



# FARMERS & FISHERMEN PURVEYORS' OCTOBER 22, 2020 EDITION

*Proudly taking care of you and your family in your Greater Atlanta neighborhood*

## BREAKFAST, LUNCH & DINNER WITH F&F, VEAL OSSO BUCCO & ATL CHEFS' RECIPE FROM NINO'S ITALIAN RESTAURANT

### BREAKFAST, LUNCH & DINNER - OR ANYTIME DEAL OF THE WEEK: BUY 1, GET 1 PKG OF YOUR CHOICE OF ANOTHER FISH BIT

Buy any package of fish bits listed on next page & enjoy another package of a different type free!

Valid offer thru Thursday, October 29th!

### STONE CRAB CLAWS FRESH OUT OF WATER STONE CRAB CLAWS: WEDNESDAY FOR FRIDAY!

Jumbo: 39/lb; Large: 34/lb Medium: 24/lb | Stones for Friday are fresh out of water on Wednesday!

### STARTING OFF STRONG WITH BREAKFAST

### BITESIZES WHEN YOU GOT A FEW MINUTES OR QUICK BOWL OF OUR GLUTEN-FREE GRANOLA!

Buy any box of our Breakfast Biscuits and get our Granola 50% OFF! Buy 2 boxes of biscuits, and get one pkg of Granola Free! The offers are valid through Saturday, 10/24 deliveries.

### CHOOSE YOUR BOX OF BISCUITS

Biscuit with: Egg, Bacon & Cheddar; Tennessee Sausage & Cheddar Cheese; Green Onion, Egg & Cheese; Whole Wheat with Spinach & Egg White | 6 per pack | 1 pack per box | 17.95/box



# ORGANIC GLUTEN FREE SMALL BATCH GRANOLA

6oz resealable bag | 9.95/pkg OR free with your single purchase of 2 boxes of our protein-packed biscuits!



## LET'S MUNCH ON SOME LUNCH WHITE FISH BITS FOR TACOS

1lb per pack | 8.95/pkg (May be fresh or frozen Halibut, Grouper, Snapper)



## TUNA BITS FOR POKE

1lb per pack | 9.95/pkg (May be fresh or frozen)



## SALMON BITS FOR SALMON BURGER OR SALAD

1lb per pack | 8.95/pkg (May be fresh or frozen);  
For added protein, try topping with our Georgia-Grown Cage-Free Eggs!



## A WINNER'S DINNER (DIY OR CHEF-INSPIRED)

### DIY - STEAK NIGHT/DATE NIGHT

Our steaks and your wine, candles, and special someone or friend - 2 each of our Allen Brothers USDA Prime 14-16oz Frenched Bone-In Rib Cowgirl Steaks, 1lb box of our local Ellijay, GA-Grown Shiitake & Oyster Mushrooms and 1lb of our European Style Unsalted Plugra Butter | 49.95/box



### FOLLOW ATLANTA CHEF'S LEAD - MEAT FEATURE: PASTURE-RAISED VEAL OSSO BUCCO

2 (approx. 2" high) & 2.25lbs thick cuts per box | 29.95/box



### LEARN FROM AN OLD-LINE ITALIAN FAMILY RECIPE OVER AT NINO'S

Located in the historic heart of Buckhead off of Cheshire Bridge Road, Nino's Italian Restaurant does wonders with veal. Our veal is pasture-raised and will braise great in any conventional oven. Enjoy cooking their recipe, and warm up in this colder weather!



# NINO'S ATLANTA CHEF RECIPE FOR BRAISED VEAL OSSO BUCCO

Chef Micah Hayes' family recipe calls for:

**(2) VEAL OSSO BUCCO PIECES FROM F&F**

**1/4 BOTTLE OF HEARTY RED WINE**

**1 CUP OF BEEF OR VEAL STOCK**

**1/4 LARGE WHITE ONION, DICED**

**1 LARGE CARROTS, DICED**

**1 STALK OF CELERY, DICED**

**FLOUR**

**1 BAY LEAF & FRESH THYME AND ROSEMARY, TO TASTE**

To prepare this home-warming Veal Osso Bucco dish like his family does at Nino's

1. Season both sides of the veal with salt and pepper (be mindful that you can always add salt but you can't take it away)
2. Lightly flour both sides (this is going to help develop a great crust and thicken your braising liquid)
3. Quickly sear your veal shank on both sides in a hot pan or cast iron on stove top (do this in small batches so that you maintain the heat and ensure a quality sear)
4. Remove your veal shanks and place them on the side
5. At this point you will want to turn down the heat and add your minced garlic (sauté until it is golden brown)
6. Next, add your diced celery, carrots, and onions and bring the heat back up to medium high (cook until your onions become translucent)
7. Add your meat back to your softened vegetables
8. Deglaze with veal stock about 1 to 2 cups (beef stock will work as well - preferably homemade but store-bought gets the job done too)
9. Add your red wine you want enough to cover the meat (not an expensive but make sure it is something that you would drink and will bring a robust flavor; think Barolo)



10. Make an herb bouquet of thyme, rosemary, and bay leaf and drop this in the pot (tied this in a cheese cloth so it is easy to remove)
11. Cover your pot and put in the oven for 2.5 to 3 hours at 325
12. When you remove the meat it should be fork tender and should remove from the bone easily.

"We suggest you enjoy this beautiful braised Osso Bucco with a side of saffron risotto or a hearty parmesan and scallion mashed potato. Enjoy" - Alessandra Noviello Hayes

## **THE LEGACY OF NINO'S ITALIAN RESTAURANT - THE OLDEST, FAMILY-OWNED ITALIAN RESTAURANT IN ATLANTA**

Nino's, opened in 1968, has been owned and operated by Antonio Noviello since 1982.

Originally from the Amalfi Coast of southern Italy, Antonio worked in Monte Carlo, then Bermuda where he met his wife Helen, an Atlanta resident. After moving to Atlanta in 1981, Antonio's life-long dream of owning his own restaurant became a reality when he purchased Nino's.

For more than 39 years, Antonio has taken pride in serving authentic Italian Cuisine made with fresh, imported ingredients and cooked to order for each guest. His reputation for serving exceptional Italian cuisine has attracted devoted locals who return time and again, along with a long list of celebrities, including Paul Newman, Chuck Norris & Sheryl Crowe, who had heard of Nino's reputation and stopped in to sample the fare. Many of the dishes on Nino's menu are original recipes brought from Italy by Antonio and his brother Giuseppe. Antonio's favorite dishes are those named after his daughters, Gabriella, Alessandra, and Michela; his wife Elena (Helen).

Antonio has transferred all management to his daughter, Alessandra and her husband, Micah. Antonio can now be found enjoying a nice cocktail at Nino's famous bar or on the beach in the Amalfi Coast.



**ALONG WITH OUR OTHER FEATURED RESTAURANT PARTNERS, WE HIGHLY RECOMMEND DINING IN OR ORDERING FROM NINO'S ITALIAN RESTAURANT (BUCKHEAD, GA)**

Antonio, Alessandra & Micah invite you to relax and savor some of the great culinary treasures of Italy in a memorable dining experience, at Atlanta's Oldest Italian Ristorante!



# PLEASE SHARE WITH YOUR COMMUNITY YOUR ORDERING, DELIVERY & EATING EXPERIENCE OF FARMERS & FISHERMEN PURVEYORS - THANKS!



Google Business Profile for Farmers & Fishermen Purveyors. It shows a 5.0 rating based on 18 reviews. The page includes links to the website, directions, save, and call. The Yelp page shows a 5.0 rating based on 7 reviews. The Facebook page shows a 5.0 rating based on 52 reviews.



Facebook page for Farmers & Fishermen Purveyors. It shows a 5 out of 5 rating based on 52 reviews. A post from Josh Azriel recommends the company. A yellow sticky note with 'THANK YOU!' and a smiley face is overlaid on the page. A blue arrow points from the '52' reviews count to the sticky note.

## ARE YOU FOLLOWING @FARMERSANDFISHERMENPURVEYORS

### ON THE 'GRAM'?

If you are on Instagram, we are pleased to share with you great highlights of mouth-watering center-of-the-plate items, Instagramable dishes, deals, and inspiration. Follow us @farmersandfishermenpurveyors and drop us a like on Facebook! Tag us and use our hashtag #farmersandfishermenfaves



Instagram profile for @farmersandfishermenpurveyors. It shows a grid of highlights including 'Inside Look', 'Bon Appétit', 'Cooking', 'Chefs' Table', and 'Deliveries'. Below the highlights are several posts featuring food items like a stir-fry, a barbecue, and a pizza.