

MARKET CALENDAR

METROPOLITAN MARKET PRODUCTS & EVENTS – MARCH 2016

HOT HOT HOT

The Carving Station gets a serious makeover, with a brand new menu featuring craveable eats.

.....

(WASHINGTON) WINE ABOUT IT

It's Taste Washington Wine Month, and we're getting to know some local grapes in a big way.

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OUR EASTER BEST

Smoky, juicy Kurobuta ham, tender American lamb, and the cutest Easter goodies are in stores for your celebration.

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OH, HONEY HONEY

Take a tour of some of the sticky and sweet honeys we love to squeeze, drizzle, and slather on everything.



BRAISED PECORINO MEATBALLS
New to the Carving Station!



TASTE WASHINGTON

Wine Month

A CASE FOR RIESLING

Here in Washington, we are fortunate to have the ideal terroir (climate, soil, and topography) to produce world-class Rieslings.

Riesling has gotten a bad rap over the years with Americans, who have a history of not taking it seriously. In fact, did you know that, on the global stage, Riesling is the third most important white wine grape behind Chardonnay and Sauvignon Blanc? With its easy drinking characteristics, and some folks' tendency to assume all Rieslings are sweet, it's time we set the record straight on Riesling.

To start, very few noble grape varieties—red or white—reach the aromatic levels of Riesling. Pure fruit is what this grape is all about, and

you'll often find flavors and aromas of peaches, apricots, pears, citrus, honey, minerals, and flowers.

The versatility of the grape allows the wine to be made in one of three ways: Dry (less than 1% RS—residual sugar), Off-Dry (2-4% RS), or Sweet to Very Sweet (late harvest). For a quality Riesling, it is imperative that the residual sugar is balanced with firm acidity keeping the fruit flavors bright and vibrant.

More and more, Rieslings are showing up on restaurant wine lists—especially those serving dishes that are influenced by Asian, Middle Eastern, and Mexican cuisines. If the dish is full of flavor or has a little spicy heat, then there's a good chance

Riesling will be a thoughtful pairing. Fresh, local Dungeness crab—with its inherent sweetness—also pairs nicely with Riesling as do cured meats with their subtle saltiness and smokiness.

We are lucky in Washington, as two of our all-time favorite Rieslings have partnered with two legendary German winemaking families to create unmatched quality. Ernst Loosen paired with Chateau Ste Michelle on "Eroica" Riesling and Armin Diel helped to create "Poet's Leap."

Ask your wine steward and they will be sure to guide you in the right direction to get to know the vast selection of delicious and interesting bottles.

MM Rosé #9
This sunshine bright wine is zestily rendered with heady aromas and crisp flavors of mixed red berries, citrus fruit, and fresh-cut flowers and herbs. Exquisitely dry, enjoy with salmon, chicken, and bright salads.

MM White #17
Pinot Gris is the major building block of our signature White, blended with a bit of Riesling for roundness. The result is a beautifully crafted wine that is consistent in profile, elegantly complex and—as always—immensely versatile.

MM Red #26
A distinctive, succulent, exciting arrangement of rich, dark blackberry and huckleberry flavors, our 26th red is infused with insistent touches of pepper, fennel, violets, and smoke.



COMING THIS SPRING

SPOTLIGHT ON METROPOLITAN MARKET WINE

At Metropolitan Market, bringing great wine to our customers has always been part of our mission. So, in 2004, we set out to apply our 100+ years of wine knowledge to creating great wine for you at an even better price.

Aware of the delicious, accessible grapes in Washington, we partnered with one of the most reputable winemakers in Washington State—someone with over 35 years of experience in the industry who helped pioneer Washington State wine production.

Wine Specialist Mark Takagi and Sand Point Wine Manager Doug King—with a combined 70 years of wine experience—assisted in creating our first red blend. Now, we are on our 26th bottling of MM Red.

Each year, we blend and bottle three distinctively different MM Reds. Our spring and summer red blend has

more fruit and less tannins, lending itself to outdoor dining. The second MM Red is crafted with the end of summer and early fall in mind, resulting in a full-flavored wine. And in the holiday season, we aspire to a Bordeaux cuvée, with a Cabernet Sauvignon based blend meant to pair with the hefty meats of the season.

Twice yearly, we release MM White. In the winter, Chardonnay bolsters the blend, while in the summer, Pinot Gris and Riesling punch up the aromas for a sunshine coiffer. All of our whites are serious wines, with bone dry character and no flaccidity.

