

About Blood Oranges

A little history: Because the orange tree can simultaneously produce flowers, fruit, and foliage, these succulent fruits have long been associated with fertility. Although some are grown in California, most blood oranges come from Mediterranean countries (Southern Italy in particular) and are often considered to be among the finest dessert oranges in the world.



How to eat them: Blood oranges are best eaten fresh—out of hand, or in salads, salsas, or marmalades. If you're following a recipe you may be asked to section the fruit. To do so, peel the orange, cut between the white membranes to expose the flesh, and remove the sections (for more juice, squeeze the leftover membranes).

What they look like: They sport a thin, red-blushed orange skin, with flesh that ranges in color from pink to brilliant red to burgundy; taste-wise, they're tart-sweet and slightly berry-like.

Peak growing season: The two most popular varieties are the dark-fleshed Moro and the delicately flavored Tarocco. The former is available from December to March, and the latter from January to May.

Selection tips: Pick those that are firm to the touch and heavy for their size. Although bits of green and rough, brownish areas on the skin have no effect on flavor or quality, do avoid any fruits with mold or spongy spots. Note: One pound equals about three medium oranges and one cup of juice.

Health benefits: Oranges are rich in antioxidants—vital for healthy cells—including vitamin C, which aids in healing, boosts your immune system, helps your body absorb iron, and even helps reduce the risk of cancer. This citrus fruit is also a good source of fiber, which helps lower cholesterol and, like vitamin C, reduce your cancer risk. (To maximize your fiber intake, be sure to eat some of the spongy white pith right under the skin.)

Storage tips: To keep these ruby gems fresh longer, choose refrigeration over the fruit bowl—they'll only last only a couple of days at room temperature, but up to two weeks in the fridge.

Nutritional info: One tasty, medium-sized blood orange will provide you with 70 calories, 3.0 grams of fiber, 1.0 gram of protein, and no fat, sodium, or cholesterol.

School Vacation Kid's Cooking Demonstrations

School vacation week is coming up!. What to do with kids? Send them to cooking class.

Once again we will be offering activities for the kids during school vacation. This year we are going to try something a little different. Our kid's cooking classes have become so popular that we have had to turn a bunch of kids away. So we are changing the format to a demonstration. It will still be very interactive but we will be able to allow everyone that wants to attend to do so. The best part is the kids will still be able to try what we make. By changing the format we can remove any age limits so the whole family can attend.

Our Kid's demos will take place from Tuesday, February 21 to Friday, February 24 and will run from 2 to about 3 pm. Even though this year's class will be less hands on there will still be plenty to do. The cost for the demonstration will be \$3 and there is no need to call for reservations as all will be welcome.



The line up for this year is...

Tuesday, February 21 - Macaroni and Cheese

A kid favorite. Learn how to make this classic go to dinner from scratch using all fresh ingredients. No neon orange powder here.

Wednesday, February 22 - Fresh Pasta

What wonderful food can you make from flour and eggs? Fresh pasta of course. Learn how to make several types of pasta including fettuchini and raviolis as well as a basic sauce.

Thursday, February 23 - Cookies

Calling all Cookie Monsters! Who doesn't love cookies? We will learn how to make incredible chocolate chip cookies as well as how to decorate sugar cookies.

Friday, February 24 - Cupcakes

The winner of the cupcake war returns! Learn how to make the champion cupcake from all of the cupcake demos...Smores Cupcakes. We start with a graham cracker cupcake, fill it with fresh chocolate custard and top it with a marshmallow frosting. Yummy!



508-394-2244

485 Rt. 134, South Dennis, MA 02660

Sun - Thur: 8 am - 8 pm, Fri & Sat: 8 am - 9 pm

Featured Products

New Stonewall Kitchen Products

Sloppy Joe Sauce

Remember the classic Sloppy Joes that were once a staple in school cafeterias and in every home in America? Sweet and spicy they first became popular in Key West in the 1930s. Our sauce is all grown up with peppers, onions and just the perfect amount of spice for a great tasting, easy-to-make lunch or dinner. So, grab the buns, plenty of napkins and enjoy!



