



CALANDRO'S SUPERMARKET, INC.

Service · Quality · Selection | Since 1941

Fresh, Local, & Top-Tier Restaurant Quality Seafood

Calandro's has always been known for local, gourmet, & fresh quality and selection all around our store, and we pride ourselves on working with local, honest, best-of-breed small business suppliers wherever possible. And our main Seafood source, **Louisiana Seafood Exchange** out of Baton Rouge and NOLA, is no exception to this rule. We've been working with the co-owner, **Robbie Walker**, for over 20 years, with daily deliveries of the bulk of our incredibly fresh, local (whenever absolutely possible), top-quality seafood coming from his incredible company. Robbie and his team provide us with only the very best Louisiana & Gulf-caught Flounder, Black Drum, Grouper, and Shrimp, responsibly sourced Rainbow Trout, Salmon, Tilapia, Mahi Mahi, Sea Bass and other exotic fish on a seasonal basis, and nothing from China or other places with potentially questionable seafood practices. And, to quote Robbie



himself, "LA Seafood Exchange has been supplying Calandro's with the same seafood that we provide for the very best, top-tier, well-known restaurants in Baton Rouge for well over 20 years..." So you can be sure that when you buy at Calandro's and whip up your very best seafood recipes during Lent (or any other time of the year), your raw ingredients will be toe-to-toe with those of the best chefs in Louisiana!



LENT IN LOUISIANA: SERVICE, SACRIFICE & SEAFOOD

Dynamite Dressings & Marinades – Wonderful Local Owner & Friend

Cooking like a true, gourmet chef this Lent with a local, Baton Rouge product has never been easier, thanks to a great culinary artist, small business owner, and friend, **Lili Courtney**, and her wonderful company, **Delightful Palate**. With a little help from



the LSU AgCenter Food Incubator, Lili has infused her rich background and decades of experience as a cook and culinary instructor, zest for creating wonderful dressings and marinade recipes, and Louisiana heritage into every facet of her delectable Delightful Palate Dressing and Marinades. DP's Balsamic Garlic Honey, Stone Fruit Nectar, and Wild Mayhaw Berry dressings can all be found in both locations of Calandro's Supermarket. And if you need some initial inspiration on just how to use them with a Lent / Seafood flair, make sure and check out the mouth-watering Louisiana Lenten Shrimp & Grits recipe that Lili created and so graciously provided to us below!

Calandro's RECIPE

DELIGHTFUL PALATE'S SHRIMP & GRITS (for Lent)

Part 2 - Creamy Grits Serves 4-6 – Adapted from Bon Appétit Magazine



- 3 cups Vegetable Stock
- 1 cup Whipping Cream
- 4 tbsp. Kerrygold Irish Butter
- 1 cup Quick-Cooking Grits

"So this is the Grits...where's the Shrimp?!" - Check out our ad on the front page of EatPlayLive for Part 1 - the Chargrilled Shrimp Skewers portion of the recipe!"

Bring stock, cream and butter to a simmer in a heavy medium saucepan over medium heat. Gradually whisk in the grits. Then reduce the heat to low, cover and cook until the grits are creamy and tender, stirring occasionally, for about 6 minutes. Season the grits to taste with salt and pepper, and then top with the Chargrilled Shrimp Skewers from Part 1 of this recipe (on the front page of today's EatPlayLive section) and serve for an incredible Louisiana Lenten delicacy!

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