

Compliments of Kowalski's

May – June 2023
THE JOY OF GOOD FOOD

KOWALSKI'S AT HOME

CELEBRATING OUR 40TH YEAR

fast, fresh
& fun



Crispy Chicken Sandwich
(page 8)

SUMMER
SANDWICHES

blackberry BLISS

local ICE CREAMS!

The Family Grocery Store with the Family Still in It

thoughts from the KOWALSKIS

We love good food, from hot dogs (yep, we love them!) to ice cream (who doesn't love *that*?). Food brings us joy, and we love sharing that with *you*.

Inside, we are introducing you to some best-in-class, exclusive and new foods that we love. We love that they are healthy, convenient, clean, trendy, fresh and delicious. Oftentimes, food is many of these things all at once. And sometimes, food is just good *fun*.

Hence this issue's seasonally appropriate theme: Fast, Fresh and *Fun*! We've got ice creams. We've got hot sauces. We've got crispy fried chicken sandwiches (oh, yes, we *really* love those!). The story this season is all about the flavors and foods you crave. And oh, by the way, these foods are clean, local, fresh and – you guessed it – fast!

Featured once again is Meat & Seafood Director Troy Schmeling on pages 4 and 5. He's got some tips to share on something he finds really fun: competition-style smoking – of meat, that is! You can see the excitement he's built in his department with the added availability of so many unique rubs, sauces and seasonings along with all manner of barbeque and smoking machines, equipment, tools and accessories. Whether you're an aspiring BBQ competitor or just looking to up your game in the backyard this summer, Troy and his team have you covered with everything you need to take the best meats in the Twin Cities to the next level.

Culinary & Branding Director Rachael Perron teamed up with Troy to create a new recipe booklet to accompany this magazine issue. The booklet is full of their favorite recipes for grilling, plus great ideas for summery sides. They've got potato salad, baked beans, drinks and dessert recipes perfect for all your outdoor cooking and entertaining occasions this season. Rachael is also sharing a few fun ways to enjoy blackberries on page 11 of this issue and, on the facing page, a recipe for a coconut cake that she made, well, *just for fun*!

Elsewhere in this issue, Wine & Spirits Director Brian Mallie assures us that we can still drink red wine when the weather warms up! On page 10, he explains that summer is not all whites and rosés. Finally, Nutritionist Sue Moores, M.S., R.D., shares bundles of healthy good news about a favorite summer pastime for many foodies: gardening. Her insights are on page 7.

Welcome to a season of fun and the joy of good *summery* food!

Food Matters! Truth Matters!
Mary Anne Kowalski and
Kris Kowalski Christiansen



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FIND YOUR LOCAL MARKET AT KOWALSKIS.COM



SUMMER ENTERTAINING EVENT
AT ALL STORES!

SATURDAY, MAY 20
11AM - 2PM

We can't wait to see you there!

COOKING AT HOME:

cuckoo for coconuts

I love coconut. Coconut milk in a curry, toasted coconut stirred into rice, coconut cookies and candy and especially – most especially – coconut cake.

Sadly, I don't make coconut recipes all that much at home. I'm the only one that really likes it. Even on my birthday it seems a waste to make a cake that only I want to eat. It's not an everyday cake in our Bakery Department either, though they make the *best* coconut cake that you can special order anytime. Once in a while, though, I just *have* to make one, even if it's just for me. This particular cake is so easy to make using a boxed cake mix and is loaded with coconut – coconut shreds, coconut oil, coconut extract, coconut milk and coconut cream. The sweet, coconutty soaking syrup keeps it moist for days. Serve it with tropical fruit, berries or even chocolate. It's a tasty, *joyful* treat for all of us "coco-nuts."

Warmly, *Rachael*

Rachael Perron,
Culinary & Branding Director
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COCONUT POKE CAKE V

SERVES 16

The most coconutty cake you'll ever bake.