Rosé has risen in popularity in recent years and this year's version will be our ninth in production. Our Sangiovese-driven Rosé is absolutely delicious. Try it for Easter, or alongside salmon, salads, and sunny weather fare.

TASTING NOTES

- 2013 Eroica Riesling**
Consistently one of our state's finest Rieslings, the 2013 is a world-class wine. The purity of fruit, off-dry style, and balanced, crisp acidity make this a "must drink." Without a doubt, this wine is best enjoyed with food, from seafood and sushi to dishes with a little spice.
- 2014 Poet's Leap Riesling**
Pure Washington with some old world influence from German partner Armin Diel, this should be on your Easter table. This beautifully crafted Riesling features fruit primarily from the Horse Heaven Hills AVA and will have you yearning for another glass.
- 2014 Charles & Charles Riesling, Den Hoed Vineyard**
Another great effort from the team of Charles Smith and Charles Bieler, this is everything you would expect from a Washington Riesling. Wonderful floral and stone fruit aromas mix with mineral and citrus notes, and are balanced with bright acidity. The result is a delightful wine to serve with cheese and melon.
- 2013 Milbrandt Riesling, "Traditions"**
Fruit from the esteemed Evergreen Vineyard showcases its purity with aromas of peaches, citrus, and lime with a minerality note. Off-dry and fruit-driven, this delicious Riesling is a fine example of the greatness Riesling can achieve in our state.

1 2 3 4



SIP & SNACK

JOIN US FOR
A TASTE OF GREAT
WASHINGTON WINES!

ADMIRAL
FRI. 3/5 & 3/12
3:30-5:30PM
.....
PROCTOR
THUR. 3/4, 3/11,
3/18, & 3/25
4-6PM
.....
SAND POINT
WED. 3/3 & 3/10
4-6PM
.....
UPTOWN
WED. 3/3, 3/10, 3/17,
3/24, & 3/31
5-7PM
.....
KIRKLAND
THUR. 3/4, 3/11,
3/18, & 3/25
4-6PM

Easter

CELEBRATE
WITH GOOD TASTE

Only Metropolitan Market partners with the most trusted farmers to bring you our Centennial Kurobuta Ham, from pigs that grow slower for juicier meat. These beautifully marbled, deeply flavored hams are nitrite- and nitrate-free, and hardwood smoked for great taste that won't overpower the natural ham flavor you love.

It's available in the Meat Department in a whole bone-in, half bone-in, bone-in steak, or boneless cuts, as well as a spiral sliced bone-in half ham. You'll also find the popular Snake River Farms Kurobuta Ham, with its luscious, smoky flavor and natural sweetness.

Pick up one of our Kurobuta hams for an Easter meal you won't soon forget. If you'd fancy bourbon glaze on yours, we recommend you try Recipe #808, for a little extra sweetness to savor. Find the recipe at the kiosk or go online to metropolitan-market.com/recipes.

Or, pick up a prepared Easter ham dinner for two in the refrigerated section.



Ham I Am Hogwash Glaze: Dressing up Easter hams for 25 years, this delightful condiment packs horseradish, brown sugar, lemon juice, and a few secrets that make us squeal with delight.

Spend more time with family and friends and less time preparing brunch or dinner. Just reserve your complete meals in store.

- EASTER BRUNCH**

 - ☐ Choice of 2 Large Quiche:
 - Primavera
 - Spinach & Mushroom
 - Quiche Lorraine
 - ☐ Fruit & Berry Salad with Mint
 - ☐ 8 Freshly Baked Muffins
- KUROBUTA HAM DINNER**

 - ☐ Half Kurobuta Ham
 - ☐ Cranberry Relish with Orange Zest
 - ☐ Brioche Dinner Rolls
 - ☐ Choice of 3 sides:
 - Scalloped Potatoes
 - Roasted Root Vegetables
 - Roasted Sweet Potatoes & Pineapple
 - Asparagus with Chive Butter

RESERVE MEALS IN STORE BY WED. 3/23

Naturally Raised Lamb: Tender, American-Raised Cuts Our naturally raised lambs are tender, flavorful, and brought to market with our highest standards. Passionate ranchers breed these mild-flavored lambs in Colorado on a diet consisting mainly of grass and flowers. They're brought in weekly to ensure the freshest taste and best quality meat.

Looking forward to lamb, but not excited about cooking the centerpiece for your meal? Check out the refrigerated section of the Deli for our Rotisserie Lamb by the pound or in a ready-to-heat dinner with Yukon Gold Garlic Mashed Potatoes and Brussels Sprouts.

