresh sauces and frozen “lazy” lasagna and macaroni and cheese dishes. The foodservice side of the business includes more than 130 pasta and sauce offerings, many of which are seasonally inspired. The current Cucina Fresca product family includes:

- Frozen Gourmet Mac and Cheese
- Frozen “Lazy” Lasagna
- Fresh Sauces
- Fresh Pasta and Gnocchi
- Fresh Ravioli and Tortellini

**Sourcing:** Cucina Fresca creates “real food” from real food – fresh, premium, natural ingredients readily found in home kitchens. Many of the company’s staple ingredients are locally sourced from family farms and produce growers, while others are imported from countries of origin – such as European cheeses – to create the best possible flavor and quality.

**Sustainability:** Cucina Fresca Gourmet Foods is also mindful of the environment. The company adheres to environmentally conscious practices, including sourcing local ingredients, composting all food scraps, recycling of packaging used to transport ingredients, and using unbleached, recycled corrugated cardboard for case packaging. Additionally, all product packaging is carefully selected to ensure food quality while minimizing environmental impact – all packaging is meant to be recycled and all fresh sauce jars are reusable for other home uses.

**Give Back:** The company’s first passion is offering delicious, fresh food for people. Its second passion is helping fellow earth-dwellers. Each month Cucina Fresca Gourmet Foods contributes resources and/or advocacy to the Progressive Animal Welfare Society (PAWS) and The American Society for the Prevention of Cruelty to Animals (ASPCA), two organizations the company will support indefinitely.

**Availability:** Cucina Fresca Gourmet Foods are distributed throughout North America in grocery retailers, specialty shops and via foodservice channels. The product is readily available at Whole Foods Market, Kroger grocery stores, Bristol Farms and Gelson’s, to name a few.

**Headquarters:** Seattle, Wash.

**Founded:** 1980

**Website:** [www.cucinafresca.com](http://www.cucinafresca.com)



## Cucina Fresca Gourmet Foods History

Cucina Fresca Gourmet Foods began making handcrafted pastas in Seattle's historic Pike Place Market more than 30 years ago. Since its humble beginnings, this small mom-and-pop shop has moved twice to meet community demand. Over the years, the foodservice side of the business became its mainstay working with restaurants, service delis and corporate cafeterias in Washington State. In 2002, retailers such as Whole Foods Market began inquiring with Cucina Fresca about creating a retail line of products similar to what it was buying for its service delis.

One year later, heeding several retail requests, Owner and Executive Chef Brad Glaberson set out to develop a complete line of fresh pastas, fresh sauces and gourmet frozen entrees. Inspired by fresh, high quality ingredients like vine-ripened tomatoes, first cold press extra virgin olive oil, premium cheeses and fresh picked basil, a gourmet line of prepared foods was born to a cult-like following of foodies, families and friends.

Today, Cucina Fresca Gourmet Foods is a leading producer of natural prepared foods for retail and foodservice. Cucina Fresca products are available in more than 1,000 grocery stores, specialty shops and foodservice channels throughout North America. The company's foodservice line has also grown to offer more than 130 items, many of which are seasonally inspired.

Chef-owned and operated, Cucina Fresca remains true to its roots, guided by a philosophy of "product over profit." Chef Glaberson leads a "taste-driven" company, creating superior quality offerings made in small batches from the freshest, highest quality ingredients. The company is dedicated to sourcing local ingredients and adopting sustainable practices whenever possible. Everything Cucina Fresca creates is handcrafted in the company's own 12,000 square foot culinary facility in Seattle to ensure delicious perfection every step of the way.



For more information, visit [www.cucinafresca.com](http://www.cucinafresca.com)

**Media Contact:** Kristen Hamilton | Duo PR, for Cucina Fresca  
206-838-4952 | [kristen@duopr.com](mailto:kristen@duopr.com)



**Brad Glaberson** Owner and Executive Chef

Brad Glaberson has been creating outstanding food for more than 20 years. His passion for pasta began at the esteemed Culinary Institute of America where fellow students struggling with making pasta from scratch were told to “go see Brad.” Since then, he has had a knack for making great fresh pastas and other delicious comfort foods.

