

PASQUALINA'S ITALIAN MARKET & DELI



Issue 11

March 4th , 2009

HAPPY ST. PATRICK'S DAY!

Now this is getting to be a habit... three issues in a row...here he goes again, the history of St.Patrick's Day according to Brian:

St. Patrick's Day is celebrated on March 17, his religious feast day and the anniversary of his death in the fifth century. The Irish have observed this day as a religious holiday for over a thousand years.

On St. Patrick's Day, which falls during the Christian season of Lent, Irish families would traditionally attend church in the morning and celebrate in the afternoon. Lenten prohibitions against the consumption of meat were waived and people would dance, drink, and feast—on the traditional meal of Irish bacon and cabbage.

The first St. Patrick's Day parade took place not in Ireland, but in the United States. Irish soldiers serving in the English military marched through New York City on March 17, 1762. Along with their music, the parade helped the soldiers to reconnect with their Irish roots, as well as fellow Irishmen serving in the English army.

Chicago is also famous for a somewhat peculiar annual event: dyeing the Chicago River green. The tradition started in 1962, when city pollution-control workers used dyes to trace illegal sewage discharges and realized that the green dye might provide a unique way to celebrate the holiday. That year, they released 100 pounds of green vegetable dye into the river—enough to keep it green for a week!

Today, in order to minimize environmental damage, only forty pounds of dye are used, making the river green for only several hours. **Wear your green proud on March 17th!**

INSIDE THIS ISSUE:

- *Happy St. Patrick's Day (page 1)*
- *Cheese Corner w/ Brian (page 2)*
- *Cheese of the Month (page 2)*
- *Recipes (page 3)*
- *Date w/Chef Rich (page 3)*
- *In-Store Price Busters (page 4)*
- *COUPON (page 4)*

THE CHEESE CORNER W/BRIAN
E-MAIL YOUR QUESTIONS TO: brian@pasqualinas.biz


In honor of St. Patrick's Day, we chose to feature an outstanding Irish Cheddar... *Tipperary Extra Sharp Cheddar... @ a Special Price of \$11.99/lb (reg. price 15.99/lb).*

Since the Dairygold Co-operative Society came into existence in 1919, the cheddar cheeses of Mitchelstown (Baile Mhistéala in Irish), County Tipperary, have been the most popular choice in Irish homes. As the trusted market leader of Irish cheese, Mitchelstown has always been eager to embrace innovation and in 1932, it was the first dairy company ever to open a modern cheese plant. Central to the success of making full flavored cheeses is, of course, having a regular supply of its most important raw material; the finest Irish milk. The land of Tipperary is renowned for its dairy produce due to the many green pastures, clear waters, and the mild climate it enjoys. As a result, Tipperary Cheddar, aged over twelve months, has a rich, creamy texture and a delicious sharp taste.


- Made from pasteurized cow's milk

CHEESE OF THE MONTH:


DUTCH GOUDAS




NEW!!
Rembrandt




Basiron




NEW!!
Vintage




NEW!!
Roomkaas




Gouda Roomano




Prima Donna



Da Vinci



Smoked Gouda



Prima Donna

RECOMMENDED RECIPIES:

IRISH CHEDDAR POTATOES

INGREDIENTS:

- 2 lbs New Red Potatoes
- 1 Cup Green Cabbage, finely Chopped
- 1/2 Cup Yellow Onion, finely Chopped
- 1 Tbsp. Freshly Minced Garlic
- 6 Tbsp. Butter
- 2 Cups Milk
- 2 Tsp. Salt
- 1 Tsp. Black Pepper
- 1 Cup Tipperary Extra Sharp Cheddar, Shredded**



* ingredients available at
Pasqualina's

DIRECTIONS:

Boil Potatoes until tender and drain.

Place 3 Tbsp. Butter into a sauté pan and add onion & garlic. Cook for 3 minutes over low heat then add cabbage and cook for an additional 3-4 minutes on Medium Heat.

Mash the potatoes with the remaining butter, milk, salt & pepper. Fold in the cabbage mixture and cheddar cheese. Plate and enjoy!

Not sure what to eat tonight? Don't Worry.... DINNER'S DONE!

Dinner's Done Personal Chef Service makes your busy life a lot less hectic by allowing you to enjoy a delicious meal without having to take the time to cook—for less expense than going out to a restaurant. You'll have more time to do what's important to you by letting you say, "Dinner's Done!"

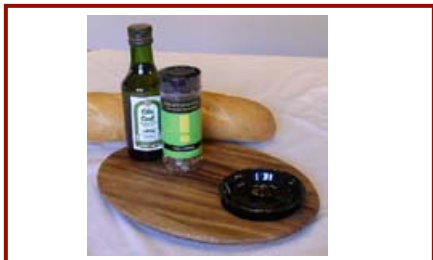
Chef Rich will come to your home and prepare a freezer-full of meals prepared specifically to your preferences. All you need to do is choose a meal, heat it up and enjoy!

Chef Rich & his family live in Blooming Glen—surrounded by all the bounty that local farms in our area can provide. Local ingredients & merchants are used as much as possible, giving you the freshest & highest quality products available.



COME MEET CHEF RICH ON SATURDAY, MARCH 21st, FROM NOON—3:00 PM

1259 Souderton Road (Route 113)
 Blooming Glen, PA 18911
 Phone: 215-453-5941
 Fax: 215-257-6885
 Email: patty@pasqualinas.biz



Rustic Italiano - The most versatile Italian spice on the market! Instant Gourmet's chunky blend of fragrant basil, oregano, sun-dried tomatoes, onion, garlic and parsley will transform your kitchen into an Italian trattoria.

 Use as a bread dipper; liven up sauces, chicken, roasts, and salads.

"Come Get To Know Us"

**St. Patrick's Day
 March 17th**

IN STORE SPECIALS: While Supplies Last

- LaFede JERSEY GROWN Crushed Tomatoes: 28oz Can Reg. Price \$2.45/ea **SALE PRICE \$1.70/ea**
- Italian Flatbread w/Peppadew 4.9oz Reg. Price \$5.59/ea.....**SALE PRICE \$2.79/ea**
- The Fine Cheese Co. 5.3oz Crackers (all varieties) Reg. Price \$6.49/ea.....**SALE PRICE \$3.25/ea**
- Alemagna PANDORO Cake 1.6lb Reg. Price \$15.99/ea.....**SALE PRICE \$8.00/ea**
- All FLAMBAR FRUITS IN LIQUER **SALE: 50%OFF Regular Prices**
- Ferrara TARALLINI 10.57oz (all varieties) Reg. Price \$4.19/ea.....**SALE PRICE \$2.09/ea**
- Butter Toffee PECANS, ALMONDS & CASH-EWS Reg. Price \$12.59/lb—**SALE PRICE 20% OFF**
- WASABI PEAS Reg. Price \$9.99/lb—**SALE PRICE 20% OFF**
- Tipperary Extra Sharp IRISH Cheddar Cheese Reg. Price \$15.99/lb.....**SALE PRICE \$11.99/lb**



20% OFF
All FROZEN
Pasta's, Ravioli's
& Sauces



Expires: April 1st, 2009

Thank you for your Patronage