Tasting Events

Bakewell Tart
Admiral, Sand Point, Kirkland:
Sun. 3/20, 11AM-2PM
Flaky, luscious, and oh-so-shareable, these tarts are filled with frangipane and raspberry swirls over buttery shortcrust with slivered almonds.

Roasted Leg of Lamb (recipe #406)
All stores (except Magnolia):
Sun. 3/20, 3-6PM
An Easter classic, start with our American lamb, then rub with Dijon mustard and rosemary.

Easter Sides from the Deli
All stores (except Magnolia):
Wed. 3/23, 4-7PM
Asparagus gets a chive butter bath, roasted sweet potatoes meet pineapple, scalloped potatoes get cheesy, and root veggies roasted.

Bourbon Glazed Kurobuta Ham (Recipe #808)
All stores (except Magnolia):
Thur. 3/24, 4-7PM
Smoky and sweet, an easy glaze mingles with our famous ham.

Hot Cross Buns
All stores (except Magnolia):
Fri. 3/25, 12-3PM
Fluffy brioche buns make the day.

Met Market Cinnamon Bread
Admiral, Sand Point, Uptown, & Kirkland: Sat. 3/26, 11AM-2PM
Think this is good as bread? Try it in French toast for fancy brunch.

Recipes are available online at metropolitan-market.com/recipes

Hot Cross Buns: Made with delicious brioche dough, the tender buns are studded with tasty currants and blended with a little orange zest and plenty of spices. Perfect for brunch!



Boston International Deviled Egg Plate: Beautiful presentation puts guests in the holiday spirit, with specially designed plates made just for displaying deviled eggs. Speckled blue print pairs with a festive bunny-engraved pattern, or get a stark white classic to use year round.

Bunny & Lamb Plates:
Almost too cute to cover with delicious food, these enameled plates are decorated with festive imprinted designs, in either a bunny or lamb, with embossed scalloped edging.



Easter Bouquets: Our Florists crafted this charming bouquet with gifting and table centerpieces in mind. A sculptural vase holds pink cymbidium orchid blooms, peach carnations, white genestra, and wheat grass. Pick one up or ask our Florists to craft something just for you.

Eco Kids Egg Coloring Kit: Keep your eggs safe to eat with dyes made from natural and organic fruit, plant and vegetable extracts from annatto seed, curcumin, purple sweet potato, and red cabbage.



Easter Chick: Fluffy, cheery, and ready to celebrate, these darling figurines are covered in real feathers and made royal with a sparkly crown.



Mary Lake Thompson Towels: These flour sack towels are so adorably decorated with seasonal designs, you'll want to collect them all, but may shy away from using them to mop up spills...



Fran's Chocolates: This year's Easter chocolate shapes are every bit the high-quality, delicious chocolate you've come to love from the Seattle company. Available in chicks, bunnies, and eggs.



