

MENNONITE CHICKENS

It's Thomas, reporting back for duty after a lovely three-week vacation all over Thailand. I would be lying if I said it's great to be back because I had an amazing time and will always choose the beach over a walk-in produce cooler, but that being said, there certainly are some silver linings: all the Christmas decorations and holiday cheer, seeing my family, coworkers and customers, and more than anything, getting some homecooked meals. I don't think I had a single meal the whole time that I was away that I didn't love, but it doesn't scratch the same itch as something you've lovingly tended to yourself, prepared just the way you like. First meal I had upon my return was a glorious roast chicken dinner with one of these exceptional birds. What makes these chickens so darn good?

Firstly, I would say on average these **Mennonite Chickens** weigh out to between six and seven pounds, which is definitely a more generous size than your normal supermarket bird. A lot of people are jaded by the machine that is the modern food industry and assume that a bird that size must be fed a supercharged regimen of steroids and antibiotics. In reality, this is actually what a chicken should look and taste like. They are fed a diet rich in flax which is healthier for the bird, will cause them to grow slower, and they aren't rushed to slaughter but allowed to grow to their maturity, where they'll be at their apex of flavour with denser, richer meat and ample fat to lock in all the juices. We, or at least I, think of chicken as not the most flavourful protein, but that's not the case here, this is a chicken chicken and that's clear in the appearance and taste of these amazing birds. Reg. \$5.99/lb

20% OFF

For cooking, I would suggest roasting at 450°F for 15 minutes (the high heat will give you that delicious crisp chicken skin, the best part) and then drop the temperature down to 350°F and cook for around 20 minutes a pound. I also recommend cooking them on a bed of vegetables as they get a chance to soak up all the delicious rendered chicken fat and juices. Be sure to grab a jar of our brand new **Cranberry Chutney**, the perfect condiment, which we've featured this week for exactly this reason.

BIG OL' CUPCAKE SALE!

We've got seven flavours of cupcakes on sale this week for you to mix and match:

- Vanilla** – White base with good old-fashioned vanilla frosting. Decked out with holiday decor.
- Red Velvet** – Injected with chocolate ganache with a delicious cream cheese icing.
- Chocolate** – Moist dark chocolate base with chocolate frosting.
- Oreo** – Chocolate cupcake with cookies & cream icing.
- Jelly Roll** – Our signature dessert in a form that you won't have to share. White cupcake, freshly whipped cream and lots of berries.
- Candy Cane** – Red velvet base topped with white icing sprinkled with crushed candy cane.
- Tiramisu** – I saved the best for last. Light and refreshing, creamy, coffee-y, chocolatey. I LOVE these things! We soak a white cupcake in some espresso and then top it with mascarpone and whipped cream then liberally sprinkle with cocoa.

FEATURED AT: 6 FOR \$19.99

And to make this weekend's bakery offerings even better, we're going to have one of my childhood faves, our super moist **Banana Bread**. Reg. \$8.99 each

\$2.00 OFF

CHEESE & CHARCUTERIE

There are a few things the French do better than anybody else: condescension, pinot noir, croissants and cheese. We had a giant shipment of French cheeses from Burgundy arrive for the holiday this week, and there are some stunning cheeses, ones we can't always get our hands on...including one cheese that is super rare and it's a big P'n deal that we have. So I wanted to highlight a few...

Cremûx de Bourgogne – This triple cream brie is one of my favourite cheeses that we carry. We usually just bring it in for Valentine's as it's definitely a special occasion cheese, but Christmas qualifies as well. While a lot of domestic brie is on the mild side, this is full-flavoured, unapologetically rich, with an intense creaminess and mushroomy flavour. Let it come to room temperature, grab a Blackbird baguette, slather this on it with a jam or chutney of your liking, and you are in for a treat.

Château de Bourgogne – A similarly indulgent brie, we've got two varieties, both in 200g wheels which are great to put out if you're entertaining or if you just want to spoil yourself. We've got one with black truffles mixed in and one with a ripple of blue, adding an extra nuance of flavour.

Époisses Berthaut Cheese – Another soft, washed-rind cheese, but this one has French brandy added to it which gives it its distinct orange rind. If the Château and Crèmeux are spreadable, this is creamy to the point of being spoonable. While the aroma is intense, the flavour itself is sweet and creamy with a pleasant funk.

Vacherin Mont d'Or – All the above cheeses are amazing for entertaining or for gifting, but this one you will not want to share, this incredibly rare and sought-after cheese is one that you'll want all for yourself. Considered the 'holy grail of raw milk cheeses', this spectacular cheese is creamy to the point of being goopy, it pretty much has the consistency of a baked brie with an insane complex creaminess that it takes on from being aged in spruce wood. It's flavour is fatty, funky, fresh, creamy, woody, rank, garlicky and buttery, all in one mouthful. We only have sixteen in stock, first come, first served.

