

Compliments of Kowalski's

May - July 2018
THE JOY OF GOOD FOOD

At Home with **KOWALSKI'S**

THE FLAVOR ISSUE!

Tequila Grilled Chicken
(page 11)

Advanced
Techniques for
Meat Lovers

COOKING WITH
TEQUILA

Tips to Make
Every Meal Better

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THOUGHTS FROM THE KOWALSKIS

There's an awful lot of taste testing around here. That's not to say that it's awful, but it is a *lot*. We're forever searching for the best quality in everything we carry, and we're always interested in the story behind the foods we sell. We care deeply about offering choices that are local, sustainable, natural, organic and healthful, and details like packaging and price are important, too. But nothing is as important to us as taste.

Whether we're considering a new item for our Signature Products line or approving a recipe for a deli salad or Dinner Pre-Paired meal kit, nothing is approved unless it tastes terrific. Flavor reigns! As such, we figured we'd devote an issue to our favorite topic: taste! Throughout this issue you'll find delicious information about new products with tons of flavor, plus recipe ideas and culinary tips to make the most delicious seasonal foods sing. We're looking at the tastiest choices in fresh spring and summer produce starting on page 14. On page 12 you'll find some new deli salad selections (and old favorites) just bursting with the flavors of right now.

Also in this issue, Culinary Director Rachael Perron is sharing some super tips on how to make just about anything you buy taste even *better*. Find some great tips on page 21 and also on page 5, where she suggests several simple browning techniques to bring out the best in a wide range of dishes and ingredients. Meat lovers will enjoy her features on smoking techniques and how to use wood planks on pages 18-19. Everyone, and we mean *everyone*, will thank her for the ultimate chocolate cake recipe on page 4.

Another gal with great taste is our nutritionist and good food lover, Sue Moores, who consistently reminds us that healthy can be super yummy. In this issue she introduces our updated health and wellness program, *Live Well*. The meaning of healthy has evolved much in recent years, and Sue is sharing the thought process behind our mindshift in healthful thinking, eating and living. You can read more about the program on pages 22-23.



*As always, we love sharing the Joy of Good Food!
Many thanks,*

Mary Anne Kowalski and Kris Kowalski Christiansen



UPCOMING EVENT



SUMMER ENTERTAINING Entertaining this season? You'll want to mark your calendar for our annual **Summer Entertaining Event** on Saturday, May 19. We will be sampling all the best summer tastes and offering ideas for all variety of summer entertaining occasions in every store from 11:00 a.m. to 4:00 p.m. We hope to see you there!

KOWALSKI COMPANIES IDENTITY STATEMENT: Kowalski Companies is a civic business. All stakeholders are obligated to organize, educate and set policy according to democratic principles and standards. We do this in partnership with other demonstrations of the Midwest Active Citizenship Initiative to renew and sustain democracy and to create a world that is abundant and just.

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SIGNATURE PRODUCT FOCUS

KOWALSKI'S SIGNATURE ICE CREAM & DESSERT SAUCES

A sundae without sauce is just ice cream. Good? You bet! But it's always better when topped with one of our new Signature Ice Cream and Dessert Sauces. Rich, smooth and not too sweet with a delightfully balanced aftertaste, our fudge sauces are all natural and made in small batches with the finest natural ingredients and no artificial preservatives. The small-batch caramel sauces are slowly cooked and carefully monitored to ensure just the right depth of sweet, buttery flavor and creamy consistency.

Look for these flavors in the Grocery Department:

Irish Cream Fudge Sauce – A smooth, creamy, decadent fudge sauce with a generous shot of Baileys Irish Cream.

Deep Dark Fudge Sauce – A rich dark chocolate blended with pure Madagascar vanilla.

Sea Salt Caramel Sauce – The modern marriage of sweet and salty.

Classic Caramel Sauce – An old-fashioned caramel sauce made from cane sugar, heavy cream from contented Oregon cows, and pure vanilla.



OLDIE BUT GOODIE

An updated favorite recipe from the Kowalski's archives

SUMMER ICE CREAM TERRINE

- 9 oz. Nabisco Famous Chocolate Wafers, crushed
- 2 tbsp. butter, melted
- 1 pt. strawberry or raspberry chip ice cream, softened
- 8 oz. jar Kowalski's Signature Deep Dark Hot Fudge Sauce, divided
- 1 pt. vanilla ice cream, softened
- 1 pt. chocolate ice cream, softened

Line a 9x5x2" loaf pan with parchment paper, bringing paper above the edge of the pan on the long sides. In a medium bowl, combine wafer crumbs and butter; press about $\frac{3}{4}$ cup crumb mixture into the bottom of pan. Carefully spread softened strawberry or raspberry ice cream over crumbs; top with $\frac{3}{4}$ cup crumb mixture and $\frac{1}{3}$ of chocolate sauce. Repeat layers with remaining ice cream, crumbs and fudge sauce; cover pan tightly with foil. Freeze until solid (8-12 hrs.). Fill sink with warm water; lower pan into water almost up to the top of the pan for about 20 sec. Lift terrine out of pan with parchment paper. Cut into slices with a warm, dry knife; serve immediately.

Serves 8-12.



COOKING AT HOME: Simply the Best



I've recently revised my manner of extending impromptu dinner invitations from including the menu to simply asking, "Do you want to come over for dinner? I made a cake." Mic drop. When was the last time someone made you a cake and it *wasn't* your birthday? No one can turn cake down. *No one.*

Chocolate cake in particular is impossible to resist. Thankfully I have the *best* recipe for it. A good amount of vanilla and salt bring out the flavor of the chocolate (but the cake doesn't taste salty, trust me). Whole milk

adds richness. Boiling water (very important – don't use warm water!) blooms the cocoa and makes the batter super smooth. But more important than all that is the chocolate.

You have to use great chocolate, in both the cake and the frosting (I'm partial to Scharffen Berger and Guittard). If you're wondering, "Do I really have to *make* the frosting?" Well, no. But, yes. I've certainly used Kowalski's amazing Signature Buttercream on this cake and it's fabulous, but the homemade frosting, which requires nothing more than boiling a pot on the stove, is in a class of its own. It's silky and creamy, like spreadable fudge. I dare you not to lick the pan when you're done.

Do you need an excuse to make a cake? No. Do you need to invite someone over to help you eat it? No. But I'm available. On short notice.

Warmly,

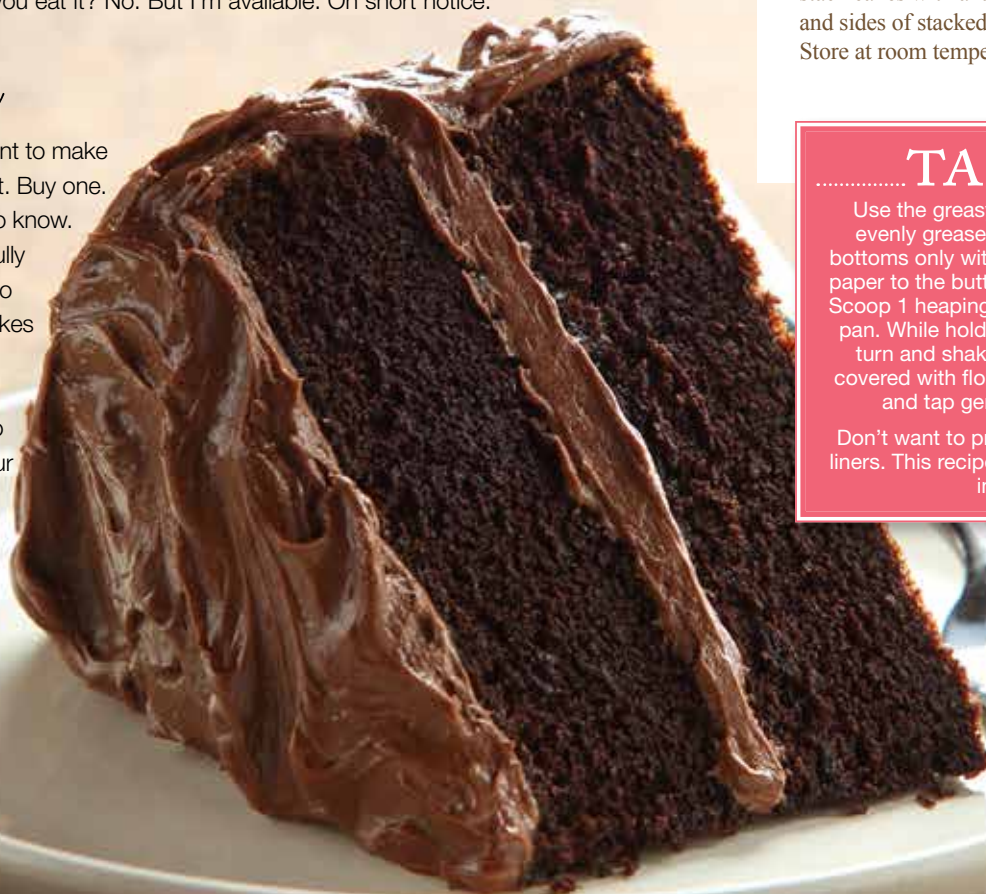
Rachael

P.S. Don't want to make a cake? Don't. Buy one.

