

SECTION GUIDE







ANNOTATION GUIDE







VEGETARIAN



VEGAN



DAIRY FREE



BASIC OATMEAL WITH STEEL CUT OATS 🕕 🚺 🕼 🕕









4 cups water

½ tsp. salt

SERVES 6

- 1 1/3 cups gluten-free steel-cut oats
- stir-ins, as desired: Kowalski's Pure Maple Syrup, Kowalski's Ground Cinnamon, brown sugar, nuts, seeds, dried fruit, fresh fruit, and warm milk or half-and-half

DIRECTIONS:

- 1. In a large saucepan, bring water and salt to a boil; stir in oats.
- 2. Cover and simmer until oats are just tender and liquid is nearly absorbed (25-30 min.).
- 3. Serve with desired stir-ins.

A note about dairy: When prepared without milk or half-and-half, this recipe is dairy free and vegan.

TASTY TIP You can also make this recipe in a slow cooker. In a 3 ½ - 4 qt. slow cooker, combine 6 cups water, 2 cups steel-cut oats and 1 tsp. salt; cover and cook on low for 6-7 hrs. or on high for 3-3 ½ hrs.



CARROT-ZUCCHINI BREAD





SERVES 12

1 ¾ cups flour

1 ½ tsp. baking powder

1 tsp. Kowalski's Ground Cinnamon

½ tsp. baking soda

½ tsp. salt

½ tsp. Kowalski's Ground Ginger

¼ tsp. Kowalski's Ground Nutmeg

2 eggs

34 cup brown sugar

⅓ cup canola oil

¼ cup Kowalski's Pure Maple Syrup

1 tsp. Kowalski's Organic Madagascar Vanilla Extract

1 ½ cups grated zucchini

½ cup shredded carrot

½ cup diced peeled apple

½ cup chopped walnuts (optional)

- 1. Preheat oven to 350°.
- 2. Coat a 9x5" loaf pan with nonstick cooking spray; line the bottom and long sides of the pan with a single sheet of parchment paper that overhangs the long sides by 2-3" (about 7x14").
- 3. In a medium mixing bowl, stir together first 7 ingredients (through nutmeg); set aside.
- 4. In a large mixing bowl, whisk eggs and sugar until smooth. Add oil, syrup and vanilla; whisk again until thoroughly blended.
- 5. Add about ½ of the flour mixture; mix just until incorporated. Add remaining flour mixture; mix until combined.
- 6. Fold zucchini, carrot, apple and walnuts into batter.
- 7. Pour batter into prepared pan; bake in preheated oven until a toothpick inserted in the center comes out clean (45-60 min.).
- 8. Remove from oven; let cool for 20 min. before removing from pan.



CHOCOLATE GRANOLA 🚱 🚺 🕦







SERVES 6

¼ cup Kowalski's Pure Honey

2 tbsp. canola oil

2 oz. bittersweet chocolate, chopped

- 1 tsp. Kowalski's Organic Madagascar Vanilla Extract
- 4 cups gluten-free old-fashioned oats
- ½ cup chopped raw cashews or other chopped raw nuts (optional)

½ cup brown sugar ⅓ cup flaxseeds

½ tsp. salt

¼ tsp. Kowalski's Ground Cinnamon

- 1 cup chopped dried cherries (optional)
- 1 cup dried cranberries (optional) ½ cup raisins (optional)
- milk or yogurt, for serving (optional)

DIRECTIONS:

- 1. Preheat oven to 325°.
- 2. In a microwave-safe mixing bowl, warm honey and oil for 30 sec.
- 3. Stir in chocolate until completely melted and smooth; if necessary, return bowl to the microwave and reheat in 10 sec. increments.
- 4. Stir in vanilla; set aside.
- 5. In an extra-large mixing bowl, combine oats, nuts, sugar, seeds, salt and cinnamon.
- 6. Pour chocolate mixture over oat mixture; stir until well coated.
- 7. Pour onto a large rimmed baking sheet lined with parchment paper; bake in preheated oven until granola is dark on the edges (20-30 min.), stirring 2-3 times.
- 8. Remove from oven; cool on pan for 45 min.
- 9. Stir in fruit, if desired.
- 10. Store in an airtight container at room temperature for up to 3 weeks; serve alone or with milk or yogurt.

