Compliments of Kowalski's

November - December 2022 THE JOY OF GOOD FOOD

KOWALSKI'S ATHONE Scandinavian CELEBRATIONS

CELEBRATING WITH HOLIDAY WINES & SPIRITS

SEASONAL ets

Level Up your thanksgiving menu

The Family Grocery Store with the Family Still in It

FAMILY

thoughts from the KOWALSKIS

From rare wines to handmade holiday desserts, this issue is ${f r}$ full of ideas to help you make the season supremely special.

People are the key, and our Wine & Spirits team kicks off this issue with a few of their favorite holidav beverage selections. Find their choices for drinks by the fire, entertaining good friends and toasting in the new year starting on page 4.

Amp up your holiday menu with chic ingredients like crème fraîche, caviar and mascarpone. Starting on page 22, Culinary Director Rachael Perron is offering her one-ups for all your favorite recipes. If you try only one of her suggestions, make it her Garlic Bread Stuffing - you won't regret it.

Starting on page 10, you'll find a list of some of the mostpurchased Signature items of 2022. Our new Bake at Home line is quickly rising in the ranks – we wouldn't be shocked to see it crack the top 20 next year. Rachael Perron has a clear favorite from that category and is sharing its origin story on the next page.

Make the season special with décor and holiday florals that set the stage for a celebration. On page 17 we are looking at some of the choices you can make in the Gift Department that we hope will bring a little joy to your home right now.

Finally, our prepared holiday meals are a great way to make the holidays extraordinary without all the work. It's how we do it! Using our own family recipes, we prepare them so you can be assured they will be just as good as if you'd started from scratch. Our team works on this program nearly all year long, beginning in January when we read every single customer comment card submitted after the holidays. Ordering turkeys in April and testing stuffing and pies in May isn't unheard of either. Read more about the behind-the-scenes stakeholders who bring the holidays to life on pages 8-9.

As always, we'd like to take this opportunity to thank you for each and every way you've been a part of Kowalski's this year. We truly do love to see you in the stores. We wish you a season full of comfort, compassion and, most of all, the joy of good food.

Food Matters! Truth Matters! Mary Anne Kowalski and

Kris Kowalski Christiansen



KOWALSKI COMPANIES IDENTITY STATEMENT: Kowalski Companies is a civic business. All stakeholders are obligated to organize, educate and set policy according to democratic principles and standards. We do this in partnership with other demonstrations of the Midwest Active Citizenship Initiative to renew and sustain democracy and to create a world that is abundant and just.

Rachael Perron.

Kowalski's Markets

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Tempting Turkeys

nce again, we have three fresh, raw, whole turkey options available to order online this year from our Meat Department. They are Naturally Raised, antibiotic free and fed no animal byproducts.

Kowalski's Naturally Raised Free-Range Turkey Our new locally raised turkey comes to us courtesy of Ferndale Market, a third-generation family farm owned and operated by the Peterson family in Cannon Falls, Minnesota. These turkeys are raised free-range with plenty of room to roam outdoors and are processed all naturally without added water or salt.

Kadejan Free-Range Turkey Locally raised in Glenwood, Minnesota, on a small circle of family farms, Kadejan turkeys are raised free-range and fed a diet of whole grains. They are minimally processed and air-chilled to prevent added water weight.

Kowalski's Organic Turkey Raised on an organic diet with no antibiotics, our flavorful, succulent organic turkey is processed locally by Larry Schultz Organic Farm in Owatonna, Minnesota.

COOKING 🖾 HOME:

Baring

A freshly baked, traditionally made croissant with 82 layers of pastry and 81 layers of butter between them is one of life's utmost pleasures. I've enjoyed croissants all over the world, including Paris, France, and, in my opinion, this quintessential flaky crescent is the absolute best way to start any day (with an espresso, of course).

I've made croissants from scratch exactly twice. Following five pages of instructions from Julia Child in *Baking with Julia* (it felt like FIFTEEN pages – there are more than 1,000 words!), the method takes three days, a ruler and a lot of patience. Though the process was deeply satisfying and while I took deep pride in my results, my biggest takeaway from the whole shebang was, "I do *not* have time for this."

So a few years back, I started asking the store bakers if I could buy croissants BEFORE they baked them. I happily hauled home frozen croissants for at least a year before my husband finally said something like, "You know, you probably aren't the only person who would like to bake these at home." It was one of his more brilliant ideas, and I promptly took 100% of the credit for it at work the next week.

Herein I am setting the record straight. You can thank my husband, Jerry, not me, for the initial suggestion of our new **Bake at Home** program. We offer not only frozen croissants but cinnamon rolls, scones, pies, muffins and more for you to bake at home, too. Most are done in minutes (not days), and the instructions fit easily on the back of the package. Now *that* I have time for.

Warmly,

Rachael Perron, Culinary & Branding Director rperron@kowalskis.com

Rachael



Selection and availability of products and ingredients vary by market.

PEOPLE

I SPIKITS and wine!

KOWALSKI'S wine & spirits

vowalski's Wine & Spirits is well stocked ${f K}$ with everything your home bar needs, including experts! We asked members of the team to share a little about themselves and the drinks they most often pour themselves (when they're off-duty, of course!).

WOODBURY

Expertise: I have 12 years in the business, with the last 9 $\frac{1}{2}$ at Kowalski's! Home: St. Paul. Fave cocktail: Anything with Champagne! I usually stick to wine, but I really like Death & Co. Moonsail Fizz and Aurora Highball canned cocktails.

Tibbany Bolk "Icould drink Champagne every day!"

Fave wines: Champagne, Châteauneuf du Pape and rosé.