Brad joined Cucina Fresca in 2002 as general manager – he quickly fell in love with this small company “with great potential” and after a few short years, purchased the business. Today, Brad is the Owner and Executive Chef. As a chef-run business, Brad’s main priority at Cucina Fresca is product development – creating great tasting new products on a seasonal basis. However, he is involved in every aspect of the company from sourcing to manufacturing to packaging design and more, to ensure only the highest quality ingredients and best practices are utilized to create superior offerings.

Prior to Cucina Fresca, Brad worked as a demo chef at the upscale Canyon Ranch Spa in Arizona, where he taught hands-on cooking classes for resort guests. From there, he moved to Seattle to work as an Operations Manager at Cougar Mountain Baking Company and then Pasta & Co., where he was in charge of recipe development and all culinary operations.

Brad’s passion has always been food. He looks forward to getting into the kitchen every morning, and finds great joy in creating delicious recipes to share with his loved ones and customers!

Outside of work, Brad is an avid cyclist and triathlete, and has completed five Ironman Triathlons to date. When not training, Brad enjoys spending time with his daughter and wife – most likely cooking up something delicious – or serving the Seattle community.







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# Product Family

Cucina Fresca's current gourmet food line includes more than 30 retail products, including its popular fresh pastas, fresh sauces and frozen "lazy" lasagna and gourmet macaroni and cheese dishes. Everything Cucina Fresca creates is handcrafted in small batches from the company's own culinary facility in Seattle with only the freshest, highest quality ingredients.

Cucina Fresca creates "real food" from real food – natural ingredients readily found in home kitchens. Many of the company's staple ingredients are locally sourced from family farms and produce growers, while others are imported from countries of origin – such as European cheeses – to create the best possible flavor and quality.

**The current Cucina Fresca Gourmet Foods product line includes:**

**Gourmet Mac and Cheese**



*A sophisticated take on the ultimate comfort food, the Gourmet Mac and Cheese is made with tender eggless penne pasta paired with a rich, creamy roux-based béchamel from whole butter, unbleached white flour, fresh cheeses and rBST-free milk. Pasta is cooked al dente to properly absorb the sauce when heated, which is unlike most packaged offerings.*

Flavors: Sharp Cheddar, Smoked Gruyere, Tangy Gorgonzola and Creamy Fontina  
Price: \$9.99 MSRP  
Size: 20-ounces

**Lazy Lasagna**



*Cucina Fresca's fresh ravioli and sauce are layered in "lazy" lasagna fashion and topped with fresh whole milk mozzarella. Hand-assembled in oven-ready pans, this crowd-pleaser arrives frozen and ready to cook.*

Flavors: Roasted Butternut Squash with Alfredo Sauce, Spinach and Cheese with Marinara Sauce  
Price: \$14.99 MSRP  
Size: 40-ounces

**Fresh Sauces**



*Handcrafted in small batches and made only with fresh, high quality, natural ingredients, Cucina Fresca sauces come in a variety of red, pesto and cream based offerings. The perfect pairing for Cucina Fresca's fresh pastas, they can also be the star anchor of home cooked appetizers, entrees, side dishes, soups and more.*

Flavors: Marinara, Pomodoro, Smoked Tomato, Puttanesca, Tomato Vodka, Alfredo, Basil Cream, Pesto  
Price: \$4.99 - \$8.99 MSRP  
Size: 8 – 16-ounces

**Fresh Pasta and Gnocchi**



*Cucina Fresca pasta is made only with Semolina No. 1 flour and fresh pasteurized eggs. All pastas are handcrafted in small batches by a process called lamination, in which the dough is kneaded, folded, rolled to thickness, allowed to rest, and then cut, which results in a more tender pasta. The current pasta line includes egg pasta, eggless pasta and gnocchi, traditional Italian potato dumplings. All pasta is handcrafted in small batches and the combination of quality ingredients, expert techniques and attention to detail create a delicate texture and flavor signature to Cucina Fresca Gourmet Foods.*

Flavors: Egg Fettucine, Egg Linguine, Egg Pappardelle, Egg Lasagna Sheets, Organic Penne, Gluten Free Penne, Potato Gnocchi  
Price: \$3.99 - \$4.99 MSRP  
Size: 10-ounces

