

HAPPY NEW YEAR!

The holidays are my favourite time of year at the store. Obviously I love how busy it is, but we get a lot of specialty produce and cheeses and charcuterie and imported grocery items brought in specially for the season, there's lots of catering, and the place is abuzz with energy. That being said, I also love when they're over and work returns to a more manageable pace and we all hunker back into routine. It affords a lot of our staff a well-deserved break (I, myself, am typing these words from the desk of the most middling two-star hotel room that Killington, Vermont has to offer). Just wanted to take the chance to wish you a wonderful and healthy 2025.

MARINATED CHICKEN BREASTS

When people try and get their New Year's resolution on, they often inflict all sorts of plain, flavourless food on themselves in the name of healthy eating. When it comes to meat, that's usually synonymous with chicken breast, which is all fine, but it's kind of just a flavourless lump of protein as far as I'm concerned, which is why we're featuring our **Marinated Chicken Breasts** this week that are tasty as hell and transform something mundane into something delicious. We'll have our **Piri Piri** (my fave), our **Maple Mustard** (the most popular), and our **Jack Daniels' BBQ**. We'll also have them available 'au naturel' for the same price. Reg. \$13.99/lb

25% OFF

ORGANIC SALMON

There aren't many places that go to the lengths that we do when it comes to salmon and seafood. We bring it in five times a week so it is always super, super fresh. We manicure it to perfection, making sure you get the premium centre cuts (we save the tail and collar to make salmon cakes, salmon salad, etc.), and I have to hand it to our supplier, he always earmarks the most beautiful sides for us. So while I totally love our regular Atlantic Salmon, there's just something a little more special about the **Organic Salmon** we bring in. It's usually got a little more fat, so you would have to forget about it in the oven for like a day or two before it dried out, the colour is a little more eye-popping, the fish itself comes in a little less slimy, it's just really, really, really nice seafood and I'm proud to carry it. Reg. \$32.99/lb

20% OFF

WHAT'S COOKING IN CHEF KULAM'S KITCHEN?

Chicken, Orzo & Rapini Soup - It seems everybody and their mother is sick at the moment. I got sick right after Christmas and subsisted off of Village Grocer soups for a week. Obviously nobody likes being sick, but the silver lining is you lose those few extra holiday pounds pretty quickly when you are exclusively sipping on broth. This is essentially an Italian spin on the classic chicken noodle soup, and I swear it has healing properties that you can't get from anything at the pharmacy. A rich homemade chicken broth with chicken breast, carrot, onion, celery, rapini and orzo. It's an excellent soup and will have you fighting fit in no time! Reg. \$10.99/900ml

25% OFF

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

25% OFF

Coq au Vin - Out of everything in this ad, this is first and foremost the one you shouldn't come to our store and leave without. A really good Coq au Vin is one of life's great pleasures, and the first time I tasted it was the first time I understood why French food has the reputation it has. It's a really simple dish but oh so good, chicken braised in dry red wine with pearl onions, button mushrooms, garlic and herbs. Serve over egg noodles or mashed potatoes and grab a Blackbird baguette to soak up all the herbaceous, wine-y, chicken-y goodness. Featured at:

\$19.99 ENTREE

Linguini al Limone with Chicken & Asparagus - Whenever we make Linguini al Limone it just flies out of the counter, as that lemony, zesty cream sauce is at once so vibrant and so comforting. We are adding in some sliced chicken breast and some spears of asparagus in there as well this week. Featured at:

\$16.99 ENTREE

Poached Pear, Brie & Candied Walnut Salad - We made this last fall and it was a smash hit so we thought we'd bring it back. Kulam's red wine-poached pears are absolutely amazing, and we pair them with our homemade candied walnuts and creamy brie cheese on a bed of arugula with a homemade walnut dressing. Featured at:

\$19.99 EACH

Dill Butter Salmon Sous Vide - 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. Featured at:

\$5.99 /100G

CHEESE & CHARCUTERIE

Crosswinds Chevre - This stuff is absolutely fantastic. It's admittedly not a big mover for us, which is a damn shame because people have no idea what they are missing out on. It's like Boursin but a literal million times better. This chevre is a creamy, spreadable cheese available in a variety of savoury and herbal profiles such as **Cranberry & Orange**, **Chive & Onion**, **Lemon & Thyme**. If you dare to spread this on one of the Rainforest Crisps, it's more than likely you'll have found your new favourite snack. Featured at:

\$9.99 /TUB

Raclette - An Alpine cheese from the French and Swiss Alps and one of the finest melting cheese known to man. Whenever you're doing fondue or a grilled cheese, or a mac and cheese, or really anywhere you want to melt some cheese, this will give you the sexy cheese-pull that you're looking for and a creamy and nutty flavour to boot. Featured at:

\$4.99 /100G

Coppa - I have been rewatching the Sopranos, so when I saw we had this Coppa on, I nearly had a panic attack and started harassing everybody that the 'gabagool' was coming. Nobody really took heed of me, they're used to my antics. This is dry-cured in the same manner as a prosciutto but has a richer, earthier flavour and sweet scent. Great to snack on, or in paninis or antipasto platters, pairs beautifully with provolone. Featured at:

\$4.99 /100G

AISLE FOUR

Wellesley Freshly Pressed Cider - A cup of autumn's bounty. This incredible cider is made with five varieties of apples that they grow themselves and then blend into a pomace and squeeze through a huge rack and cloth press, the OG way to make cider. It's not as filtered as other brands which gives it its dark and cloudy appearance, which is all the natural pectins and flavourful solids floating in there that give it its intense flavour. It's delicious chilled but transforms into something otherworldly once it's heated up with some ginger and cinnamon. Featured at:

\$3.99 /JUG

Cheeky Pickles - There's few things in the world that I love more and am more particular about than pickles, and these new pickles that we've brought in are about as money as it gets. Hand-crafted in small batches just east of us. 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!). Featured at:

\$12.99 /JAR

WHAT'S IN BLOOM?

Danielle, your friendly florist here...I always find myself a little lost at the beginning of January. Full of cheese and bread, not sure what day it is.... Anyone else in the midst of an emotional (perhaps still physical) hangover from the frenetic vortex we call December? How do we capture that sparkle, that glow again? I have the answer friends! Put away the leftovers, pull on your long underwear and come see the new plant babies in the floral department! I have curated a collection that gives a nod to spring and to the upcoming Chinese New Year! Grab a coffee at the Café and browse the year's first bulbs, both **hyacinths** and **tulips**, some **potted pussy willow**, **fluffy azaleas**, and **heather**. As an early offering for Chinese New Year, we have **braided money trees**, **jades**, and of course our perfect **phalaenopsis orchids**. I'm so excited about this celebration at the end of the month, stay tuned for more offerings in the coming weeks. Research suggests that plants can have many effects on our mental health; they can help reduce stress, improve your mood (or the mood of a grumpy coworker), increase productivity, boost serotonin, combat loneliness, and generate positive emotions! So put down that row of cookies because a new plant baby could just be the serotonin hit you need to get you through these early days of January.

THOMAS' PRODUCE REPORT

Normally this is one of the worst times of the year for produce, and finding specials is a struggle, but for the first January in memory, everything is kind of excellent right now! Obviously it's the best time of year for citrus. We've got the Israeli mandarins that everybody goes crazy for, sweetest citrus that we see all year, although they are flown in which is reflected in the price. The **California oranges** are nearing their peak with the spring navel due to start next week (these are the crème de la crème of navel oranges). Every year I pull some strings and bring in **white grapefruits** from Florida which seemingly nobody grows anymore, these are due in for the weekend. And the **Cara Cara's** have been wonderful and well-priced as well. As for berries, **Florida strawberries** have started and are sweet, fragrant and beautiful. We also have **Sweetest Batch Blackberries** which are nature's crack, I may have wolfed down three containers on the drive to Vermont. As for other fruit, we've got **Wild Twist Apples** in, that are a cross between a Pink Lady and a Honeycrisp. We carried these for the first time last year and they were super popular. Also worth noting is the stone fruit from Chile and Australia, usually both are 'meh', just something to fill the shelves, but the quality on the peaches and nectarines has been downright shocking, the white peaches in particular!

For veggies, all the lettuce are coming in from Arizona, quality is somewhere between good and great. Both broccoli and cauliflower are nice and well-priced at the moment. Asparagus is best avoided. Brussel sprouts have been as nice as they get.

