

# HONEYGLOW PINEAPPLES

BUY ONE GET ONE FREE

Now I know we haven't had any real Canadian winter weather to bitch and moan about yet, but my morning runs to the Terminal certainly feel like it. It's right on the lakeshore and is pretty wide open so you get this wicked wind that not only ruins my perfectly coiffed hair, but also leaves me chilled to the bone. There is no real relief, as every stall at the market is refrigerated except for the tropical vendors, who keep their rooms balmy for their exotic wares, so naturally, I spend a lot of time dilly-dallying, agonizing over what pineapples or mangos to buy while the feeling returns to my toes and fingers. While the only local produce available are root vegetables and cabbages, a lot of tropical fruit is in full swing right now, so I wanted to put three of my favourites on sale, starting with our **Honeyglow Pineapples**. These are essentially a vine-ripened pineapple that is harvested just shy of peak ripeness and flown to market, instead of picked green and shipped on a boat. They are sweet, juicy and I find them lower in acid than your standard gold pineapple.

**\$5.99** EACH

Buy One, Get One Free. Featured at:

I also splurged and got my hands on some super rare **Pink Pineapples**. I have a handful available, call and ask for me (Thomas) to reserve for you.

## FORMOSA PAPAYAS

I wasn't always a papaya guy. I would bring them in sometimes, they wouldn't really sell, I'd toss them. A customer would ask me, I'd try again, wash, rinse, repeat. Where I was wrong was in thinking that all papayas are generally the same, that there was no real difference in varieties. It wasn't until I tried these **Formosa Papayas** that I changed my tune. They have this fragrant maple-y sweetness that's not too different than a perfectly ripe California cantaloupe. Seeing as how we sell out nearly every week, lots of you know just how good these are, but if you haven't tried before, I highly recommend. They will make anybody into a papaya lover; just cut in half, scoop out the seeds and enjoy the buttery soft, sweet flesh. Featured at:

**\$5.99** EACH

## AN ENCORE OF KENT MANGOS

I could not for the life of me believe how many **Kent Mangos** we sold through last week, it was easily a record for our store, so I thought why not keep them rolling. They are big, succulent, juicy and perhaps there's no better proof of their excellence than by how many customers I've seen returning to buy more. Featured at:

**3 FOR \$4.99**

## SANDWICH OF THE WEEK

I've been asking Grethe for the last few weeks if we could feature our **Harvest Chicken Salad Sandwich**, a tasty and texturally pleasing sandwich that we featured a few years back that I've been patiently awaiting the return of because I thought it was incredible. Chunks of white meat tossed in mayo with a crunch from slivered grapes, apples, walnuts, dried cranberries, a dollop of mango chutney and a touch of curry, all on the sliced sourdough from Blackbird Bakery. Featured at:

**\$8.99** EACH

## AISLE FOUR

**Riemers' Spiced Sparkling Apple Cider** - An excellent apple cider that's seasonally produced in France with freshly pressed apples accented with winter spices. Delicious on its own but also just a delicious dry, sparkling drink that you can serve in place of non-alcoholic wine or beer. Featured at:

**\$6.99** BOTTLE

**Christmas Panettone** - Not going to lie, I'm not a panettone guy, I would rather have a cake which is, I guess, the origin of the term "mangiacaake", but any Italian (and also a lot of our Chinese customers) get all excited when picking these out of our massive selection, curated by our resident expert of Milanese cuisine, Mariella. In fact I googled "panettone" to conduct some research and the Village Grocer popped up, so apparently our selection is pretty sharp. I asked her to pick one to feature and she decided on all the **Bonifanti Panettones**, the gold standard. The proper ratio of fruit to pastry, always moist, with a supple, "fresh" texture that you can pull apart. Available in lots of interesting flavours, she recommends the Amarena Cherry, while I am a fan of the Pistachio one which is rippled with a creamy pistachio mousse. The other thing that Mariella wanted me to mention is that although these are great in the morning with a cup of coffee and can make an amazing French toast, they really should be enjoyed with an ample amount of Prosecco. Featured at:

**\$29.99** EACH

## GUINNESS SAUSAGES

As cold weather sets in, most beer drinkers swap out their lagers and pilsners for more robust stouts or porters, we are doing the same and featuring our **Guinness Sausage** that we make with the iconic Irish Stout. We grind up some pork, a wee bit fattier than our usual blend, and then season with garlic, black pepper, parsley, allspice, and a few cans of Guinness for good measure. Mild with a lingering mellow profile, great on the grill or browned in a pan and served with a sharp mustard. Reg. \$7.99/lb

**25% OFF**

# STUFFED CHICKEN BREASTS

There is no item as near and dear to my heart as our **Stuffed Chicken Breasts**. It's really impossible to imagine the self-imposed squalor I lived in during my second year of university. Most of my caloric intake was liquid (usually beer and whiskey) and what little sustenance I did cook for myself was more akin to wet cat food than I'd like to admit. Just weird variations of pasta dishes that I'd put stuff like canned tuna or canned beans into for some protein, all sorts of weird, marked down non-perishables that could have predated my birth for all I knew, no fresh fruits or vegetables whatsoever and worst of all, any lack of knowledge or direction of what to do in a kitchen. It took a year of eating like this that inspired my interest in food so that I'd never have to eat any more of my inedible Frankenstein meals I'd piece together. The only good meal we ever ate as a house was when I came back from winter break with one of our **Stuffed Chicken Breast Roasts** that we load up with our signature Sage and Onion Bread Stuffing. All we did was bake it for a couple of hours and serve it with some undoubtedly lumpy homemade mashed potatoes and a can of chicken gravy. May sound like a simple meal, but at the time I felt like Gordon Ramsey serving it to my roommates. My tastes have changed and I'd like to think I'm more competent in the kitchen now, but these boned-out **Stuffed Chicken Breasts** are every bit as comforting and tasty now as they were back then. We'll also featuring our homemade **Chicken Gravy** (Featured at: \$8.99/900ml) to dress this up and really put

it over the top, so you too can feel like Gordon Ramsey without any hard work in the kitchen. We will have our **Stuffed Chicken Breasts** available this weekend with our signature **Sage & Onion Bread Stuffing**, with or without the addition of dried fruit. Reg. \$11.49/lb

