Kowalski'S AT HOME

STRAWBERRIES

MIDDLE EASTERN
CUISINE

DIPS FOR DAYS

Fresh Strawberry Pie (page 15)

The Family Grocery Store with the Family Still in It

thoughts from the KOWALSKIS

 $oldsymbol{A}$ nd now for something completely different ...

Well, not entirely. We've worked some typical summer fare into this season's issue of *At Home*, including strawberries, salads and burgers, but we left some room to play. Alongside the stunning strawberry pie from our cover, we're suggesting a somewhat different way to serve strawberry shortcake – kabobs, anyone? Even our most mainstream players are spotlighted in unexpected ways. We're sharing alternative ways to use salad dressings and dips as well as a recipe for marinating a new food: cheese, if you can believe it!

On page 10, you can learn about our recent switch from conventional bananas to 100% fair trade bananas as we expand on our efforts to promote justice and sustainability in the sometimes-troubled fruit market. We're also looking at one of the more unusual vegetables in our Produce Department, the jicama, on page 11. On page 8, Wine Shop Director Brian Mallie shares his picks for "alternative" summer whites from the Mediterranean, including bottles from a few places you might not expect.

Throughout this issue, Culinary Director Rachael Perron is featuring Middle Eastern foods and flavors, a category of global

cuisine that's having a major moment right now. You'll love her aromatic twist on roasted chicken wings below. Her take on grilled pizza (on the facing page) riffs on traditional recipes featured later in the issue, starting on page 20. She even lists a few of her favorite restaurants serving Middle Eastern cuisine on page 21. And don't miss Rachael's take on our "Seasonal Supper" feature that explores the fun of mezze! It's on the back cover.

We round out the issue with a feature about summer flowers on page 12 and offer a peek inside our food truck starting on page 6. Kowalski's The Joy of Good Food Truck is bringing our best-of-the-best street food anywhere you are! Whether you book a private event or find us at a local fair or festival, you're in for a real treat. Find the menu on page 7 and use

it to inspire your own summer entertaining occasions.

Tood 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.

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COOKING PIZZA, PLEASE

uring the summer, I grill pizza at least once a week. It's obviously a crowdpleasing affair, with everyone able to pick their favorite toppings, but it's also a somewhat self-serving choice. I probably have the most adventurous palate in my family, and pizza gives me a chance to enjoy the foods and flavors I love that no one else does. My pie is usually loaded with alternative sauces and "unpopular" veggies, and it's almost always topped with olives and drizzled with something "weird." It is the prettiest of the pack every single time, the most colorful and most interesting to behold, by a longshot - and, quite often, someone wants to trade me a slice. I'm happy to oblige. As much as I love my oddball creations, I'm always game for a bite of good ol' sausage and pepperoni.

Warmly,

Rachael

Here I top my Middle-Eastern-inspired 'za with:

- baba ganoush (find it in the Deli Grab & Go Case near the hummus)
- sweet pickled peppers (from the Olive Bar)
- Kalamata olives
- cherry tomatoes
- pepperoncini
- chopped roasted and salted pistachios
- fresh mint
- spicy honey

Find a basic technique for Grilled Pizza at kowalskis.com:





SIGNATURE PRODUCT FOCUS

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.

KOWALSKI'S SIGNATURE FRESH SALAD DRESSINGS

Kowalski's Signature Fresh Salad Dressings are locally made in small batches from Kowalski's exclusive family recipes. Customers LOVE our Steakhouse Blue with its hint of garlic and black pepper. Mexi-Ranch is great on salads but also super on tacos, nachos and all your Mexican food faves. Classic Ranch and our fresh herbed Buttermilk Ranch are perfect on everything from chicken wings to pizza! And our Sicilian Basil has a unique, fresh flavor. Look for them in the Produce Department.



CHUNKY FARMHOUSE SALAD

Celebrate summer with a chunky chopped salad filled with all your favorites: peppers, tomatoes, cukes, sunflower seeds, beets, onion, carrots, peas, raisins, greens and hemp hearts. Top with tangy, intensely herbaceous Buttermilk Ranch (or its milder, creamier cousin, Classic Ranch) for farmhouse-fresh flavor.



KOWALSKI'S SIGNATURE SEASONING BLENDS

Kowalski's Signature Seasoning Blends are made locally in small batches from our exclusive recipes. They're the perfect blends for all your summer grilling recipes. Our most popular blend, Northwoods Grill Seasoning, is wonderful on steaks, burgers and chops. Sweet Chili Rub and our two newest blends, Mild BBQ Rub and Sweet Heat BBQ Rub, are super for ribs. Classic Garlic & Herb Rub (formerly called Prime Rib Rub) is a major multitasker that works on just about anything. Of course, you'll love our most famous blend, Award-Winning Rotisserie Rub, on any kind of chicken! Look for them in the Meat Department.