KENT MANGOS

For months and months we've only had the tree-ripened mangos that are flown in. They are absolutely fantastic but understandably not everybody is looking to spend \$6-8 a pop on a single mango. I haven't carried the conventional mangos because they've been undersized and just not up to snuff, but last week I was cutting into some at the market and I was impressed with their colour and flavour, so we brought them in. The price is also aggressive, so go wild and load up. **3 FOR \$4.99** /THREE
Featured at:

RED PRINCE APPLES

It feels strange to be talking about Canadian produce coming into season in the "checks calendar" ... onset of January, but that's the case with these delicious apples. Grown in Nova Scotia's Annapolis Valley (by the same grower we get those amazing honeycrisp apples from), these are harvested in early October and then cellared for months, allowing the natural sugars to mature and the malic acid to mellow. By the time these hit our shelves in the new year, they have a tangy-sweet flavour, kind of like a Mac apple with a satisfying crunch akin to a honeycrisp, the best of both worlds! Featured at:

\$3.99 /BAG

LIMITED EDITION BLUEBERRIES

A hot hot deal on the **Sweetest Batch Blueberries**. I used to only bring in a handful of cases of these at a time to sell alongside the regular blueberries, as I didn't think every customer would want to drop \$10 on a pint of blues. But after customers would try these, they would never go back to the normal blues and thus these became a mainstay in our berry case. This week they are as big and sweet and crunchy as ever but they are priced to move! **Buy One Get One Free!** Featured at:

\$8.99 /PINT

HOT & MILD

ITALIAN SAUSAGES

A duo of sublime fennelicious links for you this week. Obviously, these are great on the grill but if you're a seasonal BBQer, these are also great browned in a cast-iron pan with sauteed onions and peppers, or cut out of the casing, sauteed with onions and garlic and simmered in a tomato basil sauce to serve with pasta. Available at your choice of heat. Reg. \$6.99/lb

25% OFF

WHAT'S BAKING?

Key Lime Pie - This week we have chosen a handful of our favourite citrus desserts to feature, and we would be remiss not to include my personal favourite dessert of all time, Key Lime Pie. We make ours with a buttery hand-pressed graham crust that we fill with a creamy filling of condensed milk, freshly squeezed lime juice and lots and lots of zest, topped with whipped cream. Sometimes you can't beat the classics. **Large size only**, Featured at:

\$19.99 EACH

Grapefruit Pound Cake - This tasty little loaf is something I ripped out of a Thomas Keller cookbook. We make a simple loaf with zested grapefruit, pull it out halfway through baking and soak it with a little grapefruit syrup, then put it back in the oven to finish up. Once it's cool we finish it with a simple grapefruit icing. The cake and the icing are not too sweet, reflecting the bittersweet profile of a grapefruit itself, but the cake is fragrant and light, the perfect afternoon snack that will have you nibbling until you're left with only crumbs. Featured at:

\$9.99 /EACH

Lemon & White Chocolate-Dipped Cookies - One of my favourite things in the store that we don't make ourselves are the Island Bakery Lemon Melts, those little lemon cookies from Scotland that are dipped in white chocolate. I remember when the sample first came across my desk and Mariella and I scarfed down the whole box tout de suite. We brought them in but we wondered why we couldn't make these ourselves, and so we did just that. We bake little rounds of our lemon loaf batter until they are nice and crisp and then dip them in white chocolate. The cookie is nice and soft and contrasts nicely with the chocolate, they have a really excellent zesty flavour, they are absolutely awesome! Featured at:

\$9.99 /BOX

Lemon Meringue Cupcake - We usually only make these cupcakes during our annual cupcake week, but they are a fan favourite so I thought we could slip them in here as they are mighty tasty. We make a batter loaded with fresh lemon zest, inject the cupcakes full of our lemon curd, then pipe them with fluffy fresh meringue that we toast with one of our crème brûlée torches. Featured at: **4 FOR \$12.99** #PACK

PIZZA PIZZAZZ

So in case you've been living under a rock, we've fired up our pizza oven and started making hot pizzas again every **Friday** and **Saturday**, available whole or by the slice. There's been a lot of people happy to see it back, probably nobody more so than I am. So we have an assortment of six regular pizzas on the menu that we make every week including **Margherita**, **Bianco Fun-Guy**, **Pepperoni OG**, **One Spicy Italian**, **The Reuben** and **Tropical Hawaiian**. On top of those selections, we also make a weekly special.

This week we will be making a **Grilled Piri Piri Chicken Pizza** with sliced red onions, roasted red peppers and finished with a drizzle of lime yogurt. Featured at:

\$5.99/SLICE OR \$24/14 INCH PIZZA

SPECIALS IN EFFECT FROM THURSDAY TO CLOSE, SUNDAY JANUARY 12

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



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