No one has to know.

I've successfully passed off two Kowalski's cakes as my own in the last year.

(The trick is to move it to your own cake plate while the cake is super cold.) Your secret is safe with me!



ULTIMATE CHOCOLATE LAYER CAKE

1 ¾ cups flour, plus	2 tsp. vanilla, divided
2 heaping tbsp. for preparing cake pans	¾ cup unsweetened cocoa powder
3 ¼ cups sugar, divided	1 ½ tsp. kosher salt
1 cup heavy cream	1 ½ tsp. baking soda
5 oz. unsweetened dark chocolate, finely chopped	1 ½ tsp. baking powder
8 tbsp. (1 stick) cold Kowalski's Unsalted Butter, cut into approx. 32 cubes	2 eggs, lightly beaten
	1 cup whole milk
	½ cup canola oil
	1 cup boiling water

Prepare cake pans as directed in the *Tasty Tip* below; set pans aside. In a small saucepan over medium heat, combine 1 ¼ cups sugar and the cream; bring to a boil, stirring occasionally. Reduce heat to low; simmer for 6 min. Add chocolate and butter; stir until melted. Pour mixture into a heat-safe mixing bowl; stir in 1 tsp. vanilla. Cool frosting completely to room temperature (about 2 hrs.; it will stiffen slightly as it stands). Whip with an electric mixer on medium speed until light in color and somewhat fluffy (about 5 min.). In the bowl of an electric stand mixer, combine remaining sugar, remaining flour, cocoa, salt, soda and baking powder; mix on low speed until completely combined. Add eggs, milk, oil and remaining vanilla. Increase speed to medium; beat for 2 min. Add water; mix on low until completely homogenous. Divide batter evenly between pans. Bake in a preheated 350° oven until a wooden skewer inserted in the center comes out clean with just a few moist crumbs attached (about 35 min.). Cool pans on a rack for 5 min.; turn pans over onto rack. Remove pans; cool cakes completely before frosting. If desired, stack cakes with a layer of frosting between; frost top(s) and sides of stacked cake or individual cake layers. Store at room temperature, covered, for up to 3 days.

Serves 12.

TASTY TIP

Use the greasy side of the butter wrapper to evenly grease two 9" round cake pans. Line bottoms only with parchment, pressing to adhere paper to the butter; butter top side of parchment. Scoop 1 heaping tbsp. of flour into each buttered pan. While holding the pan over a trash bin, tilt, turn and shake the pan until it is completely covered with flour. Invert pans over the trash bin and tap gently to remove excess flour.

Don't want to prep the pans? Bake cupcakes in liners. This recipe makes 24 cupcakes and bakes in just 18 minutes.

the LOWDOWN ON GOLDEN-BROWN

Great cooks aren't afraid of the dark, at least when it comes to food. The best chefs know that when it comes to color, dark equals flavor.

Almost any food or ingredient can be browned in some way, even flour and sugar. Opportunities to go for the gold include charring, searing, roasting and toasting, just to name a few. Such techniques add depth of flavor to just about anything without adding any calories, sugar, fat or salt.

Try the following methods and look for recipes that call for these techniques to bring out the best in your favorite dishes and ingredients.

BAKING – Baking pie crusts, cookies, bread and other baked goods and pastries until dark golden-brown intensifies the flavors in them and generally makes them taste amazing. The technique is one of prolonged dry heat, usually accomplished in an oven. It is nearly identical to roasting, although the term *baking* is often reserved for baked goods and some foods cooked at lower oven temps.

ROASTING – Many a veggie hater has changed their tune when introduced to the darkened edges on roasted cauliflower, broccoli or carrots. And who doesn't love the dark, crusty end of a roast beef? Roasting is an indirect cooking method most often done in a dry oven at a high temperature. It's also the technique that transforms raw nuts and turns coffee beans into the world's most perfect morning brew.



TOASTING – Toasting brings out the best in nuts, seeds and spices, not to mention bread and buns. Evenly applying low, dry heat either directly or indirectly, such as in an oven or toaster, is a simple example of this technique. Nuts, seeds and spices may be effectively toasted on the stovetop in a dry skillet over low to medium-low heat.

CARAMELIZING – Caramelization, the browning of natural sugars, typically involves slowly and evenly applying direct heat to a food. On a stovetop it turns sharp, spicy and bitter ingredients like onions, shallots and garlic into sweet ones with a melty, rich texture. Technically, browned butter is *caramelized* butter and tastes way better than just plain ol' butter, the same way that caramel is so much better than straight-up sugar.



SEARING – Applying a very high direct heat to foods like steaks, chops, roasts and scallops produces a dark exterior crust that adds textural contrast and new desirable flavor compounds through the processes of caramelization and the *Maillard reaction*. It may be done at the onset or the end of another cooking process, such as braising or barbequing.



GRILLING – A dry direct high-heat method, grilling is another example of flavor development through the Maillard reaction. It's responsible for the production of dark, delicious bits of char on veggies, chicken, fish, steaks, chops and burgers. It may be done outdoors on a gas or charcoal grill or indoors on a grill pan or under a broiler.

GOOD TO KNOW

A chemical reaction between amino acids and sugars, the *Maillard reaction* is responsible for color development and new flavor formation in a significant number of cooked foods. It was named for the French chemist Louis-Camille Maillard, who first described it in 1912.

FRYING – Sautéing, stir-frying, pan-frying and deep-frying are all types of stovetop frying techniques whereby food is cooked indirectly in a variable amount of hot oil or other fat. It may be done at medium-high to high temperatures. Golden-brown fried potatoes, chicken and fish are tasty examples.

SHOP LIKE A CHEF

Cooking like a pro means shopping like one, and when it comes to pros, there's none bigger than **Tim McKee** (yes, *the guy who brought the world La Belle Vie*). The James Beard Award winner was just a little bit busy last year. Not only did he open the incredibly buzzy (and busy) Octo Fishbar, he partnered up with The Fish Guys as their Senior VP of Development. It was a huge coup for the local fresh fish distributor, and not only because of McKee's culinary mastery. On a recent visit to The Fish Guys at their new space in St. Louis Park, the Kowalski's chefs watched lustfully as McKee spit-roasted fish he'd rubbed with his own special blend of za'atar in the back lot. Apparently one of the best chefs in the Midwest regularly whips up lunch (like swordfish gyros) for The Fish Guys crew, served on the back of a pickup truck. NBD.

Obviously McKee sources the fresh seafood for his restaurant from The Fish Guys, but he's not alone. The Fish Guys counts Spoon and Stable, Bellecour, St. Genevieve, Alma, Meritage, Kyatchi, St. Dinette and Sea Change as customers, just to name-drop a few. The Fish Guys' massive network of fisherpeople, huge selection, hyper-controlled delivery systems and state-of-the-art processing equipment make it *the* place local chefs shop for the freshest seafood.

While home chefs can't buy from The Fish Guys directly, they can access that same restaurant-quality fish because Kowalski's is one of The Fish Guys' biggest customers. So if you've a hankering for poke a la Octo, you'll find the requisite sushi-grade tuna in Kowalski's Seafood Department. While you'll have a harder time replicating their garnishes (furikake, dulce seaweed and especially their Japanese pickles), at least the fish is easy to find.

DID YOU KNOW?

While it's unlikely you won't find what you're looking for, Kowalski's Seafood Specialists can special order just about anything you want from our partners at The Fish Guys. Just ask!

TUNA POKE BOWLS GF

2 cryo-frozen 8 oz. sushi-grade tuna steaks
3 tbsp. low-sodium soy sauce or gluten-free tamari, plus more for serving, if desired
¼ cup green onions, thinly sliced, plus more for serving

1 ½ tsp. sesame oil
1 tsp. seasoned rice vinegar
½ tsp. sugar
½ tsp. toasted sesame seeds, plus more for serving
¼ tsp. crushed red pepper flakes
4 cups prepared sushi rice, tossed with seasoned rice vinegar

- *Quick Asian Pickles*
- garnishes, to taste: seaweed salad (from the Seafood Department), edamame, crumbled seaweed sheets, sliced avocado, pickled ginger or wasabi



Puncture the bag of fish and allow it to thaw in the refrigerator. Drain and remove fish from packaging; pat dry with paper towels and dice into ½" pieces. In a medium mixing bowl, whisk together soy sauce, onions, oil, vinegar, sugar, sesame seeds and red pepper flakes. Add fish and toss to combine; cover and refrigerate for 2 hrs. To serve, scoop rice into 4 serving bowls. Top with marinated fish, pickles, green onions, sesame seeds and your choice of other garnishes. Serve immediately. Serves 4.

