

SUMMER 2018 CATALOGUE



# SPRAGG'S ultimate

SUMMER GRILL GUIDE



SEASONAL PRODUCTS, BBQ RECIPES, GRILLING TIPS & MORE

It's time to  
**FIRE UP**



At Spragg's Meat Shop, we know how much Albertan families LOVE barbecue season, because we are a proud Alberta family ourselves. Our first barbecued meal of the year marks the unofficial start to summer in the Spragg's household.

Imagine your perfect summer day. Does it end with a backyard barbecue, surrounded by friends, family and sunshine, enjoying the mouth-watering flavours of smoky meat? Us too! Barbecue season is all about good weather, good company and great food! Which is why we decided to put together this guide, just for you.

At Spragg's Meat Shop, we are passionate about feeding families, and we barbecue like it's our job (because it kind of is). We know meat, and we know barbecuing. So, follow our lead by relishing in our Ultimate Summer Grill Guide and you'll have the recipe for a fantastic barbecue season!

**HAPPY  
GRILLING!**  
Greg & Bonnie Spragg



## OUR STORY

In 2002, after working in the commercial hog industry for two years, Greg Spragg's dream to raise pigs of his own had solidified. On Greg's birthday, his wife Bonnie gave him the gift that kept on giving. She surprised him with three little pigs, the first of many. By summer's end, Greg and Bonnie had raised 75 pigs to market weight.

By November 2005, Greg and Bonnie's vision continued to grow when Spragg's Meat Shop officially opened its doors. Expanding into processing allowed Greg and Bonnie to raise their hogs, process them and market their pork products all within Rosemary, Alberta.

Greg and Bonnie are proud of the pigs that they raise. They would never consider putting up a barn after seeing the benefits of raising hogs outside. When pigs are allowed to live and grow in a natural environment, they develop personalities and even attitudes.

Sunlight, fresh air and an open pasture do amazing things for the pork flavour. It tastes better knowing that the pigs were happily raised in a low stress environment.

Spragg's Meat Shop works hard to produce the best pork for you, from the day the pigs are born, to the day the pork chops are cut, bacon is smoked and the roast is marinated. We hope that you get as much enjoyment eating our pork as we do getting it to your table.

# Fresh and Grilling SAUSAGE

## SIMPLE INGREDIENTS. BIG FLAVOUR

We believe in simplicity. Our twelve globally inspired sausages are made of ground pork and spices. That's it. Why add anything more than what is absolutely necessary?

**GLUTEN FREE. ADDITIVE FREE. PRESERVATIVE FREE.**

**Bratwurst:** The most common sausage in Germany! Seasoned with allspice, onion and mace.

**Breakfast Sausage:** A recipe with British roots that includes sage, ginger and white pepper.

**Currywurst:** This German sausage is extra fun to BBQ! Packed with paprika and curry powder.

**English Bangers:** Mashed potatoes and sausage mixed with sage, ginger and mace. A British favourite!

**Hot Italian:** Not a spicy sausage, but it is hot with flavour! Parsley, oregano, fennel and a touch of cayenne.

**Linguica:** This delicious grilling sausage is popular in Argentina and Brazil, simply seasoned with nutmeg and pepper flakes.

**Longganisa:** Originating in the Philippines, this sausage is sweetened with honey and lots of garlic!

**Maple Breakfast:** This flavour is a North American favourite! Seasoned with white pepper and both brown sugar AND maple to make it sweet.

**Mexican Chorizo:** The spiciest sausage we offer! Includes chile de árbol for authentic Mexican heat, as well as onion, garlic and oregano.

**Mild Italian:** Similar to our Hot Italian sausage, but without the fennel. Oregano, nutmeg, red pepper flakes, and black pepper all included.

**South African Boerewors:** This half pork, half beef sausage is a South African delicacy. Seasoned with salt, pepper, cloves and coriander.

**Spanish Chorizo:** This spicy sausage originated in Spain and Portugal, and is seasoned with paprika, onion, garlic, oregano, and cayenne for heat!

