



KOWALSKI'S
MARKETS

Cooking WITH
KOWALSKI'S

HARVEST SEASON:
featuring
MINNESOTA GROWN

SUMMER/FALL 2022



SECTION GUIDE



Appetizers



Soups & Salads



Main Dishes



Sides



Drinks



Misc.

ANNOTATION GUIDE



GLUTEN FREE



VEGETARIAN



VEGAN



DAIRY FREE



AIR-FRIED RAVIOLI V

SERVES 6

These crispy pasta pillows puff when you cook them! They're also delicious dipped in our Fresh Buttermilk Ranch Dressing.

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| 8.8 oz. pkg. Kowalski's Fresh Ravioli
(from the Dairy Department) | 2 eggs, lightly beaten |
| ¼ cup Italian seasoned
breadcrumbs | - Kowalski's Extra Virgin Olive Oil
Spray |
| ¼ cup panko breadcrumbs | - fresh MN Grown basil, cut into
ribbons, for garnish (optional) |
| 2 tbsp. freshly grated Kowalski's
Signature Parmesan Cheese | - Kowalski's Signature Fresh
Pomodoro Sauce (from the Dairy
Department), warmed, for serving |
| 1 tsp. Kowalski's Pizza Seasoning | |
| ¼ cup flour | |

DIRECTIONS:

1. Cook pasta according to pkg. directions; cool to room temperature.
2. Place cooled ravioli on paper towels; set aside.
3. Preheat an air fryer to 375°.
4. In a shallow dish, mix breadcrumbs, cheese and seasoning. Place flour and eggs in separate shallow dishes.
5. Lightly coat ravioli in flour, shaking off excess; dip floured ravioli in egg, then coat with crumb mixture, lightly pressing to adhere.
6. Working in 2-3 batches, arrange ravioli in a single layer, not touching, in air fryer basket; spritz with olive oil spray on both sides.
7. Cook ravioli in preheated air fryer for 4 min.
8. Reduce air fryer to 360°; flip ravioli. Cook until golden-brown (3 min. more).
9. Garnish with basil; serve with warm sauce for dipping.



MUSHROOM CROSTINI V

MAKES 24

Use your favorite mushroom or blend in this simple and sophisticated appetizer.

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| <ul style="list-style-type: none"> 1 Kowalski's French Baguette, sliced $\frac{3}{4}$" thick on the diagonal (about 24 slices) - Kowalski's Extra Virgin Olive Oil, as needed 12 oz. (approx.) fresh MN Grown mushrooms (any variety or blend), roughly chopped 3 cloves MN Grown garlic, finely minced | <ul style="list-style-type: none"> - kosher salt and freshly ground Kowalski's Black Peppercorns, to taste $\frac{3}{4}$ cup Kowalski's Garden Vegetable Whipped Cream Cheese Spread, at room temperature $\frac{3}{4}$ cup freshly grated Kowalski's Signature Parmesan Cheese 2 tbsp. chopped fresh Italian parsley, divided |
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DIRECTIONS:

1. Preheat oven to 350°.
2. Brush one side of each baguette slice with oil; arrange in a single layer on a baking sheet, oiled side up.
3. Bake in preheated oven for 5 min; turn and continue baking for an additional 2 min.
4. Remove crostini from oven; set aside.
5. In an extra-large skillet over medium-high heat, heat enough oil to lightly coat pan.
6. Add mushrooms; cook, stirring frequently, until tender and getting dark on the edges.
7. Add garlic; cook and stir for 2 min.
8. Remove mushroom mixture from heat; season to taste with salt and pepper. Set aside to cool for 10 min.
9. In a small mixing bowl, mix cream cheese with Parmesan; stir in $\frac{1}{2}$ the parsley and set aside.
10. Spread cheese mixture on oiled side of crostini; spoon mushroom mixture on top.
11. Garnish with remaining parsley; serve immediately.



HARVEST THYME SALAD GF V DF

SERVES 4

This salad has the perfect balance of crispy, crunchy and chewy and is dressed with one of our favorite local salad dressings.

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| 12 oz. broccoli coleslaw mix
(such as Mann's brand) | 1 cup Kowalski's Dried Cranberries |
| 2 beets (MN Grown if available),
cooked and peeled, cut into
matchsticks | ½ cup chopped Kowalski's Dried
Mango or Apricots |
| 1 cup Kowalski's Roasted and
Salted Pepitas | 8 oz. MN produced Salad Girl
Organic Dairy-Free Sweet & Sassy
Dressing |
| 1 cup dried currants | 1 ½ tsp. fresh thyme leaves |

DIRECTIONS:

1. In a large mixing bowl, combine slaw mix, beets and most of the pepitas and dried fruits, reserving a small bit for garnish; toss.
2. Drizzle salad with most of the dressing; toss to coat.
3. Add additional dressing to taste.
4. Garnish salad with thyme, reserved pepitas and reserved dried fruits.

