

Tantalizing the taste buds

We've seen some record temperatures already this year and still we have not settled into a predictable period. Let's get to those warm summer evenings, with the smell of great steak and pork being grilled to perfection on the BBQ. Let your imagination ignite and tantalize your taste buds as you smell those back ribs or half chicken being grilled to perfection under the hood of the "almighty Q".

What can I do on the Q?

We all love grilling steaks, chicken and pork chops on the BBQ but there is so much more that can be done with some of the other cuts. There is gourmet steak - a needled (tenderized) cut wrapped in pork fat or smoked bacon. Cook these to a medium rare, they're tender and flavorful. Make kebabs your way - use the top sirloin or cap. We have used hanger steak as well. Why no try some short ribs? These can be cut thin, marinated over night and they'll be done in about 20 minutes.

Free Sample Friday!

Drop in on Friday for free samples of the pulled pork we have in the store.

Kaidens Classic

We'd like to take this opportunity to introduce a young man to you all. His name is Kaiden and he has been diagnosed with Cystic Firbrosis. Kaidens' parents James & Helen are organizing the first "Kaidens Classic fore Cystic Fibrosis", a charity golf day to be held on September 14th at Anderson Links Golf & Country Club. Proceeds will be going to "Kaidnes Care Kits" and Cystic Fibrosis Canada.

We'll have more information for you soon - in the meantime please see posters in store for details.



Check online and in store for Details

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 ...

For all the latest info check out our <u>website</u>, follow us on <u>twitter (manotickbutcher)</u> or become a <u>facebook fan</u>.