A note about dairy: When dairy-free chocolate is used and granola is served with a dairy-free milk or dairy-free yogurt, this recipe is dairy free.



CINNAMON RAISIN FRENCH TOAST CASSEROLE (1) SFRVFS 12

- 1 cup brown sugar
- 2 tsp. Kowalski's Ground Cinnamon, divided
- 3 tart apples, peeled, cored and diced 34"
- 1/3 cup raisins
- ¼ cup Kowalski's Unsalted Butter, melted
- 1 loaf Kowalski's Signature Cinnamon Raisin Artisan Loaf, cut into 1 ½" cubes
- 6 eggs, lightly beaten
- 1 ½ cups milk
- 1 tsp. Kowalski's Organic Madagascar Vanilla Bean Paste
- confectioners' sugar, for serving
- Kowalski's Cinnamon Maple Syrup, warmed, for serving

- 1. Spray a 9x13" baking dish with nonstick cooking spray.
- 2. In an extra-large mixing bowl, stir together brown sugar and 1 tsp. cinnamon. Add apples and raisins; drizzle with butter and toss to coat.
- 3. Add bread cubes to the bowl; toss to combine. Pour bread mixture into prepared baking dish.
- 4. In a large mixing bowl, whisk together eggs, milk, vanilla and remaining cinnamon; pour over bread mixture, pushing the bread down to completely soak.
- 5. Cover with foil; refrigerate for 8-12 hrs.
- 6. Remove dish from refrigerator 30 min. before baking.
- 7. Preheat oven to 350°.
- 8. Bake casserole in preheated oven, covered, for 30 min. Uncover; continue baking until set and dark golden on top (15-20 min. more).
- 9. Let stand for at least 10 min. before slicing; dust with confectioners' sugar and drizzle with syrup before serving.



HAWAIIAN DOUGHNUTS (MALASADAS) (1) MAKES 24



- 1% cups flour, sifted, plus extra for kneading
- 3 tbsp. sugar, plus ½ cup for coating doughnuts
- ¼ oz. packet dry active yeast ¼ tsp. kosher salt

OTHER SUPPLIES:

- cooking spray
- plastic wrap
- parchment paper
- vegetable or canola oil, for frying 1 paper bag

- 7 tbsp. half-and-half, lukewarm (about 105°)
- 3 ½ tbsp. Kowalski's Unsalted Butter, melted and cooled
- 1 egg, beaten

OPTIONAL:

- 4 tbsp. apricot jam, Kowalski's Lemon Curd or jam of your choice
- 1 zipper-closure food storage bag

- 1. In a large mixing bowl, whisk together flour, sugar, yeast and salt.
- 2. Make a well in the center of the bowl; quickly mix in half-and-half, butter and egg to make a soft dough.
- 3. Knead dough on a lightly floured surface until smooth (7-9 min.). Transfer to a large mixing bowl sprayed with cooking spray; cover with plastic wrap and let rise in a warm place until doubled in size (1 hr.).
- 4. Divide dough into 24 evenly sized pieces; shape into smooth balls. Transfer to a baking sheet lined with parchment paper; cover with plastic wrap and let rise until doubled (45 min.).
- 5. In a deep pot, heat $1 \frac{1}{2}$ " of oil to 350° .
- 6. Using a slotted spoon, carefully lower doughnuts into oil 4-6 at a time; fry until golden and cooked throughout (about 30 sec. per side). Remove with a slotted spoon; drain on paper towels. While warm, shake doughnuts in a paper bag with sugar.
- 7. If desired, spoon jam into the bottom corner of a food storage bag; snip corner. Using kitchen shears, cut a deep "X" in the top of each doughnut; squeeze a little jam inside.
- 8. Best eaten immediately.

