

Compliments of Kowalski's

November - December 2021
THE JOY OF GOOD FOOD

KOWALSKI'S AT HOME

THE

Holiday

ISSUE

GREAT
GIFTS

WHAT'S **NEW**
IN **LOCAL**
WINES &
COCKTAILS

Easy
ENTERTAINING

Charcuterie Cups
(page 16)

The Family Grocery Store with the Family Still in It

Thoughts from the KOWALSKIS

There's a saying around here lately that we find ourselves repeating over and over, practically nonstop: "Food matters. Truth matters."

These things matter to us not so much as grocers but as *people who shop for groceries*. It's one thing to sell something, but it's another thing entirely to serve it to your kids and grandkids. Food is something we need to live, but more than that, it's something that brings us together around our tables, in our homes and in our communities. As for truth, well, there's a fair amount of stretching it in the food marketing world these days. While this greatly bothers us as members of the industry, it bothers us even more as consumers. And though we can't dictate how others talk about their food, we can at least promise truth on our part.

When we say we buy our own Signature products, we mean it. We definitely buy a Kowalski's Thanksgiving meal every November. We really *do* love our exclusive Akaushi steaks – and our donuts, which we make fresh in-store every single morning! That buttercream you love from the bakery? The recipe really is ours. And in our Meat Department, "Naturally Raised" really

does mean much more than just "all natural." Because, while we may sell groceries, we deal in *facts*. Why? Because food – and truth – well, they *matter*.

We hope you will enjoy this final issue of *At Home* for the year 2021. It's packed full of tasty ideas we hope will delight you this season, from unique party nibbles, cocktails and cookies to gifts for absolutely every person on your list.

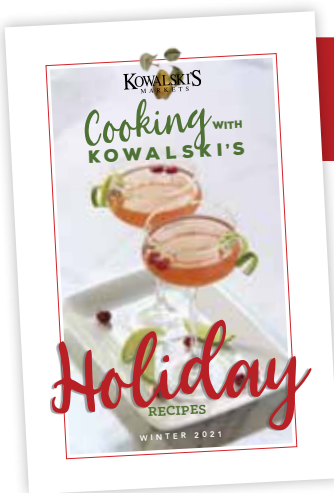
As always, we'd like to take this opportunity to say thank you – for shopping here, for working here, for growing and making great products and for stocking the store shelves. Thank you. Thank you for every email and call, for every like and share. For each and every way you've been a part of Kowalski's this year, we thank you most sincerely. It is an honor to be your grocers at this time of year *and* all year long. May your holiday season be full of happiness, kindness and, most of all, *the joy of good food*.

Food matters! Truth matters!

Mary Anne Kowalski and
Kris Kowalski Christiansen



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.



Recipes for Success

Family recipes have been a part of the Kowalski's customer experience and a key point of difference for our brand since the very beginning. Recipes for some of our all-time best-selling and most beloved foods originated in the kitchens of the Kowalskis or those of our families and employees. From Grandma Betty's Famous Chip Dip to Mary Anne's Family Favorite Buttercream Icing, we've been sharing our best with you from day one. As these "Family Favorite" recipes became popular in every department throughout our markets, customers began to ask for them, stopping in, calling or emailing, often to get a second or third copy of a favorite Kowalski's recipe card that they'd held on to for years and misplaced. Like a good neighbor, we've always been happy to share our best recipes. This year, we updated our popular recipe card program, launching a seasonal recipe booklet that contains our best recipes of the moment in a single place. In addition to sorting the recipes by category, we've also included a section at the back of the booklet for your own personal notes.

Look for recipe booklets at the information kiosk in your local Kowalski's or search the entire collection on our website at any time of day or night from your desktop or mobile device. With over 2,000 recipes to choose from, kowalskis.com is a great place to find the perfect recipe for any meal or occasion.

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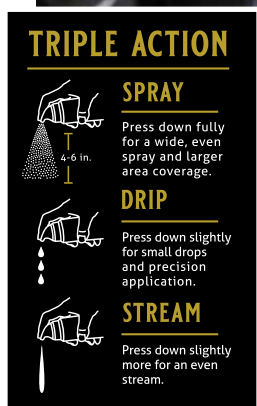
FIND YOUR LOCAL MARKET AT KOWALSKIS.COM

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ON OUR SHELVES

The products you put on your shelves at home are the same ones we put on ours.

The Kowalski's Signature Products program isn't about putting our name on products – it's about identifying products we love. When you select an item bearing the Kowalski's name, you can be sure that we worked – sometimes for years – to ensure that the recipe was just right, the quality was unmatched and that we wanted to buy this product for ourselves just as much as we wanted to sell it to you! In that regard, the Kowalski's label is more than a statement. It's an assurance – better yet, a promise – of excellence, distinction and good taste. Because at Kowalski's, it's all about the joy of good food.

SIGNATURE
PRODUCT
FOCUS**KOWALSKI'S COLD-PRESSED EXTRA VIRGIN OLIVE OIL COOKING SPRAY**

Many cooking sprays contain an emulsifier called lecithin. Because lecithin burns at lower temperatures, it can cook onto your pans, causing residue buildup that can degrade the coating on nonstick cookware and potentially void your warranty. Cooking sprays often also contain other additives, like the antifoaming agent dimethyl silicone, and chemical propellants, such as propane and butane.

Our cooking spray is made with just one ingredient: olive oil. It's cold-pressed from premium Italian olives to extract maximum flavor and retain the olives' beneficial properties. There's no propellants or additives, so it won't damage your pans. Beyond this, the unique triple-action spray canister allows you to spray, stream or drip the oil according to the needs of your recipe.

**CURRY-CASHEW BRITTLE** GF V

SERVES 8

- Kowalski's Cold-Pressed Extra Virgin Olive Oil Cooking Spray
- 1 cup sugar
- ½ cup light corn syrup
- 3 tbsp. water
- 1 tbsp. Kowalski's Organic Curry Powder
- 1 cup Kowalski's Roasted & Salted Cashews, coarsely chopped
- 1 tbsp. Kowalski's Unsalted Butter
- ¾ tsp. kosher salt
- ¾ tsp. baking soda

Line a rimmed baking sheet with parchment paper; spray lightly with cooking spray and set aside. In a medium saucepan, stir together sugar, corn syrup, water and curry powder; bring to a boil over high heat, stirring occasionally, just until sugar dissolves. Continue to cook until mixture reaches 290° (5-7 min.). Use a silicone spatula to mix in cashews, butter and salt. Continue to cook, stirring often, until mixture reaches 300°. Sprinkle baking soda over mixture; stir quickly to combine. As soon as soda is mixed in, pour mixture onto the prepared baking sheet; spread hot mixture as thinly as possible. Cool completely. Break into pieces and store in an airtight container for up to 1 week.

**KOWALSKI'S NATURAL SPRING WATER**

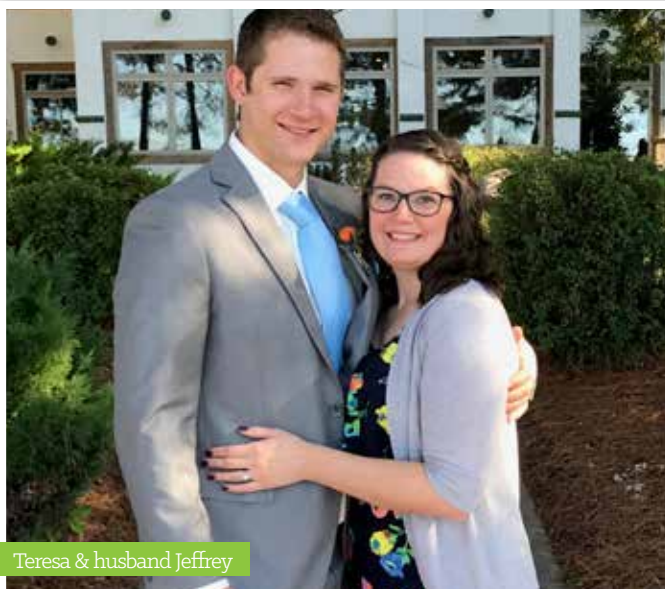
2021 marks the 20th anniversary of Kowalski's Signature Products. The first product in the line is literally one of the purest, so it stands to reason that we don't mess around with it. Kowalski's Natural Spring Water is an icon in the collection. It's our only package that's barely seen a design or label tweak in two full decades.