ROSEMARY BLUE CHEESE
BURGERS featuring
Northwoods Grill Seasoning

NEW IDEAS FOR OUR SALAD DRESSINGS

KOWALSKI'S SIGNATURE FRESH VINAIGRETTE SALAD DRESSINGS:

- Use as a marinade for chicken, beef or fish
- Use to dress pasta salad
- Toss with vegetables before roasting
- Dress a sub sandwich
- Toss with grilled veggies

Our salad dressings are some of our most popular products for good reason, but did you know they are also surprisingly versatile players in the kitchen? Here are a few of our favorite alternative uses for both our vinaigrette and creamy-style dressings.

KOWALSKI'S SIGNATURE FRESH CREAMY SALAD DRESSINGS:

- Use to dress potato salad
- Use in place of mayonnaise on paninis or sandwiches
- Put on a baked potato or roasted potatoes
- Drizzle on pizza
- Drizzle on tacos
- Use as a dip for hot wings
- Stir into mashed potatoes

- Use as a pizza sauce
- Put on burgers
- Use as a dip for crackers, chips or pretzels
- Use as a dip for chicken or fish fingers
- Stir into yolks for deviled eggs
- Stir into sour cream and serve on tacos

SERVICE



KOWALSKI'S FARE

Now you can have all the best tastes of a Kowalski's summer anywhere you are. Kowalski's The Joy of Good Food Truck offers some of our best Signature recipes and exclusive products perfect for any party or event.

The 2022 menu includes customer favorites from our own private smokehouse, including Naturally Raised pulled pork, beef, chicken and even our Signature Dry-Rubbed Pork Spareribs. We also serve up some of the best burgers and dogs around, including our exclusive Kobe-style Akaushi Beef Burgers and Hot Dogs. Some of our most popular Signature side dishes – Kowalski's Baked Beans, Herbed Slaw and our famous Aunt Nettie's Potato Salad – are also on the menu, all made with our own in-house recipes. And did we mention tacos? They're made with our own Naturally Raised meats, which we smoke in-house, with toppings both classic and Kowalski's style, like smoked Gouda, sweet kale slaw and our own Signature BBQ Sauce.



CALL 651-313-6870 to book the truck for your next event





CARNITAS TACOS

Warm flour tortillas with Kowalski's Signature Lightly Smoked Pork Carnitas, diced onions, chopped fresh cilantro, green tomatillo salsa and a lime wedge.

SMOKY CHICKEN TACOS

Warm flour tortillas with our house-recipe Signature Lightly Smoked Pulled Chicken, pico de gallo, sour cream and a lime wedge.

PULLED PORK TACOS

Warm flour tortillas with our house-recipe Signature Lightly Smoked Pulled Pork, shredded smoked Gouda, sweet kale slaw and Signature Smoky Sweet BBQ Sauce.

BBQ PULLED PORK OR CHICKEN

Our house-recipe Kansas City Style BBQ Pulled Pork or Chicken served on a freshly baked Signature Sweet Egg Bun with our Signature Herbed Coleslaw.

BBO SPARERIBS

Our exclusive recipe for Kansas City Style Dry-Rubbed Pork Ribs served with our famous Aunt Nettie's Potato Salad and Herbed Coleslaw.

AKAUSHI BURGER

A premium Kobe-style Akaushi beef burger with American cheese on a freshly baked Kowalski's Signature Sweet Egg Bun. Served with Kowalski's Signature Seasoned Potato Chips.

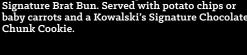
GET IT WITH THE WORKS: Add lettuce, tomato, onion and garlic aioli.

AKAUSHI BEEF

A premium Kobe-style Akaushi beef hot dog served on a Kowalski's Signature Brat Bun. Served with Kowalski's Signature Seasoned Potato Chips.

A Nathan's Famous Hot Dog on a Kowalski's Signature Brat Bun. Served with potato chips or baby carrots and a Kowalski's Signature Chocolate Chunk Cookie.







AVAILABLE À LA CARTE OR **MAKE IT A** PLATTER WITH **YOUR CHOICE** OF TWO:

Classic Baked Beans **Herbed Coleslaw** Aunt Nettie's Potato Salad **Seasoned Potato Chips Tortilla Chips & Guac** Chocolate Chunk Cookie



Every food truck booking comes with your choice of menu: three types of tacos or two BBQ favorites from our own in-house smokehouse. Both menus include our Akaushi Burgers and Hot Dogs.



3 THE WINES OF

I f, like us, you match your wines with the seasons, now is the time to head for the flavors of the Mediterranean coastline and islands. The combination of vine, sea and endless sunshine produces a parade of summer-friendly white wines cracking with energy at their refreshing best.

As it happens, you can capture a sun-drenched afternoon on the Adriatic or Aegean in a glass. The scent of lemon groves, thyme and salt air says it's possible. So, for classic alfresco dining, a plate of small bites or just to cool off, give one of these a try.