Humboldt Fog – From California, this is a goat's milk cheese produced in beautiful Cypress Grove, Cali in Humboldt County. It is a mould-ripened cheese with a distinguishing layer of edible ash. It ripens from the outside to the centre, resulting in a fresh goat cheese centre surrounded by a pungent, runny shell. The cheese is creamy, light, slightly lemony, with the unmistakable freshness of goat cheese. **Featured at: \$8.99 /100G**

Buttermilk Blue – From Wisconsin comes this perfectly balanced blue cheese; a delightfully creamy, approachable blue with a pleasant freshness to it. A great cheese for entertaining that will give you rich flavour without overwhelming your palate. **Featured at: \$8.99 /100G**

Serrano Ham – Essentially Spanish prosciutto, this is cured in a moister environment, making it softer, a little less salty and giving it an intense red colour. Great for entertaining. **Featured at: \$7.99 /100G**

THOMAS' PRODUCE REPORT

What's really, really tasty this week? All the citrus is rounding out into midseason form, California oranges are getting sweeter with every delivery, Florida grapefruits are juicy as can be, first Spanish stem and leaf clementines are in. As for berries, we're going to keep pushing raspberries at a sharp price. We've also got our hands on a few cases of Korean Shine Muscat Grapes, super sweet and juicy, with each berry about the size of a small plum. Had some feedback that pineapples were hit and miss last week, so I got a fresh batch that I've personally checked and we're going to keep them at the same special price. And I've also been asked a few times about the Samba Papayas. They are due in by the end of the week for those of you who've been missing them.

As for vegetables, cauliflower and broccoli are grossly expensive. Quality is solid but at those prices I'd probably opt for brussel sprouts, or the asparagus is unusually nice for this time of year.

AUSTRALIAN MANGOS

Superb tree-ripened mangos at a superb price. These check every box that we look for in a mango: they're super sweet, juicy, not a lot of fibre, and they're a massive size with a tiny seed. Excellent bang for your buck. They usually come to about \$12 each, but we've got them priced to move this week. **Featured at: \$5.99 EACH**

PERUVIAN BLUEBERRIES

We've got a hot, hot deal on some blues. Sometimes the blues from Chile or Peru are on the tart side but these have a nice sweetness to them. **Buy One Get One Free!** **Featured at: \$5.99 /BOGO**

WILD SWORDFISH

My first morning back on Saturday, I came to the store early (as I am jetlagged beyond belief) and did a big walk around, just making sure the place hadn't gone to rack and ruin in my absence. Not only did it look great, it probably looked better than it would have if I'd been here. Things that caught my eye: the marbling on the rib eye roasts, the army of panettones anywhere and everywhere, all the attractive gift baskets, and the swordfish steaks which were pearly white and glistening, looked super fresh. Traditionally cooked on the grill, but hey, I won't hold it against anybody if they don't want to grill in subzero temperatures, as it is also fantastic pan-seared or cooked under the broiler. It's mild in flavour, making it an excellent medium for more assertive flavours. My go-to Lime & Ginger marinade is perfect here: just mix the juice of one lime, a tablespoon of freshly chopped ginger, two cloves of minced garlic, half an onion sliced and three tablespoons of olive oil, with a pinch of salt and pepper. Let a couple steaks sit in there for 30 minutes before cooking over high heat in a smoking hot pan for three minutes a side. **Amazing! Reg. \$34.99/lb**

20% OFF

MAPLE & CRANBERRY BREAKFAST SAUSAGES

It's hard to improve on a near-perfect item like our super popular English Breakfast Sausages, but these juicy little links that we only make up around Christmastime are every bit as good as the ol' tried and true, and I think of them as a welcome change. A finely ground pork sausage seasoned similarly to our English Breakfast, with the added tartness of dried cranberries balanced with sweet maple syrup. **Featured at: \$7.99 /LB**

VILLAGE CREAMERY HOLIDAY SEASON ICE CREAM SANDWICHES

It's the most wonderful time of year in our ice cream section, as Eddie Claus is loading up his freezer with the most delicious **Holiday Season Ice Cream Sandwiches**. We'll have five different flavours to choose from:

Vanilla on Ginger Snap – One of the best cookies we make are our Ginger Snaps, a chewy gingery cookie tossed in sugar and gingerbread spices. We've made it in a larger size and sandwiched it with our vanilla ice cream.

Toasted Marshmallow on Ginger Cookie – This is the brainchild of one Ruth Duffield. Same cookie but with one of my personal favourite ice creams in there...the toasted marshmallow. Wildly tasty!

Candy Cane – So our Candy Cane Ice Cream is epic, a minty affair with crushed candy cane, glace cherries and shards of dark chocolate. We sandwich this with rounds of chocolate jelly roll sheet.

Marzipan Cookie – So we had this on sale last week and the feedback was overwhelmingly positive. Almond, chocolatey, creamy ice cream sandwiched with rounds of chocolate jelly roll sheet.