The well from which Kowalski's Water is drawn is located in Manitoba, where it's protected by hundreds of acres of natural Canadian forest. However, the spring is fed by Lost Lake, an underground lake on the Minnesota side of the Canada-United States border near Lake of the Woods. To assure safety, technicians conduct microbiological tests on the water throughout the day, but it never comes into human contact. The water is passed through a filtration system to remove sand and grit but otherwise retains the pristine, original quality of the natural spring.

Offering the perfect balance of minerals and a pH of 7.4, Kowalski's Spring Water is an ideal choice for optimum health benefits. The flavor, clarity and purity make it truly superior. But you don't have to take our word for it. Besting 36 competitors from nine nations and 26 U.S. states, the water has received what some call the "Academy Award of bottled water," the Berkeley Gold Medal Award for the Best Tasting Spring Water in the World. The prestigious Berkeley Springs International Water Tasting and Competition attracts such world-renowned bottlers as Source Perrier SA of France.

STAKEHOLDER SPOTLIGHT

never say goodbye



Teresa & husband Jeffrey

This story starts the way most of them do. At just 16 years old, Teresa Curran (then Teresa Paulson) started working as a cashier at GJ's SuperValu on Lyndale Avenue. Shortly after she started, the market was purchased by Kowalski's, giving Teresa the chance to interview face-to-face with Kris Kowalski, the company's current CEO. When Kris asked the teenager the usual question – "Where do you see yourself in five years?" – Teresa was confident in her reply.

"I was certain I wouldn't be working at Kowalski's," Teresa laughs. "I was off to college and on to a career as an interior designer. Of that I was sure."

And yet, 20 years later, Teresa has never left Kowalski's. After finishing her degree as a paralegal, she came to the realization that she was going to work in an office all day long.

"I couldn't fathom it," she says. "I need people. All the jobs I've had here, from front end and hiring to stocking and pricing, have been about people and relationships ... I think I'll never be able to leave because I love it here so much."

Teresa's start in the Gift & Floral Department began about six years ago. A few years later, she got the opportunity to apply her professional vision as Department Director.

One of the most significant changes the Gift & Floral Department has seen since Teresa took over in 2019 has been in the clothing category. Her ongoing strategy is "more designers, more selection, more elevated." As part of that goal, she's recently added shoes to the mix. But change hasn't come without challenges.

"I didn't go to the grocery store with my mom as a kid. It was my mom's time to be kidless," Teresa jokes. "I mean, we knew where she went, but we weren't invited, *you know?*"

So when design brands wouldn't sell to "a grocery store," it was confusing to Teresa, who had only known the Kowalski's way. "I was almost like, 'Wait, all grocery stores don't have these things?'"

But, Teresa explains, getting designers to understand the intersection of clothing and the "grocery" world is difficult only until they see the store. "It makes a big difference when they are able to come here and experience Kowalski's for themselves."



Floral is another key category for Teresa. Her effort to carry a wider selection of Minnesota Grown flowers has been a big part of that. The goal is to have product in stores 24-36 hours after it's cut. That allows customers many more days to enjoy their flowers once they get them home.

As a people person, Teresa strongly values her relationships with local partners, customers and, most especially, her team. "I love the team we've built, how we work as a group and play to everyone's individual strengths," she says. But it's the impact on customers that is Teresa's favorite part of the job. "Our products bring joy and spark inspiration. They make people happy," she says.



This December, Teresa and her husband, Jeffrey, celebrate 10 years of marriage. The couple lives in Prior Lake with their kids Skylar (7), Jack (6) and Piper (1). Like most school-age kids, they love to be active and are exploring a variety of interests, including swimming, soccer and all things Minnesotan, like lakes, bonfires and camping.

You can contact Teresa directly at tcurran@kowalskis.com.



Rachael Perron
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**COOKING
AT HOME:**

MAC & CHEESE!

CLASSIC MACARONI & CHEESE

V

SERVES 6

7 oz. dried elbow macaroni
3 cups whole milk
3 tbsp. Kowalski's Unsalted Butter
¼ cup finely diced onion
2 tbsp. flour
14 oz. (approx. ½ block) Kowalski's Deluxe American Cheese, finely diced
½ tsp. kosher salt
¼ tsp. freshly ground Kowalski's Black Peppercorns

Prepare pasta according to pkg. directions as you prepare the sauce; keep warm. Heat milk in a small saucepan, but do not boil; keep warm. Melt butter in an extra-large oven-safe sauté pan. Add onion; cook in butter over medium heat until translucent and soft (about 5 min.). Whisk in flour; cook over medium-low heat for 2 min., whisking constantly. Continuing to whisk, add hot milk to the pan; cook and whisk until thick and smooth (about 5 min.). Remove pan from the heat; whisk in cheese, salt and pepper. Stir the hot, drained pasta into the sauce. Bake in a preheated 350° oven until golden-brown and bubbly (30-35 min.). Serve immediately.

Macaroni and cheese (from scratch, not a blue box) was the very first dish I learned to make from memory, when I was about nine years old. Learning to prepare such a simple dish taught me so many useful culinary techniques: how to make a roux, a béchamel sauce, a cheese sauce, how to cook pasta properly, and basics like how to boil, scald, melt, sauté and whisk (and whisk and whisk and whisk!).

Over many years, I've made this recipe using every kind of cheese you can think of, including Monterey Jack, goat, blue, Gruyère and lots of combinations thereof. My favorite cheese, however, will always replicate the macaroni of my childhood: American. It's smooth, creamy and, like the macaroni in the infamous blue box, it's orange – something crucial to the inner nine-year-old in all of us.

Warmly, *Rachael*



A collage of various food products. At the top left is a jar of 'Salsa Verde' with a black lid. Below it is a jar of 'Salsa Roja' with a gold lid. To the right of the 'Salsa Verde' jar is a box of 'Thumbs Cookies' with a blue and white design. Further right is a box of 'D.T. Miklat's Chocolate' with a brown and white design. At the top right is a jar of 'Get Saucy!' with a red and white design. Below the 'Thumbs Cookies' box is a jar of 'Chocolate Chip' cookies with a brown and white design. To the right of the 'Chocolate Chip' cookies is a box of 'Salty Way' with a blue and white design. At the bottom left is a jar of 'Miki's Salsa' with a yellow and green design. To the right of the 'Miki's Salsa' jar is a jar of 'Wildflower' honey with a white and green design. Further right is a bottle of 'CGO Grapeseed Oil' with a gold and black design. At the bottom right is a bag of 'Puritos' with a brown and white design.

Who wouldn't love to receive chocolate this season, especially from Kowalski's? This gift features some of our favorite chocolate treats, like Cocoa-Dusted Almonds and Chocolate-Covered Peanuts, plus these decadent recipes from our partners at Hudson-based Knoke's Chocolates & Nuts: Dark Chocolate Caramel Pretzels, Dark Chocolate Sea Salt Popcorn and Milk Chocolate-Covered Potato Chips.

Kowalski's is thrilled to announce a greatly expanded gift program this year! There are options for everyone on your shopping list, from specialty cheese and wine to Kowalski's Signature Products and local gifts.

These are some of our top picks, period. This gift is a wonderful way to share the best of the Twin Cities with the foodie in your life and support but a few of our incredible local partners at the same time. It includes treats from Annie B's Candy, BT McElrath Chocolatier, Red's Savoy Pizza, Cry Baby Craig's Hot Sauce, Abdallah Candies, Thumbs Cookies, Bare Honey, Kiki's Salsa, Patti's Roasted Nuts, Sauce Anna Lisa and CGD Seasoned Olive Oil.