Recipe adapted with permission from Salad Girl.

FIND IT!

Find Salad Girl Organic Salad Dressings in the Produce Department.



TOMATO TORTELLINI SOUP

SERVES 4

Your favorite pasta dinner becomes your favorite brothy Italian soup.

- 1 tbsp. Kowalski's Extra Virgin Olive Oil
- 2 cloves MN Grown garlic, finely minced
- 14 oz. Kowalski's Canned Diced Tomatoes
- 14 oz. Kowalski's Canned Cannellini Beans, rinsed and drained
- 2 links Kowalski's Smoked & Uncured Italian & Mozzarella Sausage, diced
- 2 tsp. Kowalski's Pizza Seasoning
- 2 tsp. brown sugar
- ¼ tsp. freshly ground Kowalski's Black Peppercorns
- ¼ tsp. crushed red pepper flakes
- 4 tsp. Kowalski's Organic Roasted Chicken Broth Base, prepared with 4 cups hot water
- 16 oz. Kowalski's Signature Fresh Pomodoro Sauce
- 8.8 oz. pkg. Kowalski's Fresh Four Cheese Tortellini (or another flavor)
- 2 tbsp. heavy cream
- 1 tbsp. Kowalski's Freshly Squeezed Lemon Juice
- garnishes, to taste: freshly grated Kowalski's Signature Parmesan Cheese, freshly grated lemon zest and thinly sliced fresh MN Grown basil

DIRECTIONS:

1. Heat oil in a large, deep pot over medium heat until very hot.
2. Add garlic; cook, stirring constantly, until garlic is fragrant (1-2 min.).
3. Add tomatoes, beans and sausage; cook and stir until liquid from the tomatoes is nearly evaporated (2-3 min.).
4. Add seasoning, sugar, pepper and red pepper flakes; stir for 1 min.
5. Stir in broth and pomodoro sauce; increase heat to medium-high and bring to a low boil.
6. Add tortellini; cook until pasta is tender and hot (about 2 min.; it will float to the surface and swell slightly).
7. Remove pot from heat; stir in cream and lemon juice.
8. Garnish individual servings to taste.

FIND IT!

Find Kowalski's Signature Fresh Pomodoro Sauce in the Dairy Department.

Find Kowalski's Fresh Filled Pastas in the Dairy Department.

Find Kowalski's Freshly Squeezed Lime Juice in the Produce Department.



LEMON TAHINI DRESSING

MAKES ABOUT 2 CUPS

In a blender or food processor, blend ½ cup Kowalski's Freshly Squeezed Lemon Juice (from the Produce Department), ½ cup tahini, 4 tsp. Kowalski's Pure Honey, 1 tbsp. Dijon mustard, 2 cloves finely minced garlic and ¼ tsp. kosher salt. While mixture is blending, slowly stream in ½ cup Kowalski's Extra Virgin Olive Oil to form an emulsified dressing.

WARM ROASTED VEGETABLE AND ORZO SALAD

SERVES 4

Whether served warm or cold, this salad is great on its own or with grilled chicken or pork.

- 8 oz. orzo pasta
- 4 oz. petite baby carrots, chopped crosswise into 3-4 pieces each
- 5-6 oz. raw cauliflower florets (MN Grown if available), chopped into small pieces
- 5-6 oz. raw broccoli florets (MN Grown if available), chopped into small pieces
- Kowalski's Extra Virgin Olive Oil, as needed for roasting the vegetables
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste
- 14 oz. Kowalski's Canned Garbanzo Beans, rinsed and drained
- 1 ½ (approx.) jarred roasted red peppers, well drained, chopped small
- *Lemon Tahini Dressing*
- 1 cup crumbled Israeli feta cheese (from the Specialty Cheese Department)
- 2 tbsp. chopped fresh Italian parsley

DIRECTIONS:

1. Preheat oven to 400°.
2. Cook orzo in salted water according to pkg. directions; drain and keep warm.
3. Meanwhile, in a large mixing bowl, toss vegetables with oil to lightly coat; season with salt and pepper.
4. Spread vegetables on a parchment-lined baking sheet; roast in preheated oven until dark on the edges and barely fork-tender (about 12 min.).
5. In a large mixing bowl, combine roasted veggies with warm orzo, beans and roasted red peppers; toss with dressing to coat.
6. Fold in cheese; adjust seasoning to taste.
7. Garnish with parsley; serve immediately or, to enjoy this salad cold, store in the refrigerator, covered, for up to 3 days.