QUICK ASIAN PICKLES: In a small bowl, toss ½ peeled and thinly sliced English cucumber with ½ tsp. salt. Pour into a strainer set over a small bowl; let stand for 45 min. Squeeze cucumbers dry with paper towels. In a medium bowl, toss dry cucumbers with ½ thinly sliced carrot and 2 thinly sliced radishes; set aside. In a small saucepan over medium-high heat, combine 3 tbsp. seasoned rice vinegar, 3 tbsp. water, 4 ½ tsp. sugar and a pinch of crushed red pepper; bring to a boil. Reduce heat to low; simmer until reduced to 2-3 tbsp. (about 10 min.). Pour sauce over vegetables in a small bowl; refrigerate for 30 min.



Try a **dry Riesling** or **Chenin Blanc** with poke.

FLAVOR PROFILE: CUMIN

Cumin is one of the oldest and most widely used spices in the world. It's used in Chinese, Indian, Cuban, Southeast Asian, North African, Latin American and Middle Eastern foods, just to name a few. It's also very popular in Mexican and Tex-Mex cuisine. (Fun fact: over a third of the items on Chipotle's menu feature cumin.)

The cumin plant is closely related to parsley, caraway and dill. Both the whole seeds and ground cumin can add nutty warmth, pepperiness and smokiness with a faintly musty aroma to all manner of dishes. It's also often used as an ingredient in chili or curry powders and other spice blends like garam masala. Our recipes below feature both ground cumin and cumin seeds for a pronounced punch of delicious flavor.

PITA BURGERS

1 ½ lbs. Akaushi ground chuck
(or ground lamb)
3 tbsp. harissa paste, divided
1 ½ tsp. ground cumin
1 tsp. cumin seeds, divided
1 tsp. garlic powder
½ tsp. kosher salt, plus more
for seasoning

¼ tsp. freshly ground Kowalski's
Black Peppercorns, plus more for
seasoning
½ cup mayonnaise
4 whole-grain pita breads, warmed
- sliced tomato, cucumber and red
onion; fresh mint; cilantro and
crumbled feta cheese

Using clean hands, mix meat with 2 tbsp. harissa, cumin, ½ tsp. cumin seeds, garlic powder, salt and pepper; form 4 burger patties. Grill burgers, covered, over high heat until done (about 5 min. per side), turning once. Remove from heat; let stand for 3-5 min., loosely covered with foil, before serving. In a small mixing bowl, combine mayonnaise with remaining harissa and cumin seeds; season with salt and pepper. Serve burgers on (or in) pitas with desired toppings. Serves 4.



We like Côtes
du Rhône and
Zinfandel with these
flavorful burgers.



Selection and availability of products and ingredients vary by market.

PAGE 7



We like Sauvignon
Blanc with this
recipe.



HOW TO EAT AN ARTICHOKE

Pull a petal from the artichoke; dip the white base of the petal into mayo. Use your bottom teeth to scrape the tender flesh off of the petal. Discard the remainder of the petal. When all the petals are removed, use a knife or spoon to scrape out and discard the inedible fuzzy "choke" covering the artichoke heart. Cut the heart into pieces and dip into mayo.

STEAMED ARTICHOKE WITH CUMIN DIP GF

2 fresh artichokes
½ lemon
1 tbsp. freshly squeezed
lemon juice
1 tbsp. kosher salt, plus more
for seasoning
¼ cup mayonnaise
¾ tsp. ground cumin
½ tsp. cumin seeds

- freshly ground Kowalski's Black Peppercorns, to taste

Trim and discard stems of artichokes so that they are flush at the base and will stand upright. Trim and discard the top 1" of each artichoke. Snap off the tough outer leaves/petals; use kitchen shears to snip sharp tips off the remaining leaves/petals. Rub cut surfaces with lemon to prevent browning. Set a steamer basket in a large pot; add juice, salt and enough water to reach the bottom of the basket; bring to a boil over high heat. Place artichokes on their side or upside down in the basket. Cover and steam until hearts are tender when pierced with the tip of a sharp knife and inner leaves pull out easily (25-35 min.), adding water to the pot if needed. Meanwhile, in a small mixing bowl, stir together mayonnaise, cumin and cumin seeds; season with salt and pepper to taste. Serve artichokes right-side up (warm or at room temperature) with cumin dip. Serves 4.

TASTY TIP

Warming cumin will impart more flavor. When used in dishes like sautés or curries, warm the seeds or the ground spice in the pan early in the cooking process. Either can be warmed or toasted in a dry pan or cooked in oil over low to medium heat. As little as 30 seconds will add meaningful depth of flavor to any recipe that calls for this spectacular spice.



EDITOR'S FLAVOR PICKS



LOCAL PARTNER

summer sipper

Local foodie, cocktail lover and founder of **Crooked Water Spirits** Heather Manley brings us award-winning *Sundog Gin*, a bright, citrus-forward, summer-in-your-mouth American-style gin. Handcrafted with fresh grapefruit, orange and other ambrosial botanicals, Sundog delivers a refreshing and unique gin experience. Distilled by hand in small batches, this is an exceptional sipping gin that also lends itself to cocktails. Find a number of Crooked Water Spirits in any of our seven Wine Shops.



perfectly prepared

Dinner Pre-Paired Meal Kits from Kowalski's are available without a subscription, meaning no advance planning or long-term commitment is required! Kits feature a main dish *paired* with a chef-selected side or accompaniment that you can make at home in about 30 minutes. They showcase premium-quality ingredients sold throughout Kowalski's, including *Naturally Raised* meats, and are a fun way to sample and learn about unique ingredients and flavors without buying a large quantity. Hand-packed kits offer premeasured and some prepared fresh ingredients (like garlic, onions, etc.) to save time and lessen food waste. They also require less packaging, and use less fuel to transport than alternative meal kit programs. Find them in the Meat Department.

red hot chili pepper paste

Mina Harissa is a tangy-spicy sauce or paste made with several varieties of chiles, garlic and olive oil with a touch of vinegar for balance. The most common condiment in North African cuisine, harissa can also be used as a cooking ingredient. It has a multitude of uses: mix it with grains; stir it into sauces, soups and stews; rub it on roasted meats, potatoes or vegetables; dollop it on scrambled eggs; or spread it on flatbreads or sandwiches. Find Mina Harissa Paste in the Grocery Department.



LOCAL PARTNER

spices of life

When her son left for college and had difficulty recreating his favorite home-cooked meals, Sara Parthasarathy started making spice boxes for him, something common in Indian culture. This experience led her and Partha Sabniviss to create **Flavor Temptations** Indian meal kits. Kits pair traditional family recipes with fresh, organic, premeasured, authentic Indian spice sachets to ensure a successful (and incredibly delicious) culinary experience! Look for Flavor Temptations in the Grocery Department.



all-american pie

Celebrate Memorial Day, Independence Day or any day with the tastiest pie in town, **Kowalski's Signature Honeycrisp Apple Pie**. Like all of our baked-fresh-in-store pies, the newest pie in our lineup is made from a time-honored recipe that offers old-fashioned flavor in every bite. The tender and tasty crust is made in small batches with soft wheat flour to ensure flakiness. The filling is made with real sugar (no high-fructose corn syrup), fresh fruit (never frozen) and no artificial flavors or preservatives. The Honeycrisp Apple Pie features Minnesota's favorite apple, which provides this very special Kowalski's exclusive with a firmer texture and a bright, balanced tartness that no other apple pie can beat. Find it in the Bakery Department.



EDITOR'S FLAVOR PICKS

fresh flavor fast

Fresh, authentically prepared Indian meals from **Café Spice** are made with all natural, antibiotic-free chicken, freshly ground spices, rBST-free milk and non-GMO expeller-pressed canola oil. Many meals are gluten free, vegetarian or vegan. Find a variety of delicious choices in the Deli Department in the Grab & Go Section.