Fave pairings: Sadly, I don't cook from scratch very often, but I found a great pesto spaghetti squash recipe that I really like that's easy and tasty. I would drink Champagne or rosé with this. I really love pizza and like visiting The Pizza Shop in West St. Paul! And yes, I would drink Champagne with pizza! (Okay, I can't exactly afford Champagne every day, but a nice sparkling rosé would suffice.)

Fun stuff: I went to school for photography and have my BFA and MFA in photography. I've had my own photography business since 2006, and I shoot weddings, fashion and boudoir. I also love nature and hiking. I have been to all of Minnesota's 66 state parks and several national parks. I love cats and have one cat named Hazel.



HOLIDAY GI AND TONIC



wine & spirits

SHOREVIEW

Expertise: Almost one

- year at Kowalski's but
- 23 years in the biz.
- Home: The Seward
- neighborhood in
- South Minneapolis, a
 stone's throw from
- the U and the Mighty
- Mississip'!



Michael Wirzylo

• Fave cocktail: I'm solidly focused on wine, but a pisco sour in summer or a boulevardier in the winter usually hits the spot.

- Fave winter usually hits the spot.
 Fave wine: Villa Cafaggio Sangiovese Toscana. It is well balanced, fresh and features brighter fruit and less rustic tannin and acidity than a typical old-fashioned Chianti. It has the ease and medium-weighted grace of a pinot noir with that zesty, aromatic red fruit only sangiovese seems to be able to exhibit. It's also a fantastic value!
 Fave foods: I like linguine carbonara. When I'm feeling homesick for Ohio and a little nostalgic, I'll grab some of our Market Sausages Smoked Kielbasa and some Bubbies Sauerkraut and attempt to duplicate my Polish grandmother's signature sausage and potatoes recipe no easy feat!
- `Д

"Above all, wine is a condiment and an integral part of cuisine. Kowalski's intimately understands this aspect of what can be a very rewarding discovery of the world's produce."

PaulWood

"Staying informed with the new and particularly the old styles of wine production are important to me."

5



Expertise: I've been at Kowalski's for five
years and in the industry for seven. I've
achieved WSET (Wine & Spirit Education Trust)
Level 2, and I'm working on Level 3.
Home: The Westonka area.
Fave cocktail: Most of all, I really enjoy
exploring different red wine styles, but my

exploring different red wine styles, but my favorite cocktail is a gin and tonic. Fave wine: Domaine des Gaudets, a Beaujolais AOC wine, is made from Gamay grapes. It has a light body, bright red fruit and lively acidity. The Gamay grape is like a pinot noir, only with a well-structured tannin finish. Fave pairing: My favorite to pair with Beaujolais is braised beef ribs, but it's also good with roasted poultry, pasta and pork.

wine & spirits



SUE MACHNIK

GRAND AVENUE

Expertise: Four years at Kowalski's, 35 in the industry.

- Home: St Paul's North End.
- Fave cocktail: A vodka gimlet. I also love a Negroni and Bourbon on the rocks.

Fave wines: My favorites are from the Loire Valley: cabernet franc, Sancerre and Vouvray. They are a great value, and there is a wide range of styles to experience.

Fave pairings: I like beef stew with a cab franc or chicken tikka masala with Vouvray.

"I am fortunate to work with the brilliant and skilled people I do. I learn something new every day."



Leslie and her dog, Tucker. **Leslie Forster**

OAK PARK HEIGHTS

Expertise: I've been at
Kowalski's for four years!
Home: The Stillwater area.
Fave cocktail: I love a gin and
tonic with a gin that is soft on
the juniper.

Fave wine: Champagne! Fave pairings: We love shrimp and grits at our house. My current version is maple-Bourbon shrimp and grits with chorizo, paired with a Spanish Rioja or a cold beer.

"After 30-plus years teaching early education, I decided it was time to reinvent myself. Tm loving round 2!"



HONEYED FIG CHAMPAGNE COCKTAIL



Expertise: I've worked in this industry for 62 years, and I've been at Kowalski's for 11. Home: Thomas Lake neighborhood in Eagan. Fave cocktail: A classic Manhattan.

Fave wine: Bussola Valpolicella Ripasso.
Fave foods: A like pasta with a homemade red sauce and our Market
Sausages Mild Italian Sausage. I also love Chinese takeout!

"I love the Kowalski's clientele here [at Eagan]! The everyday contact with customers over the years has given me the opportunity to develop long-term friendships."



Richard LeClaire

wine & spirits

finest WINES

Looking for a special gift for the wine lover in your life? Our **LUXE** selection is the perfect place to find a bottle worthy of the most sophisticated enthusiasts. LUXE represents a collection of wines that are unique in one or more ways: quality, consistency over time, recognition by independent experts and authentic craftsmanship. These bottles may also be quite limited in production and/or associated with a fine or historical heritage, vintner or wine house. *Only available at our Excelsior, Shoreview and Woodbury Wine & Spirits shops*.

DID YOU KNOW?

While LUXE may represent the "best of the best" in one manner or another, remember that fantastic wine is available at all price points. Visit your local Kowalski's Wine & Spirits and ask about wines you might like based on your preferences and interests. Our experts can help you find the perfect wine for any (or no) occasion and budget.



PEOPLE



MERRY MANHATTAN (F) (V) (F) (F)

A favorite cocktail made with a spicy sub for sugar.

