



## MAINLY SANDSTONE

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*A Prepared Meals Market*

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## Chef Aram's Monthly Tip

The Fall is the time for apples. Apples make a great addition to a variety of meals. The fun thing about apples is the choices. I use different types of apples each time I cook. For example, I use a tart apple when making pies versus a more acidic apple used in a sauce or chutney in my main course. Sweet apples are a wonderful topping to any fresh salad and can be used as a sweetener substitute.

Here are a few tips when shopping and selecting apples. Whenever possible its always best to buy apples from a local grower or farmers market. Apples will always taste better if they haven't traveled hundreds or even thousands of miles before making it to your kitchen.

Choosing the right apple for your meal can be tricky. Find apples that match the flavor you are searching for. For instance, if you are looking to make an apple tart do not substitute a Granny

Smith with a Red Delicious. Do not be afraid to ask the farmer what would be a good choice for a tart apple.

Look for apples that are firm. Apples don't have to be pretty to taste good. There are plenty of unattractive apples that are simply delicious. However, if shopping in a grocery store stay clear of apples with discoloration or brown spots.

Do not be afraid to experiment. There are so many varieties- pick up a few and try them out.

When storing apples keep them cool. If an apple could pick its home it would choose an area with relative humidity, but love to be at about 40 degrees.

Apples do absorb odor so be careful of storing them in an area for a prolonged time.

When preparing your apples be sure to

wash them with water and a gentle soap. This will prevent contaminants making it into your dish. Cut out any bad or soft spots. If using them in a fruit salad or for garnish I suggest dipping them in lemon juice to avoid browning.

Most of all have fun and share your grandma's apple pie recipe with a friend or neighbor.



*Home Made Apple Pie*

Mainly Sandstone, a prepared meals market, aspires to be a hybrid between old world culinary quality and the chic style of a New York gourmet market. We are continuously exploring new culinary creations with our chef inspired prepared foods. We offer a tantalizing selection of breakfast, lunch and dinner choices for either dine in or grab and go service.

Mainly Sandstone prides itself on using the best products from around the world, along with the freshest ingredients to create savory foods rich in flavor. You will be overwhelmed by our wide variety of delicious prepared foods that are available for a quick lunch, dinner for the family or even a little get together with friends.

Our parent company, **Sandstone Catering**, has extensive experience in creating, planning and executing great events. For the finest in full service catering with elaborate menus and presentations visit our web site,

[www.sandstonecateringhi.com](http://www.sandstonecateringhi.com) or call us today at (843) 681-5732.



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MAINLY SANDSTONE

# Mainly News

## Fall into Food by Aram Haroutunian

Fall is approaching and with that brings the Harvest. Some of my fondest memories are of the crisp colors of the Vermont Foliage, pumpkin patches brimming with soon to be jack-o-lanterns and rich earthy foods of New England.

Mainly Sandstone wants to reflect this change in the seasons by featuring foods which are indicative of this time of year. Throughout the Fall months many of our dishes will be braised, slow roasted, baked and

stewed. We will feature dishes like Cornish game hens with wild rice smoked sausage stuffing, rosemary leg of lamb with roasted harvest root vegetables, meat pies with Grandma Toni's secret golden crust, as well as many warm soups and unique salads. Our desserts will also reflect our Fall heritage. So you may be seeing apple, pumpkin and pecan pies.

For those of you who love entertaining this time of

year. Contact us about helping you to host your next cocktail party, holiday party or that special dinner.

We invite you to come by and get lost in the past.

Our hours of operation are Mon- Fri 8:00-6:00, Sat 8:00- 3:00 and closed Sundays.



*Roasted Chicken with red bliss potatoes and fresh rosemary.*

## Free Coffee

Why are you hanging out at Starbucks on Saturday mornings paying too much for coffee when you can drink it for free at Mainly Sandstone?

Mainly Sandstone is proud to offer Iron

Brew Coffee . Arabica beans directly traded from the Cerrado Estate farmers, then roasted here in South Carolina for the absolute freshest product. This month we are serving it up for free on Saturdays with

any breakfast purchase. We offer delicious fresh baked muffins, scones and croissants along with hot breakfast sandwiches. Come by grab one of our newspapers- sit, relax and stay awhile.

## The Cup Cake Corner



Mainly Sandstone is proud to offer cupcakes made by Laurie Hammonds of Community Cup Cakes. Not only are these little treats yummy, but a portion of the proceeds go back into community causes. This month's features are chocolate truffle, lavender- honey vanilla and strawberry sizzle. Mainly Sandstone also offers homemade cookies, brownies, rice crispy treats, tarts, pies and cakes. Why not end a perfect meal on a little sweet note.

## Spice Up Your Cooking

Chef Aram has taken his years of cooking and adapted many of his favorite flavors into a series of spice blends designed to help and inspire your inner chef.