# Globally Inspired. AUTHENTICALLY PREPARED

Spragg's Meat Shop stays true to the unique flavour profiles of our globally inspired sausages.

## Did you? KNOW?

Our English Bangers recipe is from our first British customers in Millarville. We continued to refine the recipe until it was just right! Their only complaint: there still was no gristle in it.

Our employee Jack provided the recipe for our Longganisa sausage, a recipe that originated in the Philippines before making its way to us!

Bonnie picked up our Linguica recipe while travelling through Argentina on an agricultural tour.

## Pro grilling TIP

Grilling fresh sausage is an essential skill for every BBQ master! Who doesn't love juicy on the inside, crisp on the outside sausages? Our favourite technique for grilling sausages is called sear roasting. Here's how it works:

- To avoid exploding sausages, prick the skins lightly before cooking.
- Start sausages over indirect heat.
- Leave them until they are cooked through.
- Sear over direct heat to finish.
- Rest and serve.



## Pro Shopping TIP

Did you know fresh sausage has a shelf life of about five days? We make our fresh sausage every Wednesday. So, as a secret, it is best to buy your fresh sausage on Thursdays from Spragg's Meat Shop.

# Cooked SAUSAGE

GLUTEN FREE AND FULLY COOKED.  
SIMPLY REHEAT AND ENJOY.

## Hot Dogs

### All Beef Hot Dogs

Our hot dog recipe is made with 100% ground beef shoulder from Saddleridge Beef. Enjoy the classic hot dog flavour, without the high sodium, high fat and milk powder.

### Gourmet Pork Hot Dogs

Of course, we also offer hot dogs made from our free range pork. Pork hot dogs contain less fat content, but you'll still enjoy the soft bite.

## Smokies

### Bavarian Pork Smokies

Garlic, mace, allspice, white pepper, paprika, ginger – we include a little bit of everything to achieve a classic smokie taste, without the allergens.

### Cheese Smokies

We've created a delicious twist on our Bavarian smokie, simply by adding 10% grated cheddar cheese. Yum!

### Jalapeno Smokies

If you're craving some heat, you'll love the dried jalapeño flakes we add to our Cheese Bavarian Smokies. The perfect recipe for those who love a touch of spice!

## Pro Grilling TIP

Do you always end up with a hot dog or smokie that's mostly charcoal, barely cooked or somehow, all of the above? Follow these quick tips, and you'll be grilling with the best of them:

- Be sure to heat your hot dogs and smokies on medium.
- Watch them carefully. As tempting as it might be, be sure not to walk away from the grill.
- Continue to turn them regularly. There's nothing worse than half-burned half-uncooked.
- Hot dogs and smokies are finished when they start to expand. If they're starting to sputter, then they're more than done!
- Pull up your favourite condiments, and enjoy.

# Ready to Eat SAUSAGE

ENJOY THESE SAUSAGES COLD OR HOT, WITH OR WITHOUT A BUN!

## Garlic Sausage (Beef)

100% beef shoulder from Saddleridge Beef. Seasoned with garlic, salt and pepper.

## Farmers Sausage (Pork)

Our first sausage, and a crowd favourite! Seasoned with salt, pepper and soy sauce.

## Garlic Ham Kubasa

This garlic sausage includes small chunks of ham that add a unique dimension to the flavour.

## Hawaiian Sausage (Pork)

This flavour is unique to Spragg's Meat Shop. We won't give away all of our secrets, but we can tell you that you'll taste pineapple, brown sugar and paprika in this recipe.

## Polish Sausage (Pork)

A classic flavour, using garlic and mustard seed.

## THE STORY BEHIND OUR HAWAIIAN SAUSAGE

**Inspired by Ruth. Approved by Kids.**

Our Hawaiian sausage recipe came about thanks to Greg and Ruth's daddy-daughter bond. When Ruth was just five years old, Greg wanted nothing more than to make her happy. He knew she loved Hawaiian pizza, so he decided to experiment with sausage recipes by adding pineapple to one of the batches.

Needless to say, the flavour was a huge hit with Ruth, and everyone else! So much so that the Hawaiian sausage is still a popular choice for our customers today.

