

Compliments of Kowalski's

November – December 2024
THE JOY OF GOOD FOOD

KOWALSKI'S AT HOME holiday DOUBLE ISSUE

NEW
holiday
side dishes

SEASONAL
SWEETS

perfect
PARTY FOOD

Thanksgiving
Turkey
Roulade
(page 19)

Thoughts from the KOWALSKIS

Of all the fresh foods we offer in our markets, we are particularly proud of those we make fresh in-house from our own recipes, most notably in our Deli and Bakery Departments. We also work especially hard to source best-in-category meats, seafood, cheeses and produce. But something we don't often talk about is how proud we are of the products we sell in the center of our stores. Our assortment runs a broad spectrum, featuring not only conventional choices but also organic, natural and specialty options right alongside the everyday selections. On pages 6-7, we're looking at just a few of the hundreds of new products that have hit our shelves in the last month or so that make shopping our *entire market* so very special.

'Tis the season for all things special, after all. To put a point on this, we're sharing more new recipe ideas this year than ever before, from side dishes to sweet treats. Culinary Director Rachael Perron and her team have worked for months to pull together a holiday menu that is sure to dazzle and delight. This team includes the experts who wrote the recipes for many of the fresh foods you'll find in our stores this season, such as the Signature baked treats and seasonal salads featured on pages 11 and 18. No matter what items you choose, you can rest assured that these handmade, homestyle products are made fresh the same way we'd make them at home, where we serve them to our own families and friends.

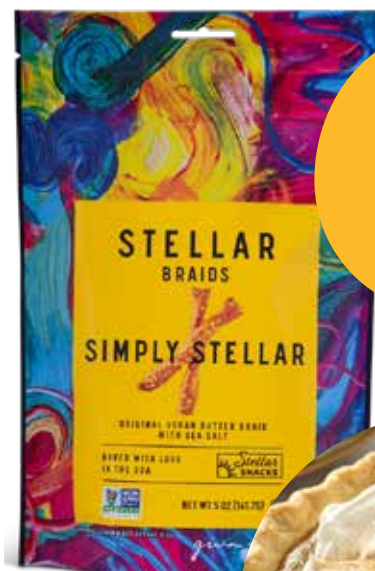
Along with our new Kris' Kringle Bars and Autumn Fruit Salad, you won't want to miss adding these tasteful selections to your basket this season: exclusive new wines from Kowalski's Wine & Spirits (on the facing page), seasonal artisan cheese picks (page 14) and gorgeous showpieces from the Gift Department (page 10).

We round out this issue of *At Home* with original ideas for day-after-Thanksgiving breakfasts, new twists on shrimp cocktails and recipes featuring apple butter, and candy cane cookies. On page 20, we're featuring fall side dishes that are, well, among other things, *orange*. They're both pretty and delicious, representing some of the best picks of the season in the Produce Department.

As always, our resident nutritionist, Sue Moores, M.S., R.D., is also in the mix. This time, she's sharing information about one of the most popular beverages in the world: tea. It's not just a beverage, it's a ritual – and a healthful one at that. Turn to page 22 for her suggestions on making the most of tea's nutritive potential.

We wish you and yours the most joyful holiday season!

See you in the stores!
Kris Kowalski Christiansen
and Mary Anne Kowalski



limited-edition labels

BARRELED, BLENDED AND BOTTLED EXCLUSIVELY FOR
KOWALSKI'S MARKETS

BY PETE
SEGHEGIO

Pete Seghesio

2022 San Lorenzo Rock Garden Zinfandel

Journeyman wines are built on the fundamental truth that the best grapes make the best wines. Those grapes come from older vines, grown in vineyards that – through a combination of soil, elevation, exposure and good farming practices – produce fruit with more intense flavors.

When the Seghesio family sold their namesake winery in 2011, Pete Seghesio, owner and winemaker of Journeyman, retained ownership of the family's original San Lorenzo Vineyard. This historic 40-acre block is located on the north side of Fitch Mountain, on the eastern edge of Healdsburg. It was planted in 1896 by Pete's great-grandfather, who specifically chose the location for its potential to grow high-quality grapes. Over 125 years later, San Lorenzo is still producing some of the best Zinfandel fruit Sonoma County and Alexander Valley have to offer.