Cacciatore Simmering Sauce

Cacciatore is an Italian word for hunter; its American translation refers to a rich "hunter-style" sauce. We slowly simmer plenty of vegetables like peppers, onions, capers and mushrooms into a hearty tomato base and accent it with an assortment of spices. Our authentic and all natural mix of ingredients creates a rich and zesty sauce to compliment chicken and pasta for a deliciously easy home-cooked meal.



Pulled Pork Simmering Sauce

A Southern Classic! North Carolinians originally used the wood from their backyards for smoking and barbecuing pork and each cook had their own special sauce. Eventually the flavor and aroma of the best barbecue attracted neighbors and the first roadside bbq joints were born. This sauce, slowly simmered with a pork shoulder, makes the best pulled pork sandwich you'll find north of Raleigh!



Buffalo Wing Sauce

We've come up with our own take on the classic Buffalo wing sauce made famous by a certain town in New York. Spicy, hot and tangy this sauce makes finger lickin' good wings. Fry, broil or bake wings with this sauce and let the party begin. Serve traditionally with blue cheese and celery sticks, or use the sauce to top a burger, make pork chops sizzle or add a kick of flavor to any pan sauce.



Hot Pepper Peach Jam

This Hot Pepper Peach Jam is a twist on our traditional pepper jellies. We started with juicy peaches and added hot peppery spices to create a mellow jam that ends in a bite of spice. This jam tastes great as an appetizer when combined with cheese, it is also great on cornbread and when used for cooking sauces.



Roasted Garlic Aioli

Our classic Roasted Garlic Aioli is the ideal spread for true garlic lovers. The creamy mayonnaise base is blended with slow roasted garlic and a touch of mustard to make a versatile topping that is perfect for dipping french fries, fresh veggies or for mixing into your favorite potato salad recipe.



Cinnamon Caramel Monkey Bread Mix

This unique American treat is named Monkey Bread because no one can resist pulling apart the sweet, sticky caramelized, cinnamon-coated dough and eating it by hand. Easy to make, this special breakfast bread is also a fun after school treat or a crowd pleasing dessert.



Double Chocolate Pancake and Waffle Mix

Rich and decadent chocolate explodes across your taste buds like party confetti in our Double Chocolate Pancake & Waffle Mix. We use the finest chocolate and combine it with only the best natural ingredients to make the fluffiest, and dare we say, tastiest pancakes and waffles ever.



Ring Bros. Markets Jarred Salsas

They're Back!

Delicious salsas made especially for us. Perfect with your favorite chips or use as a topping for everything from fish to chicken. look for...

Black Bean & Corn
Five Amigos Pepper
Habanero
Loco Cheese
Peach

Pepper Patch
Tomatillo
Mango Lime
Quesa Extreme

NEW!

Cape Cod Potato Chips Chef's Recipe

A new line from Cape Cod Chips that are sure to make your mouth water. Inspired by Chef Weldon Fizell, proprietor and executive chef of the acclaimed Regatta Restaurant in Cotuit..



Chef's Recipe Feta and Rosemary

A wonderful flavor combination of tangy, smooth feta, rosemary, and a little garlic is the perfect blend for our hearty and robust Cape Cod Potato Chips. Just one of the tasty flavors created by acclaimed Chef Weldon Fizell.

Roasted Garlic & Red Pepper

Roasted garlic has been a staple ingredient throughout Chef Weldon's culinary career. And it's a perfect complement to the hearty potato flavor of a Cape Cod kettle chip. To add a little more kick, the chef mixed in crushed red pepper flakes, balsamic vinegar and a bit of olive oil. It's a recipe that makes for a wonderful dipping sauce, or in this case, a chip you don't need to dip.

NEW!

Marcy's Calabrese Chips

Marcy's Crisp are a welcome new addition to an already great line-up of products. Made from her signature Calabrese Bread this crisp is a toasted delight that is ready for any topping. Crispy and light but does not bread down with even the juiciest of dips. A perfect snack any time.



