

REDFISH FILLETS

Whenever I am confronted by an unfamiliar name such as this, I grab my fish cookery encyclopedia and do some research. In this case, what I uncovered is that 'Redfish' is actually 'Red Drum', from the 'Croaker' family, and there are about 20 types which have commercial significance in North America. Red Drum are usually caught anywhere from Carolina south, and into the Gulf as far as the Rio Grande, which put them square in the culinary sights of Paul Prudhomme, from K-Paul's Louisiana Kitchen. The flesh of Redfish is fairly firm but moist, it's white and heavily flaked. It can be baked or grilled, but 'Blackening' is the best way to do this. We'll have a deal on the fish and the seasoning, and further, we'll have the directions to get it done. Doing it outdoors is the best option, and since the weather looks to be moderating, dinner looks good. From Florida.....Now, do you think that the Saints are going to get Blackened this Sunday?

\$17.95 LB THIS WEEK

SMOKED TURKEY —DRUMSTICKS—

I'm sure you've all read my story about us selling lots of turkeys throughout the year.....in fact even more than all the holiday times put together. The result is large numbers of these beauties which we cure and slow-smoke. The ultimate result is a big handful of Neanderthal proportions—the dinner or lunch that you won't forget. We've got lots this week!

99¢ Each

~CAJUN~ SAUSAGES

We use Paul Prudhomme's seasoning as well as a few of our own, to make these. They have a full, round flavour, enough heat to notice, and a flavour long enough to cut these and use them in other dishes. It's one of my favourite sausages. Regular \$3.99/lb

25% OFF THIS WEEK

CARA CARA ORANGES

These are the Orange of choice at my home during their 'season', which is actually fairly short. They are sweet for sure, they are seedless, the flesh is a much darker orange/pink, they are a bit smaller than the usual California oranges, and a bit tastier, according to all the citrus aficionado at my house.

99¢ lb.

HELP FOR HAITI!

We're going to stage a BIG EVENT this Saturday to raise funds to help out. Our staff got together and planned this, as well as **DONATED THEIR TIME**, some of our suppliers have donated products, and we'll donate whatever else we'll need to make this BIG! There will be featured items in every area, including coffee and breakfast muffins, a lunch, a lunchtime concert featuring my little girl and her Aunt Carol (Cathy's sister), a rag-tag group selling some raffle tickets for some neat prizes (6 in all), and a group of community notables helping out. It will be a lot of fun, it will be crowded (I hope), it will be noisy, and you'll get some good deals on good eats, and **ALL THE MONEY** will go to the Haiti Fund. So..... what are you all doing on Saturday?

THE HAITI DEAL!

OK, so how this works is that when you buy any of the items listed below, the full amount goes into the Haiti Fund. This deal will happen this Saturday, from opening till closing. The concerts will be 11:30 till 12:30, and then an encore from 4:00 till 5:00pm...
FLOWERS.....what we'll have are beauty tropical bouquets for \$9.99. These are a bunch of all the flowers you may have seen on a trip south, but without the fare. They are long lasting, and a great price.
MEAT..... one of my friends at St. Helens Meat donated boneless Prime Rib Cap Meat, from which we'll make the Extra-Lean Ground Beef to make your own Chili. Also, when you buy a pound of this, the folks from Unico will donate the can of Red Kidney Beans that you'll need. The Extra-Lean is \$4.99 lb.....also.....we'll be making some of our Crab-Stuffed Tilapia (donated from MacGregors). This preparation will serve 2, for the price of \$10.00, and further, we'll have 3lb bags of our Air Chilled Chicken Wings for \$8.95 bag.
FRUIT.....We buy only the number 1 quality of Bananas, and they come from the Chioveti Banana Company at the Produce Terminal. They were kind enough to donate a pallet of Bananas, which we'll be selling for 25¢ each. **YOGURT** (Mediterranean Coconut).....donated by Liberté.
BAKERY.....We'll be serving Las Chicas Coffee and a Muffin for \$2.50, with a choice of either Lemon Poppysseed, Chocolate or Blueberry-Bran; this from 9 am to 11 am. Further, we'll have Chocolate-Frosted Layer Cakes in the medium size for \$12.95 each. And further.....we'll have a whole bunch of our Hand-Painted Cookies for \$3.00, done just for the occasion.
DELI.....This will be a busy spot. What we're doing is Bagels with Cream Cheese and Smoked Salmon, available from 9:00am till 11:00am at \$4.99 each, a Prime Rib Philly Sandwich, including a juice and a Chocolate Chip Cookie for a package price of \$5.99, containers of our freshly-made Leek and Potato Soup for \$5.99, Maryland-Style Crabcakes for \$4.99 each, and Mushroom Spring Rolls for \$1.25 each.....and Singapore Noodles in the salad counter for 99¢/100g