Featuring a blend of 90% Zinfandel, 5% Cabernet and 5% Petite Sirah, the 2022 San Lorenzo Rock Garden is loaded with personality. The wine is bottled unrefined and unfiltered after aging in French oak barrels, one-third of which are new. It's powerfully built with excellent concentration due to the age of the vines. The texture is opulent but well defined. The black raspberry and black cassis flavors run deep, highlighted by hints of Asian spices, smoky peppercorn and clove.

Try it with mild red-sauced pizza and pasta, sharp Cheddar, smoked cheeses, and spice-rubbed salmon or tuna.

Kowalski's is proud to introduce limited-edition 2022 Journeyman Pinot Noir and 2022 San Lorenzo Rock Garden Zinfandel. Both wines are barreled, blended and bottled exclusively for Kowalski's by legendary Sonoma County winemaker Pete Seghesio.

2022 Journeyman Pinot Noir

The 2022 Journeyman Pinot Noir is an impressive bottle of wine that lives up to its blue blood pedigree. The grapes in this wine are among the finest in California, grown on George Martinelli's Zio Tony Ranch in the heart of the Russian River Valley. The vineyard is planted with several different Pinot Noir clones that are uniquely suited to the area's climate and soil. This combination of place and flavor profiles gives the wines the excellent depth, balanced minerality and natural complexity for which they are known.

Journeyman Pinot Noir is made by fourth-generation winemaker Pete Seghesio, whose family name is easily recognized by Sonoma wine enthusiasts. The wine is handcrafted in every sense of the word, made in tiny lots that rarely yield more than 150 cases per year. The wine is fragrant in the glass, with aromas of black cherries, wild raspberries and a hint of white pepper. It has a deep, satisfying texture that maintains its vibrancy and refinement with deftly integrated acidity and an underlying minerality. The flavors persist throughout and finish with fine tannins and a touch of barrel spice.

Try it with soft cheeses like Brie or Camembert, chicken, duck or lamb.

Find them in our Wine & Spirits shops at our Excelsior, Grand Avenue, Oak Park Heights, Shoreview, Uptown and Woodbury Markets.

inspired IDEAS

A question I am often asked is, “What inspires your work?” There are typical influences – my family, travel and reading among them. I’m also interested in what other culinarians are doing, of course. I visit their restaurants and read their books and blogs. But some of the most inspirational chefs I know work on my team here at Kowalski’s.

Kowalski’s Culinary Council includes leaders from each of our key production areas – Meat, Deli and Bakery – and other key leaders without whom we simply couldn’t succeed. They direct recipe development and quality control, allowing us to offer fresh, handmade, exclusive recipes in all our stores every single day. They are some of the most creative, kind and professional people I know – and, boy, can they cook!

Sometimes the imagination of our Culinary Council overflows beyond their day-to-day roles. As such, dishes from several members of the team appear in this issue, including on this page. **Kristine Schaak’s** *Candied Croissant Sandwiches* have become a staple in my home since she first made them for me this summer. Filled with mortadella, burrata and a simple arugula salad, Kris’ original version is still my favorite, but her crispy, lightly sweetened croissants are delicious filled with any manner of sandwich fixings (or used as an alternative to toast with a bit of Kowalski’s Christmas Jam!). Our colleague **Taylor McCloud** enchanted me with her recipe for *Bombay Toast with Indian “Ratatouille,”* which expertly combines sweet and savory flavors with traditional spices that aren’t necessarily spicy.

Find both of these recipes on kowalskis.com and look for recipes from other Culinary Council members in this issue on pages 12 and 19.

Warmly,

Rachael

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



Culinary collaborators and pals
Kristine (left) and **Taylor** (right).

BOMBAY TOAST WITH INDIAN “RATATOUILLE”

Culinary Council member and professional chef **Taylor McCloud** leads R&D and Quality Control at Kowalski’s Production Kitchen.



CANDIED CROISSANT SANDWICHES

Culinary Council member and professionally trained baker **Kristine Schaak** leads R&D and Quality Control in Kowalski’s Production Bakery.



double DUTY

Our cookie choice this holiday season is a two-fer, made from two thin cocoa-infused cutouts held together with a simple minty buttercream. The candy cane crunch is sure to make Santa smile, but the base recipe is a good one to keep on hand year-round. By mixing a bit of natural food coloring or confetti sprinkles into the filling, these better-than-boxed chocolate sandwich cookies are perfect for just about any holiday or special occasion.