Look for...Slightly Spices, Garlic and Parsley, Rosemary and Roasted Garlic and Sea Salt and Black Pepper.

NEW!

FunkyChunky Sea Salt Caramel Popcorn

NEW From FunkyChunky! Introducing Sea Salt Caramel Popcorn - Sweet and salty snacking has reached a whole new level! Featuring buttery caramel popcorn with fresh roasted, salted cashew pieces, with MORE caramel and dark & milk chocolaty drizzle. After the drizzling is complete - this decadent popcorn confection is then sprinkled with sea salt for an addictive sweet and salty flavor combination that will have you craving more!



NEW!

Twinnings Organic Teas

For over 300 years, Twinings has been sourcing and blending the finest, high-quality teas from around the globe to ensure that your tea has the perfect balance of flavour and aroma. Now, Twinings continues its tradition of quality by offering a full line of Organic and Fair Trade Certified™ teas, hand-selected from the world's finest tea gardens. Made without any artificial ingredients, Twinings Organic and Fair Trade Certified™ teas provide a natural and wholesome tea experience.



Clam Chowders

Clam chowder is any of several chowders containing clams and broth. Along with the clams, potato chunks are common, as are onions, which are occasionally sauteed in the drippings from salt pork. Other vegetables are uncommon, but small carrot strips might occasionally be added, primarily for color. A garnish of parsley serves the same purpose. Bay leaves are also sometimes used as a garnish and flavoring. It is believed that clams were added to chowder because of their relative ease to collect



Manhattan Clam Chowder

Manhattan clam chowder has clear broth, plus tomato for red color and flavor. In the 1890s, this chowder was called "Coney Island clam chowder" and "Fulton Fish Market clam chowder." The name "Manhattan clam chowder" became attached in the early 1900s. Restaurants typically serve New England or Manhattan chowder, but not both. Manhattan chowder was simply an Italian clam soup renamed for reasons of style.

Chowder has its roots in the Latin word calderia, which originally meant a place for warming things, and later came to mean cooking pot. The word calderia also gave us cauldron, and in French became chaudiere.

A simple dish of chowder, in the past considered to be "poor man's food," has a history that is centuries old. Vegetables or fish stewed in a cauldron thus became known as chowder in English-speaking nations, a corruption of the name of the pot or kettle in which they were cooked. Different kinds of fish stews exist in almost every sea-bound country in the world.

Fish chowders were the forerunners of clam chowder. The chowders originally made by the early settlers differed from other fish soups because they used salt pork and ship's biscuits. Today most chowders do not include biscuits, but generally have crackers sprinkled on top. The old-fashioned chowder builder made chowder out of just about everything that flew, swam, or grew in the garden. When the main ingredient is fish or shellfish it is usually called chowder although the term fish stew is also used. Clams, hard or soft, were just one variety of seafood used and were eaten frequently, but there was a certain season for clam chowder and certainly there were other occasions when clam chowder was definitely not served.

Varieties

New England Clam Chowder

Is a milk based chowder, that is normally made with potatoes, onion, bacon or salt pork & clams. Adding tomatoes to clam chowder was shunned, to the point that a 1939 bill making tomatoes in clam chowder illegal was introduced in the Maine legislature.

Clam chowder, in its cream-based New England version, has been around since the mid-18th century, adding that no mention of any Manhattan chowder has been found that predates the 1930's. Any restaurant in northern Rhode Island will sell both red and white chowders, while the southern coast favors clear and white chowders. Often they are served alongside clam cakes.

Rhode Island Clam Chowder

Rhode Island clam chowder has clear broth. Though less popular than the other two, clear chowders are still served, especially at long-established New England restaurants and hotels, such as those on Block Island, and on the south coast of the state, where tourists favor white chowders and natives prefer the clear. Northern Rhode Islanders prefer red and white, finding that shipped clams make horrible clear chowder if the establishment is more than 10 minutes from the source.

