

"A Healthy & Happy Thanksgiving  
from our Family to Yours"

## QUALITY TENDER MEATS

Cut from Canada  
Grade A, AA, AAA Beef  
Chef Style

**Prime Rib Roast** **3.99**  
lb.  
8.80 kg



Ready to Serve  
Hi-Bone Removed  
Whole or Half

**Partly Skinned  
Smoked Ham** **2.29**  
lb.  
5.05 kg



Combination

**Ground  
Pork &  
Veal** **1.99**  
lb.  
4.39 kg

GREAT  
FOR  
STUFFING!

Boneless

**Veal Shoulder Roast** **2.99**  
lb.  
6.59 kg



Fresh New Zealand  
Short Shank

**Lamb Legs** **4.99**  
lb.  
11.00 kg



Cooked  
Peeled & Deveined  
Tail-On

**Shrimp** **9.99**  
31 - 40  
count  
Bag  
(12 oz.)



Fresh

**Rainbow  
Trout  
Fillets** **4.99**  
lb.  
11.00 kg



## TURKEY CARVING TIPS

1. Begin by removing the drumstick and thigh. Slice the meat from the bones.
2. Cutting close to the body, slice off the wing. Cut the wing in two at joint.
3. Cut the breast meat in thin downward slices from either side of the breastbone. Start each new slice slightly higher up on the breast.



### Roasting Timetable:

325° F (160° C) oven, whole turkey

lbs. (stuffed)	Weight kg.	Cooking Time hours
6 - 8	3.0 - 3.5	3.0 - 3.25
8 - 10	3.5 - 4.5	3.25 - 3.5
10 - 12	4.5 - 5.5	3.5 - 3.75
12 - 16	5.5 - 7.0	3.75 - 4.0
16 - 22	7.0 - 10.0	4.0 - 4.5

The turkey is done when the temperature in the thigh reads 180° - 185° F (82°-85° C) and in the stuffing is 165° F (74° C). The drumstick and breast feel soft and the leg moves easily when twisted. Juices should run clear.

SOURCE: Ontario Turkey Producers Marketing Board

## HOLIDAY NUT TURKEY STUFFING

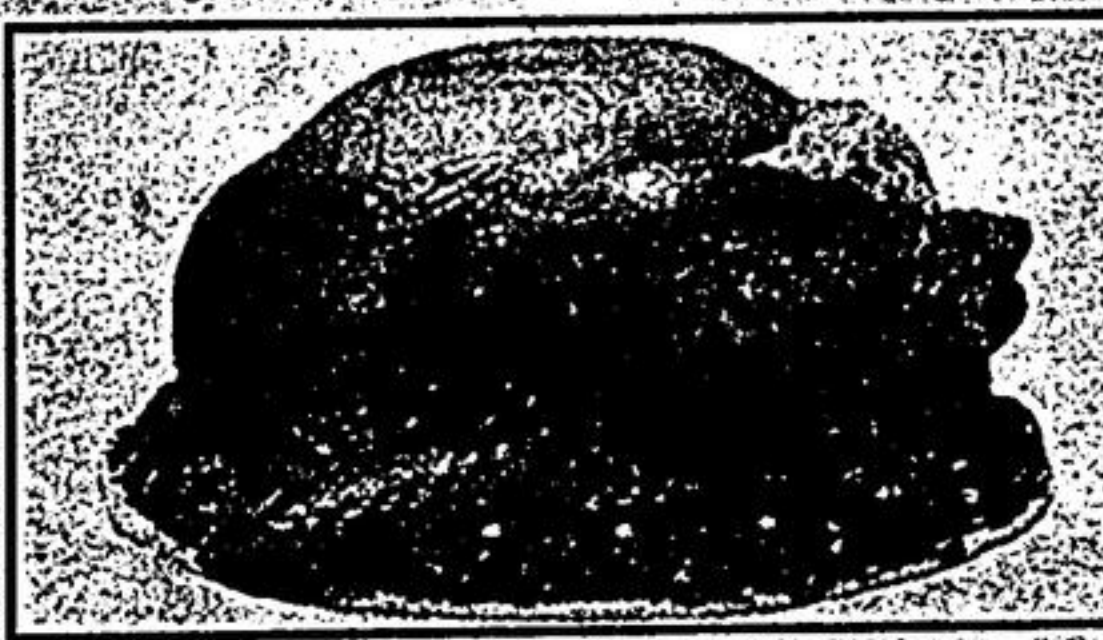
- 1 Large onion, chopped
- 1/2 lb. Fresh Mushrooms, sliced
- 1/2 cup Butter
- 1/4 cup Pecans
- 1/4 cup Filberts
- 1/4 cup Almond slivers
- 2 cups Dried bread crumbs
- 1/2 cup Celery, chopped
- 1 tbsp. Poultry seasoning

• In saucepan, combine butter, onion and mushrooms. Saute until tender.

• Add pecans, filberts and almond slivers and mix well. Remove from heat.

• In a large bowl, add bread crumbs, celery and poultry seasoning.

• Gently mix the two combinations together and stuff into prepared turkey cavity.



**STORE HOURS:**  
CLOSED THANKSGIVING MONDAY

TUESDAY - WEDNESDAY 8 A.M. - 9 P.M.  
THURSDAY - FRIDAY 8 A.M. - 10 P.M.  
SATURDAY 7 A.M. - 8 P.M.  
SUNDAY 9 A.M. - 6 P.M.

Allthough we strive for accuracy in both copy and illustrations, errors may occur. We reserve the right to correct any errors.

## OVEN FRESH BAKERY

Delicious Store Baked  
Pumpkin or  
Apple

**Pies** **2.99**  
ea.

Freshly Baked

**Dinner  
Rolls** **2.79**  
for 12

Freshly Baked In-Store  
Raisin or Pumpernickle

**Bread** **1.49**  
ea.



## GIFT BASKETS

A tasteful gift for any occasion that is attractive and delicious too! Choose from an assortment of coloured wraps and bows. We will be happy to customize baskets on request.



## DELICIOUSLY ENTERTAINING PARTY TRAYS

- Decorative cold cut & cheese platters
- Garden fresh vegetable trays
- Quality fresh fruit trays
- A variety of freshly prepared house salads

Brochures available in store.

McCOWAN 16th AVE. MARKHAM  
HWY. 7  
9275 Hwy. #48