COMING SOON: KOWALSKI'S GIFT CATALOG IN-STORE AND ALL OF THIS SEASON'S GIFT OPTIONS ON OUR WEBSITE AT SHOPKOWALSKIS.COM UNDER *GIFT BASKETS*

This is the perfect gift for any cocktail lover! It features High West Double Rye! Whiskey, Jack Rudy Cocktail Co. Demerara Syrup and Bourbon Cocktail Cherries, and Fee Brothers Orange Bitters.



This collection of top-quality candles is produced locally for Kowalski's by rareESSENCE in four distinctive scents for your every mood: rose-infused *Enchant*, lavender-based *Dreamy*, sandalwood-infused *Harmony* and citrusy *Refresh*.

Among the many, many cheese options we're blessed with in Minnesota, these are some of our most recommended choices, which are equally great for a party or a present. This collection features St. James Tomme-Style Cheese from Alemar Cheese Company, St. Mary's Gouda from Caves of Faribault, and Northern Lights Blue Cheese alongside all the local accompaniments we most love to serve with them.





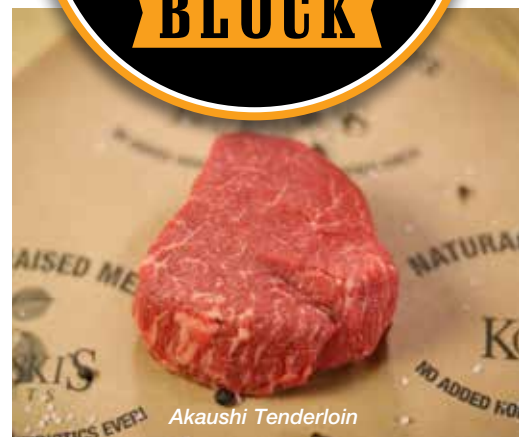
Kowalski's is destination shopping for food-loving Twin Citians, but did you know Kowalski's meats are sought after by meat lovers across the country? From our Akaushi beef to our Certified Humane USDA Choice and Prime beef programs – both exclusive to Kowalski's – we offer some of the best-eating rib-eyes, tenderloins, strips and even pot roast available anywhere.

Naturally Raised is Kowalski's standard for excellence in meat. It means no hormones or antibiotics are ever administered to our animals, humane treatment policies are in place, and animals are sourced from small family farms and locally raised whenever possible. We choose naturally raised meats because we feel it is better for the animal, the environment, the producer and our customers, providing a cleaner, safer product that is superior in overall quality.

This holiday season, consider gifting an assortment of our best cuts to all the meat lovers on your list! Kowalski's **Butcher Block** program offers select gift assortments from our Meat Department, including our favorite products from our in-store smokehouse. Pickup is free, and local delivery is also available for a nominal fee.

We also ship! Our Butcher Block à la carte menu features some of our most popular meat products, available for shipping anywhere in the 48 contiguous United States. They make the perfect gift for holidays, house-warming parties, anniversaries or any other special occasion. Send steaks to a Northwoods cabin, Florida beach house or anywhere top-quality meat is in demand. Prices include packaging materials, including sealed vacuum packs, dry ice and insulated cooler boxes, to ensure your purchases arrive in perfect condition. Plus, free shipping is available for orders over \$200!

FIND BUTCHER BLOCK ONLINE AT SHOP.KOWALSKIS.COM
UNDER **BUTCHER BLOCK**.



A MEAL TO BE Thankful FOR

The makings of a good time are in the Deli Department this season. It's a hot spot whether you're looking for one of our **Signature Holiday Meals**, a seasonal salad or the perfect party nibbles. You're sure to find whatever you need for your Thanksgiving table, from potato and vegetable sides to salads and sauces both cranberry and lingonberry.

Kowalski's is proud to be the only major Twin Cities grocer to offer a prepared Thanksgiving meal featuring a Naturally Raised free-range turkey from Ferndale Market in Cannon Falls, Minnesota (read about it on page 13!). Each and every one of our holiday meals is prepared by hand and includes traditional favorites like fluffy mashed potatoes, our Signature poultry gravy, tender dinner rolls and fresh green beans. Special touches, such as our exclusive recipes for scratch-made Sage & Onion Stuffing, Maple-Roasted Sweet Potatoes, Cranberry Relish and our own original recipes for freshly baked Pecan and Pumpkin Pies, are also included.

We offer three sizes of Heat-and-Eat **Thanksgiving Meals**, including a **Meal for Two**, plus **Just the Turkey**, **Turkey Breast** and **Just the Sides**. Our Signature **Ready-to-Roast Turkey** is also available again this year.

FIND ALL THE DETAILS, INCLUDING ORDERING INFO, AT SHOP.KOWALSKIS.COM. CHECK BACK AFTER THANKSGIVING TO SEE OUR DECEMBER HOLIDAY MEAL OPTIONS!



Thanksgiving meals are available for curbside pickup, in-store pickup or delivery on Tuesday, November 23, and Wednesday, November 24, only. There will be no deliveries after 4 p.m., and all orders for curbside or in-store pickup must be picked up by 4 p.m.

Kowalski's will be closed on Thursday, November 25, for Thanksgiving Day.

Quantities are limited. Meals available while supplies last.

SCAN & GO = A NEW WAY TO SHOP!

Kowalski's is excited to introduce **Scan & Go**, a new way to shop for groceries at Kowalski's and the first of its kind in the Twin Cities.

Scan & Go doesn't replace any of our fabulous cashiers or bagging crew – we're still here for you! However, it is a great option for small orders, when you're in a rush, or anytime you prefer to scan and bag your own purchases. Download and install the Kowalski's Scan & Go app on your iPhone or Android phone to start shopping!



Simply scan the barcodes on products as you add them to your basket or bag. For items without a barcode, such as Salad Bar purchases, produce and bulk foods, locate the nearby Scan & Go scale and use the easy-to-navigate touch screen to print a scannable code for your selection. When you're done, head to the Scan & Go kiosk near the front of the store to complete your purchase with just a single tap.

Give Scan & Go a try today. Thanks, as always, for shopping with Kowalski's!



HAPPIER, HEALTHIER children

One out of five Minnesota children will experience mental health challenges, but only 20% will get the help they need. Washburn Center for Children believes a child's mental health is as important as their physical health, and for more than 135 years, the nonprofit has served as Minnesota's leading children's mental health center.

Caring for a wide variety of needs, Washburn Center helps kids reach their potential no matter their condition. Their compassionate child therapists help children develop the skills they need to succeed at home, in school and in their communities. Through dedicated resources and therapy services, Washburn also ensures that caregivers have the support they need to help kids who are hurting on the inside.

As the state's leading expert in childhood trauma, Washburn Center for Children has developed a nationally recognized model for treating high-risk children. The resulting research is used by therapists all across the nation. The Center also provides quality assessment and treatment for children that incorporates evidence-based practices and new research, all in an effort to help children grow into healthy, productive adults.

"Right now, we all have a mental health story," says Amy Pfarr Walker, Chief Advancement Officer at Washburn Center for Children. "The emotional well-being of youth and families is incredibly fragile after a tremendous amount of isolation, loss and trauma associated with the [COVID-19] pandemic."

COVID-19 created a "universal trauma" that impacted everyone's mental health regardless of race, ethnicity or cultural identity. With grant support from Kowalski's, Washburn Center is growing its services to better meet the influx of need our community is currently experiencing, including kids impacted by their caregivers' own pandemic-related stress and untreated mental health challenges.

In just the last two years, Washburn has addressed this community's growing needs in four key ways:

- 1. Providing 4,000 children and their families with 64,000 hours of compassionate, therapeutic care to address trauma, anxiety and depression caused by the pandemic.**
- 2. Expanding its unique stabilization services to provide crisis coverage in 11 counties.**
- 3. Broadening its partnership with Allina Health from three to 15 hospitals to bring stabilizing care to families leaving the ER.**
- 4. Supporting a 56% increase in families who need help paying for these services.**

You can learn more about Washburn Center for Children, get involved and donate at washburn.org.