Other Chowder Variations

Some restaurants also serve their own unique clam chowders that do not fall into any of these three types. Clam chowder is usually served with saltine crackers or small, hexagonal oyster crackers. Throughout the United States, creamy New England-style clam chowder is sometimes served in sourdough bread bowls, especially in San Francisco where sourdough is popular with tourists and has been considered a signature dish since 1849.

Fish chowder is a similar to clam chowder except that shredded fish, often cod, is substituted for the clams. It is made with cream, fish, corn and sometimes onions.

“To Die For” Dips and Spreads

Margaret Hammill's dips and spreads have a way of bringing people together. As a child at family cocktail hours, Sunday dinners, and holiday gatherings, Margaret noticed that her family conversation and laughter centered around the dip that she helped her mother prepare.



Today, Margaret packs those fond memories — along with her passion for creating flavorful dips that get everybody talking — into each container of To Die For dips and spreads. She now offers over 30 exciting varieties, each freshly made in small batches in Concord, Massachusetts. To Die For dips and spreads are all-natural and contain no preservatives.

Since incorporating her one-woman enterprise in 1999, Margaret has grown her business in order to keep up with the ever-increasing demand for her delectable dips. In one year her customer base grew from five to over 30. Margaret's entrepreneurial spirit has been profiled in The Boston Globe and Edible Boston.

One bite is usually all it takes to get hooked — just ask those who **memorized Margaret's delivery schedule and waited in a merchant's**

parking lot to get the first taste of a fresh batch. Look for To Die For dips and spreads in our gourmet cheese case.

Testimonials

"I was recently married and purchased my wedding wine at the Medfield Wine Shop. I purchased three of your spreads/dips and they went over more than the sushi and appetizers I custom ordered! Keep up the good work." - *John from Norfolk, MA*

"When I know we're going to be entertaining, my first question is: Which To Die For dips will we serve? My second question is: Which one will I eat myself while I get the house ready?" - *Jay Pawlowski, To Die For addict*

"These spreads and dips should carry a label saying 'highly addictive.'" - *Rich Smith*

Beer Cocktails

Many beer enthusiasts, like oenophiles and Scotch lovers, believe in the purity of their drink and don't welcome dilutions. Let them live in their gated communities. More open minds, and palates, recognize the simple pleasures of a Black and Tan (combining stout/porter and lager/ale) and a Snakebite (hard cider and lager). The whole is greater than the sum of its parts in each of these cases. The union of flavor begets a wholly original taste sensation. This has not been lost on better bartenders, who have been experimenting with beer in recent years. In addition to making the aforementioned classics, they're going to beer for effervescence, much like cocktails calling for a touch of Champagne or ginger ale. For this roundup, we chose to focus on beer-forward beverages that prove the stubborn purists wrong. Hoppy days are here again.

Black Velvet

The most common beer "cocktails" contain no hard alcohol at all, they are simply equal parts of two types of beer or cider layered on top of each other in a pint glass. This includes a dark stout like Guinness with a light-colored ale in the Black and Tan, and lager beer and hard apple cider in the Snakebite. We'd also put the Black Velvet in this category, a mix of stout and Champagne best poured as follows:

6 ounces chilled Guinness
6 ounces chilled champagne

Fill glass halfway with bubbly, then pour stout over a spoon, slowly, to create a layered effect.

The Glazed Doughnut

2 oz Leinenkugel's Honey Weiss or Honey Wheat Beer
1 oz Sweetened Condensed Milk
1/2 oz Butterscotch Schnapps
1/4 oz Smirnoff Fluffed Marshmallow or Vanilla Vodka

Combine over ice in a sturdy mixing glass and shake as if the fryer's broken and the pre-church crowd is about to descend. Strain into 2 small cordial glasses (or 1 martini glass) and steel yourself for the oncoming rush.