## Mennonite Sausage COLD SMOKED



**$\frac{1}{2}$  BEEF &  $\frac{1}{2}$  PORK**

Spragg's Mennonite sausage is sold in butcher paper wrap to maintain tradition.

**Smoked, but not cooked.**



# Spragg's Top FRESH PORK CUTS

FOR GRILLING & SMOKING

## **Bone-In Pork Chops**

Our bone-in pork chops are cut at 1 inch thick, so they are always ready for a high heat grill. Fast fry chops may be quick and easy to cook, but they also tend to be drier and have less flavour.

## **Pork Shoulder Roasts**

The perfect cut for pulled pork! Perfect your skills on the smoker using smaller sizes before working your way up to a full shoulder. At our various locations, we sell pork shoulders rind on or rind off.

## **Boston Butt Steaks**

Don't be fooled when you hear the name; this cut doesn't come from the rear end of the pig. Boston butt steaks are cut from the shoulder, where there is more juicy, marbled fat throughout the meat. Boston butt steaks are great slow and low on the barbecue.

## *So, where does the name come from?*

Back in the colonial days, butchers used to put less desirable cuts in barrels, known as a butt, for transporting and storage. Shoulders became known as a New England Specialty and acquired the name "Boston Butt."

## **Pork Ribs**

Baby back, back, side, short and boneless. You name it Spragg's has it! Our fall off the bone, melt in your mouth pork ribs can be smoked or grilled on indirect heat. Let the meat cook long and slow, and don't forget the dry rub!

## **Rib End Loin Roasts**

Also known as country style ribs, these ribs are cut from the blade end of the loin, close to the shoulder. They are meatier than other rib cuts, and are excellent on the BBQ. They also cook well in a cast iron pot over a campfire.

Although there are endless cuts of meat you can use when cooking up a delicious meal on the grill, the fresh cuts that follow are Greg and Bonnie Spragg's absolute favourites!

# SADDLERIDGE BEEF

We proudly offer local, family farm-raised beef from Saddleridge Beef.

Saddleridge Beef is raised on a Southern Alberta ranch in Rosemary, Alberta, without the use of added hormones. The beef is aged 28 days for maximum tenderness and flavour!

We offer the following frozen beef packages, as well as quarters and sides of beef. To purchase, please contact us or visit one of our retail locations.



## Saddleridge Beef Summer Freezer Package

Available April 15 to June 30, 2018, or while supplies last.  
Pre-order to guarantee your purchase.

- |                             |                         |
|-----------------------------|-------------------------|
| 1 Inside Round Roast        | 4 Tenderloin Steaks     |
| 1 Sirloin Tip Roast         | 1 Piece of Brisket      |
| 3 Boneless Blade Steaks     | 2 Pkgs of Stir-Fry Beef |
| 4 New York Strip Steaks     | 2 Pkgs Beef Kabob Cubes |
| 4 Boneless Cross Rib Steaks | 18 Burger Patties       |



## Saddleridge 1/4 of Beef Freezer Package



- |                                       |  |
|---------------------------------------|--|
| 6 lbs Blade Roasts (2 roasts)         | 13 lbs Round Roasts (3 roasts)                   |
| 4 lbs Cross Rib Roasts (1 roast)      | 8 lbs Soup Bones (2 packages)                    |
| 4 lbs Brisket (1 package)             | 6 lbs Stew Meat (1 lb/ package)                  |
| 5 lbs Short Ribs (3 packages)         | 40 lbs Ground Beef (1 lb/ package)               |
| 5 lbs Prime Rib Steaks (4 packages)   | 1 Case of All Beef Burgers (36 x 1/4 lb patties) |
| 1 lb Tenderloin Steaks (1 package)    | 2 Packages Regular Jerky (100 grams / package)   |
| 7 lbs T-Bones (5 packages)            | 2 Packages Teriyaki Jerky (100 grams / package)  |
| 3 lbs Top Sirloin Steaks (3 packages) | 2 Packages Pepper Jerky (100 grams / package)    |
| 4 lbs Sirloin Tip Roasts (1 roast)    |  |



# The Only Pork Marinades YOU'LL NEED THIS SUMMER

We want you to be fully prepared to chill and grill all summer long, which is why we've gathered our favourite pork marinades for you to try. Mix all of the ingredients together and immerse the pork for 2 – 8 hours before grilling.