- 1 box white cake mix
- 1 cup coconut milk, well blended
- 3 egg whites
- ½ cup coconut oil
- 1 tsp. coconut extract, divided
- ½ tsp. Kowalski's Organic Madagascar Vanilla Extract
- 1 ¾ cups sweetened shredded coconut, divided
- 14 oz. can sweetened condensed milk
- ½ cup coconut cream, well blended
- 16 oz. Kowalski's Signature Classic Buttercream Frosting, at room temperature
- ¼ cup heavy cream

DIRECTIONS:

1. Preheat oven to 350°. Grease bottom only of a nonstick 9x13" pan.
2. In a large mixing bowl, combine cake mix, coconut milk, egg whites, coconut oil, ½ tsp. coconut extract and vanilla. Using a hand mixer, beat on high for 2 min., stopping halfway through to scrape the sides of the bowl.
3. Fold in 1 cup shredded coconut.
4. Transfer batter to the prepared pan; spread evenly.
5. Bake in preheated oven until a toothpick inserted in the center comes out with a few moist crumbs attached (28-30 min.).
6. Set cake aside to cool for 5 min. Meanwhile, in a medium mixing bowl, whisk together condensed milk, coconut cream and remaining coconut extract.
7. Using a chopstick or the thicker end of a wooden skewer, poke approx. 100 tiny, evenly spaced holes into the cake about 1" apart.
8. Pour coconut cream mixture slowly over the warm cake a little at a time, allowing the mixture to soak down into the cake as you go. When the cake no longer absorbs anything, discard any remaining coconut cream mixture.
9. Cool cake completely to room temperature.
10. Cover and refrigerate cake until completely cold (4 hrs. to overnight).
11. In a large mixing bowl, use a hand mixer to whip frosting until very soft and spreadable.
12. Add heavy cream to the frosting; whip until very fluffy and light.
13. Spread cake with icing; sprinkle with remaining shredded coconut.



Selection and availability of products and ingredients vary by market.

SMOKING HOT SUMMER

As the days get warmer, all thoughts turn to the backyard, patio, deck and balcony. Outdoor cooking is everything in a Minnesota summer! Enthusiasts fire up their grills and smokers early and often in hopes of sneaking a little bit more fresh air and sunshine into each day. Kowalski's has the best cuts (including competition-style meats), tools, equipment and seasonings – everything you need to win awards from a culinary contest or simply win accolades from neighbors, family and friends.

EXPERTISE

Many of our expert meat staff share your passion in the world of BBQ and grilling – and their expertise is free! Ask them for their personal tips and tricks to help you perfect your technique or inquire about their best seasoning suggestions. With a few days' notice, they can also help you special order some pretty unique cuts.



PITMASTER QUALITY PRODUCTS



PORK

Our pork shoulders and St. Louis-style spare ribs are trimmed to competition spec. We also offer pork loin baby back ribs, whole pork shoulder and pork belly. All our pork comes from Premium Iowa Pork and is raised locally on family farms. Duroc breed genetics ensures consistent flavor and tenderness every time.



BEEF

Kowalski's Certified Humane USDA Choice and Prime Beef is naturally raised by Creekstone Farms. Our selections include the best, most beloved cuts for smoking. You'll find beef brisket and tri-tips along with chuck shoulders for making pulled barbequed beef and burnt ends.

If it's steaks you want, we have many different options. Our **40-Day Wet-Aged Prime Beef** is tough to beat. During the aging period, the meat undergoes a change that results in an extraordinarily enriched flavor and exquisite added tenderness. Choose from top sirloin steaks, New York strips or boneless rib-eye steaks. We'll also be offering Prime tomahawk rib steaks this summer as well as filet mignon.

Our **Kobe-Style Akaushi Beef** is simply the best in its class, whether on the grill or any other way you make it. Every buttery, savory bite tastes better than the last! These cattle are some of the rarest and most sought-after beef cattle in the country. We offer a wide variety of steak cuts, including top sirloin, New York strips, boneless rib-eye, filet mignon, flank steaks and many more. If it's a burger you crave, our expert meat staff also grinds Akaushi in-store, which will make the most mouthwatering burgers you've ever had!

