

**"A nickel's worth of goulash  
beats a five dollar can of  
vitamins."**



Martin H. Fischer

## August Newsletter

Wow time has flown by! I hope everyone has been enjoying the great weather with time barbecuing, picnics and on the patio! August is filled with many activities in Inglewood and hopefully Michelle will see you at Savour sometime soon.

## New Products

### kitchenware

Kinto design is a favourite at Savour. Their 2 Way Cups are perfect on the deck, at the cabin or in the trailer. Also, their Kronos double walled iced tea glasses are perfect for hot or cold beverages and look beautiful too!



fyi

### Hours

**Tues thru Sat  
10 - 5  
Sun 11 - 5**

**Closed Mondays**

Night Market  
Aug 8



6pm - 12am

Savour will be open  
7 - 10pm

We will be sampling Pure  
Maple Syrup from Nova  
Scotia

Caldrea was founded in 1999 by Monica Nassif who thought there had to be a better, safer alternative to the harsh smells and formulations of the cleaning products she had under her sink. Caldrea uses a combination of natural essential oils from flowers and herbs along with safe synthetics to ensure consistent performance and a luxurious experience. Savour carries the countertop spray, dish soap, hand soap and hand lotion in Sea Salt Neroli, Ginger Pomelo, Basil Blue Sage and Black Coriander Lime scents.

Michelle is having yet another foot surgery on Aug 18th. :( Liz, Sara, Michelle's Mom Lucille, and Jane will be taking care of Savour while she recuperates. Michelle will hobble back in as soon as she is able.



## specialty food



Rozendahl Vinegars from South Africa are back! Aged 12 years in oak barrels, these vinegars will enhance summer fruits or salsas, make beautiful pickles, and scrumptious reductions. Savour has the lavender, green tea and hibiscus flavours.



Fennel Pollen and Dill Pollen from *Pollen Ranch Spices* in California will be your secret ingredient. Because the pollen is the "essence" of the dill and fennel, you only need a small amount to flavour your meat, vegetables, sauces and much more!



## recipe

Lamb Shanks in Green Tea Vinegar & Garlic Sauce  
by Martin Mossmer and Rozendahl Vinegar

4 lamb shanks  
¼ cup olive oil\*  
12 baby onions, peeled  
2 carrots, diced  
3 sticks celery, diced  
2 cups dry white wine  
½ cup Rozendal Green Tea Vinegar\*  
2 lb tomatoes, blanched and peeled, or 2 x 16oz cans whole  
peeled tomatoes\*  
4 sprigs rosemary  
8 sprigs thyme  
6 bay leaves  
1 bulb garlic  
Salt and pepper  
Button mushrooms  
Parsley

Preheat oven to 180°C (350°F). Heat oil in a thick-based casserole. Season shanks and brown in oil. Remove meat and set aside. Add onions, carrots and celery to oil and cook over medium heat for five minutes. Add wine and vinegar to deglaze dish and simmer for five minutes. Put shanks back in and add tomatoes, rosemary, thyme, bay leaves, garlic bulb and plenty of black pepper.

Add enough water or stock to just cover shanks. Cover dish, bring to the boil, then transfer to oven. Cook for 2 hours. Stir whenever you remember to ensure shanks cook equally. After 2 hours, remove dish from oven and gently simmer, uncovered, for 15 minutes. Add mushrooms and season to taste. Simmer for a further 15 minutes or until shanks are fall-off-the-bone tender. Stir in parsley and enjoy with creamy mashed potatoes or slow-roasted sweet potatoes.

\* available at Savour

## Find Us

1331 - 9th Ave SE  
Calgary, AB T2G 0T2

## OUR HOURS

Tues-Sat 10am-5pm  
Sun 11am-5pm

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