**Fresh Ravioli and Tortellini**



*Cucina Fresca ravioli and tortellini pasta are made with Semolina No. 1 flour, fresh pasteurized eggs, and the best tasting cheeses available. The company takes advantage of seasonal ingredients to offer several delicious fillings throughout the year*

Flavors: Roasted Butternut Ravioli, Wild Mushroom Ravioli, Caramelized Pear and Gorgonzola Ravioli, Spinach and Cheese Ravioli, Three Cheese Ravioli, Smoked Mozzarella Ravioli, Four Cheese Tortellini  
Price: \$4.99 - \$6.99 MSRP  
Size: 10-ounces



# Introducing the most delicious Mac & Cheese you've ever tasted!

Like all Cucina Fresca products, the gourmet Mac and Cheese dishes are handcrafted in small batches and made only with fresh, high quality, natural ingredients – exactly how mom used to make at home. The recently launched Mac and Cheese product line is available in four distinct flavors that offer a sophisticated take on the ultimate comfort food – Sharp Cheddar, Smoked Gruyere, Creamy Fontina and Tangy Gorgonzola.

All varieties feature eggless penne pasta accompanied with a rich, creamy roux-based bechamel sauce made with rBST-free milk, fresh cheeses, unbleached white flour and a touch of whole creamery butter. Many of the staple ingredients are locally sourced from family farms, while others are imported from countries of origin – such as European cheeses – to create the best possible flavor and quality. Notably, the penne pasta is cooked al dente to properly absorb the sauce when heated, which is unlike most packaged offerings.

Available in 20-ounce portions, the heat-and-eat ready Cucina Fresca Mac and Cheese is perfect as a gourmet meal for two, or as a side dish for a family meal. The entrée is delicious on its own, or can be used as the anchor to create a wide range of easy skillet meals and other surprisingly simple recipes, such as pot pie and crab imperial. Each dish is available in convenient plastic microwaveable containers, which can be heated in the microwave or oven. Bon appetit!



## Cucina Fresca Gourmet Mac and Cheese



### Sharp Cheddar Mac and Cheese

*Creamy comfort food with a mellow bite – a mac and cheese you will reach for again and again.*

**Key Ingredients:** Made with a full-bodied cheese sauce featuring two-year aged vintage Tillamook Sharp White Cheddar from this Oregon coast creamery, rBST-free whole milk and creamery butter, and a touch of Tabasco.

**Price:** \$9.99 MSRP

**Serving Suggestion:** Serve with a pan-seared chicken breast and roasted asparagus garnished with diced Granny Smith apples.

**Recipe Suggestion:** For a savory, almost effortless meal, top with wild mushrooms sautéed in butter, a pinch of sea salt and fresh minced chives.



### Creamy Fontina Mac and Cheese

*Cucina Fresca's version of the classic mac and cheese – brimming with creamy flavor and tender noodles.*

**Key Ingredients:** Made with a perfectly balanced blend of aged Fontina and Asiago cheeses from Wisconsin, imported Parmesan cheese from Italy, rBST-free whole milk and creamery butter.

**Price:** \$9.99 MSRP

**Serving Suggestion:** For a simple and elegant dinner, serve with a pan-sautéed duck breast and roasted root vegetables.

**Recipe Suggestion:** Sprinkle with seasoned breadcrumbs or cover with freshly sautéed spinach about 5 minutes before removing from the oven.



### Smoked Gruyere Mac and Cheese

*A sophisticated European take on the traditional comfort food favorite. A touch of Spanish paprika adds a subtle smoky note.*

**Key Ingredients:** Made with a combination of imported, aged Gruyere from Switzerland, aged Swiss and Fontina cheeses from Wisconsin, rBST free whole milk and creamery butter, and a pinch of Spanish smoked paprika.

**Price:** \$9.99 MSRP

**Serving Suggestion:** The rich nutty flavor of the Smoked Gruyere sauce pairs perfectly with grilled rib eye steaks, pan-seared pork chops or broiled halibut.

**Recipe Suggestion:** Top the mac and cheese with bacon bits or seasoned breadcrumbs a few moments before removing from the oven.



### Tangy Gorgonzola Mac and Cheese

*This tantalizing blend of penne pasta and smooth, mellow sauce is made even more irresistible with just a hint of lively, tangy Gorgonzola cheese.*

**Key Ingredients:** Wisconsin Gorgonzola cheese is the star of this dish, balanced with just a hint of aged Fontina and Blue cheese, and made with rBST-free whole milk and creamery butter.

