



November Newsletter

It's definitely fall and our craving for warm hearty food begins! Whether it is soup, risotto, braised meats or curries, Savour has the tools and ingredients to help you create those satisfying comfort dishes you love.

New Products

kitchenware

Microplane has introduced a new Cube Grater. It has 3 blade styles: fine, ribbon & coarse. The protective cover also acts as a measuring device.



Get ready for the holiday entertaining season! Natural edge cheese boards with rustic charm, serving dishes for every occasion, and barware that works for cocktails or desserts. Savour has what



fyi

Christmas in Inglewood

Nov. 20

5 - 9pm

carollers

gingerbread cookies

warming stations

gift wrapping by donation

<http://www.calgary-inglewood.com/>

Free Parking
Saturdays
Dec. 6, 13, & 20

you need!



Emile Henri has a fabulous new product, airtight storage jars. They come in 3 sizes: .3L, .5L and 1L. Savour has them in grenade and pepper. A beautiful storage solution.

Shop the Neighbourhood!!

November 29th

**Nationwide Campaign
to promote shopping locally**

**Spend \$35 at Savour and get a
\$10 gift card to spend at a future
time**

<http://www.shopheneighbourhood.ca>

Henkels & Staub Fall Promo

20 - 30% off selected
products





Hours

Tues thru Sat
10 - 5
Sun 11 - 5

Closed Mondays

specialty food

Two new spice blends from Yoshi that will provide that "umami" that we all look for when we cook. Togarashi Spice Blend, normally sprinkled on Japanese noodle dishes, is also fabulous on potatoes, steamed veggies or fish. The Sriracha Blend takes the wonderful Thai hot chili flavour and makes it fabulous for dry rubs for barbeque, sprinkled on eggs or tossed with popcorn!



Noble maple syrups and vinegars are part of the Mikuni Wild Harvest line of products. Handcrafted from Quebec maple syrup, the bourbon syrup and sherry vinegar are matured in Tuthilltown charred American oak barrels. The Tahitian Vanilla Bean & Egyptian and Camomile Blossom syrup has a buttery apple-like flavour. Come in for a taste!





recipe

Roasted Aubergine, Sweet Potato & Spinach Curry

from The Vegetarian Pantry

by Chloe Coker and Jane Montgomery

Ingredients

2 aubergines/eggplants, chopped into bite-size pieces

1 sweet potato, peeled and chopped into bite-size pieces

2 tbsp olive oil

1 tbsp ground cinnamon

1 tbsp vegetable oil

1/2 tsp mustard seeds

1 shallot, chopped

3/4 inch piece of fresh ginger, peeled and grated

2 cloves garlic, crushed

1 fresh red chile, finely chopped

2 tsp garam masala

2 tsp sugar

1 14oz can chopped tomatoes

a large handful of fresh spinach, washed & dried

a pinch or 2 of sugar, to taste

a squeeze of fresh lime juice

salt and freshly ground black pepper

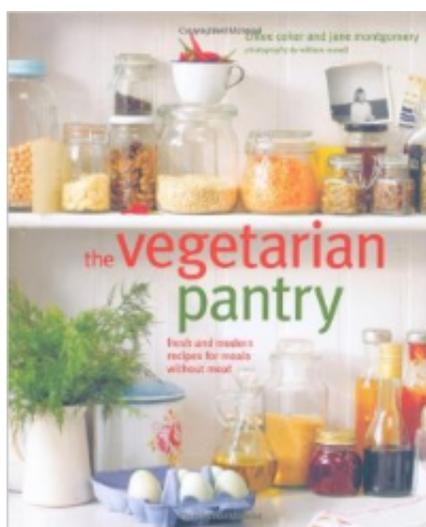
handful of fresh cilantro leaves, finely chopped

Preheat the oven to 350 degrees F. Put the eggplant and sweet potato on a baking sheet and season with salt and pepper. Drizzle with the olive oil and sprinkle with cinnamon.

Roast in the preheated oven for about 40 mins, until cooked and golden.

Heat the vegetable oil in a large saucepan. When the oil is hot, add the mustard seeds and cover with a lid. Cook for 2 mins or until they pop. Turn down the heat, uncover, and add the shallot, ginger, garlic, and chile. Fry for 3 mins until they start to soften. Add the garam masala and sugar and fry for 5 mins. Stir the roasted vegetables through the sauce and cook over low heat for about 10 mins, then stir in the spinach until wilted. Taste and adjust the seasoning by adding more sugar, lime or salt and pepper, to taste. Spoon onto serving plates and serve hot with rice and a spoonful of plain yogurt.

Serves 4-6.



Find Us

1331 - 9th Ave SE
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OUR HOURS

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

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