Find tips and resources for common mental health challenges facing families at washburn.org/resources.





The holidays are a wonderful time to celebrate so many things. Last year we adjusted celebrations, scaling back on many of the season's typical to-dos. As we roll into this year's festivities, some of those adjustments may be worth revisiting, says Courtney Jordan Baechler, M.D., M.S., Preventive Cardiologist and Medical Director at the Minneapolis Heart Institute Foundation.

"The past year was an opportunity to put less pressure on ourselves to create perfection and instead place more intention toward realizing a state of calm," says Jordan Baechler. "This holiday season won't be as isolated as last year, but we won't be where we were in 2019. COVID will still be with us, and people have different levels of comfort and ease about it. Caution and healthy habits should still stay top of mind."

Through her practice, Jordan Baechler helps clients achieve better health (and calm) by "feeding" their body, mind and spirit. "Fewer than 3-5% of us have an optimal lifestyle," she says, "so we have plenty of room to initiate or expand upon health-helping strategies." That starts with the usual suspects, including:

- Movement (30 minutes per day)
- Optimal sleep (ideally 6-8 hours)
- Nourishment (wholesome foods, plenty of produce, whole grains, healthful fats, etc.)
- Stress management (including the practices of gratitude, reflection, social connections and music)

Jordan Baechler encourages people to explore Eastern medicine practices as well, including acupuncture, acupressure, aromatherapy, meditation and massage. Virtual offerings for some of these practices, such as yoga, tai chi and Ayurveda techniques, are making it easier than ever to experience their value. "I see people respond to these methods every day through lower blood pressures, lower blood sugars, improved insulin sensitivity and better heart rates," she says. "The benefits are real, influential and impressive."

Spending time in nature each week is a key component, too, Jordan Baechler adds. "It is incredibly therapeutic, and luckily in Minnesota, we have all sorts of unique ways to experience the quiet and stillness of the season."

Since COVID, more and more of us have come to realize and understand the significance of our mental health. Family and friends accepted that "the usual" wasn't possible last year, and they can again if you want to continue in the same direction this year. "People are discovering what matters most to them," says Jordan Baechler. "We've been given an invitation to reimagine and discover more about how we want to (and how we can) be well."

Embrace the possibilities.

We wish you and yours all the best for a joyful, calming and healthful holiday season!



Susan Moores, M.S., R.D.
smoores@kowalskis.com

TOP TURKEY



When it comes to selecting a turkey for your holiday table, there's more to turkey than "fresh vs. frozen."

Kowalski's is proud to partner with Ferndale Market of Cannon Falls to offer free-range and antibiotic-free turkeys. Ferndale is a family-owned company that shares our deep connections to Minnesota as well as sustainable, humane farming and strong community values.

Nearly 70 years ago, Dale Peterson settled in Cannon Falls, Minnesota, to do what he knew best: raise turkeys. In the early years, he shared a residence with incubators, and the sound of day-old turkeys routinely filled his home. Dale's wife, Fern, had grown up raising turkeys, too. Fern was an avid advocate for the environment and believed that everybody

had a role to play in preserving our earth. Through the years, the legacy of Fern and Dale has guided this family farm's mission, and Ferndale Market is named in their honor.

The Ferndale tradition has continued for three generations, with Dale's grandson John and John's wife, Erica, running the business alongside Dale and Fern's son Dick and his wife, Martha. They continue to treat customers like family and care deeply for both the land and their turkeys.

FIND FERNDALÉ FREE-RANGE TURKEY IN THE MEAT DEPARTMENT OR PREORDER ONLINE AT SHOP.KOWALSKIS.COM FOR PICKUP AT YOUR LOCAL MARKET.



KOWALSKI'S BRINED ROAST TURKEY GF

SERVES 10

10-12 lb. turkey
8 qts. water, divided
2 cups kosher salt
1 cup sugar
½ cup (1 stick) Kowalski's Butter, melted

Remove neck and giblets from turkey cavities. In a large stockpot, combine 2 qts. water, salt and sugar. Bring to a boil over high heat; remove from heat. Stir in remaining water; cool completely. Put brine and turkey into a container or brining bag large enough to completely cover turkey; refrigerate for 8 hrs. or overnight. Remove turkey from brine; pat dry, but do not rinse. Discard brine. Place turkey on a rack set in a roasting pan, breast-side up; tuck wings under body and tie legs together with butcher's twine. Brush turkey with butter; roast in a preheated 325° oven, basting every 30 min., until deep golden-brown and a thermometer inserted in the thickest part of the thigh registers 165° (2 ½-3 hrs. or 15 min. per lb.). Cover with foil; let rest for 20 min. before carving.

SEASONAL SIPPER

In 2015, Jesse Held and Jeff Erkkila founded Earl Giles Bottling Co. Operating out of a small apartment above Borough restaurant in Minneapolis, they focused on crafting nonalcoholic cocktail syrups, cordials, elixirs and ginger beer for a number of high-end restaurant bar programs. Most recently, they've been working with Graze Provisions + Libations, Thr3 Jack and Brickhouse Food & Drink. Now several of their all natural handcrafted cocktail mixers and syrups are available at Kowalski's under the On the Fly Cocktail Elixirs label. Here we're offering up a holiday cocktail recipe made with their **Cranberry Hibiscus Cosmopolitan Mixer**. Find this mixer at select locations and in any of our seven Wine Shops alongside **Raspberry Rose Clover Club Mixer**, **Grapefruit Lime Paloma Mixer** and **Tropical Fruit Cocktail Mixer**. Also look for Earl Giles' line of cocktail syrups in **Cinnamon**, **Ginger** and **Piloncillo** (a Mexican simple syrup made with a brown cane sugar).



CRANBERRY HIBISCUS COSMOPOLITANS GF V VE DF

MAKES 2

- | | |
|---|--|
| 2 tbsp. sugar | ½ oz. freshly squeezed lime juice |
| - zest of ½ lime | ½ oz. orange-flavored liqueur, such as Cointreau |
| 1 lime wedge | - ice |
| 6 oz. vodka | 2 lime twists, for garnish |
| 3 oz. On the Fly Cranberry Hibiscus Cosmopolitan Mixer (from the Wine Shop or select Grocery Departments) | - fresh cranberries, to taste, for garnish |

Mix sugar and zest together on a rimmed plate. Moisten the rims of 2 martini or coupe glasses with a lime wedge; dip rims in sugar mixture to coat. Set prepared glasses aside. In a cocktail shaker, combine vodka, cocktail mixer, lime juice, orange liqueur and ice; shake vigorously for 30 sec. Pour into prepared glasses; garnish each glass with a lime twist and cranberries.





The story of 7 Vines Vineyard begins with Ron and Arlie Peltier, high school sweethearts from the east side of St. Paul. They both attended the University of Minnesota, married young and raised two children in Dellwood. After eyeing the property for decades, the opportunity came in 2010 for Ron and Arlie to purchase a beautiful piece of land in Dellwood from the granddaughter of railroad baron James J. Hill. Their love of fine wine and the advancements made to grape growing in the Midwest inspired the Peltiers to start a vineyard and winery on the historic estate.

Just 20 miles northeast of the Twin Cities, 7 Vines is a true destination. It's one of Minnesota's largest full-experience wineries and a beautiful place for community, friendship and celebration. Acres of rolling vines and a state-of-the-art winery invite visitors to explore the grape-to-wine process and savor handcrafted wines with Midwest charm. The winery boasts beautiful handcrafted woodwork with a modern rustic flair, abundant windows and gorgeous accordion doors that allow

for plenty of natural light, and scenic views of the vineyard and surrounding lands. The property also features a large wine bar, two stone fireplaces, a barrel room, a full bottling facility and amazing award-winning wine.