(shown above)

Bilo Idro means "any sail" in the local Croatian dialect, which no doubt refers to the marina that has been a safe haven and destination for Adriatic sailors for centuries. The wine is a blend of four indigenous Dalmatian grapes, all organically farmed, that trace their origins to at least 400 B.C. The rugged terrain gives the wine a savory minerality that acts as the perfect foil to the wine's natural white flower, green melon and citrus flavors. Try it this summer with calamari, grilled prawns or garlicky seafood pastas.

PECORINO

This specialty of Abruzzo and Marche is fragrant with yellow fruits and flowers. Vineyards carved from Italy's rocky eastern coast produce wines with good texture and a savory edge, perfect for grilled fish.

VIOGNIER (vee-own-YAY)

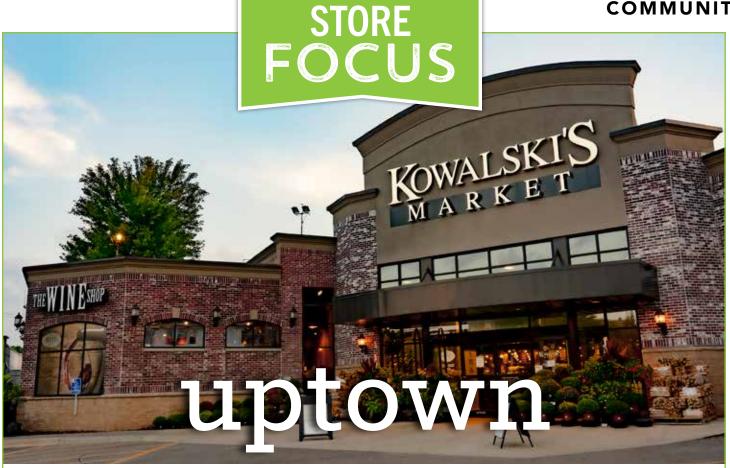
This wine from southern France is known for its mango, tangerine and honeysuckle flavors. It can be blended into über-versatile Côtes du Rhône Blanc or stand alone in a racy, peach-scented dazzler.

ASSYRTIKO (ah-SEER-tee-koh)

Planted in the volcanic-ash-rich soils of Santorini and other Aegean islands, no grape has brought Greece closer to the world stage. It bears some resemblance to sauvignon blanc but smells of preserved lemons and sea air.

CARRICANTE (kar-ree-KAAN-tey)

This ancient grape from Sicily is the most important grape of Etna Bianco. It is marked by a flinty minerality with notes of white fruits and aromatic herbs. It's capable of producing some of the finest white wines in all of Italy.



hether you call it the "Hennepin" or "Uptown" Market, our store located between 24th and 25th streets on Hennepin Avenue is one of the busiest of our 11 locations. Just five blocks north of the unofficial center of the Uptown district (Hennepin Avenue and Lake Street), our Hennepin Market has one of the most devoted customer bases, many of whom live within walking distance of the store - so close, in fact, legend has it that carryouts have even carried groceries right to some customers' doors!



The Hennepin store became a Kowalski's in 2002 after Jim and Mary Anne Kowalski purchased three GJ's SuperValu stores in Minneapolis (the others are now our Lyndale and Parkview Markets). At that time, Hennepin was one of the smaller markets in the company. In 2017, it was remodeled and expanded to incorporate the neighboring former Walgreens store to better suit the needs of this bustling community.

Uptown, an unofficial district in Minneapolis, is home to some of the best recreation in the Twin Cities, encompassing Minneapolis' largest lake, Bde Maka Ska, as well as Lake Harriet and Lake of the Isles. The vibrant, easily walkable neighborhood of Uptown is well known for its amazing local shops and boutiques and for hosting important community and art events, like the annual Uptown Art Fair, which attracts hundreds of thousands of visitors to the area each summer. People also visit the community to take part in its exciting nightlife. Uptown offers many unique theaters, bars, restaurants and coffeehouses. Kowalski's fits in well in this respect, offering customers a made-to-order Hibachi Bar, custom Pasta Bar, make-your-own Pho & Ramen Bar, self-serve Wing Bar and fresh sushi, plus a full-service Pastry Case, Starbucks Coffee and a Wine Shop.





I owalski's is excited to announce our newest partnership with Fyffes, one of the world's largest and oldest tropical produce distributors. We are now **exclusively** carrying Fyffes Fair Trade Certified™ Bananas at all of our markets. Since 1888, Fyffes has been committed to bringing the world the highest-quality produce, making a positive difference for their growers, customers and the environment.

The fair trade certification on Fyffes bananas ensures fair prices for farmers, protecting their rights and contributing to the creation of a sustainable living and working environment where families and communities can thrive. Through fair trade business practices, farmers receive a minimum set price for their crops as well as financial and technical support, safe working conditions, economic development and education. They become stakeholders, reinvesting profits to strengthen their businesses and communities with projects such as health clinics, schools, housing and leadership training. Fair trade certification also ensures that farmers follow all internationally monitored environmental standards and implement sustainable practices.

