

Manotick Village BUTCHER



A Happy New Year!

With the holidays now behind us we are all settling back into our everyday routines. The children are back at school and we're back at work and ultimately time for meal preparation will be short. It's time to break out the slow cooker! Warming stews, chili, curries and roasts can be waiting for you when you get home.

Why not try chicken, pork in the form of stew, chops, tenderloin or loin roast. Then there is fabulous Ontario lamb shanks; perfect for slow cooking. Of course there is everyone's fallback of beef, either stew or roast (Blade, Crossrib or Brisket).

If you prefer you can try one of our pies. Tortiere was a great hit over Christmas and we will cut back on those, we will make some, especially if requested. Over the next few weeks we'll be making chicken pot pies and variations on a beef / steak pie so look out for those.

We will also be adding to our range of pasties, there will still be the traditional beef, soon to be joined by "pork & apple" and a curried chicken flavour. These will be great as a quick lunch either warm or cold.

Coming up

After the success of the Locavore event just before Christmas, we are once again taking to the road. On Jan 21st we will be attending the Living Locally Fair in Russell at St. Thomas Aquinas High School, 1211 South Russell Road.

We'll be including some tips and recipes from week to week, these will also be added to the website . This weeks easy tip - Season your meat before cooking. Just a little salt and pepper about 20 minutes before you cook will provide you great results.

James & Team!



**30 day plus
Dry Aged
Striploin steaks**
Jan 12th, 14th & 15th
While stocks last

Also Available

Milk from Cochrane's Dairy

Cheese from various local
producers

Bekings Poultry Farm Eggs

Chutney's from Major Craig's

Jams from Michaelsdolce

Island Spiced sauces and rubs

... and much more ...

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