LEMON-**HONEY** YOGURT

PARFAITS V SERVES 6

½ cup water ¼ cup Kowalski's Pure Honey

- 14 cup freshly squeezed lemon juice
- grated zest of 1 lemon, plus extra for garnish
- 2 ½ cups nonfat plain Greek yogurt
- 1 ½ cups Truwhip Frozen Whipped **Topping** (or another whipped topping)

12 oz. fresh



blueberries, raspberries or blackberries (or a combination), divided ¼ cup chopped toasted walnuts, divided

1 ½ tsp. finely chopped fresh rosemary, thyme or mint, for garnish (optional)

- 1. In a small saucepan, bring water, honey, juice and zest to a boil.
- 2. Reduce heat; simmer until reduced to about ½ cup (8-10 min.).
- 3. Remove from heat; cool for 10 min.
- 4. In a medium mixing bowl, whisk yogurt until smooth; gently fold in whipped topping.
- 5. Divide ½ of the yogurt mixture among 6 (6 oz.) glasses. Top evenly with ½ of the berries and ½ of the nuts; drizzle with roughly ½ of the lemon-honey syrup.
- 6. Top with remaining yogurt mixture; top with remaining nuts and berries.
- 7. Drizzle with remaining syrup; garnish with zest and herbs, if desired.



OVERNIGHT OATS GF (V)





SERVES 1

½ cup gluten-free old-fashioned oats

½ cup skim or low-fat milk

1/4 cup 2% plain Greek yogurt

1 tsp. Kowalski's Pure Maple Syrup or Honey (or more to taste)

14 tsp. Kowalski's Ground Cinnamon or Kowalski's Organic Madagascar Vanilla Extract (optional)

- fresh berries (your choice)

- 1. In a single-serve container, stir together oats, milk, yogurt and syrup. If desired, stir in cinnamon or vanilla.
- 2. Fold in or top oatmeal with a handful of berries.
- 3. Cover and store in the refrigerator overnight (8-18 hrs.); enjoy cold or gently warmed in the microwave.



BACON CANDY (f) (i)





SERVES 8

16 oz. Kowalski's Applewood or Cherrywood Smoked Uncured Bacon ¼ cup brown sugar

- 1. Preheat oven to 350°.
- 2. Place bacon in a single layer on a parchment-lined baking sheet, slightly overlapping; sprinkle sugar over bacon.
- 3. Bake in preheated oven until bacon is crisp and deep golden-brown (15-25 min.).
- 4. Remove from oven; let cool for 5 min. before serving.



CORNED BEEF HASH GF



SERVES 4

3 tbsp. Kowalski's Unsalted Butter

2 tbsp. Kowalski's Extra Virgin Olive Oil

1 onion, finely chopped

5 Yukon Gold potatoes, peeled and diced

1 carrot, grated

2 lbs. cooked corned beef, diced

2 tbsp. freshly chopped Italian parsley, plus more for serving

¼ tsp. dried thyme leaves

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

- 1. In a large skillet, heat butter and oil over medium heat until hot.
- 2. Add onion; cook and stir until tender and dark on the edges (about 8 min.).
- 3. Stir in potatoes and carrot; cook, stirring occasionally, until potatoes are tender (about 15 min.).
- 4. Stir in corned beef, parsley and thyme; cook, stirring often, until hash is crisp and browned (10-15 min.).
- 5. Season with salt and pepper; sprinkle with parsley. Serve warm.



CHORIZO BREAKFAST BURRITOS

SERVES 4

- 1 lb. fresh ground chorizo pork sausage
- 34 lb. Kowalski's Signature Rosemary Potatoes (from the Heat & Eat Section of the Deli Service Case), roughly chopped
- 3 tbsp. Kowalski's Unsalted Butter
- 8 eggs, beaten
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste
- 4 oz. shredded Colby Jack cheese
- 4 burrito-size flour tortillas, warmed
- chopped fresh cilantro, to taste
- Kowalski's Organic Pico de Gallo (from the Prepared Produce Section) and Kowalski's Hot Sauce, for serving