With 10 acres of rolling vines, the 7 Vines estate is the perfect place to host family celebrations, holiday parties, and corporate and social affairs. As a 2020 Best of Weddings honoree by The Knot, 7 Vines Vineyard is also an ideal place to indulge your wedding-day dreams. Indoor and outdoor ceremony locations, an elegant fire wall and a pergola with a louvered canopy allow wedding couples to host a picture-perfect special day. Better still, Kowalski's is one of 7 Vines' preferred caterers.

KOWALSKI'S IS PROUD TO NOW OFFER A SELECT NUMBER OF 7 VINES WINES IN EACH OF OUR SEVEN WINE SHOPS.

GET TO KNOW MATT SCOTT, 7 VINES GENERAL MANAGER OF WINEMAKING AND VITICULTURE, AT KOWALSKIS.COM.

SCENTS of the SEASON



Smell is one of the strongest of the memory-making senses. It's also one of the easiest ways to transform a space to evoke specific emotions.

Exactly how the brain works to comprehend the things we smell is such a complicated science that researchers of this process were awarded a Nobel Prize in Physiology or Medicine in 2004. Fortunately, it doesn't take a Ph.D. to harness the power of scent to change the mood in a room. One of the most popular ways to do this is with candles, and the way they smell is only part of the formula. Soft, flickering candlelight is as soothing to our eyes as a scented candle is to our olfactory system.

Kowalski's is proud to partner for the second year in a row with local aromatherapy company rareESEENCE to produce three elegant holiday candles under the Kowalski's label. Made by hand in small batches, each 6 oz. seasonal candle burns for about 36 hours. **Winter Forest** smells of lush juniper and spruce, **Holiday Joy** is scented with rich bay laurel and frankincense, and **Seasonal Spirit** features calming vanilla and peppermint.

FIND THESE CANDLES AND THEIR ROOM MIST COUNTERPARTS, MADE WITH NO PARABENS OR PHTHALATES, IN THE GIFT DEPARTMENT.



Minnesota is certainly not blessed with the same terroir as Tuscany or Bordeaux. Aside from favorable soil and climate, those prolific wine-producing regions have had centuries to refine their technique, discovering which grapes grow best where and how to bring out the best those grapes have to offer. Yet despite the challenging climate of the Upper Midwest, there are over 40 commercial wineries in Minnesota today. Compare that to 1997, when there were just three operating in the state. That kind of growth suggests that there's more going on here than a collection of weekend hobbyists competing at the State Fair.

The fundamental change lies in the number of new grape varieties used to make our local wines. Over the last 20 years, the University of Minnesota fruit breeding program has rolled out a series of cold-hearty vines capable of producing better wine than any of their predecessors. As these vineyards mature and winemakers put more vintages in the bottle, the quality continues to go up.

When it comes to what makes a good bottle of Minnesota wine, expectations are changing. We are coming to expect that wines made with locally grown grapes will showcase the same level of balance, fruit and good winemaking as those regions with more storied wine histories – not that our wines taste like their wines, or should. Wine is a reflection of grape, climate and place. The great joy of wine is celebrating these differences region to region, vintage to vintage. Here, using our grapes, in our climate, Minnesota wineries are now producing wines that are unique to us. That's something to celebrate.

As the availability of good Minnesota wines has grown, we have added several options to choose from in our Wine Shops. This season, Kowalski's is offering a variety of vintages from **Sovereign Estate**, **7 Vines Vineyard**, **Chankaska Creek** and **Winehaven Winery**, including some Minnesota Grown selections.

DID YOU KNOW?

With winemaker Matt Scott at the helm, 7 Vines Vineyard has had great success at prestigious competitions like the San Francisco International Wine Competition and the Finger Lakes International Wine & Spirits Competition. 7 Vines' collection of medals includes the coveted Best in Class Double Gold for their 2018 Reserve Cabernet, where it beat 500 Cabs from around the world.





IDEAS

CHARCUTERIE CUPS

TRENDSPOTTING

We'd call it the next big thing in entertaining, but it's actually kind of small. This season, take your appetizer with you when you eschew the cheese plate in favor of the charcuterie cup. Instead of building a board, pack individual portions in a portable dish from which your guests can graze on the go. Our cover photo features some major of-the-moment selections.

Joyfull Bakery Parmesan Crisps
Specialità Rustiche Tozzetti Bufala Butter Biscuits
Alessi Grissini Torinesi Thin Breadsticks
Marin French Cheese Petite Breakfast Fresh Brie
Cypress Grove Midnight Moon Aged Goat Gouda
Kowalski's Signature Comté
Fermín Jamón Serrano Cured Pork
Fermín Iberico Salchichón Dry-Cured Sausage
Greek olives
Dried apricots
Grape tomatoes
Blanched asparagus
Pea shoots or microgreens
Kowalski's Caramel Corn
Cudié Catànies Caramelized Almonds with Praline
Nutcrack Candied Pecans

BUILD

Selecting your favorite foods is just the first step in crafting stunning grazing boards. Next, you have to build it. Fear not! They're a cinch to assemble when you follow just five simple steps:

STEP 1

CONDIMENTS

Position condiments and other "wet" ingredients in bowls or jars on opposite sides of your board or in a triangle, away from the edge.



STEP 2

CRACKERS, COOKIES & SLICED BREADS

Stack, fan out or layer individual servings of crackers, cookies and breads around the edges to create a border.



A BOARD WORKSHOP

STEP 3 CHEESES & MEATS

Work with larger and focal ingredients first. Place groupings of the remaining products in groups of 2-3 across the board from each other. Swirl, pile and swoop single-serve portions near the appropriate pairings with little to no space between them. Keep color balance in mind as you place items (do not place items of the same color all in one area of the board).



STEP 4 SNACKS & NUTS

Pile small, loose pieces near the foods with which they pair best. Place them close to the center of the board to contain them.



STEP 5 FRUITS & VEGETABLES

Garnish with fresh foods and few inedible garnishes, if any. Place these in small groupings (do not scatter them over the entire board), filling any gaps. This helps to tie the board together visually.



OUR Holiday 2021 CHOICES:

- Stonewall Kitchen Hot Pepper Cranberry Jelly
- Aceto Balsamico di Modena IGP
- Bare Barrel-Aged Raw Honey
- Rustic Bakery Rosemary & Olive Oil Organic Sourdough Flatbread
- Lark Fine Foods Pistachio Cherry Sablés

- Toasted Kowalski's Take & Bake Cranberry Raisin Bread
- Pecorino Romano with Pistachio
- Maple Leaf Cheese Cranberry White Cheddar
- Sartori Espresso BellaVitano
- La Quercia Prosciutto Americano
- Whole pistachios

- Kolsvart Torsken Blackcurrant + Raspberry Candy
- Door County Chocolate-Covered Cherries
- Fresh fruits: kumquats, figs, blackberries, lychees, etc.
- Sugared purple and green grapes
- Fresh rosemary

TASTY TIP

To make sugared grapes, dip clean, dry grape clusters in Kowalski's Simple Syrup; let dry on a sheet of wax paper until tacky (about 10 min.). Sprinkle evenly with sugar to coat; let dry completely on a clean sheet of wax paper.

perfect BITES

Though it sometimes tastes that way, it's not magic that our Cheese Specialists employ when crafting pairings. In fact, with a little practice, you too can construct similar "perfect bites" using three essential building blocks: aroma, taste and texture.