Purchasing Fyffes Fair Trade Certified™ Bananas helps support programs that make the world a better place. These bananas are of the highest quality and are grown according to fair trade practices. They not only taste good, but you can feel good buying them, too.

Find Fyffes Fair Trade™ Bananas in the Produce Department today.





Warm bananas are delicious with ice cream. Also try them in place of – or in addition to! – toasted marshmallows in traditional s'mores.

- 4 unpeeled bananas (firm but not green), halved lengthwise
- cooking spray or canola oil, for grilling
- 4 tsp. sugar
- caramel sauce (such as Kowalski's Classic Caramel Sauce), for serving
- finely chopped nuts, for serving

DIRECTIONS:

- 1. Spray cut sides of fruit with cooking spray or brush with oil.
- 2. Sprinkle cut sides of bananas evenly with sugar; let stand for 2-3 min.
- 3. Grill bananas, cut side down, on a grill preheated to medium heat until dark grill marks appear and bananas release easily from the grill grates (3-4 min.).
- 4. Flip bananas; cook until the skin starts to pull away from the fruit (5-6 min., depending on ripeness).
- 5. Remove peels and place bananas on a serving plate(s); drizzle with caramel and sprinkle with nuts.
- 6. Serve immediately.



JICAMA

A n unusual root vegetable that deserves a second look as you scour the Produce Department is the jicama. This tan, brown or gray vegetable that resembles a turnip or large radish is growing in popularity here in the United States but has been popular in Mexico and South America for centuries. It is most often served raw in Mexico with a squeeze of lemon or lime juice and a dash of hot sauce or chili powder.

In Asia, jicama is used in many dishes, including spring rolls. People in Thailand enjoy jicama raw in salads or with a hot, salty dip made of fish sauce and chiles.

Jicama has a crunchy, white flesh that tastes similar to a not-too-sweet apple. It can be cut into chunks and added to salads or cut into strips and eaten with guacamole or other dips as part of a fresh vegetable platter.

Though not normally cooked, it can be steamed, baked, boiled, mashed or even fried and eaten like a potato. In many cooked dishes, such as stir fries, jicama provides a nice crunchy texture similar to a water chestnut.

One cup of jicama has only about 45 calories and is high in vitamins C, A and B, along with calcium and phosphorus. They range in size from half a pound to six pounds or more! When purchasing, choose a jicama that's hard, unblemished and heavy for its size. They will keep in the refrigerator for a couple of weeks. Be sure to remove the skin before eating.



nourish the skin you're in

Summer's sun can do a number on your skin. To add insult to injury, a poor diet will prematurely age your skin, too. Because we're baring a little more skin these next few months, besides slathering on the sunscreen, why not also eat your way to a healthier, age-defying glow? Interested? Slip these foods into your grocery cart.



- Foods rich in vitamins A and C, such as cantaloupe, peppers, mangoes, tomatoes, spinach, kale, peaches, nectarines, carrots and more.
- Nuts and seeds contain vitamin E and selenium. Both help protect cells from damage, including sun damage and other environmental "insults."
- Green tea or black tea. The polyphenols (plant compounds) found in these tea leaves can combat inflammation, both from the sun and day-to-day inflammation otherwise occurring in the body.
- Omega-3-rich foods. Tuna, trout, salmon, halibut, flax seeds, chia seeds, walnuts, dark green leafy vegetables and canola oil contain omega-3 fats. A "good" balance between polyunsaturated fats (omega-6 fats) and omega-3 fats helps combat cell-damaging inflammation.
- Coffee (caffeine). In animal studies, caffeine has helped reduce
 the development of basal cell carcinoma by killing precancerous
 cells damaged by sunlight that were in the process of dividing. The
 antioxidants in coffee may also protect cells from the initial damage
 caused by the sun.

References for this article may be found in the online edition at kowalskis.com.

LOCAL



Presher is always better when it comes to flowers, which is why Kowalski's sources as many of our beautiful blooms as possible from Len Busch Roses. From alstroemeria, lilies, tulips, snapdragons, gerbera daisies and spray roses to flowering plants like begonias, cyclamen,

kalanchoe and hydrangea, we are proud to offer the best quality and longest-lasting cut stems, bouquets and blooming pots in the Twin Cities. Whether you're looking to add a bit of sunshine to your home or want something lovely to share with a friend, nothing says "special occasion" quite like flowers from Kowalski's.

After the Busch family immigrated to the United States from Germany in the 1800s, Fred Busch began growing vegetables on Lyndale Avenue in Minneapolis. In 1920, Bill, Fred and Carl Busch, the second generation of Busches,

moved the family's business to Golden Valley, where they began growing flowers as well. Sixteen years later, Len Busch was born.