CHOCOLATE CANDY CANE SANDWICH COOKIES V

MAKES 20-24

1 $\frac{3}{4}$ cups all-purpose flour
 $\frac{3}{4}$ cup granulated sugar
 $\frac{3}{4}$ cup unsweetened cocoa
 $\frac{3}{4}$ tsp. kosher salt
 $\frac{1}{2}$ tsp. baking powder
 1 cup (2 sticks) Kowalski's
 Unsalted Butter, softened
 3 egg yolks

16 oz. container Kowalski's
 Signature Classic Buttercream
 Frosting (from the Bakery
 Department)
 8 (approx.) mini candy canes,
 crushed
 - a few drops red food coloring
 (optional), as needed

DIRECTIONS:

1. In the bowl of a heavy-duty electric stand mixer, whisk flour, sugar, cocoa, salt and baking powder. Add butter 1 tbsp. at a time, beating at medium speed after each addition, until just blended. Add egg yolks one at a time, mixing until blended (dough will be sandy and somewhat loose but will hold together when squeezed between your fingers).
2. Divide the shaggy dough between 2 sheets of parchment paper; squeeze and knead each pile until it holds together. Shape each half into a rough disc shape.
3. Place another piece of parchment on top of each dough ball; using a rolling pin, quickly roll out dough to less than $\frac{1}{4}$ " but no less than $\frac{1}{8}$ " thick. Transfer both sheets of dough (between parchment) into the refrigerator; chill for 1 hr.
4. Remove top sheet of parchment from the dough rounds. Cut dough with 2" round cookie cutters, rerolling scraps. Place cutouts 1" apart on parchment-lined baking sheets; transfer to the refrigerator for 30 min. to chill completely.
5. Preheat oven to 350°.
6. Bake in preheated oven until edges are lightly browned (about 12 min.), rotating and turning pans halfway through.
7. Remove cookies from oven and let rest on sheet pans for 2 min.; move to a wire rack to cool.
8. In a large, clean mixing bowl, whip frosting with a hand mixer until very soft and spreadable.
9. Add crushed candy and a few drops of food coloring; whip until very fluffy and lightly pink.
10. When cookies are completely cool, fill pairs of cookies with frosting. Store at room temperature, loosely covered, for up to 5 days.



SELECTION



BIONATURAE SOURDOUGH PASTA

In 1995, family-owned Bionaturae was introduced as one of the first organic Italian food brands in the American market. Today, their flavorful new sourdough pasta is made with fermented grains to support gut health.

USDA ORGANIC



LOCAL

MIXLY COCKTAIL MIXERS

Mixers, made simply – that's Mixly. Blending bold fruit juices, zesty citrus and golden honey, Mixly uses only the best ingredients to make refreshing, flavorful and delicious cocktail and mocktail mixers just perfect for your seasonal soirées.



LOCAL

HUXLEY SUPERFRUIT ENERGY DRINKS

Local brand Huxley is taking the country by storm with their natural energy drinks made with only 90 mg of plant-based caffeine (about the same as a cup of coffee), only 5 g of added sugar and great taste from real fruit juice.

go ALL IN

FIND A LINK TO OUR BEST WEEKLY FEATURES HERE



Our grocery aisles have pantry basics, crackers and cereal, of course, but across the board, our selection of goods is much more exciting than what you may find elsewhere. We are proud to offer everyday brands and products, *plus* organic, natural and specialty options in every category. Along with a reliable stock of the chips, peanut butter and applesauce you *need*, we also have the exclusive, local, trending, new, seasonal and healthy products you *want*, oftentimes at incredible feature prices (see QR code at right).

On these pages, we're looking at just a few of the new and exciting products you'll want to check out this season. Find them in the sensational, very shoppable "center of the store"!

STELLAR PRETZELS

These vegan butter braids from Stellar Snacks are flavored with imported sea salt and sweetened with monk fruit for a taste that can't be beat. They pop from the shelf in their pretty packages, which feature one-of-a-kind artwork from talented, budding artists, making them a canvas for something truly *Stellar*.



NEW!

NOZECO ALCOHOL-FREE SPARKLING WINE

Alcohol-free Nozeco is perfect for apéritifs, holiday parties or mixing into mocktails or cocktails. Its bubbles, freshness and aromatic profile will delight your taste buds and allow you to indulge without feeling guilty.

May not be available at all locations.