**Price:** \$9.99 MSRP

**Serving Suggestion:** Serve with grilled pork tenderloin and sautéed fresh fennel or portabella mushrooms.

**Recipe Suggestion:** For the perfect sweet accent, add a sprinkling of candied walnuts, caramelized onions or caramelized pears just before removing from the oven.



# Recipes



## Wild Mushroom Skillet

*We recommend the Creamy Fontina Mac and Cheese for this recipe - it's so rich and blends perfectly with the earthy flavor of the mushrooms. Our favorite mushrooms to use are a mix of shiitake, crimini and portabella, but use any mushroom you like. Even button mushrooms taste great in this dish.*

### Ingredients

- 1 Cucina Fresca Creamy Fontina Mac and Cheese Entrée
- 2 tablespoons extra virgin olive oil or butter
- 1 cup wild mushrooms, diced
- 1/4 cup white wine
- 2 tablespoons parsley, chopped
- Salt & fresh cracked pepper to taste

### Preparation

Thaw the Mac and Cheese in the microwave until warm, about 4 minutes. Place olive oil or butter in sauté pan over medium heat. Add diced mushrooms and sauté until golden brown, about 6 minutes. When mushrooms are brown and soft, add white wine (be careful the wine may flame up!) and toss in chopped parsley. Stir in Mac and Cheese.

**Serves: 4 - 6**

**Add-ins: Top this simple skillet meal with some grilled pork or pan seared halibut.**



## Bacon Bleu Skillet

*Bacon, beef and our Tangy Gorgonzola Mac and Cheese, what else could you possibly ask for in a meal?*

### Ingredients

- 1 Cucina Fresca Tangy Gorgonzola Mac and Cheese Entrée
- 6 strips bacon, chopped
- 1/2 pound ground beef
- Salt & fresh cracked pepper, to taste

### Preparation

Thaw the Mac and Cheese in the microwave until warm, about 4 minutes. Place chopped bacon in sauté pan over medium heat and cook until just about crisp. Add ground beef and sauté until fully cooked, about 3 minutes. Stir in Mac and Cheese.

**Serves: 4 - 6**

**Media Contact:** Kristen Hamilton | Duo PR, for Cucina Fresca  
206-838-4952 | kristen@duopr.com

# Recipes



## Asparagus and Corn Skillet

*We just love this dish. Every time we make it, it serves just one person – it's too delicious to share! Any of our four Mac and Cheese flavors will pair nicely with this recipe.*

### Ingredients

- 1 Cucina Fresca Mac and Cheese Entrée
- 2 tablespoons extra virgin olive oil or butter
- 1 bunch fresh asparagus, chopped
- 2 ears white corn or 1/2 cup frozen
- 1/2 red bell pepper, diced
- 1 clove garlic, chopped
- Salt & fresh cracked pepper, to taste
- 8 oz cooked crab or shrimp (optional)

### Preparation

Thaw the Mac and Cheese in the microwave until warm, about 4 minutes. Place olive oil in sauté pan over medium heat, add asparagus, corn, red bell pepper and garlic. Sauté for about 5 minutes until all vegetables are cooked, mainly the asparagus. Stir in the Mac and Cheese. Fold-in or top with crab or shrimp, if desired.

**Serves: 4 - 6**

## Tuna Noodle Skillet

*Not your mom's tuna noodle casserole! Our Mac and Cheese choices are the Creamy Fontina or the Sharp Cheddar for this recipe.*

### Ingredients

- 1 Cucina Fresca Mac and Cheese Entrée
- 2 tablespoons butter
- 1 can tuna - 12 oz solid white albacore packed in water, drained
- 1 cup frozen vegetable mix - carrots, corn, green beans and peas
- 1/2 teaspoon Tabasco sauce
- 4 tablespoons milk
- Salt & fresh cracked pepper, to taste

### Preparation

Thaw the Mac and Cheese in the microwave until warm, about 4 minutes. Place butter in sauté pan over medium heat, add drained tuna, mixed vegetables, Tabasco sauce and milk. Cook 3 to 5 minutes until warm. Stir in Mac and Cheese.

**Serves: 4 - 6**

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