## Pineapple Marinade

This sweet, fruity marinade has the power of pineapple and cider vinegar to work its way into the meat. A collection of flavours that can turn any cut of pork into something great.

- 1 cup/240 mL crushed pineapple
- 1/3 cup/80 mL soy sauce
- 1/3 cup/80 mL honey
- 1/4 cup/60 mL cider vinegar
- 1-2 cloves garlic, minced
- 1 teaspoon/5 mL ginger powder
- 1/2 teaspoon/2.5 mL powdered cloves

## Asian-Style Marinade

This marinade takes your classic Teriyaki marinade for a ride, with a hint of heat from the chilli sauce. For extra heat, add a pinch of cayenne!

- 1/3 cup soy sauce
- 1/4 cup sake
- 2 tablespoons water
- 2 tablespoons brown sugar
- 2 tablespoons mild chili sauce
- 2 garlic cloves (minced)
- 1 teaspoon ginger (fresh and minced)
- 1/4 teaspoon white pepper
- 1 pinch salt

## Mustard-Vinegar Marinade

Like a delightful mustard-based salad dressing, this marinade combines mustard with vinegar and herbs adding a rich taste to the pork.

- 1/3 cup/80 mL Dijon mustard
- 1/4 cup/60 mL olive oil
- 1/4 cup/60 mL white vinegar
- 1 tablespoon/15 mL dry sage
- 1 tablespoon/15 mL dry bay leaves
- 1 clove garlic (minced)
- 1 teaspoon/5 mL salt
- 1/2 teaspoon/2.5 mL black pepper

# The Perfect PORK CHOP

Our juicy pork chops are fan favourites for many families across Alberta. Pork chops make an excellent quick and easy weeknight meal. They are incredibly flavourful and simple to make, but be sure you're cooking them properly.

First and foremost, let's talk about the different kinds of chops. At Spragg's Meat Shop you can purchase boneless or bone-in chops. Arguably, bone-in chops have more flavourful meat, particularly near the bone, but both options are perfect for grilling on the BBQ, depending on your preferences.

## Grilling PORK CHOPS

Pork chops can be challenging to grill, especially if you're barbecuing a thin piece of meat with minimal fat. Luckily, we have a step-by-step guide that will result in killer chops:

1. Pat pork chops dry with paper towel & rub with seasonings.
2. Clean your grill and preheat the BBQ on HIGH.
3. Place chops on grill & sear on each side (about 1 min/side)
4. Reduce heat to MEDIUM. Brush chops with BBQ sauce, if desired, and close lid. Continue cooking for approximately 3 – 4 minutes per side (cooking time depends on thickness of chops).
5. Use a meat thermometer to check for doneness without overcooking: cook to an internal temperature of 155°F – 160°F (68°C – 71°C).

## Pro Grilling TIP

- For extra tender pork chops, try brining them before cooking.
- Even if your meat has been marinating, for a nicely browned pork chop, pat dry with a paper towel before throwing the chops on the grill.
- Seal in flavour by searing the outside of the pork chops before cooking them all the way through.
- Following a recipe? Bone-in pork chops typically cook faster than boneless chops, so adjust cooking times accordingly.
- Use a meat thermometer. Your pork chops will never be overcooked again.



5

# Easy STEPS for GETTING YOUR BBQ READY FOR GRILLING SEASON

For most, spring cleaning means washing the windows, wiping down the cabinets and giving the oven a deep clean, but for the Kings and Queens of the grill spring cleaning means tuning up the most important cooking tool – the barbecue.

Don't enter BBQ season without showing your grill a little love and care. Here are our 5 quick, easy and affordable steps to getting your barbecue ready for grilling season.

