

You're receiving this email because of your relationship with Mercadante's Deli and Gersky's Catering. Please [confirm](#) your continued interest in receiving email from us.

You may [unsubscribe](#) if you no longer wish to receive our emails.



**Gersky's  
Catering**

**845.621.0696**

*Mercadante's*  
**Deli**

**271 Route 6, Mahopac, NY 10541**

For August...

- [Holiday Profile](#)
- [All About...](#)
- [Recipe of the Month](#)
- ["How To:"](#)

More at [Gerskys.com](#)

**Menus**

**Recipes**

**Media**

**FAQs**

**Testimonials**

**The Gersky Gazette**

*Give your grill a mid-season tune up*

August 2009

Summer is now in full swing, and if you like to grill half as much as we do then you have probably seen your fair share of burgers and chicken breasts come across your plate. Well, we have just the solution for you: a mid-season tune up for your grill - and for your taste buds.



We're talking about Kebabs! And as the football pre-season inches closer, you'll be ready to grill up some great new flavors in time for the big game. And if you are cooking any of our recipes at home, we'd love to hear about it. Drop us a line at [recipes@gerskys.com](mailto:recipes@gerskys.com) to share your successes, failures, or even how you adapted a recipe to your own tastes.

Happy reading and eating! - The Gersky's Staff

**Holiday Profile  
Ramadan**

On the 21st of August, when the ninth month of the Islamic calendar begins, Muslims around the world will start to celebrate the month-long holiday of Ramadan. Throughout Ramadan, Muslims will ask forgiveness for past sins, pray for help and guidance to abstain from everyday troubles, and try to cleanse themselves through self-restraint and by doing good deeds. It is during this time that Islamic tradition states that the Qur'an was revealed to the Prophet Muhammad. With this history in mind, Muslims are also encouraged to read the Qur'an in its entirety during the month of Ramadan.



Probably the most well known aspect of Ramadan is that of fasting. What you may not know is that the specific prohibitions are actually against eating, drinking, and smoking between sunrise and sunset for the entire 30 days. While the elderly and chronically ill are exempt from fasting, they are expected to take it upon themselves to help feed the poor in its place, and pregnant and nursing women are also excused but are to make up their fasting at a later date.

As this is a festival of giving and sharing, Muslims prepare special foods and buy gifts for their friends and family, as well as for the poor and needy. In many Muslim and non-

Muslim countries with large Muslim populations, the markets close down in the evening to enable people to perform their prayers. These very same markets will then re-open for a good portion of the night so people can eat, shop, and spend time with their family and friends during the late hours.

If you think Ramadan and Muslim culture is still a little too foreign to you, then consider this: the prayer and fasting is meant to invoke feelings of peace and calm, and to urge people to be more generous and charitable - ideals you would be sure to find similarities to in religious practices around the world.

### All About...

#### **Kebabs**

The kebab (also known as the kebap, kabab, kebob, kabob, or kibob) originated in Central- and Western-Asia - more specifically in Turkey, where the term *shish kebab* literally translates to "skewered grilled meat."



The traditional shish kebab is made of beef or lamb, and they can be found in nearly every restaurant in Turkey, having originally been served to the Sultans of the Ottoman Empire. But the Sultans weren't the only ones enjoying kebabs; shish kebab-type preparations were also being served in Ancient Greece as well as in the royal houses of India.

Today, we can find variations of the kebab: in Asian cuisine, the *satay* is a traditional skewered meat dish served with a dipping sauce (e.g. peanut); in Japan they have *yakitori*, which is grilled skewered fowl; and even in France, where some food historians begin and end their study of food, there is the *brochette*.

So if you are a fan of the kebab, whether it's made of beef or chicken or zucchini or anything in between, there is sure to be a cuisine out there to fill your skewered needs.

### Recipe of the Month

#### **Kebab Sampler**

We have created four great kebab recipes for you to try at home: an Insalata Caprese Kebab for an appetizer; two main course kebabs - one with teriyaki- marinated beef, another with garlic shrimp and bok choy; and even one for dessert with pineapples, peaches, and an easy-enough homemade caramel sauce. Make them all at once for your own kebab feast, or try out your favorite at your next party.



#### **Insalata Caprese Kebab**

##### **Ingredients:**

Cherry tomatoes  
Fresh mozzarella  
Fresh basil  
Salt  
Pepper  
Extra virgin olive oil

##### **To Make:**

*See the slide show below*

### "How To:"

#### **Layering Kebabs**

There is more to making great kebabs than just putting food on a stick. Kebab-making,

11/7/2009

Give your grill a mid-season tune up

like all cooking, is a labor of love. Watch our slide shows for each dish to see how we put together these mouth-watering masterpieces.



**Newsletter Design**

- [by Seven Star Design, ©2008](#)

**Contact Us**

email: [howie@gerskys.com](mailto:howie@gerskys.com)  
phone: 845-621-0696  
web: <http://www.gerskys.com>

[Forward email](#)

✉ **SafeUnsubscribe®**

This email was sent to howie@gerskys.com by [howie@gerskys.com](mailto:howie@gerskys.com).  
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



Mercadante's Deli and Gersky's Catering | 271 Route 6 | Mahopac | NY | 10541