

Sunterra Market



FRESH PICK

Cauliflower

These vibrant veggies are crunchy, delicious and packed with vitamins! Check out our roasted cauliflower soup with Gruyère recipe on the back cover.

FEBRUARY 2019

Available online at sunterramarket.com



FEATURE
STORY

A Whole New Bowl Game

BY NATASHA COUSIN



Maly Yeung

Maly Yeung doesn't really want to see me. She'd rather be cooking. But after finishing up a batch of chicken fried rice in the kitchen she makes her way through the café and sits down at my table with a smile. On the menu for today's interview: Sunterra soups.

If you've shopped at the West Market Square location in the past 14 years, you'd probably recognize Maly. Or the sound of her voice at least, her laughter tends to ring through the market. Maly is what you might call a character. But she's also an excellent cook, and the creator of Sunterra's top-selling Thai chicken coconut noodle soup recipe.

Maly's heritage is Chinese but she was born in Vietnam so her recipes are not always traditional, she admits. The Thai chicken coconut noodle soup for example is a blend of Vietnamese, Thai and Canadian style she says. Thai food always has a lot of lemon and spice, Maly tells me, but the version of soup she created for Sunterra is not too sour and not too spicy; the perfect bath for a generous pile of rice noodles.

"We ask our Team Members for recipe ideas and we try to be authentic based on their background," says Standardization Chef Raj Nandamudi. That's why Sunterra serves a Polish-style borscht, he explains - the recipe is from Keynote Team Member Barbara. Her Polish borscht is more than just beets, it's balanced out with potatoes, cabbage and carrots. And the secret ingredient? Extra vinegar makes the soup bright and lively says Raj.

Besides recipe collaboration, the chefs also help Raj decide which soups to serve by giving him feedback from customers, he says. As a result, Sunterra offers four soups each day with the varieties constantly rotating. This includes vegetarian, dairy-free and wheat-free options.

All the soups are made with from-scratch stocks, says Raj. Whether it's beef, turkey, chicken or vegetable stock, the chefs minimize waste by using all parts of the plant or animal such as beef marrow bones or vegetable trimmings he says.

If you're making your own veggie stock at home, Raj recommends scrubbing and washing the trimmings and using a vegetable to water ratio of 1:2. And no matter what kind of stock you make, never boil it, he warns. You won't get the flavours coaxed out and any fat will emulsify into the stock and make it taste oily. Instead, simmer low and slow and skim the fat off the top of the stock. You can find homestyle recipes of Maly's Thai chicken coconut noodle soup and Barbara's borscht and perogy soup online at sunterramarket.com/recipes. ■

Souper Tip!

Get your soup served in a bread bowl made from slow fermented Italian-style potato bread.



Dietary restrictions?

There's a soup for you too!
Check out these flavours:



Gluten Aware

Black bean
Thai chicken coconut noodle



Dairy-free

Moroccan chicken
Split pea and ham hock



Vegetarian

Borscht and perogy
Kale, lentil and chickpea
Vegetable minestrone



PREPARED

Valentine's Day

MEALS



\$28.99

or 1,160 FreshRewards
points per person

Order in store or online at

SUNTERRAMARKET.COM

TRENDSPOTTING

Hearty soups made from scratch, sustainably sourced salmon fillets and a smooth Quebec cheese are some of our favourite things this month.



FEATURE KITCHEN

Cozy up with a bowl of scratch made soup! With four flavour offerings every day, you can enjoy a variety of both cream and broth based soups like rich seafood bisque and our vegetarian kale, lentil and chickpea.



PORK BACK RIBS

Indulge in these tender pork back ribs from Sunterra Farms! Cover them in your favourite sauce and toss them in a slow cooker for 7 to 9 hours on low heat for some fall off the bone goodness.



CHINOOK SALMON FILLETS

We source our Chinook salmon from organically certified Creative Salmon in Tofino, B.C. who proudly commit to sustainable, humane and responsible farming practices.

Regular Price
\$4.49/100g

 **Feb. Stockboy Special**
\$3.99/100g



SGAMBARO'S SMOKED SALMON, GRAVLAX AND SMOKED ARCTIC CHAR

Meet your bagel's new best friend! Add some cream cheese and capers to one of these succulent seafoods for an easy, delicious breakfast.

Regular Price
\$8.99–12.59/100–170g

 **Feb. Stockboy Special**
\$7.59–10.69/100–170g



LE PIZY

If you're a fan of Camembert, you're sure to love this creamy Quebec cheese. Le Pizy (pih-zee) has a mild milky taste and fresh mushroom aroma that pairs well with both sweet and savoury flavours.

Regular Price
\$11.99/200g

 **Feb. Stockboy Special**
\$9.99/200g



OUR BEST PRICES, ALL MONTH LONG!

Each month we work with our favourite suppliers to get special pricing on products we think you'll love. We pass those savings to you, so you can try seasonal, up-and-coming or simply our best items. Deals change monthly, so stock up on your favourites before they're gone!