SEASONAL

PAINTERLAND SISTERS ORGANIC SKYR YOGURT

Extra-creamy, lactose-free Painterland Skyr is a thick and smooth Icelandic-style yogurt from a fourth-generation organic regenerative farm in Westfield, Pennsylvania. It's naturally sweetened with only organic berries and real cane sugar.



USDA ORGANIC

LOCAL



CANDYLAND CHICAGO MIX POPCORN

Candyland owns the trademark for Chicago Mix – so don't be fooled by imitators! Air-popped, small-batch popcorn from Twin Cities icon Candyland is made from 100% natural ingredients.

LOCAL



GROVELAND CONFECTIONS CHOCOLATE

Minnetonka-based Groveland Confections offers a curated collection of chocolate bars. Whether it's the earthy notes of matcha, the fruity sweetness of strawberry white chocolate, the fiery kick of Aztec spice or the rich depth of espresso, there's a beautiful bar to tantalize every palate.



PETIT POT ORGANIC FRENCH DESSERTS

Petit Pot desserts are made from simple ingredients according to classic French recipes. Dark Chocolate Pot de Crème is a customer favorite. It's available in the original 4 oz. reuseable glass jar or in a new shareable paper-based pint container. Find them in the Dairy Department.



BIG ISLAND COFFEE ROASTERS ESPRESSO BITES BARS

Made with 100% Hawaiian coffee and five natural, organic ingredients, these espresso bars look and taste like chocolate but contain no chocolate at all! Enjoy these smooth and creamy coffee bars by the bite or mix with hot water for coffee to go.

TRENDING

BLUE ZONES KITCHEN MEALS

Blue Zones Kitchen meals are crafted for taste and longevity. These ready-to-heat vegetarian frozen entrées feature recipes, flavors and ingredients commonly eaten in "blue zones," the regions of the world where people appear to live the healthiest, longest lives.



NEW!



NEW!

WILLAMETTE VALLEY PIE CO.

These handcrafted pies and other desserts are made with all natural non-GMO ingredients, farm-fresh fruit and a whole lotta love! Don't miss the Dutch Caramel Apple Pie, and look for a seasonal Pumpkin Cobbler at holiday time. Find them in the Frozen Desserts Section.

MASON DIXIE BISCUITS

We consider these all natural biscuits buttery perfection, with flakes like only scratch-made can do. And did we mention that they're ready in just 25 seconds? Try Mason Dixie Biscuits with gravy, butter, honey, jam or simply as is. Find them in the Frozen Foods Aisle.



NEW!

UTOPIHEN PASTURE RAISED DUCK EGGS

Duck eggs have a higher yolk-to-white ratio, making them often richer and tastier than chicken eggs. Utopihen's pasture-raised ducks enjoy spending days in the sun snacking on grass whenever they want and are fed only non-GMO feed.



TRENDING

BARIS CHOCOLATE-COVERED RASPBERRIES

Featuring exquisite handpicked Patagonian raspberries (chosen for their superior flavor and ethical sourcing), BARIS' frozen, fruity treats are covered in organic 72% dark chocolate. Try them as an ice cream replacement or refreshing snack on the go.



NEW!

SIGNATURE

BUTTER ME UP

Apple butter – it's not applesauce, and it's not butter. What it is, though, is a delicious preserve-like concoction made by slow-cooking apples with sugar and warm spices until caramel-colored, thick and spreadable.

In honor of the return of Kowalski's Apple Butter this season, we've developed a few entirely new recipes to celebrate this buttery, sweet spread. Here, we're also suggesting some novel ideas to enjoy it that go way beyond spreading it on pancakes and toast:

- Stir into oatmeal
- Spoon over cheesecake
- Serve on a cheese board with mild Cheddar or tangy blue cheese
- Toss with hot-from-the-oven roasted Brussels sprouts
- Serve as a condiment with roasted pork tenderloin or pork chops



APPLE BUTTER COOKIES V

MAKES 24

- | | |
|--|---|
| ¾ cup granulated sugar,
divided | ½ cup brown sugar |
| 3 tsp. pumpkin pie spice,
divided | 1 egg yolk |
| 2 ¼ cups flour | 1 tsp. Kowalski's Organic
Madagascar Vanilla Bean
Paste |
| ¾ tsp. baking soda | ¾ tsp. kosher salt |
| 10 tbsp. Kowalski's Unsalted
Butter | ½ cup Kowalski's Apple Butter,
plus more for serving |