- You'll need:
- **Stainless-Steel Brush**
  - **Putty Knife**
  - **Sponge**
  - **Dish Soap**

## STEP 1

Burn off any residue from last season. Turn your grill on HIGH, close the lid and leave it to burn off the mess for 10-15 minutes.

## STEP 2

Give the grates a good scrub. Remove the charred residue with a stainless-steel brush. If the grates are greasy, remove them, wipe them down with a soapy sponge, rinse, and towel-dry.

## STEP 3

Tackle the burners. Use a putty knife to scrape off any grease and clean the burners with the stainless-steel brush. Look closely at whether the gas jets are clogged. If so, use the tip of a wire hanger to poke through the centre of each one. If necessary, scrub the burners with soapy water, rinse them off and towel-dry. Remove the burners for the next step.

## STEP 4

Hit the walls. Scrape the walls of your barbecue with the putty knife. If necessary, wipe the walls with soapy water.

## STEP 5

Final Inspection. Check for leaks and cracks in your gas hose, and inspect your control knobs, thermometers, and handles. Replace any loose or broken parts to keep your grill in good shape all summer long!

# BARBECUING For a CROWD

You know how certain sounds, or scents, can make distant memories feel like they happened yesterday? What do you think about when you hear the sizzle of a barbecue or the unforgettable scent of meat grilling? Good times? Us too.

During the summer months, neighbourhoods are filled with the chatter and laughter of friends and family and that smoky, barbecue smell that refuses to be ignored. If all goes well, an afternoon barbecue can turn into a summer night that no one will ever forget, but it takes proper preparation. If you're looking to host a crowd-pleasing barbecue, you'll want to check out the tips that follow.

1

## Choose your MEAT WISELY

Some may try to argue that grilling for a crowd is as easy as turning on the heat and throwing on the meat, but we beg to differ. Your guests deserve to be well fed, and you deserve to keep things straightforward and stress-free. For groups of all sizes, you can never go wrong with burgers and sausages. We suggest a half-pound of meat per person, but no one is going to give you a hard time if you cook extra.

2

## Create DIY RUBS OR MARINADES

Grilling for a crowd can get expensive. Why make more unnecessary purchases, when you can create rubs and marinades at home for next to no hassle? Find some lip-smacking recipes and try them out beforehand.

3

## Do your HOMEWORK

For the rookie grillers, we suggest equipping yourself with some knowledge before the big day. You don't want to serve burnt food to your guests. You'll find lots of step-by-step instructions and how-to videos online that will help you grill your dish to perfection.

4

## BEFRIEND YOUR BUTCHER *That's Us!*

If you want the inside scoop on when your favourite cuts of meat will be going on sale, get to know your butcher. Spragg's Meat Shop's staff can help you choose the right cuts for crowds of all sizes. We'll also ensure that you get the best value on bulk purchases.

5

## KEEP THE DRINKS *Cold*

On a hot summer day, a cold beverage is just as important (if not more important) than the food you serve. Keep a cooler full of ice on hand so that your guests can easily access their drinks without marching through your home to get to the fridge.

# Barbecuing TIPS



## FOR EASY CLEANUP

### Clean Your Grill Grate Before Use, Not After

This tip will make barbecuing so much easier. Instead of trying to scrape everything off and clean up after grilling, let it be. Every time you fire up your grill, let it heat up for a good 10 minutes. Then grab your grill scrubber and scrape off the charred-on food and stickiness that has now turned to ash, thanks to your heated grill.

### Oil it Up

Once clean, add a very small amount of oil to a paper towel and apply it to your grill grates. This will help reduce sticking. However, if your food already has an oily marinade, you can skip this step.

### Make it Hot, Hot Hot!

You'll want your barbecue to be very hot when you first place your meat on the grill. This will sear the meat, which also helps to keep it from sticking. After the initial sear, you can turn down your grill if you'd like. Remember to be patient before you turn it over. Turning too soon is another reason meat sticks to the grill.

### Do Dump Ash

At the end of your grill session, it's easiest to dump ash right away. Otherwise, the ash may lump up and stick to the bottom of your grill, making it tougher to clean.





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For a full list of our locations,  
please visit our website

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