

HHF News—March 2007

This is a great time of year to warm up with a little cozy cooking! Check out what's new...



Events

Sea Salt Tasting, March 18, 2007, 5 p.m.

Heather's Heat & Flavor at **First & Main in Hudson**

If you missed our Sea Salt Tasting on Feb. 18 at our Legacy Village store, you'll have another chance! Heather and Karen will host a tasting of sea salts from all over the world, alone and on tasty treats. We'll share tips for how to use them in cooking and to finish a dish. Don't miss this special event! **Please call the store to reserve a spot (330-653-5131) so we can plan how many samples to prepare – only 12 spots are available.** Event fee is only \$5 and includes 11 tasting menu items and drinks.

New Products

LeBlanc Nut Oils

These oils are all pressed by an oilman using ancient methods with stone presses. The quality and flavor is unbelievable! A nut oil is a very special addition to your gourmet kitchen.

- **Grapeseed Oil** has a delicate flavor and body that makes it perfect to sauté, bake or fry, especially at high temperatures. It can be heated up to 419 degrees without burning.
- **Almond Oil** is very versatile and a real treat for sautéed or roasted green beans and as an accent to grilled chicken or trout.
- **Hazelnut Oil** has a super creamy texture with a delicate flavor that really rocks green vegetables (though Heather really enjoyed it in mashed potatoes, too).
- **Roasted Peanut Oil** has an extremely high smoking point that makes it ideal for popping corn and frying potatoes.
- **Walnut Oil** is intense, creamy and very nutty. Wonderful on salads.
- **Pistachio Oil** is difficult to find and a real treat when used with root vegetables and white-fleshed fish – think Hawaiian flavors with this one!
- **Pumpkin Seed Oil** isn't pressed from American-style large, orange pumpkins, but rather from the seeds of a smaller variety of squash. Seeds are roasted then pressed, releasing a luscious, rich oil (SALE ITEM).
- **Pecan Oil** is mild and without bitterness. Match with corn, polenta, aged cheese, mushrooms or in baked goods. (SALE ITEM)

Order any of these oils online: <http://www.heatandflavor.com/productsList.cfm?catID=51#>

Featured Item

Georgia Peach Vidalia® Onion Hot Sauce

This award-winning sauce is not too hot and peachy sweet. Wonderful on sandwiches, chicken, pork tenderloin and baked fish. On sale online during the month of March (Orig. \$5.99, March 2007 **SALE \$4.99**). Mention this newsletter and get the discount on your in-store purchase, too!

Visit our store online. When the weather gets cold and you need something to spice up your tastebuds, there's no need to battle the traffic and weather. Just pop into our virtual store and order up a yummy salsa, wing sauce, chili spice blend... www.heatandflavor.com. If you have any trouble with the Web site, please let us know (e-mail service@heatandflavor.com or call one of our stores).

Buy logo shirts and other fun stuff at www.cafepress.com/heatandflavor

Yours in adventure,

Heather Marks

CEO, Heather's Heat and Flavor

www.heatandflavor.com

Legacy Village ~ 24687 Cedar Road ~ Lyndhurst, OH 44124 ~ Phone 216.291.3450
First & Main ~ 94 First St. ~ Hudson, OH 44236 ~ Phone 330.653.5131