

PASTA NIGHT

I was asked to come up with a recipe for Family Day this year, a meal that was indelibly printed on my youth. Those who remember me as a kid or had the displeasure of trying to feed me will recall that despite growing up surrounded by all this amazing food, I was as picky an eater as humanly possible! No meats, no vegetables (excluding French fries); I essentially subsisted off of carbs. My poor mother had to cook me a separate dinner every night, you can count the variety on one hand: grilled cheese, French toast, cheese pizza, scrambled eggs and my favourite, buttered penne with cheddar. Decades later, I might opt for a creamy mushroom sauce or a hearty Bolognese over a knob of butter, but what hasn't changed is that no food is quite as comforting as a heaping bowl of pasta with a beyond excessive amount of Reggiano grated on top.

We've decided to feature everything you need to make the best pasta dish this week, and where else to start but with the noodles themselves. **Cipriani Pasta (Reg. \$11.99/package)** is the best of the best. Once it's cooked up it's hard to believe that it's actually dried pasta, as it tastes more like the fresh stuff.

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For sauce, we've picked the **Rao's Sauces (Reg. \$13.99/jar)** from the famed NYC restaurant. Their Vodka sauce is sublime, not too creamy, just right. I'm also quite partial to the Arrabbiata.

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PARMIGLIANO REGGLIANO!

You didn't think we'd feature pasta and sauce but not the cheese, did you? In many ways, pasta is just a vehicle for delicious, salty, parm-y goodness. I have a dream where I'm out for a dinner and the server comes over and starts grating parm on my pasta and tells me he'll stop when I say, and I just sit there in silence as parmesan covers my plate, and then the table and then flows over to the floor, filling the room until we're drowning in it, and I awake in a cold sweat. That's how much I love the stuff!

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ICELANDIC COD FILLETS

Beautiful **Cod** fillets are in! Probably the most versatile fish out there so whether you fry'em, broil'em, grill'em, bake'em, or ceviche'em, you'll be sure to enjoy'em!

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WHAT'S AT THE DELI?

Soup of the week will be our **Cream of Roasted Pepper & Tomato (Reg. \$8.99/900ml)**. I feel 'cream' is a bit of a misnomer here as it's actually a fairly light soup, we just add a little at the end to give it some body.

Our salad of the week will be our **Kentucky Coleslaw (Reg. \$1.49/100g)**. A lighter take on our regular coleslaw with red cabbage and a red wine vinaigrette with celery seeds.

Next up, we'll have Kulam's **Chicken Curry**. This is an authentic curry done with no shortcuts. Tasty coconut milk, fresh lime and a touch of spice.

Our chef's salad of the week will be a **Cobb Salad**. We load a bed of romaine lettuce up with grilled chicken breast, smoked bacon, hardboiled egg, grape tomatoes, avocado, julienned peppers and Swiss cheese. Served with a French vinaigrette, definitely serves two. **Reg. \$14.99/container**

We'll also have our **Salmon Filet with Lemon-Dill Butter** sous vide (**Reg. \$5.99/100g**). Just pop the vacuum-sealed bag into a pot of boiling water for ten minutes and you'll have a succulent piece of fish without any hassle.

Our frozen soup of the week will be our **Carrot, Orange & Ginger Soup**. **Reg. \$8.99/900ml**

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Our pizza of the week will be a **Chicken Parm** **\$4.99 SLICE**

Featured at:

XXL NAVEL ORANGES

The first thing you'll notice about these **Oranges** is their eye-popping colour. They're oranger than Trump. Upon cutting into one you'll find that they have sweetness and juiciness to match their appearance! **Featured at:**

99¢ POUND



CARLI OLIVE OIL

There are two products that I get asked about more than any other. The first is the Living Water Dressing (yes, it will be back, I just don't know when!), the other is the **Carli Olive Oil (Reg. \$19.99/750ml)**, everybody's favourite all-purpose oil for salad dressings, to marinades and as a cooking oil. We were out for months but finally got it back in stock and thought we'd celebrate by putting it on special.

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POT ROAST

They say that **Pot Roast** is poor man's prime rib. To that, I say nonsense! When done right, they are equal and both have characteristics that are strong and powerful. With time and patience, you can transform something tough and grizzled into an unimaginably tender, succulent and flavourful roast. It might just be the best one-pot dish out there!