1
Deer Creek
Vat 17 World
Cheddar with Yuzu
Marmalade on an
Effie's Homemade
Corn Biscuit



2
Fromager d'Affinois
with Lucille's Kitchen
Garden Raspberry
Pepper Jam on a
Kii Naturals Date &
Almond Crisp



3

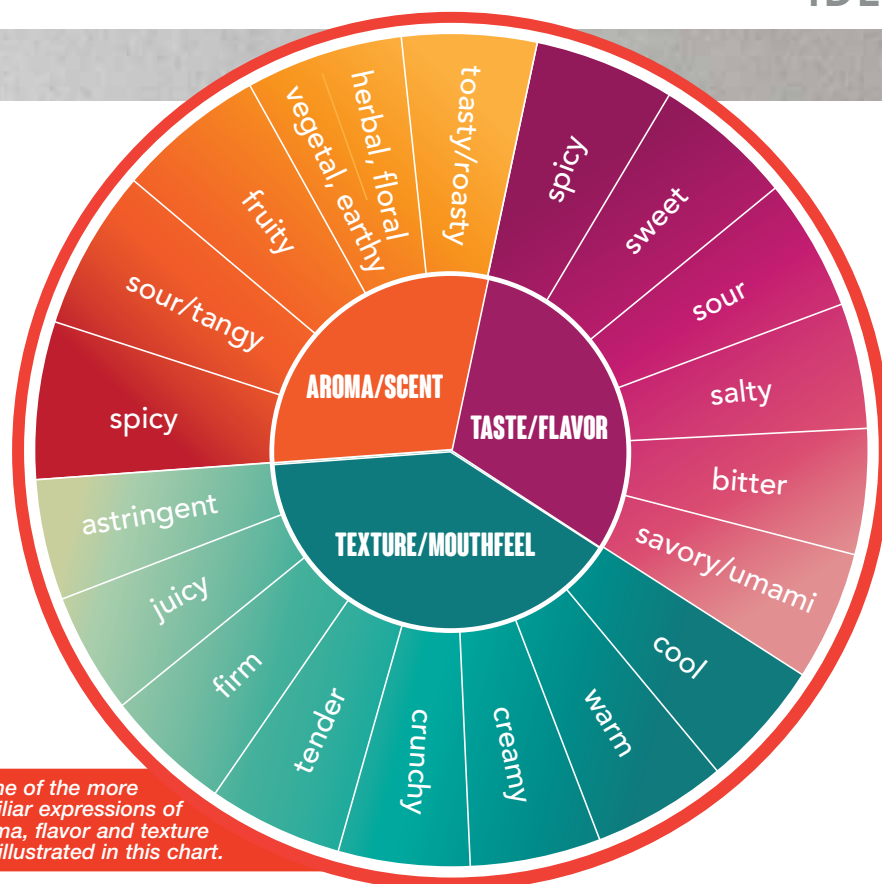
L'Amuse Signature
2-Year Gouda,
Nutmack Candied
Pecans, Dried
Cherries and
Hacienda San
José 70% Dark
Chocolate



**WINE
PAIRINGS**

- 1** Sonoma Chardonnay
- 2** Chenin Blanc
- 3** Late Bottled Vintage Port

Everything we eat has aroma, taste and texture. Experts use permutations of all three qualities when combining ingredients or creating recipes, choosing those that complement or contrast pleasantly with one another. If you reflect on some of the most delicious foods, the importance of balancing and blending scents, flavors and mouthfeel isn't as hard to understand as it may seem. Think about the spicy-toasty aroma of candied walnuts or cinnamon toast. Consider the satisfaction derived from the combination of salty-sweet flavors in caramel corn or aged Cheddar. And imagine the tactile pleasure of crunchy potato chips with creamy onion dip.



A PRO'S PICKS

This season, we asked Liz Nerud, American Cheese Society Certified Cheese Professional and Cheese Specialist at our Woodbury market, to suggest three of her favorite holiday cheese combos. Liz brings both her intuition and her experience as a former competitor in the national Cheesemonger Invitational to her pairing process. She shares her insights here:

Deer Creek Vat 17 World Cheddar with Yuzu Marmalade on an Effie's Homemade Corn Biscuit

Vat 17 World Cheddar is part of the immensely popular new class of Cheddar known as "sweet Cheddars." It has nutty notes with a hint of honey that shines alongside the balanced acidity we love in a good Cheddar. Following the honey logic, I love honey butter on cornbread, and thus the choice of Effie's Corn Biscuits was obvious. Interestingly, the makers of Effie's include a touch of anise in the recipe. That got me thinking about the parallel between anise and fennel, and you know what loves fennel? Orange! And yuzu marmalade is a beautiful condiment that has an even deeper citrus element than orange.

Fromager d'Affinois with Lucille's Kitchen Garden Raspberry Pepper Jam on a Kii Naturals Date & Almond Crisp

Fromager d'Affinois is a longtime cheesemonger favorite. This exceptionally rich Brie-style cheese is a double crème that thinks it's a triple crème. Rich in buttery depth, it has great flavor without crossing over into "stinky" territory. It is steps above so many Bries that give only mild, musty mushroom notes. The texture is ultra-custard, glorious to spread on the healthy crunch of a Kii Crisp – in this case, sweet-toasty Date & Almond. The sparkle of tart-sweet fruit and the tiny kiss of heat from the raspberry pepper jam tie this Perfect Bite together. It is a social-hour version of the flavors we love on buttery breakfast toast with preserves, but with all the sophistication of evening hors d'oeuvres.

L'Amuse Signature 2-Year Gouda, Nutcrack Candied Pecans, Dried Cherries and Hacienda San José 70% Dark Chocolate

Time to nibble! This Perfect Bite is not meant to be eaten as a single traditional "bite," but it's served together as an exploration of texture and flavor. L'Amuse is one of the world's finest Goudas, aged to coax depth of flavor and develop those marvelous flavor crystals! The best way to present this cheese is to carve out nuggets with a paring knife, which showcases that crystalline texture. The taster will experience the chewy sweetness of the dried cherry; the perfect balance of salt, sweet and roasted nut of the pecan; and the smooth, rich depth of the chocolate. It's fun to experiment with different sensations as the taster varies the order of elements!

GLUTEN-FREE GOODIES

Sure, most cookie recipes call for flour, but if you live gluten free, that shouldn't stop you from joining the holiday cookie crew! Many, many cookies – like shortbread and other sandy, naturally crumbly cookies – don't need gluten to provide structure and chew. When such a recipe calls for all-purpose flour, you can often substitute a gluten-free baking flour with great results (many brands sub 1:1).

This season, we're offering up three straight-up gluten-free cookie recipes. Made moist and chewy with egg whites, tons of chocolate, almond flour, dried fruit, coconut and sweetened condensed milk, they taste so good, you don't need to take issue with gluten to love them.



CHOCOLATE CHEWIES GF V

MAKES 10-11

- 1 ½ cups confectioners' sugar
- ½ cup almond flour
- ¼ cup plus 4 ½ tsp. cocoa powder
- ⅛ tsp. kosher salt
- 2 egg whites, at room temperature
- 1 ½ tsp. Kowalski's Organic Madagascar Vanilla Bean Paste
- 4 oz. chopped dark chocolate, such as Scharffen Berger brand

In the bowl of an electric mixer, mix together the first 4 ingredients (through salt). Add egg whites and vanilla; beat on medium speed until homogenous and barely fluffy (about 3 min.). Add chocolate; mix by hand just until evenly distributed. Line 2 extra-large baking sheets with parchment paper; use a #40 cookie scoop to drop 10-11 evenly sized mounds of batter (about 2 oz. or 2 tbsp. each) 3" apart on baking sheets. Bake in a preheated 350° oven until just barely set and puffy (11-12 min.). Remove from oven; lift parchment and cookies to a wire rack (do not remove parchment from cookies until they are completely cool). Gently peel cookies off parchment; store in an airtight container at room temperature for up to 1 week.

MAGIC HOLIDAY BARS GF V

MAKES 32

- 10 oz. (approx.) gingersnap cookies (about 40), such as Stauffer's brand
- ½ cup (1 stick) Kowalski's Salted Butter, melted
- 1 cup unsweetened flaked coconut
- 1 cup chopped nuts (such as almonds, pecans, walnuts or a combination)
- 1 cup dried cranberries
- ⅔ cup white chocolate chips
- ⅓ cup chopped dried apricots (from about 7 apricot halves)
- 14 oz. can sweetened condensed milk

Pulse cookies in a food processor until finely ground, resembling graham cracker crumbs. In a medium mixing bowl, add 2 cups cookie crumbs and melted butter; stir until well blended. Spray a 9x13" nonstick baking pan with cooking spray; line with parchment paper. Press crumb mixture evenly and gently into the bottom of the parchment-lined pan. Top graham crust evenly with coconut and nuts; press firmly. Distribute cranberries, white chocolate chips and apricots evenly over crust; drizzle evenly with sweetened condensed milk. Bake in a preheated 350° oven until bubbly and dark golden-brown on the edges (about 25 min.). Transfer pan to a wire rack; cool completely in pan. Cut into 32 bars; store in an airtight container at room temperature for up to 1 week.