SRIRACHA MAYO

MAKES ABOUT 1/3 CUP

In a small mixing bowl, whisk together ½ cup mayonnaise and 1 tbsp. Sriracha sauce until smooth. Store in the refrigerator, covered, for up to 5 days.

AIR-FRIED BLACKENED SALMON BITES



SERVES 4

The fastest way to cook salmon ever. Try these atop a bowl of warm rice with chopped carrot, cucumber, avocado and jalapeño.

1 ½ lbs. salmon, skin removed, cut into 1" chunks

2 tsp. Kowalski's Extra Virgin Olive Oil

1 ½ tsp. blackened seasoning

1 tsp. kosher salt

½ tsp. sugar

- *Sriracha Mayo*, for dipping (optional)

DIRECTIONS:

1. Preheat an air fryer to 375°.
2. In a large mixing bowl, toss salmon with oil.
3. Sprinkle with seasoning, salt and sugar; toss to coat.
4. Working in 2 batches, arrange salmon cubes in a single layer in the preheated air fryer, leaving space between pieces; air-fry salmon until opaque, dark golden-brown on the edges and cooked through (5-6 min. per batch).
5. Serve immediately with mayo for dipping.



SPICY ORANGE DIPPING SAUCE

MAKES ABOUT 1/4 CUP

Whisk ¼ cup sweet orange marmalade with 1-2 tbsp. Thai Kitchen Sweet Chili Sauce to taste.

AIR-FRIED COCONUT SHRIMP DF

SERVES 4

Try these crunchy, sweet party food faves with a sweet and spicy dipping sauce.

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| ⅔ cup cornstarch | 1 cup sweetened shredded coconut |
| 1 tsp. kosher salt | 1 tbsp. canola oil |
| ¼ tsp. freshly ground Kowalski's Black Peppercorns | 1 lb. peeled and deveined 16-25 ct. tail-on raw shrimp, such as MN Grown trū Shrimp |
| 2 eggs | - Spicy Orange Dipping Sauce, for serving |
| 1 tbsp. water | |
| 1 cup gluten-free panko-style breadcrumbs | |

DIRECTIONS:

1. Preheat an air fryer to 390°.
2. In a small mixing bowl, whisk cornstarch with salt and pepper; transfer to a shallow dish and set aside.
3. In a second small mixing bowl, lightly beat eggs; whisk with 1 tbsp. water. Transfer to a second shallow dish; set aside.
4. In a third shallow dish, drizzle breadcrumbs and coconut with oil; stir to combine.
5. Working in batches, coat shrimp in cornstarch mixture, shaking off excess; dip coated shrimp in egg, then coat with panko-coconut mixture, pressing to adhere. Set aside on a wire rack to dry.
6. Working in batches, cook shrimp in preheated air fryer until golden-brown and cooked through (about 3 min.).
7. Serve warm with sauce for dipping.



AIR-FRIED GARLIC BUTTER PORK BITES GF

SERVES 4

***Perhaps the most delicious way to make pork chops ever!
Bone-in rib chops have the best marbling and flavor of all pork chop cuts.***

- 1 ½ lbs. Kowalski's Naturally Raised Bone-in Center Cut Pork Loin Rib Chops
- 1 tbsp. Kowalski's Extra Virgin Olive Oil
- 1 tsp. kosher salt
- ½ tsp. freshly ground Kowalski's Black Peppercorns
- ½ tsp. Kowalski's Granulated Garlic Powder
- ½ tsp. Kowalski's Granulated Onion Powder
- ½ tsp. sugar
- ¼ tsp. Kowalski's Hungarian Paprika
- 2 tbsp. Kowalski's Garlic Parmesan Butter (from the Bakery Department)
- fresh Italian parsley, chopped, for garnish (optional)

DIRECTIONS:

1. Preheat an air fryer to 400°.
2. Cut pork chops from the bone; discard bone. Cut meat evenly into bite-sized ½-¾" cubes.
3. In a large mixing bowl, toss pork with oil.
4. Sprinkle with salt, pepper, garlic powder, onion powder, sugar and paprika; toss to coat.
5. Working in 2 batches, place pork cubes in a single layer in the preheated air fryer, leaving space between pieces; air-fry until pork is opaque, dark golden-brown on the edges and cooked through (4-5 min. per batch).
6. In a medium mixing bowl, toss hot pork bites with butter.
7. Garnish with parsley, if desired; serve immediately.