- 2 oz. Bourbon
- 1 oz. vermouth
- 1 tsp. Earl Giles Ceylon Cinnamon Cocktail Syrup (from Kowalski's Wine & Spirits)
- ice
- 2 dashes bitters (Angostura, cinnamon, orange or a combination)
- orange slice, maraschino cherry and cinnamon stick, for garnish

DIRECTIONS:

- 1. Add Bourbon, vermouth and cocktail syrup to a cocktail shaker filled with ice.
- 2. Shake for 30 sec. or until well chilled.
- 3. Strain into a chilled couple glass; garnish with orange, cherry and cinnamon.

Selection and availability of products and ingredients vary by market.

PEOPLE



The heart. It keeps us alive. It pumps blood to every organ, and without it, we cannot be. That is how we here at Kowalski's feel about our community. Without you, we would not be. It is because of our customers that all of our stakeholders work year-round to provide the best quality and local products possible.



But this time of year is always a special one here at Kowalski's. It is when our months and months of planning finally come to life! We hope to play a small part in allowing you to enjoy many memorable moments with your family and friends that could otherwise be quickly lost in the hubbub of the holidays. This is possible with the help of our many vendor partners, our store stakeholders and especially our company's *heartbeat*: our Central Facility.

Located at our Shoreview Market, Kowalski's Central Facility houses our Production Kitchen, Central Bakery, Smokehouse, Catering Kitchen, Warehouse and Transportation Department. These jurisdictions, all working in tandem, allow us to offer you the convenient, high-quality items that we pride ourselves in. While this facility works hard year-round to bring our customers the very best, it is during November and December that it







 Ryan, Colin, Kevin,

 Charlie, Barb, Luke,

 Dean and Bryant –

 Smokehouse

PEOPLE

IS The joy of good food

DID YOU KNOW?

Our Central Facility stakeholders and Department Directors will start planning the next holiday season in January by recapping what did and didn't work, creating new recipes, procuring products and scheduling production dates for next November and December. At Kowalski's, the holidays never end!

really cranks into high gear. Working together, they process countless turkeys, salads, sides and pies. They pack gift baskets and prepare party food. They ensure that gifts, décor and every single one of our Signature holiday dinners arrive fresh and safe at every market, every single day.

Most certainly, the job couldn't be done without all our hardworking, dedicated Central Facility stakeholders. They guarantee that all our stores are well-stocked all season long with our delicious Signature Products, exclusive recipes and specialty items. The Meat Department's harder-to-find meat and seafood items are procured by our Central Meat Production Kitchen, and our distinctive seasonal treats are handmade from scratch by our Central Bakery, Our Deli Departments, with unmatched support from our Production Kitchen, are really able to flex their muscles this season, offering ready-to-heat holiday dinners and a wide variety of holiday sides, dips, entrées and snacks.

Thank you for allowing us to continue to serve and grow with you. We look forward to many more holidays together!



Order your holiday meal online and get all the details on this year's choices at kowalskis.com.



Kevin



SIGNATURE PRODUCT FOCUS



ur exceptional cold-pressed Extra Virgin Olive Oil was recently among over 2,000 competitors at the prestigious 2022 New York International Olive Oil Competition, where it was awarded the gold medal! We weren't all that surprised. Kowalski's Extra Virgin Olive Oil hails from family farms in the hills and valleys of Messenia near Kalamata, Greece, the land where olives are everything. It's a single-varietal oil that's particularly smooth and buttery with an acidity of less than 0.4%. Whether you drizzle, dip or simply delight in it, we know you'll love its rich, fruity, nutty taste as much as we do. Kowalski's Extra Virgin Olive Oil is available in the Grocery Department. Also find it in the Bakery Department in eco-friendly refillable bottles.



For years, customers have been making Kowalski's products the best sellers in their category. We take that seriously when it comes to adding new products to our line. You should know that when it says "Kowalski's" on the label, it means we've tried and tested an item, sometimes for years, to ensure it's the best of the best. As the year comes to a close, we're highlighting our top sellers by category. These are the Kowalski's Signature selections that customers simply can't get enough of:

BEVERAGE

Our **Signature Freshly Squeezed Orange Juice** is made locally every day from the very best oranges available. It's our best-selling beverage by a longshot! Find 16, 32 or 48 oz. jugs in the Produce and Dairy Departments.



SNACK

Our **Hummus** is locally made in small batches with sesame tahini, lemon, garlic, sea salt and a touch of smoky cumin. Look for several flavors in the Deli or Dairy Department. This big mover is perfect paired with our No. 1 salty snack, **Sea Salt Pita Crackers**. Not only are they delicious, but they're also made with premium ingredients and no trans fats, cholesterol, artificial colors or flavors. **Multigrain Pita Crackers** are also available. Find them both in the Deli or Grocery Department.



CANDY

The combination of sweet and salty is epitomized in our famous (and incredibly popular) **Chocolate Sea Salt Caramels**, made for us by a local chocolatier. Find them with the gourmet chocolates and always right at the registers – because single-serve pieces make the perfect post-shopping treat!

SIGNATURE



CONDIMENT

One of our longest-lived Signature items is still a bestseller! **Original Kalbi** is a versatile soysauce-based marinade fashioned after original Korean recipes, and it's made right here in Minnesota. It is slightly sweet with hints of ginger and red pepper and is accented with toasted sesame seeds. It can be used to bring an exotic flavor to chicken, fish, pork or any red meat and can add loads of flavor to your stir fry creations. **Sticky Sweet Kalbi** and **Kickin' Kalbi** are also available in the Meat Department and Grocery Aisle.