SHOP ALL STOCKBOY SPECIALS ONLINE AT [SUNTERRAMARKET.COM](https://www.sunterramarket.com) 



EAT AND EARN WITH

FRESH REWARDS

Earn free groceries fast! Members earn one Fresh Rewards point for every dollar spent. Redeem those points for select items, gift cards and cooking classes! Offerings change monthly, visit sunterramarket.com/FreshRewards for the full list.

PAY WITH POINTS!

Redeem these February features at a cashier's till or in our online shopping market:



Dave's Gourmet pasta sauce



Covered Bridge chips

Covered Bridge potato chips (36-170g)	40-128 pts
Organic salmon whole, steaks and fillets (100g)	100-160 pts
Analog Coffee cold brew (355ml)	168 pts
Peeled Snacks organic dried fruit snacks (80-100g)	224 pts
Al Dente pasta (341g)	236 pts
Sgamaro's wild smoked Arctic char (100g)	304 pts
Torill's Table original waffle mix (540g)	376 pts
Le Pizy cheese (200g)	400 pts
Sgamaro's smoked salmon and gravlax (170g)	428 pts
Cosman & Webb maple sugar (250g)	428 pts
Dave's Gourmet pasta sauce (723g)	440 pts
Torill's Table gluten free Norwegian waffle and pancake mix (480g)	508 pts
Cosman & Webb organic maple syrup (375ml-1L)	560-932 pts
Sunterra Farms pork back ribs (1kg)	612 pts
Analog Coffee beans (340g)	680 pts
Ohana Coffee beans (1lb)	680 pts

GIFT CARDS - Please order gift cards online, not at the till

\$20	800 pts
\$50	2,000 pts
\$100	4,000 pts

Friday Night FEAST

Enjoy a three-course meal prepared from scratch. Just reheat and eat, simple as that.



FEBRUARY 1

Black bean soup
Sunterra Farms pork tacos al pastor with pineapple mango salsa
Pecan walnut pie

FEBRUARY 8

Quinoa apple salad
Shoyu roasted chicken leg with jasmine rice and vegetables
Chocolate cheesecake

FEBRUARY 15

Borscht and perogy soup
Peppered roast beef with jus, horseradish, vegetables and mashed potatoes
Black Forest cake

FEBRUARY 22

(PICTURED)

Tomato basil soup
Shrimp fettuccine alfredo with garlic bread and vegetables
Tiramisu

\$16.99 or redeem for 680 Fresh Rewards points per person

PURCHASE YOUR FRIDAY NIGHT FEAST FOR PICKUP OR DELIVERY AT SUNTERRAMARKET.COM

Roasted Cauliflower Soup with Gruyère



FEATURE
RECIPE

MAKES 6 BOWLS

1 kg	cauliflower (one large head)
2 tbsp	canola oil
1 cup	white onion, chopped
1½ tsp	garlic, chopped
⅓ cup	celery, chopped
1 tbsp	flour
4 cups	cream
2 cups	milk
4 tbsp	Gruyère, grated
1 tbsp	green onion, sliced

Preheat the oven to 350F.

Cut the cauliflower into one-inch pieces (including the stalks).

Toss with 1 tbsp canola oil and season with sea salt and freshly cracked pepper.

Roast the cauliflower on a sheet pan for about 25 minutes until tender and golden brown. The darker the colour, the more roasted flavour you'll get.

In a large pot over medium high heat add 1 tbsp canola oil, onions, garlic and celery. Sauté for a few minutes until soft. Dust the flour over mixture and sauté until the flour is lightly cooked. Add the roasted cauliflower, cream and milk and bring to a boil. Purée with an immersion blender until smooth and season to taste with sea salt and freshly cracked pepper. Bring soup back to a boil then simmer over low heat for 5 minutes.

Remove the soup from heat, add the grated Gruyère and green onions and stir until the cheese is melted.



FIND THIS RECIPE AND
MORE ONLINE AT
[SUNTERRAMARKET.COM](https://www.sunterramarket.com)

CALGARY

Bankers Hall
+15, 855 2nd St SW
(403) 269-3610

Kensington Road
2536 Kensington Rd NW
(403) 685-1535

Britannia Plaza
803 49th Ave SW
(403) 287-0553

TransCanada Tower
+15, 450 1st St SW
(403) 262-8240

Keynote
200 12th Ave SE
(403) 261-6772

West Market Square
1851 Sirocco Dr SW
(403) 266-3049

EDMONTON

Commerce Place
201, 10150 Jasper Ave
(780) 426-3791

Lendrum
Shopping Centre
5728 111 St
(780) 434-2610

CATERING

Calgary (403) 263-9759
Edmonton (780) 426-3807

GROCERY DELIVERY

Calgary (403) 287-0553
Edmonton (780) 434-2610