LOCAL PARTNER

close to home

Jay Johnson, founder of Bushel Boy, and a team of veteran greenhouse growers have combined natural growing with the latest eco-friendly greenhouse technologies to grow Minnesota's freshest and most flavorful greens 365 days a year. Located in Medford, Minnesota, **Revolutionary Greens** are delivered to our markets much faster than lettuce and greens typically shipped from places like California or Arizona. Find five varieties of Revol Greens, including *Baby Spinach*, *Spring Mix*, *Mighty Spring Mix*, *Romaine Crunch* and *Romaine Twins* in the Produce Department.



shake it up

Pasta and tomato sauces are a staple in the American pantry; shakshuka is the Moroccan equivalent. Deriving its name from the North African Arabic word *shakshak* (which means *shake* or *jiggle*), shakshuka is the flavorful North African cousin of marinara made from ripe tomatoes, roasted bell peppers, onions, garlic, extra virgin olive oil, cilantro, parsley and a secret blend of six Moroccan spices. Simple, savory and sizzling with flavor, all natural **Mina Shakshuka** is a versatile sauce. It can also be used with pasta, on pizza or in the traditional Moroccan dish of the same name. A simple dish of poached eggs cooked directly in the sauce, *shakshuka* is popular for breakfast, brunch, lunch and dinner. Serve this trending global dish with fresh-baked flatbread or crusty artisan bread for sopping up every bit of this subtly spicy-sweet sauce.



EASY SHAKSHUKA

26 oz. (1 jar) Mina Shakshuka Sauce

4 eggs

- chopped fresh Italian parsley, for garnish
- warm flatbread or crusty artisan bread, for serving

Pour sauce into a large skillet over medium heat; simmer for 10 min. (reduce heat slightly if sauce sputters). Reduce heat to medium-low. Using the back of a large serving spoon, make 4 wells in the sauce; crack an egg into each indentation. Cover pan and cook until egg whites are set and yolks are still a bit runny (about 5 min.). Garnish dish with parsley; serve immediately with warm flatbread or crusty artisan bread for dipping.

Serves 2-4.



TEQUILA!

You may think you know tequila. Maybe you don't. But maybe, *just maybe*, you should.

Though it has a reputation as a rough distilled spirit, tequila can be incredibly smooth and quite clean-tasting depending on how it's produced. Made from blue agave, good-quality tequila has the characteristics of that plant: sweet, vegetal and faintly floral.

There are three main classifications of tequila: *blanco* (also called *plato* or *silver*), *reposado* and *añejo*. Here's a look at their key characteristics and the best ways to experience each.

BLANCO: Unaged, it's clear and has a strong agave taste, floral and sweet. It's good for mixed drinks and for use in recipes containing sugar.

REPOSADO: Aged 2-12 months in oak casks, this is usually golden in color and has a clean flavor. It has a good balance of agave and wood flavors. It's good for sipping and for drinks.

AÑEJO: Aged for a year or more in oak, añejo tequila is much darker, even brownish, and has a stronger wood flavor, which can overtake the agave flavor to such an extent that some well-aged tequilas sip like whiskies. It should be limited to recipes where a woody flavor is desired.

GOOD QUESTION

What's the difference between mezcal and tequila?

Both are made from agave in a specific region of Mexico. Tequila is made only from blue agave and is made in a smaller, protected region. Mezcal has a slightly smokier taste from roasting the agave in an underground pit. It's a unique and interesting flavor experience.

Mezcal may have a reputation for being of lesser quality, but that's somewhat undeservedly so. Legally, mezcal must be made from at least 51% agave (sugar cane is used to make up the difference, and it can give the spirit a harsher, rougher taste). The more agave used, the smoother and more pleasant mezcal tastes. Mezcal made with a higher proportion of agave typically costs more than that made with less.

TEQUILA BUTTER GF

8 tbsps. (1 stick) Kowalski's Unsalted Butter, at room temperature	1 tsp. freshly ground Kowalski's Black Peppercorns (optional)
4 tsp. freshly squeezed lime juice	2 tsp. finely minced jalapeño peppers (optional)
- zest of 1 lime	2 tsp. finely minced fresh cilantro (optional)
2 tsp. tequila	
1 tsp. kosher salt	

Using a silicone spatula or wooden spoon, combine first 6 ingredients (through pepper) in a medium mixing bowl until homogenous. Stir in remaining optional ingredients. Shape into a log with waxed paper or plastic wrap; chill until cold enough to slice or scoop into a covered storage container. Store covered (or wrapped) in the refrigerator for up to 1 week. May be used cold or at room temperature. Makes about ½ cup.



TASTY TIPS

Serve on grilled fish, shrimp, chicken, steak, potatoes and corn on the cob.

Zest lime first, then juice. 1 lime should yield enough juice for this recipe.



TASTY TIP

Serve on muffins, pancakes, waffles, biscuits, white cake, angel food cake, pound cake and berries, or in tart shells, meringue shells or yogurt.

MARGARITA CURD GF

- | | |
|---------------------------------|-----------------------------------|
| 1 ½ cups sugar | 8 egg yolks, beaten |
| ¾ cup fresh squeezed lime juice | 3 tbsp. tequila |
| 1 tbsp. cornstarch | 8 tbsp. (1 stick) cold Kowalski's |
| 4 tsp. lime zest | Unsalted Butter, cut into approx. |
| ½ tsp. kosher salt | 32 cubes |

In a medium saucepan over medium-high heat, combine sugar, juice, cornstarch, zest and salt; cook just until sugar dissolves, adjusting the heat down if needed to ensure mixture does not boil. Put egg yolks in a heat-safe glass bowl; stream in a few tbsp. of hot syrup very, very slowly, whisking constantly to temper the eggs. Add remaining syrup to the egg mixture very slowly, a few tbsp. at a time, whisking constantly. Pour the curd back into the saucepan and cook over medium-low heat, stirring constantly with a silicone spatula, until the mixture reaches 170° and the spatula leaves a faint, disappearing trail when dragged across the bottom (11-15 min.). Remove cooked curd from the heat; stir in tequila. Whisk in cold butter a bit at a time until melted. Strain; move to a storage container. Press a bit of plastic wrap onto the surface of the curd; cool completely in the refrigerator. May be stored up to 10 days. Makes about 2 ½ cups.

TEQUILA LIME MARINADE AND GLAZE GF

(from the cover)

- | | |
|---|--|
| ¼ cup pineapple juice | ¼ tsp. crushed red pepper flakes |
| ¼ cup tequila | (or less to taste) |
| 1 small jalapeño pepper, very finely minced | 1 tsp. freshly grated lime zest |
| 1 small shallot, very finely minced | 2 tsp. Kowalski's Extra Virgin Olive Oil |
| 2 tbsp. brown sugar | 2 tsp. freshly squeezed lime juice |
| 2 tbsp. Kowalski's Pure Honey | 2 tsp. finely minced fresh cilantro (optional) |
| ½ tsp. kosher salt | |
| ¼ tsp. freshly ground Kowalski's Black Peppercorns (or less to taste) | |

Combine first 10 ingredients (through zest) in a small saucepan. Remove ½ of the mixture from the pan to a small bowl and whisk in oil; set aside to use as a marinade. Bring remaining mixture in the pan to a boil over high heat to melt sugar; reduce to medium-low and simmer until reduced by ½ (7-10 min.). Cool slightly or to room temperature; stir in lime juice just before using. Stir cilantro into glaze just before using or reserve for use as a garnish.

Makes enough for 1-1 ½ lbs. chicken or shrimp.

To use marinade: Toss with raw shrimp or boneless skinless chicken breasts; let stand for 20-30 min. Grill as desired. Discard unused marinade.

To use glaze: Brush over shrimp or chicken in the last 1-2 min. of grilling and/or drizzle over food after it comes off the grill. Tent with foil; let stand for 5 min. before serving.



TEQUILA GUACAMOLE GF

- | | |
|-------------------------------|---------------------------------------|
| 2 ripe avocados | 2 tbsp. finely chopped fresh cilantro |
| 2 tbsp. minced red onion | 1 tbsp. fresh lime juice |
| 1 tsp. chopped garlic | 1 tbsp. tequila (or mezcal) |
| 2 tsp. minced jalapeño pepper | - kosher salt, to taste |

Cut avocados in half; remove pits. Scoop flesh from 1 avocado into a medium glass bowl; mash with a fork. Stir in onion, garlic, jalapeño and cilantro. Cut flesh of remaining avocado into ½" cubes; scoop out of skin into the bowl with the mashed avocado mixture. Sprinkle with lime juice and tequila, mixing lightly with a fork until combined but still chunky. Season with salt. Serve with tortilla chips.

Makes about 1 ½ cups.