.....AND..... we've put together a Raffle that we're going to sell tickets for. The tickets will be sold by some of the little Hockey Guys that you helped earlier in the year, and they will be \$5.00 each or 3 for \$12.00. The prizes will be (a) a Prime Rib Dinner for 8 from the VG, (b) a hand-made old fashioned Quilt, made by Tammy at the deli, (c) a really nice Knife Set which was donated by my friend Keith Young from the YES Group, (d) one of those Giant Toblerone Bars, donated by Elco Fine Foods, and (e) a gift basket which will include most of my favourite things, including a couple of bottles of nice wine donated by Brunello Imports (f) \$100.00 gift certificate donated by dresscode.
This space was donated by the Economist & Sun who, whether you know it or not, help out alot!

MINESTRONE ~SOUP~

A long time ago, I wrote what I thought was a great ad for this soup — and whenever we'd feature it, I'd use that ad because I didn't think I could improve on it. Things change and I started to get pushback on it from the staff, who called it 'Boring'. So for my second try at describing this soup, I'm going to tell you to just read the ingredient list on the back. It makes great reading — and it's far from 'boring'. Reg. \$6.99/900ml

25% OFF THIS WEEK

CHILI CON CARNE

I'm usually loathe to mention 'Chili con Carne' because it conjures up the product that came in the tin, and sometimes still does I think. This is far different, and as the name promises, it does have lots of meat, as well as the beans and everything else. I know that Chili is a big item for SuperBowl Sunday, so we'll have it for you, and a couple other options as well. Serves 2-3, Regular \$12.95

25% OFF THIS WEEK

WHAT'S HAPPENING — OUTSIDE? —

.....Well, not outside yet; but we've got lots and lots of pots of Hyacinths, Daffs, Tulips, Primula and the like all ready for the trip home, to bring some brightness and the promise of an early spring. Greg has also planted up some bulb gardens that go beyond, this in case you need some extra brightness, or a bolder promise of an early spring. We've got tulips going strong as well, in an ever increasing assortment of colours and styles. Further, we want you to know that we'll have you covered for Roses when St. Valentine strikes, at a price that will allow you to spring for a nice dinner for two as well.

WHAT'S BAKING! —THIS WEEK—

A long time ago we got into the tart business after I convinced Doreen that she needed to make batches of her Butter Tarts for the store, and she did, about three dozen. These sold out in about 6 minutes. What we did is hire someone to work along with Doreen in the kitchen, to make those Butter Tarts and even the Lemon Loaves. If I remember, his name was Henry, and it worked well for a while. When Henry went on to bigger things, it became me (no kidding) making them.....and it didn't take long for me to realize that there must be a better way to do this. So, being an 'entrepreneur', I made a Pie Press, which is a gizmo which forms the tart shells..en masse, and then the rest was easy. Today, we make not just the old-time Buttertarts, but Cranberry Buttertarts which are drizzled with white chocolate, Pecan Tarts, Apple-Caramel, which have spiced cooked apples and caramel baked-in, Raspberry Buttertarts, and Bill Dawson's Coconut Buttertarts. All these are made from scratch in every way, just like you (or your grandmother) would make at home, if you had the time. The little pie press gizmo will be working overtime this week. Enjoy!

Reg.....\$5.99/6 pack
 Another item in our repertoire that we'll feature is a 'Healthy-Choice' Crisp. These are available in two formats. Firstly, they can be had raw so you bake them at home, and in the process, fill your kitchen with that amazing aroma. The second way to get them is fully-baked, in the larger ramekins. These are slightly different than the larger format that we make, having somewhat less sugar and an oat topping. Flavours will be Peach with Pecan, Apple with Cranberry and Apple with Raspberry.

The unbaked style will be in foils that serve 2. Regular.....\$5.95 each, and baked in the china ramekin, also serving 2. Regular.....\$9.95 each, which includes a \$2.00 deposit for the very stylish ramekin. These will be featured this week at.....
25% OFF THIS WEEK
 While supplies last.

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