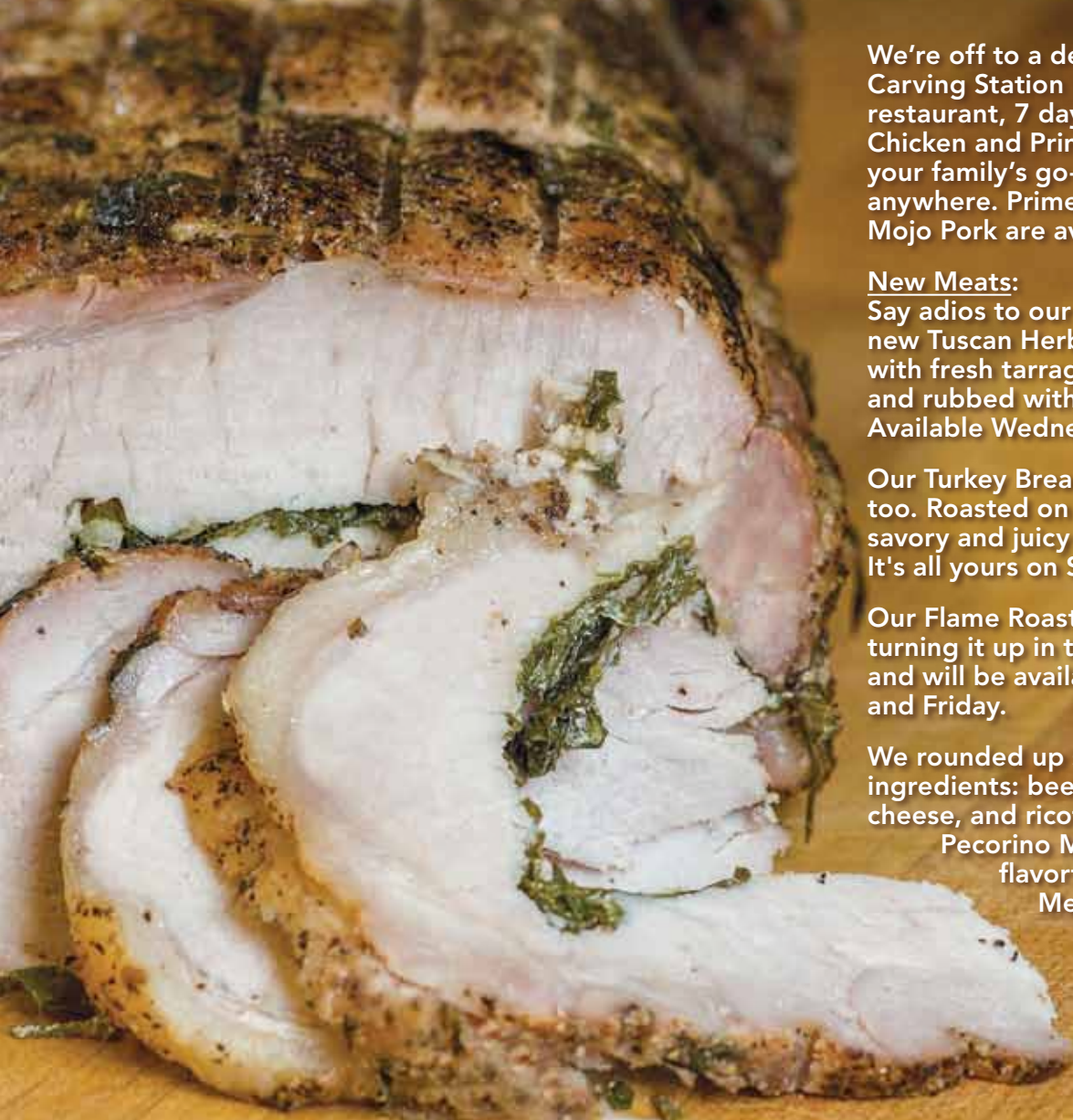
Lake Champlain: Bunnies of every flavor and color, with white, milk, and dark chocolate cuties begging to hitch a ride home with you or go deluxe with a complete Easter candy set, including a bunny, filled eggs, and natural jelly beans.



NEW
Taste it at all stores (except Magnolia):
Thur. 3/3, 12-3PM

jcoco Arabica Cherry Espresso Dark Chocolate Bar: Food innovators and scientists teamed up to create a revolutionary product: CoffeeFlour. In the coffee making process, the "cherry," or fruit of the coffee plant is usually thrown away. But the nutrient-dense, flavor-rich ingredient happens to pack 3 times more iron than fresh spinach, 5 times the fiber of whole grain wheat flour, and 38% more antioxidants than a pomegranate. Plus, it's delicious. So, jcoco meticulously blends small batches of CoffeeFlour with dark chocolate and Rainforest Alliance Certified cocoa to produce these amazing bars, now available in stores.

Meat the New Carving Station



We're off to a delicious start in 2016, with our Carving Station becoming your new favorite restaurant, 7 days a week. Our Rotisserie Chicken and Prime Rib have long been your family's go-tos, and they're not going anywhere. Prime Rib, Chicken, and Caribbean Mojo Pork are available daily, with select sides.

New Meats:
Say adios to our old pork loin and Ciao to our new Tuscan Herb Pork Loin, stuffed and rolled with fresh tarragon, parsley, garlic, and lemon and rubbed with sea salt and black pepper. Available Wednesday and Saturday.

Our Turkey Breast gets a major makeover, too. Roasted on our rotisserie, making it more savory and juicy than traditional oven roasting. It's all yours on Sunday and Thursday.

Our Flame Roasted Leg of Lamb started turning it up in the rotisserie ovens in January, and will be available two days a week: Tuesday and Friday.

We rounded up some of our favorite ingredients: beef, pork, Pecorino Romano cheese, and ricotta to create our new Braised Pecorino Meatballs, nestled in tight with flavorful tomato sauce. Find them on Meatball Mondays!

Sample our new offerings on their special days, by the pound, in a ready-to-eat dinner with our amazing new side dishes, or as a sandwich!

Tasting Events

ROTISSERIE LAMB FROM THE DELI
All stores (except Magnolia):
Fri. 3/18, 4-7PM
Sweet, tender, flame kissed leg of lamb is the perfect main course.