Fresh Selection: seasonal deli salads

Our most popular spring and summer salads have recently returned to the Deli Department along with some tasty new recipes that could well become your new favorite. This season look for cool, refreshing melons, mangos, blueberries and other fresh fruits along with snappy spring vegetables like spinach, peas and cucumbers in whole grain and pasta salads, most of which are Live Well approved! They're delicious, nutritious and handmade fresh daily from our own Signature recipes.

A few yummy flavors to look for:

A SUNNY SUPER SLAW

A healthy blend of kale, kohlrabi, Brussels sprouts, broccoli, red cabbage and carrots is dressed with an orange-sesame dressing and flecked with chewy dried apricots and sunflower seeds.

B CIDER SLAW

This healthy slaw is studded with fresh apples and dried cranberries and dressed with a tart apple cider vinaigrette.

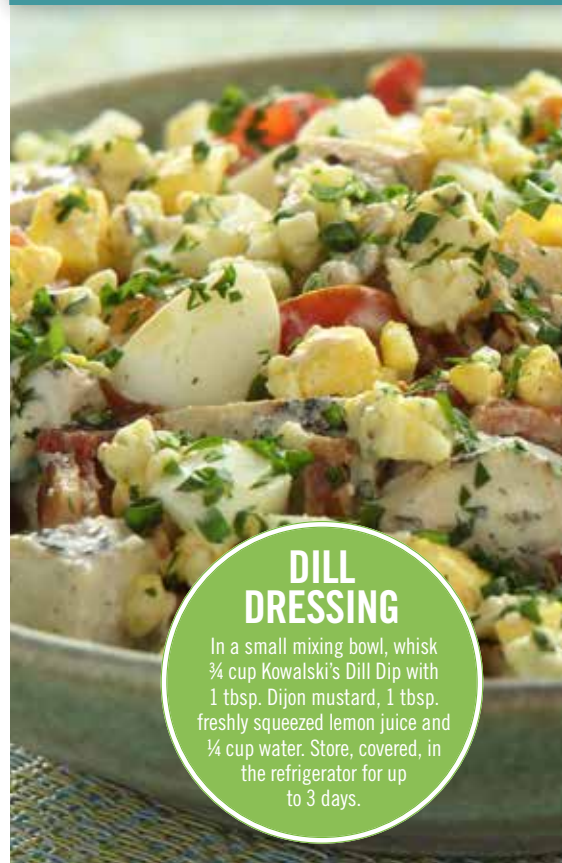
C CHICKEN & BLUEBERRY SUPERFOOD

An incredible blend of greens, including kale and shaved Brussels, with tart dried cherries, sweet blueberries, crunchy pumpkin seeds and all-natural chicken dressed with a light, citrusy vinaigrette.

D SPRING CHICKEN QUINOA

Fresh organic spinach, mint, lemon juice and olive oil enliven this quinoa salad that features grilled all-natural chicken, cranberries and fresh feta cheese.

Recipe



DILL DRESSING

In a small mixing bowl, whisk $\frac{3}{4}$ cup Kowalski's Dill Dip with 1 tbsp. Dijon mustard, 1 tbsp. freshly squeezed lemon juice and $\frac{1}{4}$ cup water. Store, covered, in the refrigerator for up to 3 days.



the SWAP

One of the most oft-asked questions we get from customers is whether or not we'll share the recipe for their favorite deli salad. Quite often we do! Sometimes the recipe we have isn't one that's easy to replicate at home, either because some of our ingredients aren't available for retail purchase, the batch size isn't easy to scale down from a 60-100 lb. batch, or the recipe is a true family secret. Here we're sharing two that will work in your home kitchen and a new bonus direct from the test kitchen!



CHUNKY CHICKEN COBB SALAD* GF

- | | |
|--|---|
| 2 grilled chicken breasts (such as Rosemary & Garlic Chicken Breasts from the Deli Heat & Eat Case), chilled and diced | 3 oz. crumbled blue cheese |
| 2 slices smoked thick-cut bacon, cooked crisp and finely chopped | 8 grape or cherry tomatoes, halved |
| 2 hard-boiled eggs, diced | 2 tsp. finely chopped chives |
| | 2 tsp. finely chopped fresh Italian parsley |
| | 1 recipe <i>Dill Dressing</i> |

Combine all ingredients in a large mixing bowl; toss to coat with dressing. Store, covered, in the refrigerator for up to 3 days. Serves 4.



SPRING GREENS PENNE SALAD*

- | | |
|--|---------------------------------------|
| 2 cups penne rigate pasta | |
| 3 tbsp. freshly squeezed lemon juice | |
| 2 tsp. freshly grated lemon zest | |
| 1 tsp. finely minced garlic | |
| ¼ tsp. crushed red pepper flakes | |
| - kosher salt, to taste (about ½ tsp.) | |
| ¾ cup rinsed and drained canned garbanzo beans | 1 cup finely shredded Parmesan cheese |
| 2 oz. fresh baby spinach | |
| 5 tsp. drained capers | |
| ¾ cup Kowalski's Extra Virgin Olive Oil | |

Prepare pasta in unsalted water according to pkg. directions just until tender. Drain and rinse until cool; chill completely in the refrigerator for at least 30 min. In a large salad or mixing bowl, combine lemon juice, zest, garlic, crushed red pepper, salt and pepper; whisk to combine. Slowly stream in olive oil, whisking to form an emulsion. Add pasta, cheese, beans, spinach and capers to the bowl; stir to coat. Serve immediately or cover with plastic wrap and chill up to 12 hrs.

Serves 8.

Note: Amp up the healthfulness of this salad when you use whole-grain or bean pasta.



ORANGE AND STRAWBERRY GRAINS SALAD

- | | |
|--|---|
| 1 cup wheat berries | 2 tbsp. Kowalski's Extra Virgin Olive Oil |
| ½ cup red quinoa | ¼ cup chopped walnuts, toasted |
| 2 tbsp. freshly squeezed orange juice | 3 tbsp. finely chopped fresh mint, plus some sprigs for garnish |
| 2 tbsp. freshly grated orange zest | 3 oz. crumbled fresh goat cheese |
| 1 tbsp. freshly squeezed lemon juice | 4 oz. fresh strawberries, quartered |
| 2 tsp. Kowalski's Pure Honey | 12 oz. mandarin oranges in 100% juice, drained |
| - kosher salt, to taste (about ½ tsp.) | |
| ¾ tsp. freshly ground Kowalski's Black Peppercorns | |

Prepare wheat berries and quinoa separately in unsalted water according to pkg. directions just until tender. Drain; chill completely in the refrigerator for 1-24 hrs. In a large salad or mixing bowl, combine orange juice, zest, lemon juice, honey, salt and pepper; whisk to combine. Slowly stream in olive oil, whisking to form an emulsion. Add chilled wheat berries, quinoa, nuts and mint to the bowl; stir to coat. Gently fold in cheese and strawberries. Gently fold in oranges. Serve immediately or cover with plastic wrap and chill up to 12 hrs. Serve garnished with mint sprigs.

Serves 6.

*These salads are available in the Deli Department this season.

Find nutrition info for Live Well recipes at www.kowalskis.com.

Selection and availability of products and ingredients vary by market.

PEAK SEASON PICKS

MAY ASPARAGUS

Buy firm, bright green, straight stalks with closed tips and store them at home as we do at the store, soaking the ends in an inch of water. Wash asparagus carefully, as the scales (or bracts) at the tips may trap dirt as the plant grows. Trim off the older, woodier ends or use a vegetable peeler to scrape down to the tender inner stalk.

Asparagus is great steamed, roasted and grilled in salads, soups, pasta and egg dishes.

Minnesota Grown asparagus typically peaks in May.



JUNE CHERRIES

Buy shiny, firm cherries with stems attached whenever possible (the soft spot where the stem detaches can harbor moisture and lead to rot). Sweet cherries include Bing and Rainier. Bing season is longer, but yellow-pink Rainiers are worth snapping up whenever you see them. While tastiest at room temperature, cherries store best when cold and dry. Wash right before eating or using. Leave them at room temperature for 20-30 minutes to best enjoy their sweet flavors.

The best fruits come from the West Coast of the United States, particularly California and Washington. Kowalski's cherries are especially large. With more fruit than pit, they offer a premium snack experience. They're also delivered to us more often than at competitors' markets, which is particularly important with such perishable product.

Cherries are wonderful fresh in salads, smoothies and snacks or cooked in sauces and desserts.



JULY MELONS

Symmetrical melons may look prettier, but when it comes to picking the perfect melon, look for ones that are slightly flatter on one side where the melon rested on the ground. If a melon does not have this indentation, it may mean that it was picked before it was ripe. It should not be soft or squishy, though. Soft spots or bruises should always be avoided.