The tougher bite and mineral flavor profile typically associated with grass-fed beef is now a thing of the past with **Kowalski's Organic 100% Grass-Fed Beef** from Spring Lake Ranch. Most people who try our grass-fed beef have a hard time believing these cattle were never fed grain. Several customers have commented that the flavor of this beef reminds them of how beef tasted when they were kids. Our USDA Certified Organic beef program means no added growth hormones or antibiotics have been administered to the animals, and no harmful fertilizers have been applied to the soil.



EXTRAS

With the boom of the backyard smoking phenomenon, people are seeking best-in-class seasonings and rub blends. We've partnered with several new producers that are hot on the scene in the world of competitive smoking. Brands like Hardcore Carnivore, Kosmos Q, Meat Church BBQ, Blues Hog, Killer Hogs Barbecue, Heath Riles BBQ and Eat Barbecue offer unique flavor profiles and proprietary blends. Many of these labels appear in the seasoning cabinets of our skilled butchers, and they would love to recommend their favorites to you!

EQUIPMENT

Our White Bear Lake and Oak Park Heights Markets have Kowalski's Outdoor Cooking Shops right in the Meat Department, with expanded BBQ offerings. There you'll find pellet grills from Camp Chef, drum smokers from Gateway and flat-top grills alongside pellet woods, whole smoking chunk woods and lump charcoal. We also offer gloves, butcher paper, meat thermometers, injectors and other tools to enhance your backyard kitchen experience.



CHICKEN

Spatchcocked chicken (chicken that's had the backbone removed and flattened) is a great way to prepare a whole chicken for grilling or smoking. Our skilled butchers would be happy to make one for you using any number of naturally raised chickens from Gerber's Amish Farm or Miller's Organic Farm.

TASTY TIP

Our Meat Department offers many different marinated chicken, pork and beef products that work great on the grill. They are available individually, making it easy to mix and match to suit everyone's personal preferences.

Our most popular items in this category are our fresh kabobs and gourmet burger patties.

SIGNATURE

NEW! & NOTEWORTHY

SIGNATURE PRODUCT FOCUS



HOT SAUCES! Kowalski's is feeling, hot, hot, hot this season with the introduction of our all natural Signature Hot Sauces! Made locally, these products are perfect for adding a little pep to your favorite meals and snacks. We offer four amazing flavors in the Grocery Department.

HABANERO TOMATILLO

Punchy and bright, this is a great all-around hot sauce. Add a dash to anything!

CHERRY FRESNO

Red habaneros and Fresno chiles, plus a sweet cherry syrup with a bare hint of mint and cinnamon, make this one of the most unique hot sauces we've ever had. It's a "gotta try it to get it" thing. Try it on pizza and roasted veggies!

CLASSIC GREEN

Made with tomatillos, jalapeños, Anaheim and serrano peppers, this sauce is slightly sweet with a mild heat. It is amazing on potatoes, eggs, egg sandwiches and other egg dishes.

TROPICAL TOMATILLO

Four types of peppers, tomatillos and plenty of island flair give this exceptional sauce a personality of its own. We love it on wings and tacos.



BELLA BARK

This unique milk chocolate confection is crafted by hand with crispy brown rice to produce a chocolate bark with a distinctively airy texture unlike anything you've ever had. The reusable tin makes this gourmet candy great for gifting, but it's also a great way to treat yourself. Try all three varieties: **Caramel Pecan**, **Cherry Almond** and **Peanut Butter Almond**! Find them in the Gourmet Candy Section.