BRAISED PECORINO MEATBALLS
All stores (except Magnolia):
Sat. 3/19, 11AM-2PM
Cheesy, meaty, and so good slathered in tomato sauce.

ROTISSERIE LAMB FROM THE DELI WITH CARROT COLE SLAW FEATURING SAVANNAH BEE HONEYCOMB
Admiral, Sand Point, Uptown, & Kirkland:
Sat. 3/26, 3-6PM
Taste our delicious Rotisserie Lamb with a bright, springy slaw.

Daily Specials

Each day brings a different rotating meat, fresh-cooked to order, and paired with some of our signature side dishes.

SUN.

ROTISSERIE TURKEY BREAST WITH GREMOLATA
☐ Mashed Potatoes or Spiced Butternut Squash
☐ Green Beans with Italian Cherry Tomatoes and Mint or Roasted Root Vegetables

MON.

BRAISED PECORINO MEATBALLS
☐ Yukon Gold Garlic Mashed Potatoes
☐ Sautéed Wild Mushrooms with Thyme or Roasted Broccoli with Garlic and Bread Crumbs

TUES.

FLAME ROASTED LEG OF LAMB
☐ Yukon Gold Garlic Mashed Potatoes
☐ Brussels Sprouts or Broccoli

WED.

TUSCAN HERB PORK LOIN WITH MM OLIVE OIL
☐ Tuscan White Beans in Tomato with Herbs
☐ Roasted Cauliflower with Sweet Onion and Parmesan or Broccoli

THUR.

ROTISSERIE TURKEY BREAST WITH GREMOLATA
☐ Mashed Potatoes or Spiced Butternut Squash
☐ Green Beans with Italian Cherry Tomatoes and Mint or Roasted Root Vegetables

FRI.

FLAME ROASTED LEG OF LAMB
☐ Garlic Mashed Potatoes
☐ Brussels Sprouts or Broccoli

SAT.

TUSCAN HERB PORK LOIN WITH MM OLIVE OIL
☐ Tuscan White Beans
☐ Roasted Cauliflower or Broccoli

DAILY

PRIME RIB
☐ Au Jus
☐ Mashed or Roasted Red Potatoes
☐ Rustic Root Vegetables
☐ Horseradish Dijon

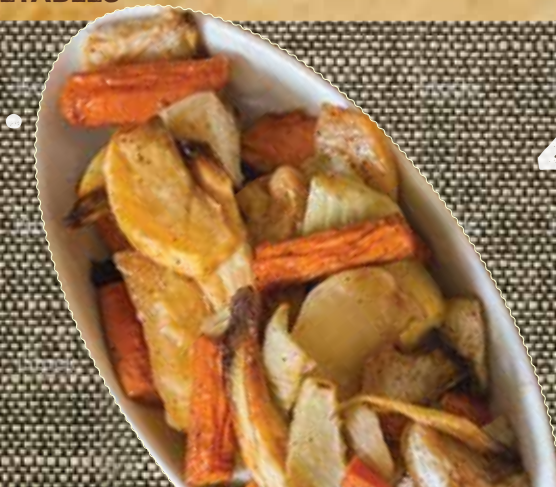
CARIBBEAN PORK WITH MOJO ONIONS
☐ Flavorful Grain and Vegetable Sides

1/2 CHICKEN DINNER
☐ Any Two Sides

SEASONAL DELI SIDES THAT MAKE THE MEAL

- 1. SPICED BUTTERNUT SQUASH
- 2. SAFFRON RICE
- 3. ROASTED ROOT VEGETABLES
- 4. GREEN BEANS WITH ITALIAN CHERRY TOMATOES & MINT
- 5. ROASTED CAULIFLOWER
- 6. TUSCAN WHITE BEANS IN TOMATO WITH HERBS

...and more!



FOCUS ON
FLAVOR
HONEY

Honey, we love you!

Each month, we take you on a journey around the store, highlighting a fabulous flavor you can find in unexpected products. This month, we've fallen in love with you, honey. So, from the tangiest candies from Tasmania to the brightest BBQ sauce, spicy or truffled honey, you can *bee* sure that you'll find it at Met Market.

Bee King's Honey: Raw, unfiltered, and packed with all sorts of natural benefits, this locally harvested honey is rich and flavorful. Never heated above hive temperature, never diluted, and from naturally managed hives, this is farmers market-fresh honey.