The muskmelon family includes all melons with a pale, grayish-brown, netted rind, including both cantaloupe and honeydew. Always wash melons before preparing and eating them, especially netted-rind melons. Bacteria from the soil in which melons are grown love to hide in the nooks and crannies of their textured exteriors, and they're there even if the fruit looks dirt-free. Wash melons before cutting them to prevent transferring surface bacteria into the interior flesh with your knife.

Melon is best eaten raw in salads, snacks and appetizers. You can also purée fresh melon and serve as a cold soup with a bit of lime juice, or add some sugar to the mix and make popsicles.

Look for Minnesota Grown melons at the tail end of July.





CHERRY-QUINOA SALAD **GF**

- 2 cups cooked quinoa, cooled
- 1 cup pitted, halved fresh cherries
- $\frac{3}{4}$ cup peeled and seeded diced cucumber
- $\frac{1}{2}$ cup crumbled fresh cheese, such as queso fresco or feta
- zest of 1 lime
- 1 tbsp. finely minced fresh mint
- freshly squeezed lime juice, to taste (about 3 tbsp.)
- Kowalski's Extra Virgin Olive Oil, to taste (about 3 tbsp.)
- kosher salt, to taste (about $\frac{1}{2}$ tsp.)
- freshly ground Kowalski's Black Peppercorns, to taste (about $\frac{1}{4}$ tsp.)

In a large mixing bowl, combine first 6 ingredients (through mint). Drizzle salad with lime juice and oil; season with salt and pepper to taste. Toss until well combined.

Serves 8.

Find nutrition info for Live Well recipes at www.kowalskis.com.



RISOTTO WITH ASPARAGUS AND PISTACHIOS **GF**

- 48 oz. low-sodium vegetable broth
- 1 $\frac{1}{2}$ tbsp. Kowalski's Extra Virgin Olive Oil
- 2 cups carnaroli or Arborio rice
- 1 cup chopped red onion
- 2 cloves garlic, minced
- 1 cup white wine
- 1 bunch asparagus, trimmed and cut into 2-3" pieces
- $\frac{1}{2}$ cup finely shredded Parmesan cheese
- $\frac{1}{2}$ cup crumbled Gorgonzola cheese
- $\frac{1}{2}$ cup roughly chopped shelled pistachios, toasted
- 1 dash ground nutmeg
- $\frac{1}{2}$ tsp. kosher salt
- $\frac{1}{2}$ tsp. freshly ground Kowalski's Black Peppercorns

In a small saucepan over medium heat, bring broth to a simmer; keep warm but do not boil. In a large sauté pan over medium heat, heat oil. Add rice, onion and garlic; sauté for 5 min. Add wine; cook until liquid evaporates. Add 2 cups broth to rice and cook until liquid is nearly absorbed (about 5 min.); if liquid takes much longer or much less than 5 min. to absorb, adjust heat up or down slightly. Add another 1 cup broth, stirring occasionally; cook another 5 min. or so until the liquid is almost gone again. Continue adding broth, 1 cup at a time, until rice is tender (about 15-20 min.); add asparagus in the last 5 min. of cooking. Add cheeses, nuts, nutmeg, salt and pepper; stir to melt cheeses. Serve immediately while very hot.

Serves 6.

The most flavor-filled way to enjoy fresh produce is to eat with the season. Late spring and summer bring us dozens of delicious choices from both near and far. Our picks for the best of the best for each of the next three months include Minnesota Grown goodies as well as a top choice from out west. Here are our favorite ways to enjoy them, along with tips on making super selections in the store and keeping them fresh at home.



Bubbly **Moscato d'Asti** is perfect with the sweet and salty prosciutto in this classic (and classy) appetizer.



TUSCAN-STYLE MELON AND PROSCIUTTO **GF**

- $\frac{1}{2}$ cantaloupe
- 6 oz. thinly sliced prosciutto
- 1 tbsp. Kowalski's Pure Honey, warmed gently in the microwave
- 1 $\frac{1}{2}$ tsp. finely minced fresh rosemary
- 2 fresh rosemary stems

Remove cantaloupe rind and scoop out seeds. Slice melon into crescent-shaped pieces about $\frac{1}{4}$ " thick; fan out onto half of a serving platter. Separate slices of prosciutto and loosely arrange in a fluffy pile on the other half of the platter. Drizzle honey over both sides of the platter; sprinkle minced rosemary over honey. Garnish with fresh rosemary stems placed between the melon and prosciutto; serve immediately.

Serves 12.


Selection and availability of products and ingredients vary by market.



Pinot Grigio or **Orvieto** are lovely with this spring risotto.

CARING FOR YOUR COOKWARE

As important as the food you cook in them, your cookware makes a difference in the end result of all your kitchen endeavors. A purchase of good-quality cookware will pay off over time, but upkeep of your pans, utensils and such is required to get the best return on your investment. Here's a look at a few key pieces, along with tips for making them last longer and generally work better.



NONSTICK POTS & PANS If you can, wash pans by hand. Though they may be labeled “dishwasher safe,” high heat and harsh detergent aren’t super for the coating. The good thing is that since they’re nonstick, they’re usually pretty easy to clean and leave more room in your machine for lots of other smaller things.

Use only plastic or nylon scrubbers or other soft materials like sponges or cloths to wash the pan. Never scrape with metal. Use wooden, hard nylon or silicone cooking utensils only. (Yes, your metal tool *is* scratching the pan no matter how hard you try not to.)

If you must use a cooking spray (oil or butter would be better), use one that doesn’t contain any chemicals or additives such as soy lecithin, which can build up on the nonstick surface and end up counteracting the very feature for which you chose it.

If you must stack the pans in the cabinet, store them with a paper towel between them to prevent scratches.



STAINLESS STEEL POTS AND PANS Wash with hot soapy water, but do not use steel wool, scouring pads, oven cleaners, bleach or other strong abrasive cleaners.

GLASS AND CERAMIC BAKEWARE As a rule, glass bakeware should not be used on the stovetop or under the broiler. Only use glass and ceramic cookware on the stovetop if the manufacturer’s instructions specifically allow for it.

Slowly transition from cold refrigerator to hot oven and vice versa to prevent cracking.

METAL BAKING SHEETS Unless your recipe specifically calls for the traditional butter or shortening and flour method, pans work best and last much longer when lined with parchment paper or silicone baking mats. If you choose to use a release spray, ensure that it is specifically made for baking and contains flour.

If water becomes trapped inside the rim of rolled metal bakeware, this may cause slight rusting. While it will not affect the performance of the product, this is preventable if you dry the pan in a warm oven for a few minutes after cleaning and drying it.

Allow pans to cool completely before cleaning them. Drastic temperatures can cause warping.

CAST IRON PANS Cast iron cookware should be seasoned before use. To do this, brush the sides of the pan with unflavored vegetable oil, then pour in enough oil to cover the bottom. Heat in the oven at a low temperature for 1 hour. Remove, let cool, pour out the oil and wipe away any residue with a paper towel.

After each use, cast iron pans should be washed with hot water and dishwashing liquid, then dried thoroughly to prevent rusting. If you notice rust spots, scour with steel wool and rub with vegetable oil.





PLASTIC CUTTING BOARDS Bacteria will collect in any scratches, so be sure to sanitize plastic boards in the dishwasher.

PIZZA AND BAKING STONES As with glass and ceramic pieces, avoid subjecting these to quick temperature changes to prevent cracking. Heat pizza and baking stones gradually in the oven (never put a cold stone in a hot oven).

Allow stones to cool completely before cleaning. To clean, scrape off stuck-on food and wipe with a cloth or textured sponge, using water as needed. Do not use soap. If a cleanser of some sort is needed, try a solution of equal parts baking soda and water. Hand-dry before air-drying completely.

Do not let stoneware soak in water, as it can crack if it doesn't dry completely before its next use. Even if the stone doesn't appear wet, water may stay trapped in the stone for longer than you think.

Over time, pizza and baking stones darken with use. This staining is normal and will not affect the performance of the stone.

ENAMELED CAST IRON POTS AND PANS Let hot pans cool before washing lest thermal shock crack the enamel. Don't use steel wool or other abrasive pads, which may scratch the enamel.

STAINLESS STEEL KNIVES Knives can get scratched and dented if allowed to hang loose in a drawer. Use a knife block, magnetic strip or individual knife sheaths to protect the blades. (This is also much safer for anyone reaching in to grab one from the drawer.)

Do not cut on anything harder than your knife, including a glass cutting board. A hardwood end-grain board (the kind with a checkered pattern) is best. Minor cuts in the surface of an end-grain board seal up, keeping the cutting surface clean.



