



### Erang Tio Saffron

When Jonathan and Wendy (The Macsween) first saw Ryan's food allergies, they embarked on a journey for organic, fresh and gluten free produce from Australia that Ryan could enjoy. This led to the inception of Ryan's Grocery which has become the place to shop for people with special dietary restrictions. Ryan's Groceries is one of the latest additions at Ryan's Grocery. High in protein and full in antioxidants, vitamins A, C, E and K, this sauce has a rich and robust flavour and is best enjoyed lightly seasoned with salt and pepper and a touch of lemon juice and Ryan's Groceries is perfect with including vegetables, soups and hot dishes. Price \$8.99 for 400g of Macsween's Ryan's Grocery.



### Aged Cheddar

Popularly known for producing the world's only pure milk wafers from the milk of grass-grazed cows, English brand Black Cow also creates exceptional British vintage cheddar. While using the curds from the same milk as their wafers, this pale yellow farmhouse cheddar is aged for 18 months. Then encased in layers of black wax. Smooth in texture with some crystal crunch in every bite, the cheese has a sweet, nutty flavour. It is best paired with some toasted bread and crackers, or with Black Cow's wafers. \$22.99 for 200g.

**The Butcher**



### Peppermint Tea

Known to help soothe sore throats, the peppermint of the Peppermint tea has come from the old world and are traditionally eaten raw. These days they are mostly used in the world of superfoods. Thanks to their many health benefits, from enhancing immunity to their high antioxidant count. Singapore's finest Peppermint offers a range of healthful benefits such as can help with coffee jitters, which can be reduced by the sweetness of the tea and with cholesterol levels. Price \$16.99 for 40g. **Connoisseurs**



### A Formal Affair

Known as the national dish of Scotland, haggis is a savoury pudding that was previously only served at formal occasions. Traditionally made with lamb, oats, onions and spices, haggis has a soft and crumbly texture with an earthy flavour. One of the biggest haggis producers in Scotland since the 1950s, family-owned company Macsween prides itself on using only sustainable and high quality ingredients in its products. Unlike traditional haggis, Macsween's lamb haggis is a blend of lamb, beef, oatmeal, onions and spices while its vegetarian haggis consists of fresh vegetables, pulses, oatmeal, seeds and spices. A great source of iron and fibre, the natural flavour of haggis has a peppery kick to it. Brought out by the simplest of ingredients, haggis is best accompanied by mashed turnips, mashed potatoes and a splash of Scotch whisky. \$16.30 for 454g, **Huber's Butchery**