Savannah Bee Company Raw Honeycomb: The rawest form of honey, honeycomb features dense cells packed with the concentrated nectar of thousands of flowers. Hand-cut from the frame and boxed without process, this 100% edible honeycomb makes a beautiful centerpiece for a cheese plate.

Oregon Grower's Squeezable: Produced in the Columbia River Gorge, this honey is raw and unfiltered, to preserve subtle flavors and natural enzymes. These busy bees collect pollen from a variety of snowberry, chokecherry, clover, and dandelion blossoms.

Tasting Events

Baked Honey Mustard Chicken
Uptown, Proctor, Kirkland, &
Sand Point: Sat. 3/5, 3-6PM
A favorite flavor combo
gets ready for dinner.

Honey Cake (Recipe #231)
All stores (except Magnolia):
Fri. 3/18, 12:30-3PM
A simple staple, flavored
with dried fruits.

**Kerrygold Cashel Blue
Cheese Toasts with Honey
& Toasted Walnuts**
All stores (except Magnolia):
Wed. 3/9, 4-7PM
Your new hors d'oeuvres go-to.

**Slide Ridge Honey Wine
Vinegar Pork Chops**
All stores (except Magnolia):
Sat. 3/19, 3-6PM
Tart and tangy, meaty
and satisfying.



Lulu's White Truffle Honey:
A Tuscan recipe, infused with
intoxicating white truffles, this luxe
honey is made by Lulu's Restaurant
in San Francisco. Try it with cured
meats, salty cheeses, crusty bread,
or for basting and flavoring meat.

Big Island Bees: Get a taste of
Hawaii, with Lehua blossoms. Found
only in the islands, these flowers
produce honey that is smooth and
unfiltered, then touched with a kiss
of organic Hawaiian cinnamon. Try it
on toast or swirled into your tea.

Tasmanian Leatherwood Honey:
Every summer in Southwestern
Australia, bees are taken into the
rainforest. There, Leatherwood
blossoms give off sweet nectar which
produces a beautiful honey with a
spicy aroma and piquant flavor.

Anna's Squeezable Bears:
Nostalgic shape, local honey.
Anna's popular honey is
harvested in Washington
State, in flavors like Clover
and Wildflower, as well as
Raspberry and Blackberry.

Ritrovo Truffle Honey: Refined,
balanced, and just a bit beyond
luxurious, this rich Millefiori honey
is laced with a delicate slice of black
truffle. Subtly sweet, with complex
umami flavors, add it to your favorite
recipes or just eat it with some cheese.

Mike's Hot Honey:
Sweet meets heat,
with chilies and
vinegar infused
into wildflower
honey. So versatile,
drizzle it on a
peanut butter
sandwich, over
the top of pizza,
as a dip for fried
chicken or fried
cheese curds,
on freshly baked
biscuits, or even in
a cocktail!

Honey, that's not all!

**Rufus Teague Honey
Sweet BBQ Sauce:**
Kansas City style offers
big bursts of honey and
plenty of sweetness in
an award-winning sauce.
Not too spicy, it's great
for grilling, dipping,
or basting.



**Torie and Howard Hard
Candy:** Punchy, puckery
grapefruit gets a touch of
sweet tupelo honey. While
you're enjoying the crunchy
little candies, feel good
knowing they're made
without corn syrup, GMOs,
artificial dyes, casein, soy, or
unnatural color.



Droga Money on Honey: Soft
and chewy, these delicious dark
chocolate patties are filled with
honey caramel from California
wildflowers and topped with
French fleur de sel sea salt.



And look for...

Slide Ridge Honey Vinegar: In the
mountains of Northern Utah, Slide Ridge
raw honey is harvested. From it, producers
create a rare Honey Wine Vinegar. Drizzle
it over fresh fruit and salads, mingle it in
your marinades, or add it to some soda
water for a drinking vinegar.

**Republic of Tea Honey Ginseng Green
Tea:** Fill your cup with relaxation, thanks
to a custom blend of Panax ginseng, full
blossom honey, and green tea.

Tasmanian Leatherwood Honey Drops:
Somewhere between healthy drops and
delicious candy, these Australian treats are
made from the sugar of Tasmanian honey.

Honey, we're home!

Joie Honey Hive Dipper: Cute, sweet,
and a lovely little gift for the honey lover
in your life, this bee-decorated dipper is
darling in an Easter basket.



Bee's Wraps: The sustainable, adorable, and
innovative alternative to plastic wrap, these
bee's wax-coated organic cotton wraps are your
new go-to. Available in small, medium, large,
and sandwich wrap sizes, these cloths easily
wrap and seal everything from a round of
cheese to pizza slices to fresh vegetables.
Wash with cold water and dish soap, and
reuse them for years.

