

STUFFED

THOMAS'

# CHICKEN BREASTS

# PRODUCE REPORT

My second year of university would be best described as an exhaustive process of trial and error. I'd never had to do my laundry, feed myself, pay bills, or any of the other minutiae of responsibilities that come with living on your own. Our trials were followed with errors more often than not, like the time we blew up a deep fryer narrowly avoiding third degree burns, or the fact that, we couldn't figure out garbage day and stockpiled bags and bags of trash in our basement resulting in a rodent issue.

Other than the frozen entrées I'd bring up to school, good meals were few and far between, but the one that stands out was the time that I brought up one of these monster chicken breasts stuffed with our sage and onion stuffing and one of our store made frozen chicken gravies. We whipped up some mashed potatoes to serve it with. In retrospect it couldn't have been easier to make, all you do is pop the roast in a 350°F oven for an hour and a half and baste periodically, but I felt like Gordon Ramsay that day as I sat around the table with my roommates and we feasted on that glorious chicken. As I mentioned, it is made with our Sage and Onion Bread Stuffing.

Every purchase will come with a free container of our Chicken Gravy (450ml size).  
Reg. \$12.99/lb

20% OFF

## ARCTIC CHAR

I am a big fan of Arctic Char, firstly because a fillet is the perfect portion for two people (date night anyone?), and secondly, it is riddled with ample amounts of Omega-3 and -6 fats and is thus a super forgiving fish to cook, you'd have to be egregiously negligent to dry it out. And finally, it represents a great compromise between salmon and trout, more similar to trout in size and flavour but heartier and firmer like salmon, perfect for a myriad of preparations from grilling to poaching, broiling, baking and pan-frying. Reg. \$24.99/lb

20% OFF

## MILD & HOT ITALIAN SAUSAGES

Perennially a bestseller whether it's BBQ season or not. Garlicky and herbaceous with that distinct note of fennel seed. We add a little handful of chilis in the Hot Italian but it's more of a tingle on the palate than a burn. Reg. \$6.99/lb

25% OFF

## WHAT'S AT THE DELI?

**Carrot, Orange & Ginger Soup** - Starting off with a heavy hitter, one of my favourite soups we make. When somebody wants a soup with a catering, this is inevitably the first one I'll suggest. It's got the earthy sweetness from the carrots, enough gingery zing to warm you from the inside out, and a splash of OJ to lend a little citrusy freshness. Reg. \$10.99/900ml

25% OFF

**Roasted Root Vegetable Quinoa** - The best part about fall isn't bringing your most beloved sweaters out of hibernation or all the leaves in their crimson and auburn splendour, it's all the damn root vegetables. Okay, I might be biased because I'm a produce guy. We've put all that earthy and hearty goodness in this quinoa salad. We cut carrots, parsnips, turnips and sweet potatoes in a thick julienne, roast them and then toss them with quinoa in a lime vinaigrette. An amazing and healthy side dish that's about as autumn-y as a slice of pumpkin pie. Reg. \$2.99/100g

25% OFF

**Chicken Tikka Masala** - Whenever we put this on special, it's a sure bet that it'll end up being my dinner a couple times that weekend, I could not love this stuff more than I do. I went to London a few years back and if I wasn't in a pub, I was in a curryhouse; I just couldn't get enough of the amazing Indian food, perhaps the only silver lining of centuries of colonialism. Kulam's version is sublime, pieces of chicken are marinated with cream and yogurt (this keeps it extra juicy and moist) and spices (there was a trip made to the local Indian grocer to grab some secret spices whose label I can't read, so you know they're good) and then simmered with onions, tomatoes and cashews. Reg. \$17.99/EACH

\$17.99 /EACH

**Chicken Parm with Spaghetti** - An Italo-American staple. We fry up a breaded chicken cutlet until it's golden crisp, dress it in some red sauce and mozza, then finish it in the oven and serve it over a bed of spaghetti in a tomato basil sauce. Reg. \$16.99/EACH

\$16.99 /EACH

**Harvest Salad** - All the goodness of fall in one salad. Slices of local Honeycrisp apple with dried cranberries, slivered almonds and tangy goat cheese on a bed of the local baby kale from Meadowsweet Farms (simply the best greens!), with a maple & walnut vinaigrette to tie it all together. Reg. \$19.99/EACH

\$19.99 /EACH

**Evan's Smoked Salmon Mousse** - The most elegant and upscale spread. We take our house-smoked salmon and blend it with cream cheese, sour cream, lemon juice, zest, peppercorns and fresh dill and whip it up into a light and airy mousse. It's smoky and rich, with the texture of warm butter, just begging to be spread on a pumpernickel round or a toasted Gryfe's bagel. Reg. \$9.99/EACH

\$9.99 /EACH

## GRILLED CHICKEN & ROASTED RED PEPPER PIZZA, PIZZAZZ!

We'll be featuring our Grilled Chicken & Roasted Red Pepper Pizza this weekend. We top it up with a base of arrabbiata sauce (tomato sauce with a little chili), a blend of mozza and provolone, strips of roasted red pepper, sweet onions, chicken breast seasoned with Mariella's secret blend of herbs and spices (she's pretty much the Sicilian Colonel Saunders) and finish with grated Pecorino Romano and Italian parsley. Reg. \$19.99/EACH

\$19.99 /EACH

## VILLAGE CREAMERY ICE CREAM OF THE WEEK!

Yes, we only had this on feature a few weeks ago but no, I don't care. I wanted to feature it again because from the bottom of my heart I believe this is the best ice cream we make at the store, or on the face of the Earth for that matter. How do we get an ice cream to taste like a hot-out-of-the-oven apple crisp? We take our homemade apple crisp and soak it in cream for days and days until all that appley, cinnamon, buttery goodness flavours the cream and then we add a little more cinnamon and make ice cream with it. Finally we add some crisp topping. Grabbing a litre might be the best decision you make all weekend, feel free to thank me next time you see me.