BREAKFAST

Not including eggs, the most popular breakfast item we sell is our Everything Bagels! These extra-large traditional bagels are 20% larger than the average bagel. Crusty on the outside and moist inside, they provide superior texture and chew, making them a true bagel lover's bagel! We love them toasted and drizzled with honey butter or smeared with avocado or cream cheese. Their size makes for a great sandwich at any time of day. Find Blueberry, Everything, Cinnamon Raisin, Plain and Sprouted Honey Multigrain bagels in the Bakery and Dairy Departments.





HOLIDAY Our Old-Fashioned Premium Eggnog is a limited-edition seasonal item that sells out every year, and quickly! It's locally made, fresh and delicious. Single-serve bottles and quarts are available starting in mid-November until they run out!

DRESSING

Steakhouse Blue Cheese Dressing is another bestseller in its category, outselling all other dressings in the Produce Department! Locally made in small batches from our own exclusive Signature recipes, our refrigerated salad dressings are a fresh and delicious way to top salads and so much more.

CHEESE

Our shredded cheeses make up five of the top 20 movers in our line! **Mexican Blend Shredded Cheese** is a big-time customer favorite. Made locally in Wisconsin, our cheese is crafted from hand-selected ingredients and time-tested recipes by cheesemakers with a talent for knowing what makes great-tasting cheese. A variety of popular flavors are available in bagged shreds, slices and blocks in the Dairy Department.

FROZEN

Our award-winning **Signature Frozen Pizzas** are made locally in Minnesota with fresh, flavorful toppings and a crisp, thin crust. They're available in five classic flavors as well as six artisan flavors featuring gourmet toppings. Of course, the most popular is *Pepperoni!* Not only are our pizzas the most popular frozen item we sell, they outsell all other frozen pizzas! We have three gluten-free pizzas, too!



Selection and availability of products vary by market.



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

T hough the days are getting shorter, there's a bright spot to the coming change of seasons: winter squash! There are so many varieties, so many ways to enjoy them and so many benefits from eating them. In our book, that's a win, win, win.

Winter squash is brimming with the goods for good health. Many of its nutrients can help calm inflammation in our bodies, which can be the impetus or accomplice to all sorts of health hiccups, from heart disease, diabetes and cancer to arthritis and digestive difficulties. It's rich in potassium, making it great for your blood pressure, bones and muscles. Some of squash's nutrients, such as lutein, zeaxanthin and beta-carotene, are valuable to good eyesight. It's also flush with fiber, which can help keep your gut happy and your immune system strong. And though considered a starchy vegetable, winter squash has a moderate glycemic value, meaning it doesn't affect your blood sugar level as much as other carbohydrate-rich vegetables, such as potatoes.

There are so many savory and sweet ways to enjoy winter squash. It's an incredibly versatile (and budget-friendly!) food, and its mild flavor makes it an all-around crowd-pleaser. You can roast, season and enjoy the interior seeds of a squash. The small measure of fat in squash and its seeds is the beneficial, plant-based version of omega-3 fatty acids. You can also eat the skin on all varieties of squash, but most, other than delicata squash, have pretty tough peels, which may not be all that tasty.

SELECTION

Choose those with an intact stem and skins free of soft spots or nicks. Take stock of a squash's weight, selecting those that are heavy for their size.

TASTY TIPS

STORAGE

gives it a comparatively long shelf life. Some winter squash can be stored anywhere from weeks to months, depending on the variety. They're best stored in a dark, cool spot (50-60°). Keep them out of the refrigerator until they have been cut or cooked. Refrigerating them whole may negatively affect their texture.

PREPARATION

Before cutting into your squash, rinse and clean its exterior. Depending on the variety of squash you choose, cutting into it can be a difficult task; you'll need a sharp knife and strong muscles! We have precut butternut squash in our Prepared Produce Section and precooked squash dishes in our Deli Case. Both are a helping hand. Microwaving very hard squash for 3-4 minutes will help soften its skin, making it a bit easier to peel and crack open.

SIGNATURE



SEASONAL SWEETS

In a season of pumpkin pie and apple everything, we're suggesting something more original. Our **Raspberry Thimble Cheesecake** and **Peppermint Cake** are exclusive, scratch-made desserts perfect for any holiday table.

PEPPERMINT CAKE

This Signature recipe features a classic chocolate cake infused with a peppermint syrup. It's filled with house-made chocolate ganache and iced with a seasonal Family Favorite Buttercream – our own Signature recipe made from scratch with real butter and infused with peppermint oil. It's available in two sizes and also as cupcakes.



RASPBERRY THIMBLE CHEESECAKE

Our special recipe for this rich and creamy classic cheesecake is made with real vanilla and features a walnut crust, raspberry ribbon swirl and crumbly walnut streusel.

TASTY TIP

Serve this cheesecake for the holidays with "raspberry gumdrops." Brush fresh berries with an egg white whisked with 1 tbsp. water. Dip or sprinkle with granulated sugar; let stand until coating is set.

Find these and other handmade Signature desserts in the Bakery Department.

HOME[GROWN] for the holidays

I wouldn't be the holidays without the aromas and flavors of rosemary, sage and thyme. Freshness is paramount when it comes to herbs, one of the most perishable items in the Produce Department. Ours are fresher by days and what farmers call "road miles" (the distance from farm to store):

TRADITIONALLY GROWN HERBS FROM COLOMBIA	ROAD MILES
 Flight from Bogotá to Fort Lauderdale, Florida 	1,529
Flight from Fort Lauderdale to the Twin Cities	1,492
• Drive from distributor to MSP Airport, then MSP to distributor	92
Drive from distributor to Kowalski's Woodbury Market	46
	TOTAL: 3,159

HERBS GROWN BY URBAN GREENS IN COLUMBIA HEIGHTS, MINNESOTA

Jrban Greens

LOCA

 Drive from Urban Greens to Woodbury 	TOTAL: 26

HOW TO STORE HERBS AT HOME

- Remove any twist-ties or rubber bands!
- Prep herbs like you would leafy greens, washing and drying them thoroughly. You can air-dry them, use a salad spinner, or wrap them in a clean kitchen towel and shake them vigorously.
- Store woody herbs like rosemary and thyme just as you would leafy greens (with paper towels in the bag).
- Storing tender herbs like parsley and cilantro is similar to caring for a bouquet of fresh flowers. Place their stems in water and cover with a plastic bag.
- Special note: Basil doesn't like to be refrigerated. Store it at room temp like you would a floral arrangement. It makes a pretty counter display!