Len worked with his family at Busch Brothers for most of his childhood. Later, after earning his degree in floriculture

at The Ohio State University, he opened his own floral business in Plymouth. Len began growing pompons in a modest 28,000-square-foot greenhouse. It wasn't until 1969 that he started growing his first roses. Today, Len Busch Roses grows over 7 million stems and pots every year inside 15 acres of greenhouses. Len's son. Patrick, now runs the business with

his wife, Diana, and their four children, who hope to one day have another generation of Busches to carry on their beautiful family business.

MINNESOTA

GROWN ~











 $B^{\rm erries}$ are one of the most beloved picks in the Produce Department in the warmer-weather months. Great out of hand as a snack or healthful dessert, strawberries, blueberries, raspberries and blackberries are also sweet, beautiful additions to seasonal recipes for pies, trifles, salads and smoothies.

Local berries from Bushel Boy make enjoying strawberries a year-round delight. Their greenhouse-grown fruits receive the ideal amount of light, temperature, moisture and nutrients that Mother Nature alone can't guarantee. Bushel Boy emphasizes sustainability in farming while employing technology to ensure optimum quality and safety for all their products.

DID YOU KNOW?

- Strawberries are rich in polyphenols. These nutrients help tame inflammation, support a healthy blood pressure, nourish your skin and protect all cells in your body from damage.
- Strawberries are also a good source of fiber. Fiber supports a healthy bacterial community in your "gut." Both the polyphenol and fiber content of berries help keep blood sugar levels in better control.
- All berries are a good source of vitamin C. Vitamin C is great for your immune system, bones, heart, brain and more.



Find Bushel Boy Strawberries in the Produce Department.

GRILLED STRAWBERRY SHORTCAKE KABOBS (V)

An adorable take on the classic summer dessert that's positively perfect for a party.

- 3 (1" thick) slices Kowalski's Angel Food Cake (from the Bakery Department)
- 16 whole strawberries, hulled and stemmed
- 4 (10-12") wooden skewers, soaked in water for 30 min.
- cooking spray, for grilling
- whipped cream, for serving

DIRECTIONS:

- 1. Cut each slice of cake into 4 (1") cubes.
- 2. Place a strawberry on each wooden skewer; alternate cake cubes and berries until each skewer has 4 berries and 3 pieces of cake.
- 3. Spray kabobs lightly with cooking spray; grill directly over low heat until dark grill marks form and berries start to soften (about 4 min.), turning occasionally.



FRESH STRAWBERRY PIE (V



SERVES 8 (shown on cover)

This easy recipe requires no gelatin or pectin and gets a pleasant hint of tart flavor from the addition of strawberry rhubarb jam.

- 2 pts. (about 24 oz.) strawberries, hulled and halved, divided
- 2 tbsp. water
- pinch salt

½ cup sugar

- 9 oz. (1 jar) Kowalski's Strawberry Rhubarb Jam
- 1 ½ tbsp. cornstarch, dissolved in 2 tbsp. water
- 3 drops red food coloring (optional)
- 1 pie crust, baked according to pkg. or recipe directions, cooled completely
- Salted Vanilla Whipped Cream, for serving

DIRECTIONS:

- 1. In a medium saucepan, crush approx. 1 cup strawberries with the back of a wooden spoon (use the largest and smallest berries so the remaining fruit are as uniformly sized as possible).
- 2. Add water and salt; cook and stir over medium heat for 3 min., smashing the berries as you cook, until strawberries start falling apart.
- 3. Add sugar and jam; continue to cook and crush fruit until sugar is dissolved and mixture is reasonably smooth and glossy (about 2 min.).
- 4. Whisk in cornstarch mixture; cook and stir over medium-low heat until slightly thickened (about
- 5. Stir food coloring into glaze, if desired.
- 6. Pour glaze into a large mixing bowl; refrigerate
- 7. Add remaining berries to the cooled glaze; mix until all berries are coated.
- 8. Pour strawberry filling into pie crust; turn the top layer of berries cut-side down for the prettiest
- 9. Refrigerate, covered, for at least 2 hrs.
- 10. Serve with whipped cream.

Tasty Tip: This pie is best the day it is made.

WHIPPED CREAM MAKES ABOUT 2 CUPS In a medium mixing bowl, use an electric mixer or balloon whisk to whip 1 cup heavy cream and 2 pinches salt until soft peaks almost form. Whisk in 1 tsp. Kowalski's Organic Madagascar

. Vanilla Paste and 3 tbsp. sugar just until dissolved.



Selection and availability of products and ingredients vary by market.

Berries should be kept cool and dry in the refrigerator; air circulation is a must. Don't wash

them until just before use, as moisture is the

enemy of these highly perishable fruits. Use them within a few days of purchase to ensure freshness.



