



# Hey, Eat! Vol. 77, December 22, 2005

Liberty Heights Fresh – 1300 South at 1100 East, Salt Lake City – (801) 58-FRESH

## Dear Flavor Lovers,

The combination of family, friends and a feast are the perfect recipe for a festive holiday season. So whatever particular holiday you indulge in, have a safe and most enjoyable time and remember, do not put off until tomorrow what you can enjoy eating today!

## Party Kits—LHF Platters for Your Get Together

Christmas and Hanukah are just around the corner. If you're more of the partying type than the planner, stop by or call in for a tasty **LHF Party Platter**. Let us do the work for you! Choose from a delectable selection of **farmstead cheese platters, delicious cured meats, gourmet Crostini, and other savory finger food**. If you're already thinking of ringing in the New Year, check out the menu and find the perfect spread to go with the champagne! **\*brochure attached\***

**LHF Party Platter & Catering Menu—Stop by or call (801) 58-FRESH**

## The Feast

Procrastinators, rejoice! There's still time to pick up a fresh local **hormone/antibiotic-free turkey from Wight Family Farms**. If you've never tried a fresh bird, we think you'll be amazed with the difference—these birds are flavorful and juicy. Stuff and baste them with a family favorite recipe or try something new. You won't be disappointed. We've got smaller poultry, too. Throw a Dickensian dinner this year with a fresh Christmas goose or **Poussin**. Or, there's always succulent **ready-to-eat Applewood Smoked ham from Niman Ranch –humanly raised without growth hormones or anti-biotics**.

**Wight Family Farms Fresh Turkey (Utah)—\$1.99-\$3.99/lb**

**D'Artagnan Christmas Goose—\$12.00/lb**

**Fresh Poussin—\$6.99/lb**

**Niman Ranch Ham—\$6.49/lb**

Of course, you'll need all the fixings to go with the feast. **Zibibbo Grape jam from Sicily** makes a delicious glaze for the poultry. The sugar will create a more golden skin and the tartness from the fruit will complement the meat. Add some **Fallot dijon mustard** to the jam to make the perfect crust for the ham. As for the vegetables, we've got **snap-fresh haricot verts** to blanch and douse with browned butter. Top that with **toasted hazelnuts or pine nuts** and some **fleur de sel**. Roast or steam up some buttery **Organic Yukon Gold potatoes** and add a dollop of **D'Isigny Ste. Mère butter** from Normandy and a good sprinkling of flaky **Maldon salt**.

**Zibibbo Grape Jam—\$9.99/230 gram jar**  
**Fallot Dijon Mustards (Regular, Tarragon, Country)—\$6.99-\$7.99/7.2 ounce jar**  
**Haricots Verts—\$7.99/lb**  
**Organic Yukon Gold Potatoes—\$1.29-\$2.49/lb**

### **Oh Chocolate!**

And how do you end such a festive (and filling) meal? With chocolate, of course! Check out our “Great Wall of Chocolate” and find the world’s best dark chocolate for all your baking and eating needs. **Blanxart, Valrhona, Michel Cluizel, El Rey, Venchi, Scharffen Berger, Antica Dolceria Bonajuto, Bonnat, and Chocolate Moderne** bars and confections from semi-sweet to super dark. Offer up a big bar on a cutting board with some **fresh Bing and Rainier cherries** and your favorite bottle of port for the simple and delicious finale.

**Blanxart Bars (Barcelona, Spain)—\$2.49 to 7.99**  
**Valrhona Chocolate Bars (France)—\$5.99 to \$12.99**  
**Michel Cluizel Chocolate Bars (France)—\$6.99**  
**El Rey Eating and Baking Bars (Venezuela)—\$4.49**  
**Venchi Confections (Italy)—\$.79 to \$7.00**  
**Scharffen Berger Bars (California)—\$1.49 to \$11.49**  
**Chocolate Bonnat (France)—\$7.99**  
**Chocolate Moderne Bistro Bars (New York)—\$6.99**  
**Antica Dolceria Bonajuto (Sicily)—\$2.99-\$8.99**  
**Fresh Bing or Rainier Cherries (Chile)—\$10.99 to \$12.99/lb.**

### **A Real Gift—Culinary Barcelona**

What to get the gourmand in your life this holiday season? How about a **gastronomic tour of Barcelona, Spain?!?** This city on the Mediterranean is the hub of culinary innovation. Just about every national food magazine is all about Spanish cuisine. And the captains of this movement are Catalan to the core. Join me and the **Oldways Preservation Trust** on a tour around the city’s culinary treasures and discover the modern tastes and reverence for seasonal, fresh eating! For more information, check out the **attached brochure**.

**BARCELONA CULINARIA w/ Steven & Oldways Preservation Trust**  
**September 8–15, 2006**  
**\*brochure attached\***

**Hey, Eat!**  
Steven

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P.S. We hope you enjoyed receiving this message. However, if you’d rather not receive future e-mails from Liberty Heights Fresh, please click [here](#) to unsubscribe.