Apple Crisp Ice Cream  
Reg. \$13.99/litre  
\$2.00 OFF

## WHAT'S FOR LUNCH?

We are kicking off Friday with a fan favourite that always ensures pandemonium at our café, **Fish and Chips with our Homemade Tartar Sauce**. What makes our fish and chips so good? Firstly, we use halibut, those thick flakes and meaty fillets are the best for frying. Secondly, Kulam's beer batter is so light and crisp, it's the best. Thirdly, hand-cut fries seasoned to perfection by yours truly. And finally, our Tartar Sauce rules. Don't miss out. Reg. \$22.99/COMBO

\$22.99 /COMBO

& our Café Menu for next week will look something like this...

- Monday November 4th  
Pulled Pork Grilled Cheese with Cathy's Coleslaw
- Tuesday November 5th  
Grilled Flank Steak Sandwich with Roasted Potato Salad
- Wednesday November 6th  
Stuffed Pork Sandwich with Tomato & Cucumber Salad
- Thursday November 7th  
Pastrami Reuben with Coleslaw
- Friday November 8th  
Prime Rib Sandwich with Gravy, Crispy Onions with Fries

## AISLE FOUR

**Cheeky Pickles** - We've handpicked a few charcuterie essentials to add to your pantry/arsenal this weekend. There are few things in the world that I love more and am more particular about than pickles, and these are about as money as it gets. Hand-crafted in small batches just east of us, you won't have to take my word for it as you'll get to taste them for yourself, the maker is coming in for a demo on November 9th. Several flavours: **OG** (your go-to garlic and dill pickle), **Hail Caesar** (inspired by the cocktail, **East Coast** (these are my fave! A mustardy brine with a medley of veg: cucumbers, cauli, onions and peppers.), **Mad Hot** (not for the faint of heart), and what I thought were really cool and had never seen before, **Jerk Pickles** (with allspice, Scotch bonnet, garlic and thyme...really outside the box and really good!). Reg. \$12.99/JAR

\$12.99 /JAR

**Envy Olives** - I will be the first to admit that I absolutely hate olives, but fortunately I'm in the minority and these cured Kalamata olives from Greece are borderline addictive. In Mariella's words, "they are plump, juicy, perfectly seasoned and best enjoyed by the fistful." Not overly salty like most Kalamatas, these are quite mellow. Reg. \$8.99/JAR

\$8.99 /JAR

**Our Own Red Pepper Jelly** - I used to love Perth and Pestle Red Pepper Jelly. Such an excellent product, so many cool flavours. Unfortunately, they retired and my go-to RPJ was no longer. We've made our own to scratch that itch. This is a great all-purpose condiment. I love it with roast chicken (or the stuffed chicken breasts we have on sale), on a ham sandwich or glazed on a pork tenderloin before you roast it, it is amazing on soft cheeses, or mixed with cream cheese and spread on crackers. Made with local field-grown peppers from late summer, this has great flavour without being overly sweet. Reg. \$4.99/JAR

\$4.99 /JAR

## CHEESE, PLEASE!

**Mimmolette** - Hailing from France's Normandy region comes this spherical, tangerine-hued ball of cheesy, savory deliciousness. So way back in the day, Louis XIV, when he wasn't bedding anything that walked, was very concerned with the amount of Edam cheese coming into France from Holland because, you know, the French take their cheese very seriously. So at his request, he had local cheesemongers produce their own version of Edam, and the French being the French, they made it with a little more panache, aging it longer and adding annatto, which gives it its striking orange colour. It's not just striking in its appearance, but in its taste as well, reminiscent of a wonderfully aged gouda, very nutty, fruity, with a savory caramel note that lingers. One of my faves. Reg. \$12.99/100G

\$12.99 /100G

**Black Garlic Cheddar** - Black garlic is just one of those ingredients that draws me like a moth to a flame. Black garlic is essentially when you take a head of garlic and roast it as low and slow as possible, over weeks and months, until it is soft and sticky with a sweet, caramelized flavour. For this cheese, they mash the garlic into a paste and fold it into the cheddar. It's killer on a sandwich, burger, melted onto nachos, really anywhere. Just a nice cheddar with a mellow, not-overpowering garlicky dimension that works in just about any application. Reg. \$4.99/100G

\$4.99 /100G



it takes a Village!

SPECIALS IN EFFECT FROM THURSDAY TO CLOSE, SUNDAY NOVEMBER 3RD

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

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