DID YOU KNOW?

Minnesota Grown Revol Greens' hydroponic farming practices use 90% less water than traditional farming methods and don't require tractors or harvesting equipment. Using just 22 acres of indoor land, Revol Greens yields a harvest for which traditional farming would need 660 acres to achieve – 30 times as much! Kowalski's is just 122 miles from Revol's Medford, Minnesota, farm. Compare that to California's Salinas Valley, where a large volume of domestic lettuce is grown 2,103 miles away from the Twin Cities.

14



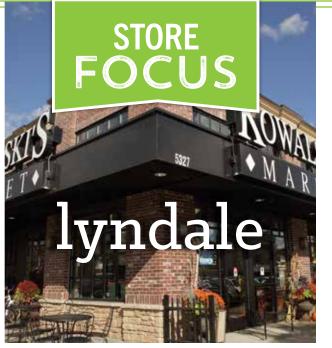


S alad Girl Organic Salad Dressings made their debut on Kowalski's shelves before they were available anywhere else. Mahtomedi resident Pam Powell has been crafting fresh, organic salad dressings since she was a teenager. Inspired by her summer job working as "the Salad Girl" at a lake resort, Pam continued her passion for fresh dressing by running an organic catering business selling vinaigrettes to fund her college education. After being hired to paint a mural for Kowalski's Markets, Pam thanked us for the opportunity with a gift of one of her salad dressings. We loved her product so much that we invited her to sell it on our shelves if she ever turned it into a business. Eventually, Pam took the jump and fulfilled her first order for Kowalski's in March 2008.

Salad Girl Organic Salad Dressings believes that "eating fresh organic goodness benefits us individually, communally and environmentally." All Salad Girl products are crafted with the freshest organic ingredients possible. None of their dressings contain any preservatives, cane sugar, soy, or corn syrup. They are also organic, dairy free, gluten free and offer four vegan options.

Salad Girl Organic Salad Dressings celebrated their 15th anniversary this year! In that time, Salad Girl has become a staple product in many Minnesota homes. Since its launch at Kowalski's Markets, they have hit shelves at over 400 stores in at least 12 other states throughout the Midwest. We are proud to have been partners with Salad Girl since the very beginning and look forward to seeing where these delicious local dressings will go in years to come.

Selection and availability of products vary by market.

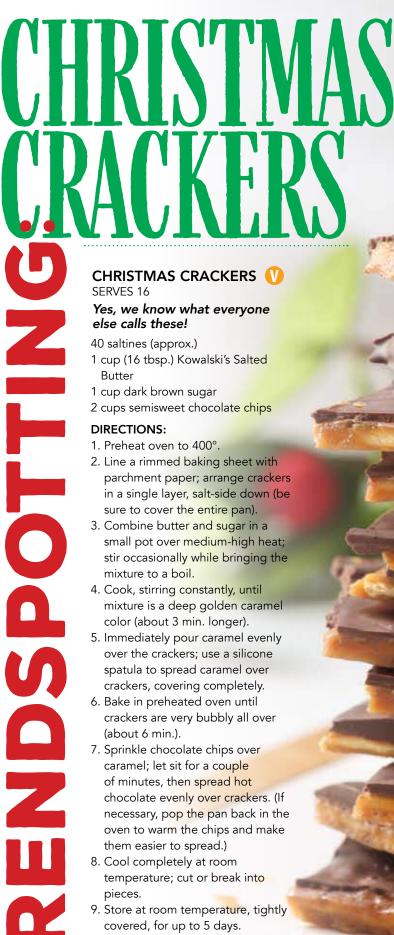




K owalski's Lyndale Market, which opened in 2002, is located just down the road from Minnehaha Creek on its namesake street: Lyndale Avenue South. Because it was previously a bowling alley, Lyndale is one of Kowalski's smaller markets. At just 18,000 square feet, Lyndale is about onethird the size of the Woodbury store yet still offers café seating, hibachi and a very popular wing bar. Just over a 10-minute drive from downtown Minneapolis, Lyndale connects the city to its suburbs. The Mall of America is less than six miles away! Lyndale is a vibrant community of 32,000 on 309 acres within the Southwest community. Its beautiful public parks, with lots of exciting activities and camps, make it a popular neighborhood for families.



FUN



CHRISTMAS CRACKERS 🚺 SERVES 16

Yes, we know what everyone else calls these!

40 saltines (approx.)