Gingerbread on Ginger Snap – If you are like me and looooooove you some gingerbread, you'll love this. Our gingerbread ice cream between ginger snap cookies.

HOLIDAY FLAVOURS: \$1.00 OFF

AISLE FOUR

FOC Gourmet Condiments – I LOOOOOOOOOVE spicy food, but having spent the last few weeks in Thailand where they take 'spicy' to new masochistic heights unknown to my westernized palate, I came home ready to take a break from hot sauce for a couple weeks. What awaits me on my desk upon my return? A new line of hot sauces, of course. These are freakin' awesome, perfect for your pantry or as a little stocking stuffer for anybody on your list who loves them some hot sauce. There are five sauces to choose from, I would recommend the **Salsa Verde** which is super mild, pleasantly acidic and fresh, excellent on grilled meats. The **Coconut Lime Hot Sauce** is a medium heat for soups, chicken, shrimp, rice. And for those who love pain, the **Gala Ghost Hot Sauce**, made with gala apple, parsnip and ginger, it's super hot but still flavourful. They'll be here on Saturday, December 7th for a demo.

PARTY SIZE PIZZA NEWS!

Firstly, our **Pizza of the Week** will be a **Prosciutto Pizza with Caramelized Onions, Bocconcini and Grapes**. We use **EVOO** as the base and top with **shredded mozzarella and arugula** and a sprinkling of **fresh parm**. The grapes may sound a little outside the box but they give a pleasant sweetness to pair with the salty prosciutto.

FEATURED AT: \$16.99 EACH

And for some really, really exciting news ... next week we will be starting to serve fresh pizzas again made by **Chef Nick** for lunch and dinner every Friday and Saturday.

More details to come in next week's ad but the pizza is incredible, I know you'll be a fan.

WHAT'S FOR LUNCH?

For our Friday lunch this week, we're going to be featuring one of my faves, the most decadent of grilled cheeses, our **Lobster & Brie Grilled Cheese**. We will be serving this with **Cathy's Lime & Cranberry Coleslaw**. Available **\$20.00 COMBO** Friday December 6th starting at 11:00 am. **Featured at:**

... and as for our Café menu for next week, it is as follows:

Monday December 9th
Pulled Pork Grilled Cheese with Cathy's Slaw

Tuesday December 10th
Grilled Flank Steak Sandwich with our Roasted Potato Salad

Wednesday December 11th
Stuffed Pork Roast Sandwich with Napa Salad

Thursday December 12th
Chicken Quesadilla with Lime Crème

Friday December 13th
Prime Rib Sandwich with Potato & Egg Salad

WHAT'S COOKING IN THE KITCHEN?

Cream of Mushroom & Brandy Soup – Kulam is an absolute wizard with his soups, but perhaps this insane mushroom soup is his finest, so hearty and rich with just a nip of brandy to warm you from the inside out. **Reg. \$10.99/900ml**

25% OFF

Cranberry Quinoa – We have a handful of quinoa salads, all of which I am a fan of. In this version, we toss quinoa in our branded cranberry dressing and add in dried cranberries, diced onions and peppers and slivered almonds. **Reg. \$2.99/100g**

25% OFF

Salmon & Dill Butter Sous Vide – Our bestselling sous vide, we roast off a salmon fillet and vac-pack it with a medallion of homemade lemon & dill butter. All you have to do is pop the bag in a pot of boiling water for ten minutes and you'll have a perfectly cooked piece of salmon basted in herbaceous, lemony butter. **Featured at: \$5.99 /100G**

\$5.99 /100G

Bacon & Jalapeno Mac & Cheese – We originally named this Mac & Cheese à la Nigel after a young man who worked with us. We lost him to a creative overdose years back, it was a whole big thing, but his mac and cheese lives on. Joking aside, this features extra-old cheddar with bits of our smoky homemade bacon and just a touch of jalapeno for a little heat. **Featured at: \$14.99 /ENTREE**

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Our Own Cranberry Chutney – This brand new condiment was a surprise awaiting me upon my return and I thought it would be the perfect complement to the Mennonite Chickens we're featuring. Like a more savoury version of our cranberry sauce, we cook down fresh cranberries with raisins and apples, onions and celery, seasoned with orange zest, baking spices and brightened up with apple cider vinegar. Kulam once again hit it out the park! **Featured at:**

Our Own Fig Jam – For my money, this is the best jam that we make. We make this in late summer with those amazing Greek figs and it perfectly encapsulates their natural honeyed sweetness. Great on toast, on charcuterie, with any of the amazing French cheeses we're featuring this week, or on top of vanilla ice cream, it's just the best! **Featured at:**

\$4.99 /JAR

\$12.99 /JAR

SPECIALS IN EFFECT FROM THURSDAY TO CLOSE, SUNDAY DECEMBER 8TH

Store Hours: Monday - Friday: 8:00 am - 7:00 pm
Saturday & Sunday 9:00 am - 6:00 pm



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