WOOD UTENSILS AND CUTTING BOARDS

Always wash both the top and bottom of your cutting board with hot, soapy water. This uniform exposure to water ensures that the sides do not swell unevenly and warp. Rinse and hand-dry right away to prevent swelling and cracking, then stand the board on its edge and allow it to air-dry completely.

To further prevent cracking, do not allow prolonged exposure to water or steam in a pot, sink or dishwasher.

Once a month or so, use a soft cloth to rub wood cutting boards and utensils with mineral oil, a colorless, odorless, food-safe product that won't go rancid the way olive oil or other cooking oils will. It absorbs quickly, leaving the wood smooth but not greasy. Let them dry after oiling and do not use until fully dry.

Board cream may also be applied after oiling wood. It contains unbleached beeswax, which gives another protective top layer to wood surfaces to help keep moisture out and oil in.

If your cutting board is reversible, be sure to use both sides to ensure even wear.

GOOD QUESTION

What is a pellet smoker?

A pellet smoker is a type of grill that self-regulates temperature, airflow and production of smoke by burning pressed wood that is automatically fed into the machine. These pellets also serve as the fuel source for the grill (no gas or charcoal). It's a particularly hands-off device lauded for its convenience and consistent smoking results.

COOKING CLASS

SMOKING

Flavor fanatics typically love smoked foods. From almonds and Gouda to bacon, ham and salmon, there are delicious smoked products for purchase all over the market. But you can also smoke foods at home, even if you don't own a smoker. While it's most common and most *effective* for things that cook for a long period of time (like ribs, chicken, brisket and pork shoulder), you can smoke just about anything, including a burger or a steak. Here's a beginner's guide to smoking with your standard backyard gas or charcoal grill:

PREP YOUR CHIPS

Or chunks. Chunks will smolder, are less likely to flare up than chips and will last longer than chips, but chips will work fine if that is what you have on hand. To prevent smoking and burning, both wood chips and chunks need to be soaked before use (chips for at least 1 hour, chunks for at least 4 hours). Water is most commonly used for soaking, but a flavored liquid, such as apple juice or wine, may also be used to impart added flavor. Be sure to soak enough wood for the entire cooking process, as chips will need to be replaced every 45 minutes or so.

The type of wood you choose depends on what you're cooking. Apple and cherry are medium-flavored woods, which are great for pork and chicken. Strongly flavored woods like hickory and oak are better with more intensely flavored meats. Mesquite is an extremely pungent wood and should be used with the most flavor-filled foods, such as game.

Charcoal grillers can put soaked wood directly on their coals or place the drained chips in a smoker box or homemade foil packet like gas grillers do. To make a packet, pile soaked chips on a sheet of foil and fold into a packet, tightly sealing the edges. You can also use a disposable foil baking pan covered tightly with foil. Use a metal or wooden skewer to poke holes in the top of the packet or pan. Holes are required so the smoke can escape, but take care not to poke too many or make them too big. In smoking you need to carefully control the exposure of food to smoke (see the note on airflow at right), but you also don't want too much to escape.



SET UP A SMOKER

If you're using a charcoal grill, pile hot coals on one side and food on the other. If you're using a gas grill, turn off one side of the grill after preheating and place your food on the unlit side. The wood goes over the heat (the coals or the flame). In either case it's a good idea to place a drip pan filled with a bit of reserved soaking liquid under your food to prevent flare-ups. (You want smoke, not fire.)

COOK LOW AND SLOW

Use a thermometer to ensure a constant *low* temperature during the entire cooking process (no less than 200° and no more than 250°). Don't open the grill more than needed to replace your wood or charcoal, as this will change the temperature in the smoker. (For this reason, a chimney starter is a must for supplying hot coals and maintaining a charcoal grill's temp.) Many smoked foods are cooked *slowly* for a very long time. A longer cook time means more smoke flavor, but it also helps proteins with lots of connective tissue to break down, making such tough cuts tender. While it may seem counterintuitive, it's generally not necessary to turn smoked foods, as they cook convectively rather than directly.

GO WITH THE FLOW

Finally, and perhaps most importantly, control the airflow inside the grill using the dampers/vents. You want a light smoke, not a thick, acrid, white, billowing smoke. You also want the smoke to be constantly moving around it. Opening the vents below the coals/flame and over the food often will produce the best circulation of smoke. Too much smoke directly applied to it will turn food bitter or cause a thick, oily buildup called *creosote* to form on its surface. This tongue-numbing substance is unpalatable and should be scraped off food before eating.



USING WOOD PLANKS

While we are on the subject of wood, let's consider another culinary technique that uses soaked wood: planking. Planking refers to cooking on a piece of hardwood called a *plank*. While primarily done to impart your food with some of the flavor of the wood, planking has other cool benefits. It ensures fish won't stick to the grill, prevents veggies from falling through grill grates and is a cinch to clean up.



LIVE WELL
WITH KOWALSKI'S

OLDIE BUT GOODIE

An updated favorite recipe from the Kowalski's archives

KOWALSKI'S CEDAR PLANK GRILLED SALMON

- 1-2 cedar planks (depending on size and shape of fish fillets) **GF**
- Kowalski's Extra Virgin Olive Oil
- 2 lbs. skin-on salmon fillet(s)
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste
- lemon slices

Soak cedar plank(s) in water for 2-6 hrs. Coat salmon lightly with oil and season with salt and pepper; transfer to plank. Grill fish over medium heat until flaky and fillet measures 125° (10-15 min. depending on thickness of fish); extinguish flames with a spray bottle. Transfer salmon to a platter, leaving skin behind; garnish with lemon and serve immediately. Serves 8.

WHY, WHAT & HOW

- Because food that is planked essentially steams from the underside and cooks on the top via convective heat, foods like steaks, chops and burgers – all foods for which a crust is desirable – aren't usually planked. However, that doesn't mean they *can't* be. Meats cooked on a plank can be transferred to direct heat in the last few minutes of cooking to produce a deliciously dark, crusty, charred exterior.
- Planks should be soaked for no less than 30 minutes to ensure that they won't catch fire. Soaking also helps produce smoke, further flavoring the food as it cooks.
- Prolonged exposure to heat could dry out a soaked plank, which can cause it to catch fire. To avoid this, an extra-thick piece of wood may be preferable.
- As with wood for smoking, your choice of wood should match the food you are cooking. Cedar is a common choice for fish; its mild flavor won't overpower any plank-cooked foods.
- Like smoking, planking requires two heat zones. Grill and cook over the indirectly heated side of your grill to prevent the plank from catching on fire.
- Cooking over indirect heat allows longer exposure to the wood and wood smoke, imparting a deeper flavor, but it is possible to plank lean meats and fish over direct heat to prevent them from drying out due to prolonged heat exposure.
- A spray bottle of water is good to have on hand at all times to deal with any possible flare-ups.
- Cooking on a scorched and smoking plank will impart more flavor from the wood. If desired, you can start the plank directly over the flame, then flip and move it to the cool side.
- Planks can be washed and reused, but just make sure you don't use soap, as it can sink into the wood. You can also recycle them when they've reached the end of their life by chopping them up and using them for smoking.

GOOD TO KNOW

Cedar grilling papers work the same way as planks and can be tied around food, such as in our recipe for *Cedar-Wrapped Steaks*, which can be found at www.kowalskis.com.



edible art

If you think ordering a custom cake is merely a matter of choosing a flavor, filling and frosting, think again! Sure, you can order a decadent sheet cake in just about any flavor (including our Signature Champagne or Chocolate Salted Caramel) with your choice of icing and an optional mousse, cream, or curd filling, but why stop there? Our team of master decorators are cake *magicians* with the power to transform the world's most celebrated dessert into a delectable work of art.

You can order a cake shaped like a bowl of ramen, a designer handbag, half a dozen tacos or a cornucopia. Unicorn cakes, drip cakes and galaxy cakes are trendy and fun, and wedding cakes are also one of our specialties. In fact, there's not a challenge our talented team won't take. And since a picture tells the story best, here's the equivalent of 11,000 words to prove it:



Showpiece cakes require advanced planning. Call us at **651-313-6870** to start your special order today.





TO MAKE YOUR BEST MEALS BETTER

1 KOWALSKI'S SIGNATURE CORN TORTILLA CHIPS

The reason these are even more impossible to resist at your favorite Mexican restaurant? They're served warm. Pop chips on a baking sheet and toss into a preheated 325° oven for 3-5 min. to bring them to life. (The same trick works for hard taco shells, too.)

2 KOWALSKI'S SIGNATURE FLOUR TORTILLAS

Warm tortilla shells make burritos and tacos infinitely better. Heat soft tortillas in a dry, medium-hot skillet or on a griddle a few at a time, turning once, until hot and just starting to puff.