Susan Moores, M.S., R.D.
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harvest big benefits FROM GARDENING

WHETHER YOU'RE GROWING FOOD OR FLOWERS IN POTS OR PLOTS, GARDENING OFFERS SEVERAL NIFTY WINS:

- Improves fitness
- Improves cognition
- Improves mental well-being, including self-esteem
- Decreases anxiety and depression
- Strengthens the immune system
- Reduces risks for certain health issues
- Enhances sleep quality and duration
- Lowers blood pressure
- Offers new and stronger social connections
- Encourages healthy and adventuresome eating for all ages

A bumper crop of research shows that being in nature is incredibly beneficial to your body and your brain. Gardening, one of the most common ways of experiencing nature, gets you “in” on that impressive list of gains (see sidebar).

Researchers have theories on how gardening (and nature) make us healthier. One such theory is called *attention restoration*. Many of us are mentally fatigued from the highly scheduled, distracting, multitasking ways of life. Like an overworked muscle, the result is a reduced capacity to perform. You have less ability to concentrate, stay attentive and focused. Gardening is restorative. It provides what scientists call “soft fascination,” the ability of an environment to ease thinking and engage the brain in different ways. This causes chemical changes in the brain, thereby reinvigorating it. According to a companion theory, the *stress recovery theory*, gardening can also activate a part of our nervous system that counteracts a cascade of reactions caused by stress. It helps lower the amount of harmful stress hormones circulating in the body, supports relaxation of the mind and body, and buoys our body’s response to and recovery from stress.

Gratefully, we’re on the cusp of summer, making it prime time to get gardening. Researchers say any time outside is beneficial. However, one study aimed to find out how much time communing with nature would yield the biggest benefits. Their study found that 120 minutes a week (17 minutes a day) is the benchmark for good health and well-being. Those minutes can happen all at once or over the course of several shorter stints – and certainly, the more minutes you can enjoy, the better!

I’ve been a reluctant gardener, known more for a brown thumb than a green one. However, all it took was one cherry tomato plant that produced a handful of memorable deliciousness to push me to persevere. Gardening is a rewarding yet humbling way to cultivate tasty foods and beautiful plants, and I’m happy to report it’s also so much more. Dig in.

NEW

fresh & fast

Our delis are redefining fast food with exclusive sandwiches made with the best-of-the-best ingredients. These new sandwiches are best in class. Try them and see for yourself if they don't beat your favorite drive-thru or sub shop options.



focaccia sandwiches

crispy chicken sandwich



Yes, that's Gerber Amish Farm Chicken soaked in buttermilk, battered with a custom blend of panko, and seasoned perfectly with garlic and black pepper. Enjoy it with or without dill pickle chips, crispy lettuce, red onion and mayo – each one is built to order! Get it in the Hot Foods Case.

FOCACCIA SANDWICHES

Enjoy any of these selections straight from the Grab & Go Case or ask to have them heated up on our panini press. They're freshly made with our Signature Parmesan Focaccia Bread, which is scratch-made in our bakery for the freshest product possible! Try all three varieties:

- **Caprese** – Fresh sliced mozzarella, tomatoes and baby spinach topped with balsamic glaze and our exclusive tomato-basil aioli.
- **Turkey Pesto** – Boar's Head Ovengold Turkey with basil pesto, fresh spinach and sharp provolone cheese.
- **Italian Supreme** – Boar's Head Applewood Smoked Ham and hard salami with fresh spinach, provolone cheese, sliced pepperoncini peppers and a bold scratch-made tomato-basil aioli.

sundae season

Crank and Dasher

Crank and Dasher is a small-batch handcrafted ice cream shop based in Duluth, Minnesota. Using only the finest ingredients, they create their indulgent delicacies for the most discerning customers. The ice cream base is provided by Autumnwood Farm in Forest Lake, Minnesota, and all mix-ins are made from scratch!