- 1. In a large nonstick skillet, cook and crumble sausage over mediumhigh heat until well browned and cooked thoroughly (about 10 min.).
- 2. Add potatoes; cook and stir until hot (about 5 min.); set aside and keep warm.
- 3. In a second large nonstick skillet, heat butter over medium heat until hot. Add eggs; season with salt and pepper.
- 4. Using a spatula, stir eggs occasionally and gently while moving the pan on and off the heat. Let the egg mixture heat up, then move it off the heat while stirring and distributing the heat evenly throughout. When the eggs appear to stop cooking, move them back to the heat for a few seconds, then off again to stir. Repeat until the eggs are almost done but still quite soft and glossy.
- 5. Add shredded cheese to the pan; stir until it melts into the eggs. Remove eggs from the pan; set aside.
- 6. Scoop warm chorizo and potato mixture, then egg and cheese mixture, onto the center of each tortilla; sprinkle with cilantro.
- 7. Working one at a time, fold the right and left sides of each tortilla in toward the center, covering the outer edges of the filling by about 1"; hold in place while you fold the edge closest to you up and over the filling to cover. Press and hold these three sides firmly against the filling as you roll the burrito away from you toward the top edge of the tortilla.
- 8. Serve warm burritos with pico de gallo and hot sauce.



EASY CHEESY BREAKFAST POTATOES

SERVES 8

6 tbsp. Kowalski's Unsalted Butter, melted, divided

¼ cup chopped onion

10 oz. (approx.) canned condensed cream of chicken soup

8 oz. sour cream

1 tsp. dried parsley

½ tsp. kosher salt

¼ tsp. freshly ground Kowalski's Black Peppercorns

- dash cayenne pepper

20 oz. refrigerated hash browns8 oz. (about 2 cups) shreddedColby Jack cheese

1 cup crushed corn flakes

- 1. Preheat oven to 375°.
- 2. In a 10" cast iron skillet (or other nonstick oven-safe pan), heat approx. 1 tbsp. butter over medium heat. Add onion; cook and stir until translucent (about 5 min.). Set sautéed onion aside.
- 3. In a large mixing bowl, whisk together soup, sour cream, parsley, salt, black pepper, cayenne and approx. ½ of the remaining butter.
- 4. Mix in hash browns, cheese and sautéed onion.
- 5. Transfer potato mixture to the skillet used to sauté the onion.
- 6. In a medium mixing bowl, toss corn flakes with remaining butter; sprinkle evenly over potatoes.
- 7. Transfer skillet to preheated oven; bake until dark golden-brown and bubbly (about 25 min.).
- 8. Remove from oven; let cool for at least 10 min. before serving.

EVERYTHING BAGEL BAKE

SERVES 12

9 eggs
1 ½ cups milk
½ tsp. ground mustard
½ tsp. kosher salt
¼ tsp. freshly ground
Kowalski's Black

3 Kowalski's Everything Bagels, toasted, each cut into about 16 pieces

Peppercorns

- 6 oz. shredded Monterey Jack cheese
- 8-10 cherry tomatoes, quartered
- 8 slices Kowalski's Smoked Bacon, cooked, cooled and roughly chopped
- 8 oz. Kowalski's Everything Bagel Whipped Cream Cheese Spread
- Kowalski's Everything Bagel Seasoning, to taste
- sliced green onions, for serving
- Cucumber Salsa, for serving

DIRECTIONS:

- 1. Spray a 9x13" baking dish with nonstick cooking spray.
- 2. In a large mixing bowl, whisk together eggs, milk, mustard, salt and pepper until homogeneous; set aside.
- 3. Layer bagel pieces, shredded cheese, tomatoes and bacon in the prepared baking dish. Top evenly with small dollops of cream cheese; sprinkle lightly with bagel seasoning.
- 4. Pour egg mixture over ingredients in the baking dish; let stand until bagels are evenly soaked (about 40 min.), occasionally pressing down on the bagels.
- 5. Preheat oven to 375°.
- 6. Bake until center is set and edges are dark golden-brown (40-50 min.).
- 7. Remove from oven; let cool for 10 min. before topping with green onions. Serve with cucumber salsa.



In a small mixing bowl, combine
1 cup diced, peeled and seeded
English cucumber with ¼ cup freshly
chopped Italian parsley, 2 tbsp. finely
chopped red onion, 2 tsp. capers,
1 tbsp. Kowalski's Freshly Squeezed
Lemon Juice (from the Produce
Department) and a scant
¼ tsp. kosher salt.



