

The Fat Delicatessen
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January / February 2010

Seasonal treats

- Hare
- Venison
- Forced rhubarb
- Rabbit
- Kale
- Savoy Cabbage
- Swede
- Carrots
- Chicory
- Endive

Balham Midweek Bingo



Dish Dash

Lamberts

Harrisons

Tacuba

Trinity stores

...and THE FAT DELI

Happy New Year to All!

Jan / Feb Offers

Balham Bingo - we've teamed up with our neighbours to give you even more reasons to enjoy Balham. Present a flyer at any participating restaurant and receive a 10% discount off your total bill on your first visit and once you have completed the card, a 20% discount at the restaurant of your choice. Collect stamps until March 2010. 20% discount redeemable until end August 2010.

Also during January we will be offering our great wine deal. Wine will be available at shop prices after 6.30pm on Saturdays when you dine in.

Valentine's Brunch

On Valentine's Day, Sunday 14th February, we will be holding a special brunch - relax and enjoy a day of love, delicious food and drinks.

Please book in advance.

Paella night

We will be holding our Paella night on the 9th of February. Booking is advised as places go fast.



Try our new Rioja

Vega Del Rayo Reserva

We think it is wonderful. An intense wine classically designed and crafted. Fruit perfumes of plums and wild blackberry with hints of dried citrus peel and raisins. The sweet vanilla and brown spices from aging in wood are well balanced. It is silky and ample on the palate with an elegant finish.



Monthly recipe - Morcilla with Caramelised Apples

Cut one apple into eight wedges and remove pips. Melt a small knob of butter in a frying pan and add the apples and colour. This will take a couple of minutes. Add 2 tablespoons of caster sugar and allow to caramelize. Then add 4 tablespoons

of water and cook to reduce. Remove the skin from 400g morcilla and



break into large pieces. Add these to the pan and allow them to heat through. Try not to shake the pan as this will break the morcilla up. Add a teaspoon of chopped parsley and serve on toast. Drizzle with olive oil and eat straight away.