Sweet Science Ice Cream

Using the best natural, organic and local ingredients they can find and applying a unique knowledge of food science, Sweet Science creates flavorful, sophisticated and oh-so-satisfying premium ice cream. Their ice cream base and every syrup, cookie, swirl and crunch is crafted by hand in their St. Paul kitchen, and all of their flavors are free of corn syrup and artificial flavors, colors or preservatives. One of their bestsellers is *Berry Crumble*. Tart, creamy and crunchy like pie à la mode, it's made with a vanilla bean ice cream, blackberry-raspberry compote and gluten-free streusel for some crunch.



Bridgeman's Ice Cream

Chester and Roy Bridgeman opened the original Bridgeman's Ice Cream Shoppe in Duluth, Minnesota, in 1936. Crafted with only the highest-quality ingredients in crowd-pleasing flavors, Bridgeman's Ice Cream became a Minnesota tradition. Today, Bridgeman's is proud to continue their sweet legacy in stores and scoop shops throughout the Midwest. You'll also find the Bridgeman's treat trailer at various festivals and fairs around the Twin Cities during the summer.



Grand Ole Creamery

Grand Ole Creamery has been a mainstay on Grand Avenue since it opened its doors in 1984. A third-generation family-owned business, Grand Ole Creamery was the first retail ice cream parlor in St. Paul to offer handmade, super-premium ice cream made with locally sourced milk. Line up with the locals on Grand Avenue, visit them at their Cedar Avenue shop in Minneapolis or pick up a pint at Potluck Food Hall inside Rosedale Center. From *Black Hills Gold* to *Sweet Cream*, their scoop shops offer 31 flavors daily from a rotating selection of over 200!



DID YOU KNOW?

Local favorite **Kemps** has been making Minnesotans smile for over 100 years!

Find a rotating selection of flavors from all of these producers in the Frozen Foods Aisle. Selection and availability vary by market.



Sticky, smoky and sweet, baby back ribs are a staple of summer entertaining. While the thought of pork falling off the bone has many people reaching for a cold beer, there is a uniquely American red wine that pairs with low-and-slow barbeque like nothing else: Zinfandel. Smoked ribs finished quickly over an open flame have a delicious charred and caramelized flavor that overpowers many other wines. Zin is bold and brash. Its ripe, fruity flavor and subtle smokiness bring out the flavor of the ribs beautifully. On the flip side, the spices used in BBQ rib sauces bring out the black pepper, cinnamon, smoke and chocolate flavors of Zinfandel, making the wine taste even better. A truly classic pairing, the wine and ribs bring out the best in each other.

Pick up a bottle of Zinfandel from one of our seven Wine & Spirits shops.

— KOWALSKI'S —
wine & spirits
 — EST. 1983 —

Eagan
 Excelsior
 Grand Ave.

Shoreview
 Uptown
 Woodbury

Oak Park Heights

BLACKBERRY *bliss*

Blackberries are a great source of vitamins C and K and a good source of fiber, but mostly they're just delicious! They're also easy to incorporate into all types of dishes and recipes. Start with these tasteful suggestions:

Salads

Blackberries are great in a spinach or arugula salad with poppy seed or balsamic dressing. Top with toasted nuts and tangy soft cheese.

Smoothies

Blackberries blend well with other berries, vanilla, citrus and all stone fruits, especially apricots and peaches.

Desserts

The options are endless! Think cobblers, crumbles, cakes and pies.

Toppings

Blackberries are a great topper for oatmeal, yogurt, ice cream, toast, cheesecake, angel food cake, pound cake and meringues.

Pairings

Blackberries make a wonderful snack when paired with strong, somewhat tart, creamy cheeses like blue, goat and Brie. They're also nice with hazelnuts, walnuts, pistachios and almonds.

DID YOU KNOW?

The little hairs on blackberries help prevent damage to the fruits. They're called *styles*. Yep. They are *hairy styles*.