Michelada

The michelada is a spicy beer cocktail that first became popular in northern Mexico. The cocktail's name is derived from "mi chela helada," or "my cold, light beer" and as the name suggests, is perfect for sipping on a hot summer day.

1/2 Lime
Coarse Salt
2 dashes Worcestershire Sauce
1 dash Soy Sauce
1 dash Tabasco Sauce

Valentine's Day History



The ancient Romans believed that Cupid offered the rose to the God of Silence to stop the amorous intentions of the goddess Venus. Thus the rose became a symbol of secrecy, love and beauty. In fact, rose decor on the ceilings of roman dining halls reminded the guests to refrain from gossiping about what transpired during the meal. We still use the latin "sub rosa", or under the rose, to connote something confidential.

Later, on February the 15th, the Romans celebrated the fertility festival of Lupercalia. Amongst other rituals, a young man or woman chose a name from a special vessel to determine their partner... for a secrete gift exchange! The rose's association with intrigue as well as its heady fragrance, used in potions and as garland, was a favorite offering. Strewing rose petals around the marriage bed is a lasting reminder of many Roman celebrations.

Christianity, in 469-ad, demanded that pagan ritual be overshadowed to endow certain events with Christian virtue. Pope Gelasius proclaimed that St. Valentine, believed to be a young martyred Roman (he married couples against his Emperor's anti-marriage law and more importantly refused to give up his Christian beliefs) should be praised on February 14th thus revering the sacrament of marriage before the fertility feast.

Historically revamped within European cultures, Valentine's Day has become a blend of myth and folk lore. But not until the 1840's did the first valentine card (with a pressed rose) be sent by Ester Howland... a resident of Massachusetts! While Ester was probably unaware that fossilized roses would be found in ancient Egyptian tombs she did know how easily they can be pressed or dried.

No Fuss Pressed Flowers and Foliage

Choose a few flower heads and some greenery. Place them singly on one side of a newspaper sheet. Fold over the newspaper to cover. Place the paper in the middle of a large book (dictionary) and close the book. Stack on the book an extra twenty pounds. After three days or so your flowers should be pressed and ready to use in your own creation.

1 pinch Black Pepper
12 ounces beer, preferably a dark Mexican beer like Negra Modelo.

Squeeze the juice from the lime and set aside. Salt the rim of a highball glass by rubbing it with the lime and dipping it in coarse salt. Fill with ice. Add lime juice, Worcestershire, soy sauce, Tabasco, and pepper. Pour in beer, stir and serve, adding more beer as you sip.

Upcoming Events

Thursday, February 2, 6-7 p.m.
Cooking Class: **Elegant Birthday Dessert**

Friday, February 3, 4-6 p.m. Wine Tasting

Saturday, February 4,
12-4 p.m. Product Demonstration
Stonewall Kitchens Outta The Park BBQ Sauce

3-5 p.m.
Cooking Demonstration: **Fries and Rings**

Sunday, February 5, 2-6 p.m.
Product Demonstration
Green Mountain Gringo Chips and Salsa

Thursday, February 9, 6-7 p.m.
Cooking Class: **Bolognese Sauce**

Friday, February 10, 4-6 p.m. Wine Tasting

Saturday, February 11, 3-5 p.m.
Cooking Demo: **Jambalaya & Beignets**

Thursday, February 16, 6-7 p.m.
Cooking Class: **Po Boys**

Friday, February 17, 4-6 p.m. Wine Tasting

Saturday, February 18, 3-5 p.m.
Cooking Demo: **Sirloin Tip & Black Bean Chili**

Tuesday, February 21, 2-3 p.m.
Kid's Cooking Demo: **Macaroni and Cheese**

Wednesday, February 22, 2-3 p.m.
Kid's Cooking Demo: **Fresh Pasta**

Thursday, February 23
2-3 p.m. Kid's Cooking Demo: **Cookies**
6-7 p.m. Cooking Class: **Steak Pizzaiola**

Friday, February 24
2-3 p.m. Kid's Cooking Demo: **Cupcakes**

4-6 p.m. Wine Tasting