A note about gluten: When made with gluten-free cookies, this recipe is gluten free.

TUSCAN ALMOND COOKIES GF V DF

MAKES 48

- | | |
|--|--|
| 1 lb. (4 cups) almond flour, such as Bob's Red Mill brand | - finely grated zest of 1 orange |
| ¾ cup sugar | 4 egg whites, at room temperature |
| ½ cup confectioners' sugar, plus more for dusting | 2 tbsp. Kowalski's Pure Honey |
| ¼ cup finely chopped pistachios | ½ tsp. almond extract |
| ¼ cup finely chopped dried fruit (such as apricots, cranberries, dates or a combination) | ¼ tsp. Kowalski's Organic Madagascar Vanilla Extract |

In a large mixing bowl, mix together first 6 ingredients (through zest); set aside. In the bowl of an electric mixer, beat egg whites on high speed until soft peaks form. Add honey and extracts; mix well. Fold egg white mixture into almond flour mixture; mix well until mixture resembles wet sand. Turn mixture out onto a parchment-covered work surface; pat batter into a rectangle about ¾" thick and roughly the size of a sheet of paper. Cut into bricks about 2 ¼" x ¾" x ¾". Using clean hands, neaten edges; toss bricks in confectioners' sugar until well coated; place 1" apart on 2 large parchment-lined baking sheets. Bake pans one at a time in a preheated 325° oven until cookies begin to crack and are light golden-brown on the edges and bottom (12-14 min.), rotating pan halfway through. Cool cookies on pan for 30 min.; transfer to a wire rack to cool completely. Dust with more confectioners' sugar. Store in an airtight container at room temperature for up to 1 week.



Simply SPECIAL



Who says you have to make cookies from scratch? In fact, you don't even need to make icing, and you certainly don't need piping bags or cookie cutters to create beautiful "homemade" holiday treats. Our top 10 tips will help transform fresh-baked cookies, cookie dough and buttercream from our Bakery Department into something uniquely yours this season.

1. Don't limit yourself to sugar cookies and sugar cookie cutouts. You can decorate ginger cookies, chocolate chip cookies or any other flavor you desire!
2. Melt dark or white chocolate chips in the microwave on 50% power. Dip one half or just one side of each cookie in the warm chocolate and set on waxed paper to dry. Serve as is or add decors when chocolate is still sticky.
3. Use melted chocolate as an abstract drizzle. Finish with colored sugar or other decors while the chocolate is still slightly wet.
4. Cookies take on an elegant finish when you dust them with powdered sugar or cocoa after cooling. For an added layer of sophistication, set a lace paper doily on top before sugaring.
5. Tint Kowalski's Signature Buttercream Icing with food coloring. Spread thickly on a cookie and add contrasting sprinkles.
6. Don't have sprinkles? Use what you have on hand. Crushed candy canes, chocolate-covered candies and malt balls work just as well.
7. Crushed nuts add delicious texture. Also try honey-roasted almonds or honey-toasted pecans for an added layer of flavor.
8. Use candy melts or almond bark instead of chocolate if you want your melted decorations to dry to a harder finish. This is great if you need to stack cookies for shipping or gifting.
9. Decorate before you bake! Roll balls of Kowalski's Signature Sugar Cookie Dough in finely chopped nuts, coconut, sesame seeds or sprinkles before baking as directed on the package.
10. Roll balls of Kowalski's Signature Sugar Cookie Dough in colored sanding sugar or cinnamon sugar before baking. Dust the cookies again right before serving to freshen their appearance.

SIMPLE SNICKERDOODLES V

MAKES 6

- | |
|--|
| ¼ cup sugar |
| 1 tbsp. Kowalski's Vietnamese Cinnamon |
| 1 pkg. (6 dough pucks) Kowalski's Signature Sugar Cookie Dough |

In a small mixing bowl, combine sugar and cinnamon. Coat dough pucks evenly in cinnamon sugar; place 2" apart on parchment-lined baking sheets. Bake in a preheated 325° oven until centers are almost set (about 15 min.). Transfer cookies to wire racks; cool for 15 min. Coat again with cinnamon sugar; cool completely.

a side of delicious

Mashed potatoes and green beans may be the gold standard in holiday sides, but we like to think there are other dishes worthy of a spot at the table. From cauliflower and kale to Brussels and corn, these tasty new recipes may just outshine your turkeys, hams and roasts.



ROASTED MAPLE ZA'ATAR CAULIFLOWER

SERVES 4



- 1 medium head cauliflower
- 1 tbsp. Kowalski's Za'atar Seasoning
- 1 ½ tsp. kosher salt
- 1 tsp. ground turmeric
- ¼ tsp. chipotle chile powder
- 2 tbsp. Kowalski's Pure Maple Syrup
- 1 tbsp. Kowalski's Extra Virgin Olive Oil
- freshly ground Kowalski's Black Peppercorns, to taste
- 2 tbsp. crumbled soft fresh goat cheese
- 2 tbsp. pomegranate seeds
- chopped fresh parsley, for garnish

Trim and remove core from cauliflower. Break or cut florets into bite-sized pieces. In a medium mixing bowl, toss florets with seasoning, salt, turmeric and chile powder. Drizzle with maple syrup and oil. Season with black pepper; toss to coat. Pour seasoned cauliflower onto a large rimmed baking sheet lined with parchment paper. Roast in a preheated 425° oven until cauliflower turns dark brown on the edges and is easily pierced with the tip of a paring knife (15-18 min.). Remove from oven; allow cauliflower to cool slightly (10-15 min.). Sprinkle with goat cheese and pomegranate seeds; garnish with fresh parsley. Serve warm or at room temperature.

A note about gluten: When gluten-free seasonings are used, this recipe is gluten free.

CRISPY SMASHED POTATOES

GF LW V VE DF

SERVES 4

1 lb. baby potatoes, scrubbed and dried

- Kowalski's Extra Virgin Olive Oil, as needed

- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste

- garnishes, to taste: chopped fresh chives, rosemary, Italian parsley, thyme or a combination

Place potatoes in a large, deep pot; cover with cold salted water. Bring to a boil over high heat; cook until potatoes are barely tender (15-20 min.). Drain; set aside to air-dry and cool at room temperature until cool enough to handle. Add enough oil to thoroughly cover the bottom of a 12" cast iron skillet; add par-cooked potatoes to the pan. Using a drinking glass or potato masher, smash potatoes just until they burst and are somewhat flattened. Drizzle with oil; season with salt and pepper. Roast in a preheated 400° oven until crispy and dark golden-brown (about 20 min.). Move potatoes to a serving dish; garnish with fresh herbs. Serve warm.



MUSHROOM-WILD RICE DRESSING

SERVES 8

6 cups prepared Kowalski's Organic
Roasted Chicken Broth Base

¾ cup water

4 ½ tbsp. chopped fresh thyme, divided

4 ½ tsp. chopped fresh sage, divided

1 ¼ cup Kowalski's Wild Rice, rinsed
and drained

1 oz. pkg. dried mushrooms

¾ cup (1 ½ sticks) Kowalski's Butter

¾ cup chopped celery

¾ cup finely chopped onion

6 cups (about 10 oz.) Kowalski's
Artisan Croutons (from the Bakery
Department), any flavor

1 ½ tbsp. chopped fresh Italian parsley

- kosher salt and freshly ground
Kowalski's Black Peppercorns, to taste

In a large saucepan, bring broth and water to a boil. Stir in 2 tbsp. thyme, 2 tsp. sage, wild rice and mushrooms; return to a boil. Reduce heat; simmer, covered, until most of the wild rice kernels open (45-55 min.). In a large skillet, melt butter. Stir in celery and onion; sauté until tender (about 10 min.). Stir celery mixture, croutons, parsley, salt, pepper, and remaining thyme and sage into wild rice mixture. Spoon into a greased 3 qt. casserole dish; bake, covered, in a preheated 325° oven until heated through (40-45 min.).