- 1 cup (16 tbsp.) Kowalski's Salted Butter
- 1 cup dark brown sugar
- 2 cups semisweet chocolate chips

DIRECTIONS:

- 1. Preheat oven to 400°.
- 2. Line a rimmed baking sheet with parchment paper; arrange crackers in a single layer, salt-side down (be sure to cover the entire pan).
- 3. Combine butter and sugar in a small pot over medium-high heat; stir occasionally while bringing the mixture to a boil.
- 4. Cook, stirring constantly, until mixture is a deep golden caramel color (about 3 min. longer).
- 5. Immediately pour caramel evenly over the crackers; use a silicone spatula to spread caramel over crackers, covering completely.
- 6. Bake in preheated oven until crackers are very bubbly all over (about 6 min.).
- 7. Sprinkle chocolate chips over caramel; let sit for a couple of minutes, then spread hot chocolate evenly over crackers. (If necessary, pop the pan back in the oven to warm the chips and make them easier to spread.)
- 8. Cool completely at room temperature; cut or break into pieces.
- 9. Store at room temperature, tightly covered, for up to 5 days.

Toliday cookies can be an all-day or multiday effort that makes L a huge mess, and decorating Pinterest-perfect cookies may be frustrating. Homemade candy is an alternative holiday tradition that can be even more fun! Many great recipes require very few ingredients. Plenty of them don't even need a candy thermometer. Some don't even require baking, so they're super for kid cooks. Candy is also less likely to break or crumble than cookies, so candy trays travel and ship well and last a long time, making them great for giving.

This recipe for saltine cracker toffee is a fun and delicious option for the holidays. With a salty-sweet taste and crisp toffee bite, it's an addictive seasonal sweet!



Supplement your holiday goodie assortment with fresh-baked treats from the Bakery Department – no need to make them all!

FUN

deck m halls



D – and us, too! We look forward to setting the Gift Department every year and setting the stage for your holiday interior designs. Look for stunning pieces in these and many more categories:

TABLETOP

Linens, aprons and napkins help you outfit your holiday table in style. Serving pieces both classic and seasonally themed are the perfect way to add a little personality to any potluck or party.

ORNAMENTS

Spruce up your tree with some new ornaments. Kowalski's selection of tree trimmings is chosen especially with our shoppers in mind. From whimsical to classic and everything in between, special offerings are found throughout the Gift Department this season.

Cut flowers and arrangements add an element of freshness to your holiday décor. Our customcrafted designs feature premium stems elegantly intertwined with long-lasting blooms and seasonal greens. They're perfect for tabletops, entryways, halls, guest rooms, buffets or any other place where you may want to add a little extra holiday cheer.

Several sizes and designs suitable for every location and aesthetic are available. Of course, we'll make a custom arrangement, too!

HOUSEHOLD

Seasonal candles and aromatherapy set the stage for a festive fete. Cozy pillows and throws meant for snuggling by the fire complete the scene. Also look for local, Made in USA and socially conscious pieces to bring the magic of the outdoors in.





Selection and availability of products vary by market.

IDEAS

FAVORITE Fall CHEESE BOARD

Our formula for a great time works for every season. This time we're feeling fall, with crisp apples, walnuts and turkey as inspiration.



CONDIMENTS

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



CRACKERS, COOKIES & SLICED BREADS

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



CHEESES & MEATS

Place larger/focal ingredients first. Place groupings of remaining items in groups of 2-3 across the board from each other. Swirl, pile and swoop single-serve portions near the appropriate pairings with little to no space between them.

Yes, broth, stock and bone broth are all related. All three share the same foundation: bones, meat and vegetables simmered in a pot of water. So what makes these cooking liquids distinct? Their differences lie in preparation, timing and specific ingredients used.

WHAT IS BROTH?

Broth is water simmered with aromatics and meaty bones. It is cooked for a short time (usually 45 minutes) before it's strained and seasoned. Broths create a savory base for soups and stews and taste great on their own, too. Because of their seasonings and thinner consistency, you'll most likely prefer drinking broths over stocks.

WHAT IS STOCK?

Stock is water simmered with vegetables, aromatics and bones, which are sometimes roasted for a richer flavor.

broth, **stock** & bone broth – oh my!

IDEAS

Kowalski's Cocoa Almond & Hazelnut Spread

Kowalski's Champagne Honey Mustard

OUR FALL 2022 CHOICES

Kowalski's Apple Butter

Mimolette* • Manchego*

Deer Creek Tequila Habanero Pimento Cheese Dip* Kowalski's Toasted Sunflower Honey Artisan Loaf

Pretzel sticks or rods

Effie's Homemade Walnut Biscuits

Cheddar, such as Red Dragon Cheddar with Mustard and Ale*

Think Free-Range Sriracha Honey Turkey Jerky

*Find these products in the Specialty Cheese Department. Ferndale Market Minnesota Grown Uncured Cranberry Turkey Sticks

Kowalski's Cinnamon Nut Vegan Quinoa Clusters

Isadore Nut Co. Turmeric Cashews, Pecans and Walnuts

Fresh and dried Minnesota Grown apples

Urban Greens Minnesota Grown Fresh Sage



SNACKS & NUTS

Pile small, loose pieces near the foods with which they pair best. Place them close to the center of the board to contain them. Keep color balance in mind as you place items (do not place items of the same color all in one area of the board).



FRUITS & VEGETABLES

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



Unlike broth, little to no meat is left on the bones when they are added to the pot. Before straining the stock, it is cooked for 4-6 hours to better extract the collagen from the connective tissues and bones. Because of its thick, gelatinous quality, chefs may choose stock as a base for sauces or in place of some element of fat in other dishes.

WHAT IS BONE BROTH?

Bone broth is a hybrid of broth and stock. The base is similar to stock in that it is usually made from roasted bones, but the bones may sometimes have a bit of meat still attached. The main difference between bone broth and stock is the cooking time. It is typically cooked for more than 24 hours. The goal is to extract the gelatin from the bones, releasing their nutritious compounds and minerals. Like broth, bone broth is strained and seasoned and may be enjoyed on its own. It must have at least 7 grams of protein per cup to be considered real bone broth. Stock, by comparison, usually contains about 1 gram of protein per cup.