HUEVOS RANCHEROS BOWL 🕕 🚺 🕦







½ cup cooked brown rice, hot

½ cup canned black beans, rinsed and drained, heated

2 cooked eggs, your way (such as poached, over easy or sunny-side up)

- 2-3 tbsp. Kowalski's Enchilada Sauce, warmed, to taste
- toppings, your choice: crumbled gueso fresco or Cotija cheese, Kowalski's Pico de Gallo (from the Prepared Produce Section), chopped fresh cilantro, sliced green onions, sliced jalapeño peppers, sliced or diced avocado and a lime wedge
- freshly ground Kowalski's Black Peppercorns, to taste
- 2 corn tortillas, warmed, for serving

DIRECTIONS:

SERVES 1

- 1. Scoop rice and beans into a serving dish; top with eggs.
- 2. Drizzle with enchilada sauce; top with desired toppings.
- 3. Season with pepper; serve immediately with tortillas for scooping.

A note about dairy: When served without cheese, this recipe is dairy free.



INDIVIDUAL BAKED EGGS 🚱 🚺





- Kowalski's Unsalted Butter, for preparing ramekins
- 4 Kowalski's Large Free-Range Organic Eggs
- 4 tbsp. heavy cream
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste
- snipped fresh chives, for garnish (optional)
- toast, for serving (optional)

DIRECTIONS:

SERVES 4

- 1. Preheat oven to 375°.
- 2. Butter 4 (4") ramekins; carefully crack 1 egg into each ramekin, being careful not to break the yolks.
- 3. Drizzle 1 tbsp. cream over each egg; sprinkle with salt and pepper.
- 4. Bake on a rimmed baking sheet in the preheated oven until egg whites are set and yolks are cooked to desired doneness (10-14 min.).
- 5. Garnish with chives; serve immediately with toast for dipping, if desired.

A note about gluten: When served without toast, this recipe is gluten free.



MINI CROQUE MONSIEURS

SERVES 12

4 oz. (about ½ container) crème fraîche

½ tsp. Dijon mustard

- 3 oz. shredded Gruyère or Swiss cheese, divided
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste
- pinch nutmeg
- 4 tbsp. (approx.) Kowalski's Butter, at room temperature
- 14 slices Kowalski's Signature Steakhouse Table Bread
- 1 lb. thinly sliced Boar's Head Tavern Ham

DIRECTIONS:

- 1. Preheat oven to 400°.
- 2. In a medium mixing bowl, stir together crème fraîche, mustard and ¾ of the cheese. Season with salt, pepper and nutmeg; set aside.
- 3. Spread butter on one side of 7 slices of bread; place on a parchment-lined baking sheet, butter-side down.
- 4. Evenly divide and spread ½ of the cheese mixture on the buttered bread slices; top evenly with ham.
- Place remaining slices of bread on top of ham. Evenly divide and spread the remaining cheese mixture on top of sandwiches; sprinkle with remaining cheese.
- 6. Cut each sandwich into quarters; arrange 1" apart on the baking sheet.
- 7. Bake until dark golden and crispy on the edges (about 20 min.); serve hot.



Find crème fraîche and Gruyère cheese in the Specialty Cheese Case.

Find Kowalski's Signature Steakhouse Table Bread in the Bakery Department.

Find Boar's Head Tavern Ham in the Deli Department.



SOFT SCRAMBLED EGGS WITH SALMON AND CHÈVRE SERVES 2

- 2-4 slices Artisan French or Roasted Garlic Bread (from the Artisan Bread Table), cut $\frac{1}{2}$ " thick
- Kowalski's Extra Virgin Olive Oil, for toasting bread
- ½ tsp. freshly ground Kowalski's Sea Salt, plus more to taste
- freshly ground Kowalski's Black Peppercorns, to taste
- 1 clove garlic, peeled
- 2 ½ tbsp. Kowalski's Unsalted Butter
- 4 oz. smoked salmon, flaked
- 5 Kowalski's Large Free-Range Organic Eggs, beaten
- 2 ½ oz. soft fresh goat cheese, diced into ½" cubes
- chopped fresh chives, for garnish