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



AIR-FRIED HONEY-LIME CHICKEN TAQUITOS

SERVES 4

When made with flour tortillas, these cigar-shaped tacos are called flautas!

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| - Kowalski's Extra Virgin Olive Oil Spray | ¼ cup freshly chopped cilantro, plus more for garnish |
| 4 cloves MN Grown garlic, finely minced | - freshly ground Kowalski's Black Peppercorns, to taste |
| ¼ cup Kowalski's Freshly Squeezed Lime Juice | 12 (4") corn tortillas |
| 1 tbsp. Kowalski's MN Grown Pure Honey | 1 cup shredded Monterey Jack cheese, divided |
| ¼ tsp. kosher salt, plus more to taste | - garnishes, to taste: Kowalski's Pico de Gallo, sour cream, shredded lettuce, Kowalski's Maxed Out Guacamole and lime wedges |
| 3 cups (approx.) shredded Kowalski's Signature Rotisserie Chicken | |

DIRECTIONS:

1. Preheat an air fryer to 390°.
2. Spray a small nonstick skillet with olive oil; heat over medium heat.
3. Add garlic; cook and stir for 1 min.
4. Add lime juice, honey and salt; increase heat to medium-high and bring to a boil.
5. Reduce heat to low; simmer until sauce is slightly thickened (about 2 min.).
6. In a large mixing bowl, combine chicken and honey-lime sauce; toss to coat.
7. Add cilantro; toss to combine.
8. Season chicken with salt and pepper to taste.
9. Working in 3 batches, place a stack of tortillas between 2 damp paper towels; microwave until warm and pliable (20-30 sec.).
10. Spray each tortilla on both sides with oil spray.
11. Place 2 heaping spoonfuls of chicken and 1 spoonful of cheese in the middle of each tortilla; roll tightly into a cigar shape (secure with a toothpick, if needed).
12. Working in 3 batches, place taquitos seam-side down in preheated air fryer; cook until dark golden and crispy on the edges (about 6 min. total), flipping taquitos once about halfway through.
13. Serve with desired garnishes.



Find shredded rotisserie chicken in the Deli Grab & Go Case.

Find Kowalski's Freshly Squeezed Lime Juice in the Produce Department.

Find Kowalski's Pico de Gallo and Maxed Out Guacamole in the Produce Department.



AIR-FRIED MEATLOAF

SERVES 4

This technique works with our Meat Department meatloaf, too!

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| 1 lb. Kowalski's Certified Humane
85% Lean Fresh Ground Chuck | 1 tbsp. Kowalski's Signature
Northwoods Grill Seasoning (from
the Meat Department) |
| 1/3 cup panko breadcrumbs | 2 tsp. Kowalski's Extra Virgin Olive Oil |
| 1/4 yellow onion (MN Grown if
available), grated | 1/2 tsp. garlic powder |
| 1 egg, lightly beaten | - kosher salt and freshly ground
Kowalski's Black Peppercorns, to
taste |
| 2 tbsp. chopped fresh MN Grown
parsley | - mashed potatoes, warm, for serving |
| 2 tbsp. Kowalski's Classic Ketchup | - Kowalski's Signature Beef Gravy
(from the Deli Grab & Go Case),
warmed, for serving |
| 1 tbsp. whole milk | |
| 1 tbsp. Worcestershire sauce | |

DIRECTIONS:

1. Line the basket or tray of an air fryer with foil; preheat to 375°.
2. Place ground beef in a large mixing bowl; gently flatten to increase surface area.
3. Add remaining ingredients to the bowl, not including potatoes or gravy. Using clean hands, mix ingredients evenly into beef, being sure not to overmix. Form the meat mixture into a football-shaped loaf (the meat should be compact, not falling apart or with large cracks).
4. Place meatloaf in the center of the foil-lined basket or tray; cook in preheated air fryer until meatloaf reaches 165° (about 30 min.).
5. Remove meatloaf from air fryer; let rest for 5 min. before slicing and serving with warm potatoes and gravy.



CHIPOTLE-HONEY SHRIMP GF DF

SERVES 4

Nice for those who like a little sweet with their heat!