Mainly Sandstone currently offers four blends. For Italian seasoning there is the “Tuscan Sienna Blend” which has the perfect mixture of basil, oregano, thyme, onion and garlic. It is a wonderful addition to any pasta or poultry dish. The “Swamp Runners Blend” adds a little Cajun spice with a mixture of paprika, gumbo, thyme, onion and garlic. If you are looking for a different kind of spice the “Four Corners Blend” has the essence of the Southwest with a mixture of Ancho chili, coriander,

cumin, garlic and sage. If you want to blacken a nice piece of fish or chicken then add the “Jamaican Jerk Blend”, which has a twist of thyme, paprika, cumin, coriander, sage and garlic.

All of our spices come in a cool, unique silver tin. These little treasures make great gifts as well. They are sold individually or grab all four and spice up your life today.

### Recipe: Cuban Shrimp Sofrito

Yields: 4 Portions

#### Ingredients:

- 20 Jumbo Shrimp-peeled and deveined
- 2 TBL Mainly’s Jamaican Jerk Blend

- 1 Mango diced
  - 1 Cup Fresh Pico de Gallo (found in grocery store by produce)
  - 2 TSP Oil
  - 2 TSP Fresh chopped Cilantro
- Toss shrimp with spice and a pinch of salt. Heat oil on med-high in pan then sear shrimp until edges are crisp and brown. Add the mango and Pico de Gallo and cook for another minute. Put in bowl top with Fresh Cilantro then serve.



## Thanksgiving without the Hassel

In 1621, near the end of the Plymouth colony's first year in America, the settlers gave thanks for a plentiful first harvest. The pilgrims and the natives celebrated together (they had arranged a peace treaty), and everyone feasted on geese, ducks, deer, corn, oysters, fish and berries.

Let Mainly Sandstone help with this year’s peace treaty— oh yea, and your Thanksgiving dinner too.

This year take the stress out of cooking and enjoy your family. Mainly Sandstone will be offering Thanksgiving dinner that can be picked up or delivered. In addition to sumptuous ham and turkey we

will have a delicious selection of side dishes, pies and fresh bread. More information and full menu options will be posted soon so that you may call ahead and reserve your Thanksgiving dinner as early as November 1st.

## Trick or Treat

Get your goblins fed early before they stuff their little faces with candy! Create your own dinner-to-go with our “Build a Market Meal” program or choose from our a la carte items. Dinners are available for early pick up, so that you can take them home to the family before the trick or treating begins.

If you are hosting an adult party while

the kiddies are out kidding around, arrange for some of our cocktail party platters to keep the grown-ups in the festive mood!

You can set up your own little buffet and let the parents indulge while the kids count their loot. Halloween is not just for children anymore, so book with Mainly Sandstone now to ensure a fun night for all!



## Healthy Life Cuisine

Healthy Life Cuisine, a division of Sandstone Catering, is a highly successful service offered to clients who want to maintain healthy eating habits and control their weight through proper management of nutrition and caloric intake. This service is convenient, affordable and most of all, delicious.

Meals are created on a weekly basis from the finest and freshest ingredients available. The meal programs are created for individual preferences and can be geared for specific medical or allergic considerations. You can choose from three programs: “The 7 Day Calorie Cruncher,” “The 5 Day Wellness Week” or “The 3 day Express Meal.” You may choose either the “dinner

only” program or the “lunch and dinner” program. In either case, all meals are provided at one time with specific guidelines for heating and consumption. Meals are picked up in the first part of the week or delivered to your door for added convenience.

Healthy Life Cuisine offers something for everyone. Its geared for the person with an active lifestyle, the hard working individual who doesn’t have time to cook, or the parents whose children are

“My Husband, Michael and I, have been eating what we call “Aram’s food” for almost 3 months now. Doing this for ourselves is the ultimate in self care...no worry...perfect portions...convenient...we highly recommend it for everyone.”

-Dr. Kathy Murphy, Personal Life Coach

grown and are tired of eating out.

Call us today and get a jump start on a healthy new year. (843) 681-5732.



## The Perfect Gift

Do you ever have trouble looking for the perfect gift? Look no further, we have it. Mainly Sandstone’s gift cards are exactly what you need for your next present, whether it be for a birthday, employee appreciation, mother’s day, anniversary, or thank you.

Any monetary increment can be added and continually added like a personal



Mainly credit card. Its fast and easy. We even have fun little packaging for this valuable plastic.

When your gift card is opened that person will know you truly love them and care about them because Mainly Sandstone “bucks” are precious. One can not only buy our delicious foods, but we have great retail items for them too.

## A New Twist on Brown Bagging It

We think “green” and that is why we sell reusable products for food storage. Check out our “gourmet getaway” insulated bag (made by Built) for carrying your lunch to the office. They are made of neoprene (wetsuit) material and have soft grip handles with a zip closure. We have a variety of fun patterns, colors and

sizes.

Another “must have” item is our SIGG bottle for beverage storage...helping to cut down on use of wasteful plastic bottles. Check out our fun, colorful selections with many accessories

And lastly, try our Mainly Sand-

stone reusable tote for all your purchases...helping to reduce use of those dreaded plastic bags. So, think “green”!