The bottom line: While your final dishes may have more concentrated flavors, slightly varying thickness, and unique nutritional values, cooking with these three products achieves similar results, meaning you can use them interchangeably.

GOOD QUESTION What about vegetable broth and stock?

Since no bones are used in the process, these two liquids are nearly the same thing. Vegetable stock may have a slightly more intense flavor than broth due to its longer cooking time. TASTE

HOLIDAYS

P ronounced *hoo-guh*, "hygge" is a Danish term with no direct English translation. It's a concept closely linked to coziness and comfort and is particularly associated with warm feelings of gratitude. Hygge is a perfect headspace for the holidays, evoking images of candles, slippers, cups of cocoa by the fire and hugs all around.

When applied to food, hygge is wholesome and nourishing, full of memories and indulgences. This season, we're celebrating hygge with recipes and foods inspired by the Scandinavian traditions and dishes from Sweden, Norway, Denmark, Finland and Iceland. These are some of our favorites. Find more Scandi-inspired recipes for your holiday table at kowalskis.com/hygge-holiday.

SWEDISH MEATBALLS SERVES 4

You don't need to go furniture shopping to enjoy this comfort food!

- ⅔ cup plain breadcrumbs
- $\ensuremath{^{1\!\!/}_{\!\!2}}$ tsp. kosher salt, plus more for seasoning the sauce
- 1/2 tsp. garlic powder
- 1/4 tsp. freshly ground Kowalski's Black Peppercorns, plus more for seasoning the sauce
- 1/2 tsp. ground allspice, divided
- 1/2 tsp. ground nutmeg, divided
- ³/₄ cup milk
- 1 lb. Kowalski's Certified Humane 93% Lean Ground Beef
- 1/2 lb. Kowalski's Naturally Raised Ground Pork
- 1 egg
 - egg
- 1/4 cup finely chopped onion
- 1 tbsp. finely chopped parsley, plus more for garnish, if desired
- Kowalski's Extra Virgin Olive Oil Cooking Spray
- 4 tbsp. (1/2 stick) Kowalski's Unsalted Butter
- 3 tbsp. flour
- 2 cups beef broth
- 1 cup heavy cream
- 1 tbsp. Worcestershire sauce
- 1 tsp. Dijon mustard

DIRECTIONS:

- 1. Preheat oven to 400°.
- 2. In a large mixing bowl, whisk together breadcrumbs, salt, garlic powder, pepper, ½ of the allspice and ½ of the nutmeg.
- 3. Stir in milk; let stand for 10 min.
- 4. Add meat, egg, onion and parsley to the bowl; using your hands, thoroughly mix until well blended (do not overmix).
- 5. Form 20-22 (1 ³/₄-2") balls using slightly wet hands; arrange on a baking sheet lined with parchment paper.
- 6. Spray meatballs with cooking spray; bake in preheated oven until done (about 25 min.). Set aside; keep warm.
- 7. In a large skillet, melt butter over medium heat; whisk in flour until smooth.
- 8. Cook and stir for 1 min.; slowly whisk in broth and cream.
- 9. Stir in Worcestershire sauce, mustard, and remaining allspice and nutmeg.
- 10. Reduce heat to medium-low; simmer until sauce starts to thicken.
- 11. Season sauce with salt and pepper to taste; add cooked meatballs to the skillet and cook until hot (1-2 min.).
- 12. Garnish with parsley, if desired; serve immediately.

ASTY TIP

If desired, freeze meatballs in a single layer for up to 2 months. To serve, thaw for up to 36 hrs. in the refrigerator.

TASTE





Some of the tastiest and most popular ingredients around the market are used in Scandinavian cooking. Many of these you've probably used and enjoyed before:

rye bread julekage cardamom bread sandbakkels marzipan pigs lutefisk pickled herring krumkake lingonberry and currant jam lefse cardamom currants fresh dill

1/4 cup Kowalski's Unsalted Butter

1/4 tsp. freshly ground Kowalski's

- fresh chopped parsley, to taste,

Black Peppercorns

- pinch ground cloves

- kosher salt, to taste

for garnish

HASSELBA POTATOES

> salmon cabbage lamb game mushrooms yogurt potatoes elderflower juniper beets horseradish apples berries

Find all the recipes shown on this page here:





NORWEGIAN BRAISED RED CABBAGE GF V SERVES 4

A spicy, sweet-and-sour side that's great with meatballs, turkey, pork and chicken alike.

- 1 red cabbage, cored and
- shredded into ½" wide strips
- $^{1\!\!/_{\!\!2}}$ cup red or black currant jam
- 1⁄2 cup brown sugar
- 1/2 cup Kowalski's Balsamic Vinegar
- ¹/₃ cup water

DIRECTIONS:

- 1. In a large saucepan, combine first 8 ingredients (through cloves); bring to a boil.
- 2. Reduce heat; cover and simmer until cabbage is tender (1-2 hrs.).
- 3. Season with salt; return to a boil and cook, uncovered, until liquid is reduced by about ²/₃ (it should be just below the surface of the cabbage).
- 4. Season cabbage with more salt.
- 5. Serve warm or at room temperature garnished with herbs (or chill overnight and serve the next day either cold or reheated).



Selection and availability of products and ingredients vary by market.

VANILLA-MASCARPO WHIPPED CREAM

next-level

Level up your holiday menu with simple swaps and glorified garnishes.

work on your whip

Real vanilla and rich mascarpone elevate your traditional pie topper.

use wine for the win

Broth and water have their place, but wine makes everything better. Use a dry red in place of all or part of the liquid in your turkey gravy.

strengthen your sides

Any roasted veg is improved with a crunchy topper and a tangy dressing.