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| 3 tbsp. gluten-free tamari, divided | 2 canned chipotle chiles in adobo sauce |
| 2 tbsp. rice vinegar, divided | 2 tbsp. Kowalski's MN Grown Pure Honey |
| 1 tsp. kosher salt | 2 tsp. Kowalski's Freshly Squeezed Lime Juice (from the Produce Department) |
| 1 lb. peeled and deveined 16-25 ct. tail-on raw shrimp, such as MN Grown trū Shrimp | - garnishes, to taste: lime wedges, thinly sliced green onion and freshly chopped cilantro |
| 2 tbsp. Kowalski's Extra Virgin Olive Oil, divided | |
| 1 tbsp. finely grated fresh ginger | |
| 6 cloves MN Grown garlic, finely chopped | |

DIRECTIONS:

1. In a medium mixing bowl, whisk together 1 tbsp. tamari, 1 tbsp. vinegar and salt.
2. Add shrimp; let stand at room temperature for 10 min.
3. In a large cast iron skillet, warm 1 tbsp. oil over medium heat.
4. Add shrimp; cook until just opaque (2-3 min.), turning once.
5. Remove shrimp from skillet; set aside.
6. Add remaining oil, ginger and garlic to the skillet; sauté until fragrant (1-2 min.).
7. Finely chop chipotle chiles.
8. In a small mixing bowl, whisk together chopped chiles, 2 tbsp. adobo sauce from the can, remaining tamari, remaining vinegar and honey.
9. Add chipotle-honey sauce to the skillet; cook for 1 min.
10. Return shrimp to the pan; remove from heat and toss with sauce to coat.
11. Drizzle with lime juice; garnish to taste.



GROUND CHICKEN LETTUCE WRAPS DF

SERVES 4

Try this recipe with ground turkey, too.

- 1 tbsp. canola oil, divided
- 1 lb. Kowalski's Fresh Natural Ground Chicken
- ½ cup Kowalski's Original Kalbi Marinade, plus more for serving
- ½ cup MN Grown Pyramid Sprouters Fresh Bean Sprouts, rinsed
- ½ cup matchstick-cut carrots
- ½ cup (about 1 small pepper) thinly sliced red bell pepper strips
- 1 head Bibb, iceberg or Romaine lettuce, rinsed and drained, leaves separated
- garnishes, to taste: toasted sesame seeds, thinly sliced green onions and finely chopped fresh cilantro

DIRECTIONS:

1. In a large nonstick skillet, heat about ½ of the oil over medium-high heat.
2. Add chicken; cook and crumble until cooked through (about 5 min.).
3. Stir in marinade.
4. Remove chicken mixture from heat; set aside and keep warm.
5. In a medium nonstick skillet, heat remaining oil over medium-high heat.
6. Add sprouts, carrots and peppers; cook and stir until crisp-tender (about 3 min.).
7. Scoop chicken into lettuce leaves; top with veggies.
8. Drizzle with marinade to taste; garnish as desired.

SHEET PAN CHICKEN THIGHS AND VEGETABLES

GF DF

SERVES 4

This versatile supper lets you cook everything at once and choose your preferred Minnesota Grown veggies.

- 8 Gerber's Amish Farm Boneless Skinless Chicken Fryer Thighs
- 3 tbsp. Kowalski's Extra Virgin Olive Oil, plus more for coating the vegetables
- 4 tbsp. Kowalski's Signature Award-Winning Rotisserie Rub (from the Meat Department)
- 2 tbsp. baking powder (do not substitute with baking soda)
- 4 medium carrots, cut into large pieces
- 1 lb. baby red potatoes, cut in half
- 3 small beets, peeled and cut into ½" chunks
- 1 medium red onion, cut into 1" chunks
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste



DIRECTIONS:

1. Preheat oven to 425°.
2. Line a large sheet pan with parchment paper; set aside.
3. Place chicken in a large mixing bowl; using clean hands, rub evenly with oil, seasoning and baking powder.
4. Transfer chicken to the prepared sheet pan, skin side up.
5. Arrange vegetables evenly around chicken; drizzle with oil and gently stir to coat.
6. Bake in preheated oven until vegetables are tender and chicken reaches an internal temperature of 165° (35-45 min.).
7. If desired, broil for 5 min. to crisp the chicken skin and achieve a darker color.
8. Season with salt and pepper to taste; serve immediately.

Tasty Tips:

- 1-2 MN Grown Honeycrisp apples, cut into 1" chunks, can be roasted along with the vegetables. They're a delicious seasonal addition to this meal.
- Red potatoes may be successfully substituted with sweet potato chunks, and carrots may be substituted with 1 lb. halved Brussels sprouts. Both can be found in the Prepared Produce Section.