CHEDDAR-CORN PUDDING

GF V

SERVES 8

14.75 oz. canned creamed corn

8 oz. cream cheese, at room temperature

½ cup (1 stick) Kowalski's Salted Butter

2 eggs

8.5 oz. boxed cornbread mix

10 oz. bagged frozen sweet corn, thawed

6 oz. shredded Cheddar cheese (such as
Tillamook Farmstyle Thick Cut Triple
Cheddar Blend)

2 oz. thinly sliced green onion (from the
Prepared Produce Section)

½ oz. finely chopped fresh Italian parsley
leaves, stems removed

¼ tsp. freshly ground Kowalski's Black
Peppercorns

Combine first 3 ingredients in the bowl of an electric mixer; beat until well blended. Add eggs one at a time, beating after each addition until fully incorporated. Add cornbread mix; mix until just combined. Fold in remaining ingredients by hand. Pour mixture into a 9x9" baking dish sprayed lightly with cooking spray; bake in a preheated 375° oven until the center springs back when pressed lightly (about 45 min.). Let cool at room temperature for 10-15 min. before serving.

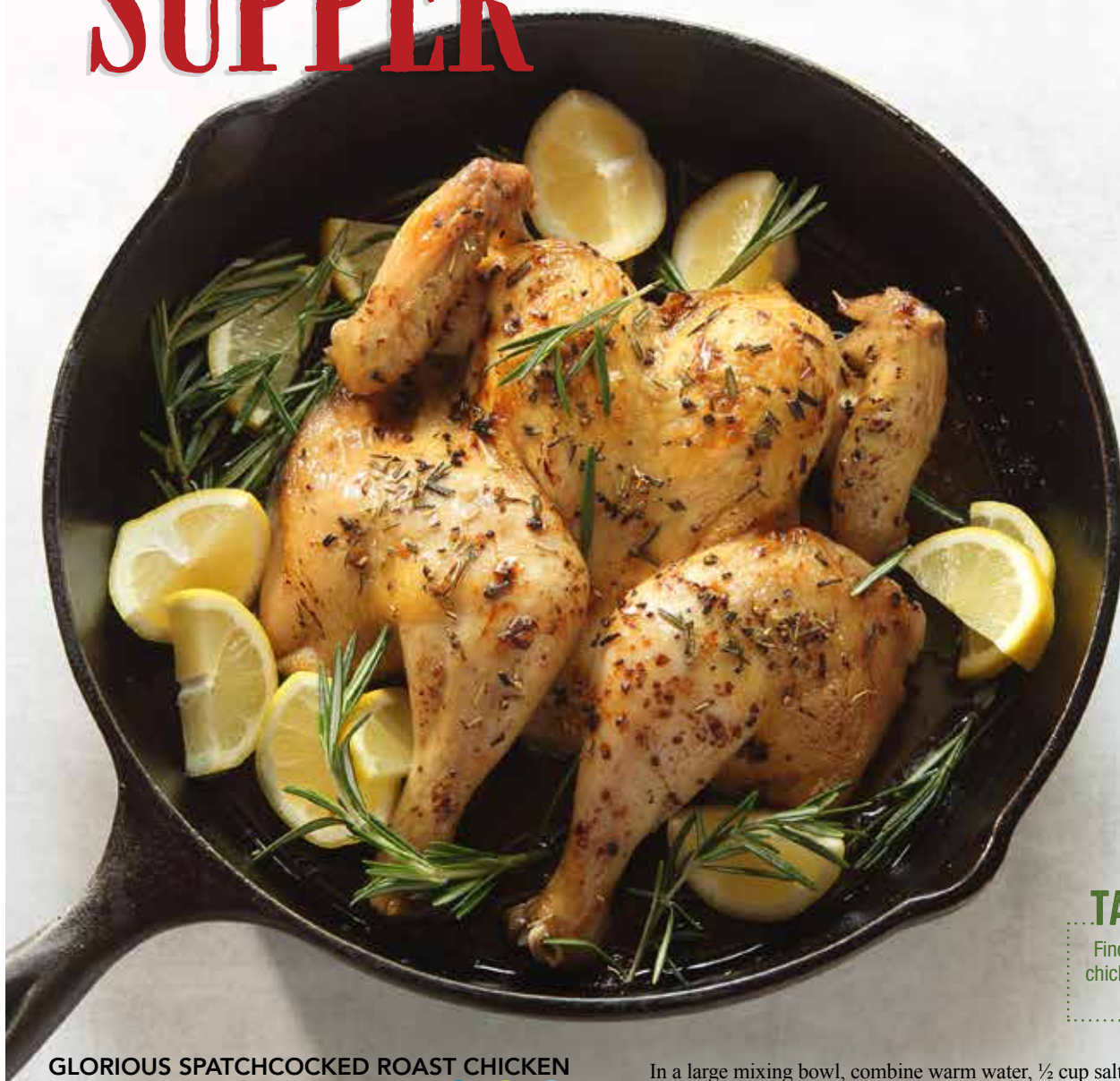
A note about gluten: When a gluten-free cornbread mix is used, this recipe is gluten free.



*Selection and availability of
products and ingredients vary by market.*

SEASONAL SUPPER

Chicken gets overlooked in this season of turkeys and hams. But a whole roasting chicken is a great special occasion meal, not to mention a great option for a small gathering! Plus, this simple recipe cooks to party perfection in *under an hour*. Combined with some *Crispy Smashed Potatoes* (see page 22) and your choice of green vegetable or salad, it's a guest-worthy meal that's as glorious for a holiday as it is for every day.



TASTY TIP

Find spatchcocked chickens in the Meat Department.

GLORIOUS SPATCHCOCKED ROAST CHICKEN

SERVES 6

GF LW DF

- 1 qt. water, very warm
- ½ cup plus 2 tsp. kosher salt, divided
- ¼ cup sugar
- small handful whole Kowalski's Black Peppercorns
- ice, as needed
- 4 lb. (approx.) whole roasting chicken
- 2 tbsp. Kowalski's Extra Virgin Olive Oil, plus more for oiling the pan
- 1 tbsp. Kowalski's Signature Classic Garlic & Herb Rub (from the Meat Department)
- 2 tsp. chopped fresh rosemary, plus a few sprigs for garnish
- 2 tsp. fresh lemon zest
- ¼ tsp. freshly ground Kowalski's Black Peppercorns
- lemon slices, for garnish

In a large mixing bowl, combine warm water, ½ cup salt, sugar and whole peppercorns; stir until dissolved. Add ice until mixture is cooled and measures about 2 qts.; set aside. Arrange chicken breast-side down on a cutting board. Using kitchen shears, cut along one side of the backbone, from the cavity end up to the neck. Repeat on other side of backbone; remove backbone and discard. Turn chicken breast-side up. Using both hands, press down firmly and quickly to crack the breast bone and flatten the bird. Place chicken in a large pot; cover with brine mixture. Refrigerate chicken for at least 1 hr. (up to 24 hrs.). Remove chicken from brine; discard brine. Place chicken breast-side up in a cast iron skillet coated lightly with oil. Rub chicken with oil; season with rub, remaining salt, chopped rosemary, lemon zest and ground pepper. Roast in a preheated 450° oven until a thermometer inserted in the thickest part of the thigh registers 160° (about 40 min.); let stand, covered, for 10 min. (temperature should increase to 165° before serving). Garnish whole bird with rosemary sprigs and lemon slices; serve in the pan with tools for carving at the table.