- 1. Preheat oven to 425°.
- 2. Arrange bread on a baking sheet. Brush each slice liberally on both sides with oil; season to taste with salt and pepper.
- 3. Bake bread in preheated oven until crisp and lightly darkened on the outside but slightly soft on the inside (about 15 min.).
- 4. Remove bread from oven; rub crisp edges and surface of toast with garlic clove. Set bread aside to cool slightly.
- In a large skillet, melt butter over medium heat. Add salmon; cook until hot.
- 6. Add eggs, ½ tsp. salt and pepper to taste. Reduce heat to medium-low; scatter cheese over eggs. Move skillet on and off the heat while stirring gently and infrequently, allowing the egg mixture to warm up while distributing the heat evenly throughout. Repeat several times until eggs are almost done but still quite glossy and soft.
- 7. Scoop eggs directly onto prepared toast; garnish with chives.



BLUEBERRY BANANA SMOOTHIES 📵 🚺





MAKES 4 (1 CUP) SERVINGS

8 oz. vanilla yogurt (such as Stonyfield brand)

- 1 cup skim milk
- 1 frozen banana, cut into chunks
- 1 cup fresh blueberries, plus more for garnish, if desired
- fresh mint sprigs, for garnish (optional)

- 1. Process yogurt, milk and fruit in a blender until smooth.
- 2. Serve garnished with blueberries and mint, if desired.



ICED SEA SALT CARAMEL LATTES (1)



SERVES 6

- 6 tbsp. Kowalski's Sea Salt Caramel Sauce, plus more for serving
- 3 tbsp. brown sugar
- 1 ½ tsp. Kowalski's Organic Madagascar Vanilla Bean Paste
- 16 oz. freshly brewed dark coffee (such as Kowalski's French or Italian Roast)
- ice
- 3 cups milk, cold
- whipped cream, for serving

DIRECTIONS:

- 1. Stir caramel sauce, sugar and vanilla paste into hot coffee until dissolved; let mixture cool for a few minutes.
- 2. Fill 6 pint glasses with ice.
- 3. Divide coffee mixture between prepared glasses; top evenly with milk.
- 4. Top drinks with whipped cream; drizzle with additional caramel to taste.



Find Kowalski's Sea Salt Caramel Sauce near the ice cream toppings.



MIMOSAS 🕕 🚺 🐠 MAKES 2









2 oz. Kowalski's Signature Freshly Squeezed Orange Juice 6 oz. Champagne, cold

2 small orange wedges, for garnish (optional)

- 1. Divide juice between 2 sparkling wine flutes; top evenly with Champagne.
- 2. Garnish each glass with an orange wedge, if desired.



SPICY BLOODY MARYS III



SERVES 4

3 cups Kowalski's Original Bloody Mary Cocktail Mix, cold

8 oz. vodka, cold

¼ cup Kowalski's Freshly Squeezed Lime Juice

¼ cup Kowalski's Freshly Squeezed Lemon Juice

⅓ cup Worcestershire sauce 1 tsp. grated horseradish ½ tsp. freshly ground Kowalski's **Black Peppercorns**

¼ tsp. cayenne pepper (or to taste)

- ice
- garnishes, to taste: Kowalski's Hot Sauce, celery seeds, Kowalski's Double Dill Pickle Spears, Kowalski's Green Pitted Olives, cocktail onions, Kowalski's Beef Sticks, celery stalks, cherry tomatoes, fully cooked cocktail shrimp, crispy Kowalski's Bacon, and lemon or lime wedges

DIRECTIONS:

- 1. In a 2 qt. pitcher, thoroughly whisk together first 8 ingredients (through cayenne pepper).
- 2. Add ice to the pitcher or pour over ice into individual highball glasses.
- 3. Garnish individual servings to taste.

VARIATION: Make Bloody Marias by substituting tequila for the vodka.



SCREWDRIVER 🕕 🚺 🐠









MAKES 1

- ice
- 2 oz. vodka, cold
- 4 oz. Kowalski's Signature Freshly Squeezed Orange Juice
- 1 orange wedge, for garnish (optional)

- 1. Fill a highball glass with ice.
- 2. Add vodka; top with orange juice.
- 3. Garnish glass with an orange wedge, if desired.