SHRIMP AND GRITS

SERVES 4

This classic shrimp recipe has a salty, sweet flavor and unique texture.

- 4 ½ cups water
- 1 cup gluten-free corn grits (such as Bob's Red Mill brand)
- ½ cup milk
- 1 tsp. kosher salt, plus more to taste
- 4 oz. Boar's Head Diced Uncured Pancetta (from the Deli Department)
- 3 tbsp. freshly grated Kowalski's Signature Parmesan Cheese, plus more for garnish
- 2 tbsp. Kowalski's Unsalted Butter
 - freshly ground Kowalski's Black Peppercorns, to taste
- 1 ¼ lbs. peeled and deveined 16-25 ct. tail-on raw shrimp, such as MN Grown trū Shrimp
 - Kowalski's Special Seasoning Blend (from the Spice Aisle), to taste
 - Kowalski's Ancho Chile Powder, to taste
- 2 handfuls MN Grown Revol Greens Baby Arugula (or more to taste)
 - Kowalski's Extra Virgin Olive Oil, to taste
 - garnishes, to taste: chopped fresh Italian parsley, thinly sliced green onion, and thinly sliced Hungarian or Peppadew peppers (from the Olive Bar)

DIRECTIONS:

1. In a medium saucepan, combine water, grits, milk and salt; bring to a boil.
2. Reduce to a simmer; cook, stirring very frequently to avoid popping and sticking, for 25 min. or until desired texture and consistency are reached.
3. While grits cook, sauté pancetta in a large skillet over medium-low heat until crispy.
4. Remove pancetta from skillet; set aside. Discard (or save for another use) all but 2 tbsp. of pancetta fat.
5. Finish grits by stirring in cheese and butter.
6. Adjust salt, if needed, and season with pepper.
7. Remove grits from heat; cover to keep warm while shrimp cooks.
8. Season shrimp generously with seasoning blend and chile powder.
9. In the skillet used to cook the pancetta, heat reserved pancetta fat over medium-high heat.
10. Add shrimp; cook until nearly done (about 2 min.).
11. Add arugula; cook just until wilted and shrimp is cooked through (about 1 min.).
12. Divide warm grits evenly between wide, shallow serving bowls; top with shrimp-arugula mixture and reserved pancetta.
13. Drizzle with oil; top with garnishes to taste, including additional cheese and pepper. Serve immediately.



SHRIMP SCAMPI

SERVES 4

Easy peasy lemon squeezy – on the top of the shrimp!

- 6 tbsp. Kowalski's Salted Butter
- 2 cloves MN Grown garlic, crushed
- grated zest of 1 lemon
- 1 lb. peeled and deveined 16-25 ct. tail-on raw shrimp, such as MN Grown trū Shrimp
- ½ cup chicken broth
- 2 tbsp. freshly squeezed lemon juice
- cooked rice or pasta, for serving
- 2 tbsp. chopped fresh Italian parsley, for garnish

DIRECTIONS:

1. In a large skillet, heat butter over medium heat.
2. Stir in garlic and zest; sauté for 2 min.
3. Add shrimp, broth and juice; cook just until shrimp turn pink and opaque (about 2 min.).
4. Serve immediately over rice or pasta; sprinkle with parsley.

A note about gluten: When served with rice or gluten-free pasta, this recipe is gluten free.



SPANISH-STYLE SHRIMP IN OIL (Gambas al Ajillo) DF

SERVES 6-8

The crusty bread is a must for sopping up every bit of briny, garlicky oil.

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| 1 ½ lbs. peeled and deveined | ½ cup finely chopped fresh Italian |
| 16-25 ct. tail-on raw shrimp, such | parsley, plus more for garnish |
| as MN Grown trū Shrimp | 2 tbsp. dry sherry (not cooking |
| 1 tsp. kosher salt, plus more to taste | sherry) |
| 1 ¼ cups Kowalski's Extra Virgin | 1 tsp. finely grated lemon zest, |
| Olive Oil | plus more for garnish |
| ¼ cup thinly sliced MN Grown | - freshly ground Kowalski's Black |
| garlic (approx. 12-15 cloves) | Peppercorns, to taste |
| 1 red Fresno pepper, seeded and | - crusty artisan bread, for serving |
| finely chopped | |

DIRECTIONS:

1. In a large mixing bowl, toss shrimp with 1 tsp. salt; let stand for 10 min.
2. In a large cast iron skillet, combine olive oil and garlic over medium-low heat; cook, stirring occasionally, until garlic is very fragrant and starting to brown (8-10 min.).
3. Add Fresno pepper to the skillet; cook and stir until fragrant (15-30 sec.).
4. Add shrimp; cook and stir until shrimp are barely pink (3-5 min.).
5. Stir in parsley, sherry and zest.
6. Remove pan from heat; let stand until shrimp are cooked through and opaque (about 5 min.).
7. Season to taste with salt and pepper.
8. Garnish with parsley and zest; serve shrimp in the skillet with crusty bread at the table for passing.



