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January Newsletter

Whew!
We survived 2013!

Best sellers of 2013

kitchenware

Swedish Dishcloths

Garlic Twists

Gurgle Pots

The Best Scrubbies in the World

Bee House Teapots, Salt Boxes, Butter Dishes

specialty food

Daksha's Curry Mixes

Maldon Salt

Metropolitan Chef Spice Blends

Oso Negro Coffee

Mrs. Bridges Chutneys

recipe

Chicken Fried Quinoa



fyi

Hours

Closed Mondays

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

**Staub Cast
Iron
Still on Sale!**

Le Creuset

from Quinoa 365 by Green and Hemming

1 1/3 c water
2/3 c quinoa
1 tsp vegetable oil
2 large eggs, beaten
2 Tbsp sesame oil
2 1/2 c diced chicken, shrimp, pork or tofu
1 tsp minced fresh garlic
1/2 cup diced celery
1 c diced red bell pepper
3/4 c frozen green peas, thawed
1/2 c sliced green onion
1/4 c soy sauce/tamari

Bring the water and quinoa to a boil in a medium saucepan. Cover, reduce to a simmer and cook for 10 mins. Turn the heat off and leave the covered saucepan to simmer and cook for 10 mins. Turn the heat off and leave the covered saucepan on the burner for another 6 mins. Fluff with a fork and set aside.

Heat the vegetable oil in a large wok or saucepan on medium high heat. Fry the beaten eggs as you would a large pancake. Flipping once to cook both sides. Remove from the pan and set aside.

Heat 1 Tbsp of the sesame oil in the same pan on medium-high heat. Fry the diced chicken with the garlic until browned and cooked through. Remove from the pan and set aside.

Reduce the heat to medium and add the remaining 1 Tbsp sesame oil. Saute the celery for about 4 mins. Add the red pepper and peas, cooking for another 3 mins, until the vegetables are tender. Add the quinoa, green onion and soy sauce to the vegetables. Fold in the fried egg and the chicken and cook for 1 - 2 mins to warm up the mixture. Adjust the seasoning if desired and serve immediately.

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iron
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POTS
10%
OFF**



Find Us

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

OUR HOURS

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

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