MARINATED CHEESE

ne of the easiest ways to change up your cheese is to give it a good, long soak. Soft, fresh cheeses like mozzarella, feta and goat are delicious when marinated. Even aged cheeses, like provolone, are transformed when given a little more time in the bath. Marinating cheese is simple to do at home with ingredients you probably already have on hand and makes an impressive addition to a party platter.

HONEY-MARINATED HALLOUMI 🕕 🚺





You'll love this warm, melty cheese with a sweet-tart glaze that slightly caramelizes as it cooks.

5 tbsp. Kowalski's Pure Honey

1/4 cup Kowalski's Freshly Squeezed Lemon Juice (from the Produce Department)

- 4 sprigs fresh thyme
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste
- 1 lb. halloumi cheese, sliced ½" thick, divided
- 2 tbsp. Kowalski's Extra Virgin Olive Oil, divided
- pomegranate seeds and Kowalski's Roasted and Salted Pepitas, for garnish (optional)

DIRECTIONS:

- 1. In a large mixing bowl, whisk honey with juice. Stir in thyme leaves; season with salt and pepper.
- 2. Add cheese; toss to coat. Cover and marinate in the refrigerator for 1-24 hrs., turning occasionally.
- 3. In a nonstick skillet, heat ½ of the oil over medium heat. Add ½ of the cheese slices; cook until dark goldenbrown on the first side (2-3 min.).
- 4. Flip cheese; spoon a bit of marinade
- 5. Cook second side until hot and goldenbrown on the bottom (1-2 min.); move to a serving platter and drizzle with more marinade.
- 6. Repeat with remaining oil, cheese and marinade; serve warm with desired garnishes.

OTHER GREAT WAYS TO

As a simple snack: Serve softer marinated cheeses on fresh, crusty artisan bread or crackers with a glass of wine or beer.

On a beautiful board: A bowl of marinated provolone makes a pretty centerpiece for a cheese or charcuterie board.

In a sensational salad: Top your favorite salad with marinated cheese. The infused oil from the cheese works wonderfully as part of your salad dressing.

Find recipes for Spicy Marinated Provolone, Marinated arella and Marinated Feta at kowalskis.com.

BUILD A BOWL WORKSHOP

Y e're changing up our "Build-a-Board" column with a step-by-step guide to the darling of the internet: Buddha bowls! While there are no real rules to follow when it comes to your Buddha bowl, Kowalski's Culinary Director Rachael Perron shares her method and favorite ingredients below.

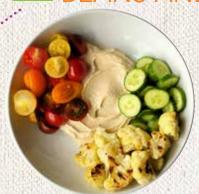


to bring a smooth, rich texture to the dish. It can also be used to mix ingredients together.



Add quinoa, couscous, wheat berries, brown rice or another grain to your bowl. Spoon the grains between a few different veggies to contain an otherwise loose pile of grains. If desired, offset this with wedges of flatbread, like pita or naan.

CREAMY BASE Try a scoop of hummus, baba Capaulsh, voquirt or mashed STEP CHUNKY VEGETABLES, BEANS AND GREENS



Pile fresh, steamed or roasted veggies opposite one another in the bowl. Try garlic-roasted cauliflower, sweet potatoes, garbanzo beans, spinach, tomatoes, avocado or grilled eggplant.

FINISHING FLAVORS

Tuck or sprinkle small bites like olives, sweet peppers, lemon wedges, nuts, pickles and pickled onions between other ingredients.



GARNISHES

Garnish with freshly ground Kowalski's Sea Salt and Black Peppercorns, dried sumac, lemon zest, sesame seeds, cheese (like feta or goat cheese) and fresh herbs (like oregano and mint). Drizzle with olive oil or balsamic glaze, if desired.

To make a vegan, dairy-free bowl, simply skip the cheese and yogurt (or use a dairy-free alternative).



WHIPPED FETA DIP 🕕 🚺

SERVES 8



Serve with pita crackers or pita chips or smear on a bagel for a truly delicious treat.

1 cup crumbled Israeli feta

- 6 tbsp. full-fat plain Greek yogurt
- 1 tbsp. Kowalski's Extra Virgin Olive Oil, plus more to reach desired consistency
- ½ tsp. freshly ground Kowalski's Black **Peppercorns**
- lemon wedges, fresh dill sprigs and crushed red pepper flakes, for garnish (optional)

DIRECTIONS:

- 1. In a food processor, combine feta, yogurt, oil and black pepper; process until smooth.
- 2. Add more oil as needed to reach desired consistency.
- 3. Store in the refrigerator, covered, for up to 5 days.
- 4. Serve garnished with lemon, dill and crushed red pepper flakes with a drizzle of olive oil.



ZINGY PICKLE DIP (GF) SERVES 6



This cool and crunchy dip is great with chips, crackers or cut veg.