ZUCCHINI KATSU WITH SIMPLE CABBAGE SALAD V

SERVES 4

Crunchy pan-fried zucchini topped with a sweet and savory sauce.

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| 1 medium head napa cabbage,
cored and thinly sliced | 2 medium MN Grown zucchinis,
ends discarded, cut in half
crosswise then lengthwise into
½" thick planks |
| 2 tsp. rice vinegar | |
| 1 tsp. toasted sesame oil | |
| ½ tsp. kosher salt, plus more to taste | 2 tbsp. Kowalski's Extra Virgin Olive
Oil |
| ½ cup panko breadcrumbs | |
| ¼ cup flour | 3 tbsp. prepared hoisin sauce |
| 1 egg, lightly beaten | 2 tbsp. Kowalski's Classic Ketchup |
| - freshly ground Kowalski's Black
Peppercorns, to taste | - garnishes, to taste: sesame seeds
and thinly sliced green onion |

DIRECTIONS:

1. In a medium mixing bowl, toss cabbage with vinegar, sesame oil and ½ tsp. salt; set aside (cabbage will wilt slightly while zucchini cooks).
2. Pour breadcrumbs, flour and egg into separate shallow dishes; season all 3 dishes with salt and pepper.
3. Working in batches, coat zucchini in flour, shaking off excess. Dip floured zucchini in egg, then coat with breadcrumbs, pressing to adhere. Set aside on a wire rack to dry for 15 min.
4. Heat oil in an extra-large nonstick skillet over medium-high heat; working in 2 batches, pan-fry zucchini until golden-brown and cooked through, turning once (about 2 min. per side).
5. While zucchini cooks, whisk together hoisin and ketchup; set aside.
6. Remove zucchini from pan; sprinkle with salt while still hot.
7. Drizzle warm zucchini with sauce; garnish to taste.
8. Serve with cabbage salad on the side.

MEXICAN STREET CORN

SERVES 8



This authentic recipe is all the better when made with Untiedt's famous Minnesota Grown sweet corn.

8 ears corn on the cob

¼ cup Kowalski's Butter
(your choice of Salted or Unsalted), at room temperature

- freshly ground Kowalski's Sea Salt and Black Peppercorns, to taste

8 lime wedges

1 cup crumbled Cotija cheese (from the Specialty Cheese Department)

- Kowalski's Ancho or Chipotle Chile Powder, to taste

- chopped fresh cilantro, to taste (optional)



DIRECTIONS:

1. Prepare corn for boiling, grilling or microwaving as directed below.
2. Spread butter on hot corn; sprinkle with salt and pepper to taste.
3. Squeeze a lime wedge over each ear; sprinkle with cheese, chile powder and cilantro as desired. Serve immediately.

TO BOIL: Remove husks and silk from corn. Bring a large pot of salted water to a boil over high heat; add corn and cook until tender (about 5-7 min.). Remove corn from pot; drain well.

TO GRILL: Remove husks from corn except for the layer touching kernels. Pull back remaining husks to remove silk; pull husks back up over corn. Soak corn in cold water for about 1 hr. before grilling. Grill corn over medium heat, covered, until kernels yield gently to pressure (8-10 min.), turning each ear a quarter turn every 2 min. Carefully remove husks.

TO MICROWAVE: Cook each ear, husk on, for 10 min., adding 2 min. of cooking time for each additional ear (cook up to 4 ears at a time). Remove husks and silk from each ear.



ZUCCHINI PANCAKES V

SERVES 4

These delicious, savory pancakes make for a great summer side or supper with a crisp green salad and a glass of white wine.

