

STUFFED

PORK TENDERLOIN

One of my absolute favourite offerings in our meat display is our **Stuffed Pork Tenderloin**. Our butchers trim the tenderloins just perfectly and then inject a mixture of our Sage & Onion Bread Stuffing with dried fruit to create a next level dinner option. To prepare, sprinkle some chopped sage, salt and pepper on the tenderloin and pat lightly so that it sticks. In a large sauce pan over medium-high heat, sear the tenderloin on all sides and then place into a 350°F oven to cook further until an internal temperature of 160°F is reached. For presentation, cut the tenderloin on an angle to maximize the surface area and then add a couple of tablespoons of Mrs. Ball's Original Chutney. I prefer to accompany with some fried rice, pan-roasted broccoli and a glass of Bread & Butter Pinot Noir. If Pork Tenderloin 'au naturel' is your thing, simply ask any of our butchers to butterfly one for you and you will be good to go. Reg. \$11.99/lb

25% OFF

SEEDLESS

GREEN GRAPES

Finding decent **Seedless Green Grapes** at this time of year is, well....not easy. We always search and taste for the perfect shipment for all of our fruits and vegetables. This week at the food terminal, Evan came across some good quality green grapes that were plump and juicy with just the right crunch when you bite into them. These are the perfect addition to your fruit salad and parfaits for breakfast, and an easy lunch bag fruit option that the kids will enjoy. **Featured at:**

\$3.99 /LB

VILLAGE CREAMERY'S ICE CREAM OF THE WEEK!

This week from the VG Creamery we will feature our **Ontario Strawberry Ice Cream** which happens to be my favourite fruit offering of the entire VG Creamery line-up. I like to top with some sliced bananas and a spoonful of Rootham's Chocolate Syrup.

Ontario Strawberry Ice Cream Reg. \$12.99/L

\$2.00 OFF

HALIBUT

I wince when anyone says, 'I prefer to eat seafood in a restaurant because it is too challenging to cook at home'. In all honesty, it is probably simpler and quicker than most meat products. This week we've got some excellent quality **Halibut Fillets** available and a recipe that is sure to surprise you with its ease and simplicity. Gather a little flat leaf parsley, a lemon, a garlic clove, salt, pepper and olive oil and you are all set to go. Find a copy of our halibut recipes at the seafood counter or online at our website or check out the simple yet delicious recipe below. Add some baked fingerling potatoes and asparagus to complete the meal. Reg. \$39.99/lb

20% OFF

EASIEST BAKED HALIBUT

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|------------------------------|----------------------------------|
| 2 halibut fillets | 1 tbsp olive oil |
| 1 large clove garlic, minced | 2 tsp lemon zest |
| Juice of 1/2 lemon | 1 tbsp chopped flat leaf parsley |

Preheat oven to 400°F. In a large nonstick baking dish, add halibut skin side down and drizzle with oil. Top with garlic, parsley, lemon zest and some lemon juice. Season with salt and pepper. Bake for 12 to 15 minutes, until the halibut flakes easily when tested with a fork. Drizzle with remaining lemon juice and serve.

WHAT'S AT THE CAFE?

The café special this week is our **Roast Beef Panini** with caramelized onions, roasted peppers, arugula and our homemade horseradish aioli on a white or whole wheat panini. **Featured at:**

\$9.99 EACH

WINNIPEG'S FINEST

PERFECT PEROGIES

You have to know that when I (Brad) am involved with the weekly features, there is no underestimating the lengths I will go to exploit any opportunity to include **Perfect Perogies**. Hailing from my hometown of Winnipeg, Perfect Perogies usually make their way to our kitchen table pretty much every week or two. Our tried-and-true meal includes Evan's Kolbassa, Potato and Cheddar Perogies (with the requisite bacon bits, sautéed onions and sour cream), coleslaw and fresh bread. I encourage you to prepare liberal quantities because the leftovers make a perfect lunch! **Featured at:**

\$6.99 BAG

To ensure you are fully set to enjoy your perogies to the max, we'll also have **Sheldon Creek Sour Cream** featured this week. Sheldon Creek Dairy is the gold standard - a family owned and operated dairy farm in Alliston, Ontario. They make the freshest, highest grade dairy products around. **Featured at:**

\$5.99 500G

WHAT'S AT THE DELI?