**25% OFF**

## ATLANTIC SALMON

Easily our best selling fish and it's not really hard to figure out why. You really have to be negligent in the kitchen to dry out a fillet, and it's always moist and flavourful. We will feature **Salmon Fillets**, available 'au naturel' or in either our **Teriyaki** or **Orange Ginger Marinade**. Also, we'll have our **Salmon Kebabs** on sale in case you haven't tried them. We take the most 'marbled' pieces of salmon and marinate them in your choice of Mediterranean, Black Garlic or Sweet Thai marinade then skewer them with veg. Featured at:

**\$19.99** /LB

## I BELIEVE IN LOAF AT FIRST BITE

So a few months back my fave customer gifted me a loaf of a **Shokupan** AKA Japanese Milk Bread AKA the most pillowy soft and fluffy bread I'd ever had in my life, with a rich, subtly-sweet flavour to match. It's just a cloud of carb-y goodness! Not only was the bread as good as I've ever had, the presentation was to match, very elegantly wrapped. Last week I was surprised when I came to work and had about a dozen loaves of that delicious bread on my desk as a sample, that they wanted us to carry. That whole day I couldn't stop touching it and squeezing it as it is addictively soft, like a yeast-based stress ball. When they inquired if we were interested in carrying it, I couldn't say yes fast enough, and everybody who tried it was instantly obsessed and agreed it was a no-brainer. This makes the best toast you've ever had, or a killer egg salad sandwich or a grilled cheese worth killing for. Personally, I saved my loaf and made the best French Toast I've ever made. Perhaps the best thing is that this bread remains fresh for three days without compromising any flavour or texture. We will have two varieties: their **Iki Original Shokupan** (Featured at: \$5.99 each), or the even more decadent **Miruku** (Featured at: \$8.99 each).

## WHAT'S BAKING?

**Fruit Custard Tartlets** - The cutest little fruit tartlets. We hand-press a tart shell and then brush it with a dark chocolate ganache, fill it with a vanilla custard and then top it with a fresh assortment of fruit. Little bite-sized pieces of goodness. Reg. \$4.99 each

**Gingerbread Muffins** - These muffins have a RIDICULOUS following, people go absolutely wild for them. Studded with golden raisins and spiced to perfection, we bake these off and then give them a fondant glaze and decorate them with a cute mini gingerbread man. Reg. \$2.59 each

**Chocolate Chip Pecan Pies** - I only recently got into pecan pies. They are actually such a treat, essentially one big sexy butterscotch filled with pecans, and in this case, dark chocolate chips. Reg. \$19.99 each

**ALL 25% OFF**

## CHEESE, PLEASE!

**Cranberry Wensleydale** is one of my favourite cheeses and should be a fixture on every holiday cheeseboard as far as I'm concerned. Wensleydale with Cranberries is a hand-made Yorkshire cheese that is sold fresh and young at only three weeks old. The cheese has a sweet flavour from the fruity succulence of juicy cranberries, with honeyed undertones. Reg. \$5.99 /100G

**\$5.99** /100G

## WHAT'S AT THE DELI?

I'm a big fan of healthy eating, as long as it doesn't compromise on flavour. You can't just chop some kale on any meal and expect it to be good. We've selected a healthier option that doesn't hold back on flavour, our **Chicken, Chickpea and Cabbage Soup**. Reg. \$9.99/900ml

Our **Singapore Noodles** are one of my fave sides, excellent to bring to potlucks and just a great pasta salad. Vermicelli in a zesty, slightly spicy Asian dressing with diced peppers. Super simple and downright addictive. Reg. \$1.99/100g

This next one I could smell all the way from our already fragrant bakery as soon as they added the truffle oil. So. Damn. Good. Our **Wild Mushroom Risotto** is a labour of love, a medley of mushrooms and onions folded into our painstakingly slow-cooked rice, with chicken broth. Reg. \$14.99/500g

Up next, our **Blackened Cajun Salmon**, one of my favourite preparations of any fish. We brush melted butter on each fillet and then liberally season them in Cajun spices before searing them in a smoking hot cast iron pan and finishing them in the oven. The heat activates all the spices and leaves you with a really moist, really flavourful piece of salmon that we serve with a dollop of creme fraiche. Reg. \$5.99/100g

Our sous vide of the week will be a **Ribeye and Porcini Mushroom Sauce**. I laid eyes on these steaks yesterday and can personally attest that they have a mind-boggling amount of marbling. Kulam has done them up in a porcini mushroom sauce. All you have to do is pop the bag in a pot of boiling water for ten minutes or so and you're in for a treat. Reg. \$9.99/100g

Our chef's salad of the week is one of my faves, our **Riviera Salad**, a bed of romaine with our creamy poppyseed dressing, toasted pecans and strawberries. Reg. \$14.99 each

**ALL 25% OFF**

**SPECIALS IN EFFECT FROM THURSDAY TO CLOSE, SUNDAY NOVEMBER 28**

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