NEW



**Le Creuset Honey Pot with Silicone
Dipper:** Classic Le Creuset design
and trusted stoneware in bright
yellow Dijon enamel make a lovely
countertop statement. Drizzle just
the right amount of honey on top
of toast, ice cream, or whatever
could use a touch of sweetness.



IRISH FOR A DAY



St. Patrick's Day is synonymous with corned beef, and Metropolitan Market has the best meat available.

For over 15 years, we've been proud partners of Market House, the local company who's been thrilling Seattle with their corned beef since 1948. The Seattle Times recently named them a "corned beef king," and for good reason. They tumble-roll their briskets in their family recipe brine for even, consistently moist meat and deliciously distributed flavor. Pick yours up in the Meat Department and you'll have no problem understanding why Seattle has trusted Market House for almost 70 years. Admiral Meat Manager Brian recommends cooking corned beef with Guinness or Mexican Coke for even more flavor, and cooking veggies separately.

Want to reach a new flavor echelon with Wagyu? We got the exclusive on the best locally raised Wagyu corned beef, for people who want a supple, rich, and beautifully marbled centerpiece to their meal.



Lamb Guinness Pot Pie:
Tender, flaky pot pie makes for an easy Irish-inspired meal. Our new Rotisserie Lamb shines in pastry filled with tender root vegetables and peas simmered in Guinness beer for a festive March treat.

Macrina Bakery Irish Soda Bread: Seattle's favorite bakery mixes Fairhaven Mill's whole-grain wheat flour, thick rolled oats, buttermilk, and a hint of honey.



Tasting Events

Guinness Cheese Dip with Pretzilla Pretzel Bites
All stores (except Magnolia):
Fri. 3/11, 4-7PM
Beer and cheese are the perfect partners in crime, with our brand new Pretzilla Pretzel Bites.

Macrina Irish Soda Bread with Kerrygold Butter
Admiral, Proctor, Sand Point, & Kirkland: Sat. 3/12, 11AM-2PM
Our favorite Irish soda bread is wonderful with a smear of Irish butter.

Lamb & Guinness Pot Pie
Proctor, Sand Point, & Kirkland: Sat. 3/12, 3-6PM
Delicious for breakfast, lunch, dinner, or a hearty snack, you have to try this new treat!

Corned Beef & Cabbage (Recipe #113) with Sticky Fingers Irish Soda Bread
Admiral, Proctor, Sand Point, & Kirkland: Sun. 3/13, 3-6PM
A St. Patrick's Day Classic.

Corned Beef from Our Deli with Colcannon (Recipe #1011)
All stores (except Magnolia): Wed. 3/16, 4-7PM
A savory side dish of mashed potatoes and bacon paired with flavorful corned beef.

Wagyu Corned Beef Irish Cheddar Melt
All stores (except Magnolia): Thur. 3/17, 4-7PM
Craveable sandwiches stuffed with the flavors of St. Patrick's Day.

Recipes are available online at metropolitan-market.com/recipes

SEA WOLF BREAD

It all started in the wee hours of the morning at renowned Seattle restaurant, Boat Street Cafe. There, brothers Kit and Jesse Schumann kickstarted their dreams of baking gorgeous breads. With experience at local bakeries and San Francisco Baking Institute, they had the skills and passion to take off.

The brothers' carefully crafted sourdough boules appeared on menus at beloved Renee Erickson restaurants The Walrus and the Carpenter and The Whale Wins, earning them rave reviews. With a focus on vollkornbrot (heavy ryes and full grain breads), they set themselves apart from the French-driven breads most common in Seattle bakeries.

Naturally, we longed to sell Sea Wolf breads at Met Market. And finally, our Sand Point store becomes the lucky one to get the privilege of peddling three types of bread: a Seattle Sour Boule, and two long Pullman loaves, a rye made with coffee and caraway seeds and a seeded Pullman with sesame, pumpkin, sunflower, poppy, sesame, mustard, coriander, and celery seeds. Delivered daily to Sand Point, we are thrilled to partner with Sea Wolf.



HALIBUT: **GET IT** **WHILE IT'S** **CAUGHT**

March 19th marks the beginning of halibut season, and fish swim into stores a couple days after. We work exclusively with line caught halibut, brought in by trusted fishermen. The process of line fishing safeguards Alaskan fisheries and ensures we'll be able to enjoy these flavorful fish for generations to come.

