

*With all the food that is news!*

SPRING NEWSLETTER

Spring has finally arrived and to celebrate the Gourmet Warehouse has lots of new products and specials to offer you.



## WE NEVER HAVE A SALE

First, don't forget that Saturday, May 14, from 8:00 a.m. to 6:00 p.m., is our annual "We Never Have a Sale" sale! All day long you'll be able to enjoy an added 10% off (except on electricals and books) our already everyday low prices. As well, there'll be specials...and we mean specials! One-time offers that will be available for this one day a year only. So look out for unbelievable prices, and make sure to bring a friend!



Our freezers...have you checked them out lately? Truly we are your one-stop shopping experience for food...and it just keeps getting better. From beautiful organic Chicken to tender Veal and

barbecue-friendly loins of Lamb, the very best Wild Salmon sides to quickly pop in and out of the oven, Tortes, Quiches, and Pies from our favourite local bakery, Tartine. And don't forget those bags of frozen Pearl Onions that have become a staple in all of our freezers along with our tender, flakey French Croissants. Our freezers are a treasure trove of gourmet goodness! This is just a small sampling, so if you haven't looked behind the glass doors lately...it's time you did!

Keeping your food warm while you get the next dish ready has been a problem for all of us in the past. Restaurants have those fancy heaters that keep food toasty while waiting for the server to get your food to you or while the chef adds his or her final touches. We now have a solution for you—Bon Home introduces their new home Culinary Heat Lamps. No more cool dishes at your next dinner party! Come and check them out!



Well, we've always bragged about the variety of salt we carry, but have you checked out the Himalayan Salt Slabs? They're beautiful and unique and perfect for the gourmand who wants to bring that "wow" factor to the dinner table. Come in and ask our knowledgeable staff about all the amazing things you can do with your newfound salt slab!



No more dull knives! Is that not the most frustrating thing in your kitchen? You go to cut a beautifully ripened tomato, only to end up with something that resembles something you saw in a "horror" movie on your cutting board...well, no more. We have been recommending the Chef's Choice Knife sharpeners for years now, and with our large selection of models and our fantastic prices, you will never have a dull knife again.



In the 1970s "Grease" was the word...today it's "Tagine" and do we have one perfect for you. From the beautiful Le Creuset model to Emile Henry and our new one, which is Gourmet Warehouse-priced from Fox Run...you'll have a table fit for John Travolta and Olivia Newton John to stop by. Come in and choose your favourite colour now.



Our baking department is...well... the best in the city. You will find a pan for absolutely anything and everything you ever thought you might like to bake. We carry every major manufacturer but are proud to introduce the new line from Master Class. Bakeware from Master Class is made from 1mm steel, with a high-quality, double-layered Quantum 2 nonstick coating. All items are of a robust commercial weight and highly functional. Dishwasher, fridge and freezer safe, each item also has a twenty-year guarantee with five-year nonstick coating guarantee. Now that's a pan you will be handing down to your children.



Things we love. Well, I have to tell you we sell a lot of coffee grinders...each one different and with a particular strength. I think I've found my favourite...the new Breville Conical Burr Grinder called The Smart Grinder (with dosing IQ). This baby is fully automatic and leaves nothing to chance on how fine or coarse your bean will be ground. So whether you are feeling a little Parisian and want a coarse grind for your French Press or you want that

perfect fine grind for that perfect Italian espresso shot, this grinder will do it all. Just tell it what you are grinding it for, how many cups, and what strength from and mild to bold; then press Start. It will instantly give you the perfect quantity and grind. You can't not love it!



Photo by Hamid Attie

## Warm Wild Salmon Salad

When fresh B.C. salmon run, so should you—to your local fish market to get your share. Nothing can compare to the incredible taste of wild salmon grilled to perfection. I like to cook a bit more than I need for dinner so as to have some on hand for lunch the next day.

Serves 6

Preheat barbecue to medium-high heat.

Slather the flesh side of the salmon with the barbecue sauce. Place the salmon skin side down on the barbecue. Brush the asparagus with a little olive oil and add to the barbecue. Do not turn the salmon; cook it through on one side only, being careful not to overcook it (make sure it stays moist). Check on the asparagus as it will be done faster.

While the salmon and asparagus cook, heat the butter in a sauté pan; add the sliced mushrooms, and sauté on high heat to brown. Season with

a pinch of sea salt and freshly ground pepper to taste.

Place the salad greens and tomatoes in a large bowl, drizzle with the olive oil and balsamic vinegar, and season with salt and pepper to taste, and toss.

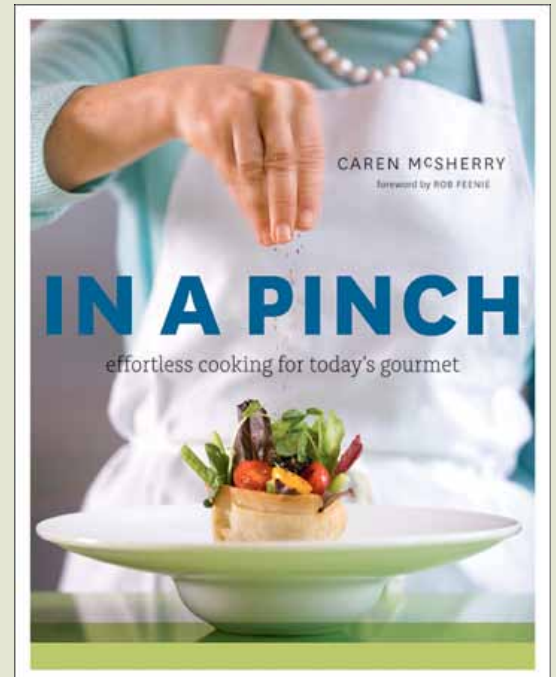
To serve, heap the greens onto oversized serving plates or bowls. Add a portion of mushrooms, a few spears of asparagus, and a piece of the salmon in the center. Garnish with the olives and a good sprinkling of the feta (if using).

### In A Pinch

To prevent mushrooms from releasing moisture, sauté them on high heat and just a bit of butter or oil. Do not add any liquid and watch how quickly they brown.

Break free and use your favorite prewashed mixed greens and your favorite bottled barbecue sauce. I like to support our own local chef Ann Kirsebom who has created a line of great marinades and sauces. Tequi-Lime barbecue sauce is my favorite.

So come down soon, put our sale date on your calendar and don't forget, "The Gourmet Warehouse is home of all your gourmand needs!"



### Salmon

- > 2 1/2 lb (1.25 kg) whole fillet of wild B.C. salmon
- > 1 cup (250 mL) your favorite barbecue sauce
- > 1 lb (500 g) asparagus
- > Drizzle of olive oil
- > 2 Tbsp (30 mL) unsalted butter
- > 2 cups (500 mL) your choice of mixed mushrooms
- > Pinch of sea salt
- > Freshly ground pepper

### Salad

- > 3 cups (750 mL) assorted salad greens, washed
- > 3 large yellow (or red) tomatoes, cut into quarters (or equivalent amount of cherry tomatoes, halved)
- > 2/3 cup (160 mL) extra virgin olive oil
- > 1/4 cup (60 mL) balsamic vinegar
- > Pinch of sea salt
- > Freshly ground pepper

### Options for Garnish

- > 1 cup (250 mL) oil-cured olives
- > 1 cup (250 mL) crumbled feta cheese