Kulam's **Cream of Potato and Bacon Soup** is a wonderful combination of fresh potatoes, onions, carrots, celery, garlic, cream and chicken stock. Simply warm on the stovetop and garnish in the centre with some grated cheddar cheese, bacon bits and chopped chives. Serve with a baguette smeared with Lactantia Garlic & Herb Provencal butter. Delicious for lunch or even a hearty meal. **Reg. \$9.99/900ml**

Whenever I need a health fix, I turn to the salad section in our deli display. Likely the healthiest of the lot, our **Kale & Chickpea Salad** includes fresh kale, plump chickpeas, diced tomato, cucumber and red onion in a lively lemon dressing with just a touch of cumin. I usually eat a full medium-sized container so perhaps this is a self-defeating exercise in its entirety. **Reg. \$1.99/100g**

A couple of weeks back, I woke one weekend morning with the ambition of making **Beef Bourguignon** for my family. Following Julia Child's traditional recipe, I gathered all the ingredients needed, set up my 'mise en place' and got to work. Six hours of kitchen fun, resulted in two key learnings; 1) Beef Bourguignon is a rich and delicious meal perfect for fall and winter months, and 2) next time, I will leave the heavy kitchen workload to Kulam and just purchase at the store. Find it in the display cooler just past the bakery. **Reg. \$16.99/500g**

Most of us go through a turkey abundance stage post Christmas and then find the cravings come creeping back a short period later. With its rich and creamy white gravy, chunks of turkey, mushrooms, peppers and peas, **Turkey à la King** is the perfect remedy for this. Enjoy in a bowl on its own, or over a puff pastry shell with some veggies on the side. **Reg. \$14.99/500g**

Next up, our **Lemon-Dill Butter Salmon Sous Vide** available at the deli counter. This is the perfect on-the-go entrée that steps up any meal occasion. Simply place the vacuum-sealed bag in a pot of boiling water for about 10 minutes. The heat will warm up the butter and baste the salmon while it cooks to perfection. **Reg. \$6.99/100g**

Our **Cobb Salad** can work as a starter to a more formal meal or be served as a meal in itself. With grilled chicken breast, peppers, our smoked bacon, avocado, corn, hardboiled eggs, grape tomatoes, cucumber and Swiss cheese, this American salad classic all comes together on some fresh greens with our own made-in-house salad dressing. **Reg. \$18.99/container**

Our own **Raspberry Balsamic Dressing** is made with fresh raspberries, premium balsamic vinegar, olive oil and a few drops of honey, this dressing is sublime on virtually any version of a salad. **Reg. \$7.99/250ml**

ALL 25% OFF

CHEESE PLEASE!

A staff favourite, **Lutjewinkel Aged Gouda Cheese** is an intensely flavourful and creamy Gouda from North Holland. While the wheels are not actually a century-plus old, you can taste the craftsmanship that comes from more than a century of making this fine cheese. **Featured at:**

\$4.99 100G

WHAT'S IN BLOOM?

Nothing is more beautiful than **Azalea Plants** in spring bloom. These easy-care shrubs come in many colours, so it's not difficult to find one that meets your needs. Azaleas can be enjoyed indoors and then transferred to outdoors when the weather is right. These beautiful flowers can instantly add warmth to any room. **Featured at:**

\$14.99 EACH

Just a heads up for all of you that celebrate **Lunar New Year** (February 1st). We have started to bring in some beautiful plants including **Money Trees** and **Bonsai Trees**, with **Pussy Willow** and **Forsythia Branches** on the way. Our floral team is also working on beautiful arrangements with Lunar New Year inspired ornaments. Be sure to check out our indoor floral gazebo next time you're in.