- 2 fresh MN Grown zucchinis (about $\frac{3}{4}$ lb. total), grated
- $\frac{1}{2}$ cup flour
- $\frac{1}{4}$ cup grated red onion (MN Grown if available)
- $\frac{1}{4}$ cup freshly grated Kowalski's Signature Parmesan Cheese
- 2 eggs, lightly beaten
- 2 tbsp. chopped fresh MN Grown basil
- 1 tsp. kosher salt
- $\frac{3}{4}$ tsp. baking powder
- $\frac{1}{2}$ tsp. freshly ground Kowalski's Black Peppercorns
- $\frac{1}{4}$ tsp. crushed red pepper flakes
- Kowalski's Unsalted Butter and canola oil, for coating the pan
- sour cream and chopped fresh MN Grown herbs (your choice), for serving

DIRECTIONS:

1. In a medium mixing bowl, whisk together first 10 ingredients (through red pepper flakes).
2. Lightly coat a large nonstick skillet or griddle with a little butter and oil; heat to medium.
3. Wipe skillet with a paper towel to coat pan evenly and absorb excess oil.
4. Working in batches, scoop batter onto skillet, forming 3-4" circles; cook until edges are set and dry and bottom of pancake is dark golden-brown (2-3 min.).
5. Flip pancakes; cook until golden-brown on the other side (1-2 min.).
6. Wipe skillet clean; regrease pan, wipe and repeat with remaining batter.
7. Top pancakes with sour cream; garnish with herbs. Serve immediately.



SPICED APPLE DAIQUIRIS GF V VE DF

MAKES 2

The autumnal flavors of apple and cinnamon make an appearance in this fall cocktail.

- cinnamon sugar, for rimming the glasses
- ice

5 oz. spiced rum (such as MN produced Får North Spirits Ålander Nordic Rum)

1 tbsp. Kowalski's Pure Maple Syrup, plus more for garnish

1 tbsp. MN produced Earl Giles Ceylon Cinnamon Cocktail Syrup (from the Wine Shop)

1 tbsp. almond syrup, such as Torani brand (from the Coffee Aisle)

½ cup Kowalski's Fresh MN Grown Apple Cider (available seasonally in the Produce Department)

¼ cup pineapple juice

2-4 dashes Angostura Aromatic Bitters, to taste

- thinly sliced MN Grown apple, for garnish

DIRECTIONS:

1. Pour cinnamon sugar onto a flat rimmed dish; moisten the rim of 2 cocktail glasses with water and dip rims in cinnamon sugar.
2. Fill glasses with ice; set aside.
3. Combine rum and syrups in a cocktail shaker over ice.
4. Add cider and juice; shake to combine and thoroughly chill (about 30 sec.).
5. Pour into prepared glasses; top with a few dashes of bitters.
6. Garnish each glass with apple slices.



HOMEMADE TOASTER PASTRIES

MAKES 4

Forego the boxed brand and make your own breakfast-on-the-go!

- flour, for rolling the dough
- 2 (8-9") prepared pie crusts, well chilled
- 12 oz. jam, preserves or fruit butter (such as pumpkin butter or Kowalski's Apple Butter), divided
- 1 egg, lightly beaten
- 1 cup confectioners' sugar
- 1 tbsp. milk
- 1 tsp. Kowalski's Organic Madagascar Vanilla Extract
- sanding sugar or sprinkles (optional)

DIRECTIONS:

1. Preheat oven to 375°; line a baking sheet with parchment paper.
2. Lightly flour a cool work surface; roll 1 pie crust into a rectangle approx. ⅞" thick; trim and square off edges.
3. Repeat with second crust.
4. Cut each crust into 4 rectangles, making a total of 8 sheets.
5. Place about 2 tbsp. filling in the center of 4 sheets; using the back of a spoon, gently spread filling evenly across sheet, leaving about a ½" border around the edge.
6. Place the remaining 4 sheets evenly over the top of each filled crust, being sure to line up the edges as much as possible.
7. Crimp edges with a fork all the way around the pastry; transfer to the prepared baking sheet.
8. Using the pointed end of a skewer or a sharp knife, poke a dozen or so holes in the top of each pastry; brush evenly with egg.
9. Bake in preheated oven until crust is dark golden-brown on the edges (about 15 min.); remove from oven and let cool for 20-30 min.
10. In a medium mixing bowl, combine confectioners' sugar, milk and vanilla; whisk together until completely smooth.
11. Spoon or drizzle vanilla glaze over cooled pastries; decorate with sugar or sprinkles, if desired.
12. Store in an air-tight container for up to 3 days.

Tasty Tip:

For a delicious chocolaty treat, swap out the jam filling for Kowalski's Cocoa Almond & Hazelnut Butter and use Kowalski's Deep Dark Hot Fudge Sauce or Sea Salt Caramel Sauce instead of the vanilla glaze.



Kowalski's Apple Butter is available seasonally in the Grocery Department near the jams.

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