BETTER BRUSSELS GF SERVES 4

- 1 tsp. Kowalski's Unsalted Butter
- 2 tbsp. sliced almonds
- 1 tbsp. tricolor quinoa
- 1 lb. Brussels sprouts, trimmed and halved
- 3 tbsp. Kowalski's Extra Virgin Olive Oil 1 tsp. kosher salt
- DIRECTIONS:
- 1. In a nonstick skillet, melt butter over medium heat.
- 2. Add almonds and quinoa; cook, stirring frequently, until nuts are slightly browned (about 4 min.).
- 3. Remove almond-quinoa mixture from heat; set aside to cool completely.
- 4. Preheat oven to 400°.
- 5. In a large mixing bowl, toss sprouts with oil; season with salt and pepper.
- 6. Roast sprouts on a parchment-lined baking sheet until crisp and darkened on the edges and tender at the base (about 20 min.), stirring once.
- 7. In a large mixing bowl, toss hot sprouts with peppers, toasted almond-quinoa mixture and dressing to taste.
- 8. Fold in crumbled cheese; serve immediately.
- *Find a recipe for Basic Vinaigrette at kowalskis.com or substitute your favorite bottled vinaigrette.

Selection and availability of products and ingredients vary by market.

RED WINE

TURKEY GRAVY

1 tsp. freshly ground Kowalski's Black Peppercorns

- 1/4 cup Sweety Drops peppers (from the Olive Bar)
- Basic Vinaigrette*, to taste
- crumbled ricotta salata or feta cheese, to taste

TASTE

stuff your stuffing

Add sausage, mushrooms and cheese. And why start with boring bread? A takeand-bake garlic loaf is the base of the best stuffing you'll ever make.

GARLIC BREAD STUFFING

TRIPLE-CREA

BAKED BRIE

put caviar on something!

Baked Brie is so basic. Sub in a triplecream cheese for three times the luxury.

trade in triple cream

Literally, put caviar on anything. Add some smoked salmon and crème fraîche to really gild the lily.

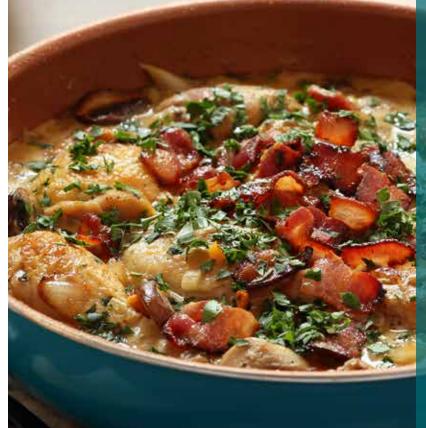
> FANCY PANTS POTATO PANCAKES

Find all the recipes shown on these two pages here:

Selection and availability of products and ingredients vary by market.

SEASONAL SUPPER

T raditionally made with red wine, coq au vin is an elegant all-in-one dish that's perfect for the season. Combining a slow-cooked chicken with vegetables and a pan sauce, this warm and comforting meal is good enough for every day yet special enough for any celebration. Our new recipe starts with smoky bacon and finishes with white wine and cream for a bit of added richness.



FIND IT!

Find Kowalski's Mirepoix in the Produce Department with other prepared produce. You can also substitute the same amount of finely chopped mixed vegetables, such as carrots, celery and onions.

COQ AU VIN BLANC

SERVES 4

Sure to be a dinner party favorite!

- 4 slices Kowalski's Applewood Smoked Bacon, cut into 1" pieces
- 2 tbsp. Kowalski's Extra Virgin Olive Oil, divided
- 8 oz. gourmet mushrooms (any variety)
- 1 yellow onion, cut into 1" chunks
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste
- 4 fresh chicken drumsticks
- 4 fresh chicken thighs
- 2 cups Kowalski's Mirepoix
- 4 cloves garlic, minced
- 1 tsp. finely chopped fresh thyme
- 2 bay leaves
- 750 mL dry white wine
- 2 tsp. Kowalski's Organic Roasted Chicken Broth Base, prepared with 2 cups hot water
- 1/2 cup heavy cream
- 1/4 cup chopped fresh Italian parsley

DIRECTIONS:

- In a large, deep skillet, cook bacon over medium heat until crisp. Remove from pan; set aside and keep warm.
- 2. Add 1 tbsp. oil to bacon pan; swirl to coat.
- 3. Add mushrooms and onion; sprinkle with pepper. Cook, stirring occasionally, until golden (about 10 min.).
- Remove mushroom mixture from pan; set aside. Add remaining oil to pan; heat over medium heat.
- 5. Sprinkle chicken liberally with salt and pepper; add to hot pan and cook, turning several times, to evenly brown (5-7 min.).
- 6. Remove chicken from pan. Add mirepoix, garlic, thyme and bay leaves; cook for 5 min.
- 7. Stir in wine; bring to a boil. Cook, stirring occasionally, until reduced by half (about 10 min.).
- 8. Return chicken to pan, skin-side down. Add broth; bring to a simmer. Cover and simmer for 20 min.
- 9. Turn chicken; cook until done (about 15 min.).
- 10. Remove chicken from pan; keep warm.
- 11. Bring cooking liquid to a boil; cook until reduced by half (about 10 min.).
- 12. Discard bay leaves; stir in cream and mushroom mixture.
- 13. Return chicken to pan; cook until chicken is hot.
- 14. Sprinkle with parsley and bacon; serve immediately.