WHAT'S BAKING?

Our **Chocolate Chip Banana Bread** is pretty much a staple in my kitchen. I wander in when feeling the need for a little snack and lob off a piece for myself. Before long, my wife and kids are all sawing off a piece for themselves, too. Moist and delicious, pairs well with a glass of cold milk! One of our top selling items in the bakery. **Reg. \$5.99 each**

Next up, our **Carrot Cake!** Four layers of rich, dense cake made with carrot, coconut, pineapple, raisins, spices, sweet pecans and topped off with a delectable cream cheese frosting. **Reg. Small \$28.99 each & Large \$38.99 each**

ALL 25% OFF

CITRUS NEWS!

Over the past couple of weeks, we've received a curiously high volume of calls about the availability of **Seville Oranges**. I am happy to confirm that they have finally arrived and the opportunity to get your hands on some is now...and now only, as these are available but once in an entire year. Medium in size, the thick, yellow-orange rind of the Saville is rough, with a dimpled texture. The rind contains many glands that secrete a fragrant and unique oil that are floral with a light bitter note. The result is a unique, aromatic fruit with a sour, acidic, tangy, and somewhat bitter taste. Truly a one-of-a-kind orange, the unique sour/bitter character of these oranges make them perfect for marmalades, marinades and sauces.

So, what's all the fuss about? These oranges, native to Seville, Spain, are primarily shipped to England where they are used in the production of marmalade. In doing some research online, it seems that home-made marmalade has become a hugely popular trend over the past couple of years with people spending more time in their kitchens. I found hundreds of recipes and YouTube videos on how to make Seville Orange Marmalade. Up for any challenge in the kitchen, I have decided to make up my own batch to see what all the commotion is about. Ashley will post the adventure on our Instagram account for you to check out.

In addition, and on a similar same citrus note, we got our first shipment of **Minneola Oranges**. Sweet with a mild tartness, these oranges are extremely juicy and have relatively few, if any seeds at all. With their bright reddish-orange color and easy-to-peel skin, these oranges are absolutely delicious.

MAISON BERGER PARIS

One of the biggest benefits of **Maison Berger Paris** is the disinfecting action of heating isopropyl alcohol to purify the air by breaking down the impurities on a molecular level. It collects and destroys bacteria and foul odors, and increases the oxygen level.

Lucky for us, Karen and Linda - our Queen Bees in the Village, have a handful of **Maison Berger Paris Starter Kits** in stock. These are equipped with a beautiful glass lampe in different styles (round, oval and square), wick-burner, shiny silver diffuser cap, stopper and funnel, along with two of their best-selling home fragrances. **Available while supplies last. Featured at:**

\$39.99 KIT

For those of you that already have your Maison Berger Paris Lampes, be sure to pick up some refreshing scents to kick off the new year. Some of our favourites include **Ocean Breeze** and **Lemon Flower**.

Not only are these a great addition to your own home or office space, but they make a great hostess gift, as well. For more information on how the Maison Berger Paris Lampes work, check out our Instagram for a detailed how-to video with our very own Linda!

INSTAGRAM GIVEAWAY!

Have you entered our Instagram Giveaway yet? To kick off 2022, we have set up a Instagram Giveaway to say Thank You for your ongoing support over the years. We are giving away one of our Mixed Berry Jelly Rolls along with one of our reusable cloth tote bags to four lucky winners. Be sure to follow and enter for your chance to win! Last day to enter: Sunday January 30th, 2022.

SPECIALS IN EFFECT FROM THURSDAY TO CLOSE, SUNDAY JANUARY 16

STORE HOURS: MONDAY - FRIDAY 9:00 AM - 7:00 PM SATURDAY & SUNDAY 9:00 AM - 6:00 PM

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