Our fish are processed at sea and brought in daily, then flown in to Seatac for the freshest taste and best quality. Our fish are bigger than you'll find elsewhere, so our fillets and steaks are bigger, too, and cut to order for whatever you're fixing. Try firm, supple halibut with a glass of Chardonnay or Semillon. Need a cooking suggestion? Ask our Culinary Artists for their favorite halibut recipes.



Tasting Event

Sea Wolf Bread
Sand Point:
Thur. 3/3, 12-3PM
Sat. 3/5, 11AM-2PM
Thur. 3/10, 12-3PM

Savory, complex seeded sourdough boasts bursts of flavor. Sourdough boules have crunchy crust and tender crumb. And sourdough rye weaves caraway flavor through tender dough in a Pullman loaf.

Tasting Event

Halibut with Tomatoes & Basil
Taste it at Admiral, Proctor, Sand Point, & Uptown: Fri. 3/25, 4-7PM
Bright, delicious, classic Italian flavors in a recipe made easy for you to replicate. Try it in stores, then make it at home with Recipe #606, available in store or online at metropolitan-market.com/recipes

NEW & IN SEASON



Asparagus: There's something about the green, earthy flavor of carefully cooked asparagus that pairs especially well with the delicate taste of halibut and other early spring delicacies.

Domestic asparagus stalks are just now popping up in California, and Washington's lovely local produce will be in stores in a month or two. Yum!



NEW

We are ***NUTS*** over **Bobby Sue's Nuts & Olives** mix, a roasted nut mix with dried olives that are just a touch sweet and a bit savory. This perfectly addictive snack is available by the pound in the Cheese Department.

The Sweetest Grapes...

Sweet, seedless Muscat grapes are arriving now from Chile, and our Produce Specialist declares them some of the best in the world, thanks to the South American country's ideal climate. A bright reddish blush hints at the bright, lasting sweetness inside each of these soft orbs of deliciousness.



ROASTER of the MONTH

Each month, Metropolitan Market will feature a different roaster from our wide assortment of quality coffee. Taste it at the Kiosk, pick up a cup in the Coffee Shop, and take home a bag to brew at home.

Middle Fork Roasters takes center stage this month thanks to their incredible passion for the coffee they roast. MM Coffee Specialist Tristan Ambrose calls their love for coffee "infectious," citing the local company's near-obsessive focus on getting the best from their beans. Established in 2009 in South Park, founder Matt Parrish is committed to creating coffee that has only the richest, fullest, and most flavorful aromas and taste. We love their Back Pedal Brew, a light roast with a medium body made from Sumatra and Brazilian beans. The light roast brings out floral nuances and fruity notes in the beans, and the roasting technique makes for a lower acid coffee with a crystal clean finish. Try it in a French press, where the longer extraction process helps the coffee shine.



BOLD ITALIAN FLAVORS

NEW



Taste it at Admiral, Proctor, Sand Point, & Kirkland:
Thur. 3/10, 4-7PM

Metropolitan Market Arrabbiata Pasta Sauce
Slightly spicy, totally classic: Arrabbiata means "angry" and this sauce is bursting with kicky flavor, with just enough heat to invigorate your palate.

Brand new to Metropolitan Market, we've enhanced our customer favorite Italian tomatoes with big flavor. Our tomatoes are picked and processed within two hours, for the brightest, freshest, purest tomato flavor.

Try this sauce on a classic penne rigate, paired with your favorite white fish, or with Gnocchi Bar gnocchi!

Grissini Bread Sticks

Imported from Italy, these long legged, crunchy sticks are packed with huge flavor. Made with olive oil, they have a buttery, rich flavor, major crunch, and a light, airy mouthfeel. Swap out your bread basket for these lovely meal accompaniments, or try them on a cheese plate, dipped into your favorite dips, or wound with prosciutto for a fancy appetizer. Buon Appetito!

NEW



FIND IT IN THE FREEZER



NEW

Gnocchi Bar Gnocchi

Gnocchi Bar Chef Lisa Nakamura has been crafting beautiful gnocchi by hand for 18 years, opening her Capitol Hill restaurant in 2015 to great accolades. "Great gnocchi is light, but also has a good bite," says the chef. The perfect canvas for whatever sauce or ingredients you want to showcase, her pillowy little gnocchi are fully cooked and now available in the frozen section.

"The best way to use my gnocchi is straight from the freezer into a hot pan," says Lisa. "Keep the sauce and accompaniments simple. Don't drown the gnocchi in too much sauce. I like them best sauteed in butter, topped with cheese, and drizzled with white truffle oil!" Yes, Chef!