

March
2011

Findlay

Foods (Kingston) Ltd.

659 Justus Dr. Kingston ON K7M 4H5
Tel: (613) 384-5331 or 1-800-267-2596
Fax: (613) 384-9290
www.findlayfoods.com

Product of the Month

#00701

Italian Tomatoes

with Basil Leaf

Cassandra 6/100oz

DATES TO REMEMBER:
*March 8 - Pancake Tuesday
*March 9 - Ash Wednesday
*March 13 - Daylight Savings Time
*March 17 - St. Patrick's Day
*March 20 - Spring Begins

MARCH IS...
- Maple Syrup Month
- Noodle Month
- International Hamburger Month
- Pickle Month

Findlay's Monthly Features

Prices in effect while quantities last

- 1) 42376 **Haddock Fillet Dip & Dusted** 2/5lb 
- 2) 33705 **Cappelletti with Cheese** 1/5kg 
- 3) 28257 **Veal Scallopini** 1/4.54kg  **Pre Book Only**
- 4) 35389 **Maple Chocolate Mania Cake** 1/12"x1' 
- 5) 20362 **Quesadilla Black Bean & Cheese** 1/4lb ANCHOR
- 6) 18240 **Spinach Leaf Fancy** 1/1Kg 



Gina's Corner

Did you know?



It is believed St. Patrick, a Roman-Britain-born Christian missionary, was born in the late fourth century and is credited with bringing Christianity to the Irish people. It is also believed that St. Patrick drove all the snakes out of Ireland. However, post-glacial Ireland never actually had snakes. Many believe that the term "snakes" referred to the serpent symbolism of the Druids of that time and place. Today, there are no snakes to be found!

Most people, whether they are Irish or not, wear green on this day. One of the Irish traditions is to pinch anyone who is not wearing green on St. Patrick's Day.

Irish immigrants began observing the holiday in Boston in 1737 and the first St. Patrick's Day parade was held in New York City in 1766.

The shamrock was worn as a badge on the lapel. Three is Ireland's magic number and the three petals that make up the shamrock are supposed to bring good luck. The three leaves also represent the Trinity in the Christian religion.

The leprechaun is a small Irish fairy. He is dressed like a shoemaker, with pointed shoes and hat. He also wears a leather apron. Leprechauns are supposed to be unfriendly little men who live alone in the forest, spending all of their time making shoes and guarding their treasures. If someone catches a leprechaun, he will be forced to tell where he hides all his pots of gold. However, the leprechaun must be watched at all times. If his captor looks away, the leprechaun will vanish along with his treasure.



Colcannon with Sausage

INGREDIENTS

3 Lbs potatoes, peeled and quartered (#87113)
1 tsp salt (#13791)
4 cups finely chopped kale (stuff and pack measuring cup)
1 large chopped onions
½ cup butter (#44115)
Pepper to taste
1 Lb smoked sausage (Cut into 6 pieces) (#24295)

DIRECTIONS

Preheat oven to 350F degrees.

Cover potatoes with water and bring to a boil, reduce heat and cook until potatoes are tender. While potatoes are cooking, bring water to a boil in another pan. Add the chopped kale into the boiling water. Boil for three minutes. Drain all the water off thoroughly and set aside. Melt butter in a skillet then add the chopped onion. Sauté onion until tender and set aside. When potatoes are finished cooking pour into a colander to thoroughly drain off the water. Place potatoes into a large mixing bowl. Slowly beat the potatoes until broken down. Increase speed of mixer and gradually add the butter and onion to the potatoes. Whip the potatoes until fluffy. Add salt and pepper to taste. Remove bowl from mixer and add the drained kale to the mixture. Blend in with a large spoon. Spoon mixture into a baking casserole dish. Arrange sausages on top of the potato mixture, pushing them slightly down into the potatoes. Place dish in the oven and bake for 25 to 30 minutes or until top begins to slightly brown.

NOTE: This recipe is great warmed over. It is easier to cut when cold and the flavour is a little stronger when warmed up. Microwave works well for warming this dish.



Mint Sake & Pineapple Cooler

INGREDIENTS

1 1/2 cups loosely packed mint leaves (about 1 ounce)
1 cup sake or vodka
1/4 cup sugar (#09580)
20 ounces pineapple juice (#10215)
1/4 cup lime juice (#10257)
Pineapple slices (optional) (#12185)
Splash of gingerale (optional)



DIRECTIONS

-Combine mint, sake, and sugar in a blender; process for 2 minutes or until mint is very finely chopped. Strain sake mixture through a fine sieve over a bowl; discard solids. Stir in 12 ounces pineapple juice and lime juice. Chill.

-Pour the remaining pineapple juice into 1oz portion-ice cube tray and freezer.

-Combine 5oz of the sake mixture and 2 frozen pineapple juice cubes in a blender; process until thoroughly combined. Garnish with pineapple slices, if desired.

Add a splash of gingerale and stir, if too sweet for you.

Potato - Cabbage Soup

INGREDIENTS

1 Tbsp olive oil (#13736)
1 Tbsp unsalted butter (#44115)
1/2 head Savoy cabbage, shredded
3 scallions, trimmed and chopped
3 garlic cloves, peeled and halved
1/2 tsp kosher salt (#13792)
4 cups chicken broth (#44151)
2 cups boiled potatoes, cut in 1/2-inch slices (#87113)



DIRECTIONS

Heat the oil and butter in a large saucepan over medium heat. Add the cabbage, scallions, garlic, and salt and cook until the cabbage is slightly softened, about 5 minutes. Remove 1/3 cup of the cabbage and set aside for garnishing. Add the chicken broth and potatoes and bring to a boil. Simmer, covered, until the cabbage is tender, about 15 minutes. Using a blender, puree until smooth and season to taste with additional salt, if desired. Before serving, garnish the soup with the reserved cabbage.