Here's my fool-proof method: just gently sear your roast (you want it golden, not brown), take it out, then throw in your fave root veg (I'd go with pearl onions, carrots, parsnips, turnip) and let them sauté with mustard and tomato paste. Throw your roast back in, some fresh thyme, fill the pot with stock and a robust red wine, bring to a boil before lowering it to a gentle simmer, and cook covered for three hours. I usually remove my vegetables about halfway through, so they don't get too mushy, and set them aside. After three hours, I'll take the lid off and turn up the heat, until the sauce is reduced to a gravy-like consistency which should take about an hour. Be sure to baste periodically! Finally, I'll take out the roast, strain the sauce and whisk in a knob of butter to give the gravy a velvety texture. When done right, it's every bit as good as a prime rib at a fraction of the price.

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Reg. 7.99/lb

YOGURT PAREFAITS

So I've wanted to do a **Yogurt Parfait** for the longest time as: a) I love them (they account for 80% of my breakfasts) and b) I just knew they'd be a hit. But I needed to find the right packaging and make sure it was perfect, so I left it up to Winnie, the little Vietnamese lady who does the best job ever cutting our fruit, and did she ever come through. We use mixed berries and mango (my fave fruit), Sheldon Creek Vanilla Yogurt (my fave yogurt) and Blackbird Granola (my fave granola). Please give feedback, if they become popular, we'll make them a regular thing! **Featured at:**

\$5.99 EACH

WHAT'S BAKING?

In the winter months, fresh produce is harder to come by, except for the amazing assortment of citrus we get in. So, we have decided to showcase the vibrant flavours.

Grapefruit Cake - This is one of my go-to recipes I regularly make at home out of an old Thomas Keller cookbook. The recipe makes it in a loaf pan but I thought it would be awesome in our coffeecake pan. It's a light and fluffy sponge cake loaded with grapefruit juice and zest. Once it's out of the oven we poke a bunch of holes in the bottom of the cake and pour in a grapefruit syrup made with freshly squeezed juice. It's *unbelievably* moist with a really vibrant citrus flavour. **Reg. \$19.99 each**

Lemon Blueberry Cheesecake - Our signature cheesecake batter with lemon curd, zest and wild blueberries folded into it. Topped with a thin layer of lemon curd and fresh blueberries. **Reg. 5m: \$29.99 each**

Grapefruit and Thyme Shortbread - When we were brainstorming citrus recipes, one of our newer cake decorators, Shelly offered up this recipe. As previously stated, I'm a huge grapefruit guy, so it was a no-brainer. We take our shortbread recipe, throw in some grapefruit juice, zest and fresh thyme and then a grapefruit glaze with more fresh thyme. A nice sweet and savoury combo! **Reg. \$9.99/container**

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Lemon Meringue Cupcakes - Around Thanksgiving you may remember we did a big cupcake extravaganza featuring ten different flavours. This was one of the ones that we brainstormed, but was a little too difficult for us to execute at the time. We make a batter loaded with fresh lemon zest, inject the cupcakes full of our lemon meringue pie filling, then pipe it with fluffy fresh meringue that we toast with one of our crème brûlée torches. We'll be selling these **\$14.99** in six packs.

\$14.99 6 PACK

Featured at:

SAGE & ONION SAUSAGES

In my not so humble opinion, this is the best sausage we sell and maybe the best ever. Obviously it's not grilling weather, so these are best done on the stovetop. Either steam them or parboil them and finish them in a skillet with sautéed onions and peppers. Serve with my grandmother's mustard sauce to really put them over the top. **Reg. \$6.99/lb**

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WHAT'S FOR LUNCH?

We're going healthy this week, but without compromising on flavour! **Lemon-herb** grilled chicken breast with fresh cucumber, tomato, lettuce and lots of pea shoots and sunflower shoots on sliced whole wheat bread brought in fresh daily from Blackbird Bakery (best bread ever!) with a low-fat lemon-basil dressing. **Featured at:**

\$7.99 EACH

The Art Of Kokedama! Kokedama directly translates as "moss ball". Often a single plant whose roots are encased in a ball of moss-wrapped soil. Join us in creating a pair of unique Kokedama to take home and thrive. **Saturday Jan. 26th at 11:00 am. \$55.00 +hst per person.** Registraion is required. Call (905) 940-0655 to reserve your spot!

SPECIALS IN EFFECT FROM THURSDAY TO CLOSE, SUNDAY JANUARY 13

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