8 oz. cream cheese

8 oz. sour cream

1 tbsp. Worcestershire sauce

1 tbsp. granulated garlic

1 tbsp. dried dill weed

½ oz. fresh dill fronds

1 cup finely chopped spicy sweet pickles (such as Gedney Hot & Sweet Zingers), divided

DIRECTIONS:

- 1. In a food processor, combine cream cheese, sour cream, Worcestershire, garlic, and dry and fresh dill; process until smooth.
- 2. Fold in most of the chopped pickles by hand, reserving some for garnish.
- 3. Store in the refrigerator, covered, for up to 5 days.
- 4. Serve garnished with remaining chopped pickles.

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

Kowalski's Signature Dips and Spreads from the Deli Grab & Go Case are natural partners with chips, crackers, veggies and more, but they also make great shortcut ingredients and condiment swaps in a variety of recipes. Use them to whip up a fast egg or potato salad; turn them into great condiments for fish or fish sandwiches; or make super dressings for grilled veggies, tacos and even green salads.

- · Add milk to Herb Spread to make a loose dip for dunking roasted potato wedges or cocktail shrimp.
- Spread Pimento Cheese Spread inside a grilled cheese sandwich before taking it to the griddle.
- Thin Spinach Dip with a bit of cream or half-and-half; mix it with chopped hard-boiled eggs to make a fast and tasty egg salad.
- Dill Dip makes a great swap for tartar sauce for a fish sandwich or fish sticks.

- Try Double Olive Spread or Basil Balsamic Spread on a toasted bagel in place of regular cream cheese.
- Smear Pretzel Dip on a natural-casing hot dog or brat served on a pretzel bun.
- Red Pepper Spread is delicious inside a turkey or veggie flatbread wrap.
- Loosen Southwestern Dip with lime juice and dunk chicken tenders in it.
- · Add more extra virgin olive oil to Salsa di Parma to use as a dipping oil for artisan bread.
- Whisk buttermilk into Apple Blue Cheese Spread until it drizzles easily; use it as a green salad dressing.
- Loosen Crab Dip with lemon juice; use it in place of mayonnaise in a tuna or crab salad sandwich.

GETTING A LOSSE FOR MIDDLE EASTERN CUISINE

Tn an effort to appeal to Americans, many Middle Eastern restaurants in the U.S. have been calling themselves Mediterranean restaurants since the 1950s, believing that the term "Mediterranean" was more, well, palatable. As delicious Middle Eastern specialties like shakshuka, halva and kefir have become more popular and ingredients like harissa and halloumi easier to find, an appetite for this aspect of Middle Eastern culture has followed.

Due to proximity, climate, terrain and history, there is some overlap in Mediterranean and Middle Eastern dishes. While some base recipes like hummus and falafel are found in both types of cuisine, there are regional differences. Greek baklava, for example, is often made with walnuts, while Syrian baklava is typically made with pistachios.



FALAFEL FRITTERS 🚺 🐠 0 i







This bite-sized falafel is easy to make at home and makes a great salad topper.

14 oz. can Kowalski's Imported Italian Garbanzo Beans, rinsed and drained

34 oz. fresh cilantro, plus more for garnish, if desired

½ fresh jalapeño pepper, stemmed and seeded

1/4 medium yellow onion

3 cloves garlic

1 tsp. kosher salt

¼ tsp. ground coriander 1/4 tsp. ground cumin

1/8 tsp. baking soda

1 tbsp. water

⅓ cup flour

- canola oil, as needed for frying
- garlic dip or tzatziki, for serving (optional)

DIRECTIONS:

- 1. Preheat oven to 350°.
- 2. In a food processor, combine first 10 ingredients (through water); process until smooth.
- 3. Scoop mixture into a medium mixing bowl; fold in flour by hand until flour is fully incorporated.
- 4. Heat approx. ½" of oil in a small nonstick skillet over medium-high heat until oil is about 350°.
- 5. Using a small cookie scoop, form garbanzo mixture into 18-20 balls, scooping them directly into the hot oil; cook for 1-2 min. on each side until dark golden-brown and slightly puffed.
- 6. Using a slotted spoon, transfer fritters from oil to a rimmed baking sheet lined with parchment paper.
- 7. Bake fritters in preheated oven until crispy and cooked through (about 20 min.).
- 8. Transfer fritters to a serving platter; garnish with fresh cilantro and serve with garlic dip or tzatziki, if desired.

we're speaking about food from countries that border the Mediterranean Sea, including both Southern European and North African nations. Middle Eastern cuisine is generally considered to include the regions of the eastern Mediterranean and further east all the way through Iran. Middle Eastern cuisines have commonalities but vary from country to country and across the territory. Some of the countries in this region include:

When we talk about Mediterranean food,

Egypt Lebanon Cyprus Israel Morocco **United Arab Emirates** Iran Saudi Arabia **Afghanistan** Turkey Iraq