3 KOWALSKI'S SIGNATURE BULK CHEESE

Pre-shredded cheese naturally loses moisture through evaporation, no matter how freshly shredded or how it's packaged. For recipes where a creamy or melty texture is desirable, shred bulk blocks of cheese on a box grater or with a food processor as you need it.

4 KOWALSKI'S SIGNATURE PANCAKE MIX

The reason the last few homemade pancakes are always fluffier is *time*. Don't rush the batter from the mixing bowl to griddle. Once mixed, let it stand and allow it to become bubbly before cooking.



5 KOWALSKI'S SIGNATURE 100% PURE MAPLE SYRUP

Once opened, this is best kept in the fridge (a high-moisture content and lack of preservatives makes *real* maple syrup an ideal environment for yeast, mold and bacteria growth), but it's best served warm. For a real treat, add 2 tbsp. of *Kowalski's Unsalted Butter* to every 1 ½ cups of syrup before heating.

6 KOWALSKI'S SIGNATURE ORGANIC UNPOPPED POPCORN

Movie theater popcorn, freshly popped and sprinkled with finely milled salt, is irresistible. The oil it's cooked and tossed in? Not so much. Make a better snack at home when you microwave ¼ cup popcorn in a paper lunch sack. Close the bag and fold down 2 times to seal. Microwave until popping stops for 2 sec. (about 2 ½ min.). Instead of chemicals and oils, flavor it with melted butter, *Kowalski's Extra Virgin Olive Oil* and *Kowalski's Popcorn Salt*, which is specially made to be perfect for popcorn.



When it comes to coaxing the best flavor out of food, the pros have a few tricks up their (chef's jacket) sleeves. And while you may not be able to replicate all of their best dishes at home, there are a few tips that home cooks can easily employ that make a world of difference when it comes to making Mexican faves, pancakes, salads, pasta, pizza and even popcorn taste as good as those you enjoy when you go out. Some of the best ideas for making some of Kowalski's most popular products even better appear below.

7 KOWALSKI'S SIGNATURE SMOKED BACON

Roasting your bacon in a hot oven (400°) is a sure way to get flatter, crispier strips perfect for burgers and other sandwiches. This method also has the added advantage of being faster and much more hands-off than cooking on the stovetop, where bacon cooks mostly from the bottom and must be turned frequently. In the oven the bacon cooks on all sides at once. 15 minutes should do the trick (thick-cut bacon may take longer).



8 KOWALSKI'S SIGNATURE ITALIAN PARMESAN CROUTONS

Why have a crouton only every 7-10 bites of salad? Put these Bakery Department croutons in a zip-top plastic bag and use a heavy metal tool to crush croutons. Sprinkle evenly over the top of your salad just before serving.

9 KOWALSKI'S SIGNATURE PASTAS AND PASTA SAUCES

Scoop out and reserve a cup of starchy cooking water from the pot just before you remove *al dente* pasta from the salted, boiling water. Add drained pasta to hot pasta sauce, then use the warm pasta water to enrich and thicken the sauce while helping it cling to the noodles as they finish cooking. Serve with freshly grated *Kowalski's Signature Parmesan Cheese*.



10 KOWALSKI'S SIGNATURE FRESH DELI PIZZAS OR BAKERY PIZZA DOUGH

Replicate the results of your favorite pizza joint when you cook your pizza on a baking stone for just 7-10 min. in a scorching hot oven preheated to 550°. Serve sprinkled with *Kowalski's Pizza Seasoning*.

LIVE IT UP WITH LIVE WELL

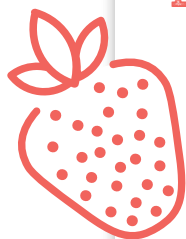


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Something interesting is always “cooking” at Kowalski’s. That makes both food and shopping with us adventurous and fun. One of the latest happenings is the launch of *Live Well*, our new health and wellness program. Live Well takes the place of our previous program, Good Foods for Good Health.

Like Good Foods for Good Health, Live Well is a can-do initiative designed to help you enjoy a vibrant, healthy life. Besides identifying foods throughout our stores that are excellent choices for eating well, Live Well casts a wider net to highlight more within our stores that can help you *be well*. Take a look.

LIVE WELL FOODS



Each Live Well food meets certain health-focused criteria that science and research have indicated are important.

- We look at foods in their entirety, focusing both on ingredient lists and nutritional content. Foods are tagged if they can contribute positively toward your health. For foods that don’t offer much nutritionally, such as salad dressings and chips, we consider the wholesome nature of the ingredients along with the fat, sugar and sodium contribution they make to one’s diet.
- We don’t include foods that contain artificial colors, flavors, sweeteners and ingredients research questions as healthful.
- We’re fans of Mother Nature. She’s built in a nifty synergy between the nutrients naturally occurring in foods. Overly fortifying foods can throw off that balance and may negatively affect how well nutrients are used in the body. Therefore, we steer clear of including them in our Live Well selections.
- We pay attention to how foods are made and favor producers, farmers and local entrepreneurs who, like us, care deeply about sustainability and quality, care about their customers and their craft, and take pride in how their products are grown, raised and produced.



LIVE WELL GIFTS, ACCESSORIES & TOOLS



You can find plenty of nonfood products sporting the Live Well tag, too.

- Discover health-promoting options in our gift and wellness area, such as essential oils, lotions, soaps, candles and spa-inspired accessories.
- Flowers, plants and other items designed to make you happy and which contribute to your well-being are front and center in every store.
- Look for gadgets and tools that make meal preparation a healthful snap, such as air fryers, avocado peelers, herb shredders, corn huskers and more. Cool cookbooks peppered throughout the stores will infuse new ideas into your cooking repertoire.

LIVE WELL RESOURCES



In addition to tags and labels that make it easy to identify Live Well products throughout our markets, you'll also find Live Well ideas and healthful tips both in-store and online.

- Sample Live Well foods showcased during our popular in-store events and regular weekend demos.
- Check out Live Well articles and recipes in every issue of this magazine.
- Catch our regular media segments, which feature on-trend health news and useful tips for eating delicious, health-promoting foods. We preview upcoming appearances on our Facebook page and post links to segments shortly after they air.
- Pick up Live Well recipes and menus in our in-store kiosk and online.
- Talk to our staff. They're one of our most treasured resources. They're knowledgeable, passionate and eager to help you find what you want. Ask any of us for help, tell us if you're interested in particular products and give us feedback on what matters to you.

Live Well is alive and kicking in every corner of our stores. Taking advantage of its many facets can offer ease to your day and bring a sense of strength and balance to your life. **Live it up with Live Well.**



SEASONAL SUPPER

If you think slow cooker means pot roast, stew and other wintry fare, think again. Everyone's favorite time-saving appliance is super for summer, too. No need to heat up the kitchen or fire up the grill and more time to enjoy, well, anything, is reason enough to keep your crock out this season.

Give deep, intense, slow-cooked flavors a springy touch with fresh garnishes and accompaniments. In place of dressing, gravy and roasted veggie sides, pile moist and juicy turkey on a burger bun and top it with fresh summery toppings. Grab a beer, head for the patio and enjoy your seasonal supper *al fresco*!

TASTY TIP

This recipe can also be prepared in your pressure cooker (such as an Instant Pot). Cook on high pressure for 30 min., then use a natural pressure release for 20 min. before manually releasing any remaining pressure.



A Pilsner-style lager or summer ale is perfect with this summery take on turkey.



SUMMER SLOW COOKER TURKEY SANDWICHES

- 2-3 lbs. bone-in skin-on turkey breast
- 2 tsp. kosher salt, plus extra for seasoning
- 1 tsp. freshly ground Kowalski's Black Peppercorns, plus extra for seasoning
- 2 cups low-sodium chicken stock

- 8 Kowalski's Whole Wheat Burger Buns
- unsalted butter, softened
- garnishes and toppings, as desired: Kowalski's Cider Slaw with Kowalski's Coleslaw Dressing *or* lettuce, sliced tomatoes and fresh cilantro with Kowalski's Clásico Guacamole



Season turkey with salt and pepper; place in a slow cooker. Add chicken stock; cook on high for 5-6 hrs. or on low for 7-8 hrs. Remove turkey from the cooker; discard skin and bones. Strain cooking liquid to remove small fragments of bone; return liquid to the pot. Shred turkey and return to the pot; adjust salt and pepper to taste. Spread cut side of each bun with a small amount of butter; cook, cut side down, on a nonstick griddle heated to medium until golden and lightly toasted. Serve warm turkey on buns with desired toppings.

Serves 8.