BLACKBERRY CRUMBLE PIE

SERVES 8

6 cups blackberries
 ¾ cup sugar
 ¼ cup cornstarch
 ½ tbsp. Kowalski's Freshly Squeezed Lemon Juice (from the Produce Department)
 ⅔ cup rolled oats
 ½ cup brown sugar
 6 tbsp. flour
 1 tsp. ground cinnamon
 ¼ tsp. kosher salt
 6 tbsp. Kowalski's Unsalted Butter, cold, cut into approx. 24 cubes
 1 refrigerated pie crust

There's no need to prebake the crust or precook the filling in this easy recipe.

DIRECTIONS:

1. In a large mixing bowl, toss together berries, white sugar, cornstarch and lemon juice until combined; set mixture aside for 15 min.
2. Adjust oven rack to lowest position; place a rimmed baking sheet on the rack and preheat oven to 350°.
3. In a second large mixing bowl, combine oats, brown sugar, flour, cinnamon and salt.
4. Using your fingertips, blend butter into dry ingredients until course lumps form; set crumble aside.
5. Line a 9" deep-dish pie pan with crust; flute edges as desired.
6. Fill crust with fruit mixture; top with crumble.
7. Place pie on the preheated baking sheet; bake until crumble topping is dark golden-brown (40-45 min.). In the last 10-15 min., cover the edges of the crust with strips of foil to prevent overbrowning, if needed.
8. Transfer pie to a wire rack; cool for 2 hrs. before serving.

seasonal supper

An all-beef hot dog is great, but it's even better when that beef is Akaushi. The same Kobe-style Wagyu beef beloved in Kowalski's Akaushi burgers and steaks is also used to make our Signature Gourmet Akaushi Hot Dogs. Made locally in small batches from our own exclusive recipe, these are without question the best hot dogs in town. When topped with mustard, these skinless dogs are simple perfection, but their big, beefy taste also stands up to whatever flavors you want to throw at them: chili and cheese, kraut or slaw, onions and relish – you name it, they'll take it. We're loving the salty, sour, savory and sweet combo in this recipe, a play on the traditional Vietnamese meat-filled French-style baguette sandwich.

BANH MI HOT DOG

SERVES 4

Ketchup and mustard are bested by this unbeatable combo of sweet and heat.

- ¼ cup mayonnaise
- 3 tbsp. hoisin sauce
- 1 tsp. Sriracha sauce
- 4 Market Sausages Gourmet Akaushi All-Beef Hot Dogs
- 4 Kowalski's Butter Sausage Buns (from the Bakery Department), sliced lengthwise ⅔ through the top, lightly toasted
- *Quick Asian Pickles*, for garnish
- thinly sliced jalapeño peppers and cilantro leaves, for garnish

DIRECTIONS:

1. In a small mixing bowl, whisk together mayo, hoisin and Sriracha; set aside.
2. Preheat a grill to medium-high heat; clean grill grates.
3. Grill hot dogs, covered, until dark grill marks form and dogs are thoroughly hot (about 10 min.), turning 3-4 times.
4. Spread mayo mixture on cut sides of buns.
5. Place hot dogs in buns; garnish with pickles, jalapeños and cilantro.

QUICK ASIAN PICKLES

GF V VE DF

MAKES 1 CUP

- ½ English cucumber, peeled and thinly sliced
- ½ tsp. kosher salt
- ½ carrot, peeled and thinly sliced into matchsticks
- 2 radishes, thinly sliced
- 3 tbsp. seasoned rice vinegar
- 3 tbsp. water
- 4 ½ tsp. sugar
- pinch crushed red pepper

DIRECTIONS:

1. In a small mixing bowl, toss cucumbers with salt.
2. Pour cucumbers into a strainer set over a small bowl; let stand for 45 min.
3. Squeeze cucumbers dry with paper towels.
4. In a medium mixing bowl, toss dry cucumbers with carrots and radishes; set aside.
5. In a small saucepan, combine vinegar, water, sugar and crushed red pepper; bring to a boil over medium-high heat.
6. Reduce heat to low; simmer until reduced to 2-3 tbsp. (about 10 min.).
7. Pour sauce over vegetables in the mixing bowl; refrigerate for 30 min.