Some of the tastiest and most popular ingredients around our market are used in Middle Eastern cooking. Many of these you've

probably already
olives
tomatoes
couscous
eggplant
pita
yogurt
rice
lamb
parsley
_

dried thyme sumac za'atar pistachios honey lavender currants emon oulgur lentils

probably already used and enjoyed:

olives	olive oil	Ċ
tomatoes	sesame seeds	S
couscous	tahini	Z
eggplant	chickpeas	ŗ
pita	fava beans	ŀ
yogurt	dates	1
rice	feta	C
lamb	halloumi	1
parsley	garlic	b
mint	-	1

A great way to first experience the foods and flavors of the Middle East is to dine out. There are a number of authentic restaurants offering a taste of their culture around the Twin Cities. Here are a few standouts:

BABANI'S KURDISH RESTAURANT

32 E. Fillmore Ave. St. Paul, MN 55107

BEIRUT RESTAURANT

1385 S. Robert St. West St. Paul, MN 55118

CASPIAN BISTRO

2418 University Ave. SE Minneapolis, MN 55414

KHYBER PASS CAFÉ

1571 Grand Ave. St. Paul, MN 55105

BLACK SEA RESTAURANT

737 Snelling Ave. N. St. Paul, MN 55104

ZAIT & ZAATAR

1626 Selby Ave. St. Paul, MN 55104

2412 Kennedy St. NE Minneapolis, MN 55413

1668 Grand Ave. St. Paul, MN 55105

MEDITERRANEAN CRUISE CAFÉ

12500 Nicollet Ave. Burnsville, MN 55337

meet me the MIDDLE

Ready to take on Middle Eastern cooking at home? Culinary Director Rachael Perron has compiled a few of her favorite Middle-Eastern-inspired recipes to celebrate the region's fresh, flavorful foods and stimulating spices.



JEWELED RICE 🚱 🚺 🕼 🕕







This side dish is a stunner. It's a gorgeous, delicious option with chicken, lamb, pork or fish.

2 tbsp. coconut oil

1/4 tsp. whole fennel seeds

1/4 tsp. whole cumin seeds

1 medium yellow onion, diced

1/8 tsp. ground cinnamon

1/8 tsp. ground cardamom

1/8 tsp. ground allspice

1 ½ cups basmati rice, rinsed until water runs clear

½ tsp. saffron threads, mixed with 2 tbsp. water

2 dried bay leaves

2 tbsp. Kowalski's Extra Virgin Olive Oil

1/4 cup dried tart cherries

8 dried apricots, diced 4 dried figs, diced

¼ cup sliced almonds, toasted

¼ cup roasted and salted shelled pistachios, roughly chopped

½ tsp. kosher salt (or to taste)

1/4 tsp. freshly ground Kowalski's Black Peppercorns (or to taste)

¼ cup fresh pomegranate seeds (from the Prepared Produce Section)

- zest of 1 lemon
- fresh chopped Italian parsley or mint, to taste



- 1. In a large skillet, melt coconut oil over medium heat.
- 2. Add fennel and cumin seeds; sauté for 2 min.
- 3. Add onion, cinnamon, cardamom and allspice; reduce heat to medium-low.
- 4. Cook and stir until onion is translucent and soft (about 10 min.).
- 5. Add rice; sauté for 2 min.
- 6. Add saffron-infused water and bay leaves.
- 7. Cook rice according to pkg. directions (or according to manufacturer's instructions if using a rice cooker).
- 8. When rice is done, remove bay leaves; fluff rice with a fork and drizzle with olive oil.
- 9. Fold in dried fruits and nuts; season with salt and pepper.
- 10. Scoop rice onto a serving platter; garnish with pomegranate seeds, lemon zest, and parsley or mint.

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FATTOUSH (V) (I) SERVES 4





Crispy pita chips take the place of croutons in this simple, fresh summer salad that's a riff on a Lebanese favorite.

- 1 large head organic romaine lettuce, chopped
- 34 cup Kowalski's Signature Fresh Greek Vinaigrette (or to taste), divided
- 1 pt. cherry tomatoes, halved
- 1 English cucumber, cut into 1/4" dice
- 1 cup loosely packed fresh Italian parsley leaves, roughly chopped
- 1 cup loosely packed fresh mint leaves, roughly chopped
- ½ green or red bell pepper, stemmed, seeded and cut into ½" dice
- 4 green onions, thinly sliced
- 4 cups pita chips (such as Water Street Deli brand)
- freshly ground Kowalski's Black Peppercorns, to taste
- ground sumac, to taste

DIRECTIONS:

- 1. In a large mixing bowl, toss romaine with a generous amount of dressing.
- 2. Add next 6 ingredients (through onions); toss with additional dressing to taste.
- 3. Gently toss in chips.
- 4. Arrange salad on a serving platter; season generously with pepper and
- 5. Drizzle with extra dressing or serve on the side.