DIRECTIONS:

1. In a small mixing bowl, combine ¼ cup granulated sugar and 1 tsp. pumpkin pie spice; set aside.
2. In a separate small mixing bowl, whisk together flour and baking soda; set aside.
3. In a large mixing bowl, cream butter and remaining sugars with an electric mixer until smooth and light.
4. Add egg yolk, remaining pumpkin pie spice, vanilla and salt; beat until well combined.
5. Add apple butter; beat until well combined.
6. Add flour mixture; beat on low just until flour is no longer visible.
7. Chill dough in the refrigerator for 1 hr.
8. Preheat oven to 350°.
9. Using your hands, roll 24 evenly sized balls (about 1 ½"); roll dough balls in spiced sugar mixture.
10. Place dough balls 2" apart on 2 parchment-lined baking sheets; bake until just barely set and puffy (10-12 min.), turning and switching pans halfway through.
11. Remove from oven; cool cookies on pans for 5 min.
12. Transfer cookies to wire racks to cool completely.
13. Serve with additional apple butter on top.

APPLE STRUDEL V

SERVES 8

- | | |
|--|---|
| ¼ cup brown sugar | 3 tbsp. Kowalski's Cranberry Relish (available seasonally in the Deli Department) |
| ¼ cup tapioca (such as Kraft Minute Tapioca) | 3 tbsp. dried golden raisins, cranberries and/or cherries (optional) |
| ¼ tsp. Kowalski's Ground Cinnamon | 3 tbsp. Kowalski's Apple Butter |
| ¼ tsp. kosher salt | 1 sheet frozen puff pastry, thawed but still cold |
| ½ tsp. Kowalski's Ground Nutmeg | 1 egg, beaten |
| - pinch Kowalski's Ground Allspice | - raw turbinado or Swedish pearl sugar, as needed (optional) |
| 3 tart apples (such as Granny Smith or Haralson), peeled, cored, sliced ½" thick | |
| ¼ cup walnuts, chopped (optional) | |

DIRECTIONS:

1. In an extra-large mixing bowl, combine first 6 ingredients (through allspice).
2. Add apples, nuts, relish, dried fruit and apple butter; toss to combine. Set apple mixture aside for 15 min.
3. Preheat oven to 400°.
4. Roll out pastry sheet onto a parchment-lined rimmed baking sheet.
5. Make 16 cuts (8 on each side) 2 ½" long and 1" apart along opposite sides of the pastry, leaving an uncut center section.
6. Spoon apple mixture evenly over the center of the pastry, piling it slightly higher in the middle (the long way). Fold the center section of the pastry over at the top and bottom.
7. Lightly pull and stretch strips from alternating sides of the pastry up and over the filling, pressing the ends into the pastry on the opposite side; press gently on the short ends to connect the first and last strips to the base to enclose the filling. There should be gaps to allow air to escape but not large holes in the top.
8. Brush the top of the folded pastry with egg (you will not need all of the egg); sprinkle liberally with sugar.
9. Bake in preheated oven until pastry is dark golden-brown (25-30 min.).
10. Remove from oven; let cool to room temperature before serving.
11. Store leftovers in the refrigerator, covered, for up to 3 days.



SIGNATURE



CINNAMON WHIPPED CREAM MAKES ABOUT 3 CUPS

In a medium mixing bowl, use an electric mixer or balloon whisk to whip 1 ½ cups heavy cream until soft peaks almost form. Whisk in ¼ cup sugar and ½ tsp. cinnamon just until dissolved. Continue beating until stiff peaks form.

APPLE BUTTER PIE V

SERVES 8

- | | |
|---|---|
| ½ recipe <i>Perfect Pie Crust</i> * | 1 tsp. Kowalski's Organic Madagascar Vanilla Bean Paste |
| 1 ½ cups (about 17 oz.) Kowalski's Apple Butter | 1 tsp. kosher salt |
| 3 eggs | 14 oz. can sweetened condensed milk |
| ¼ cup dark brown sugar | - Cinnamon Whipped Cream, for serving |
| 1 tbsp. flour | |

DIRECTIONS:

1. On a lightly floured work surface, use a rolling pin to roll 1 piece of chilled dough into a 12" circle about ⅛" thick.
2. Transfer dough to a 9" pie plate; trim edges, leaving about 1" hanging over the edge. Tuck overhanging dough underneath itself to form a thick edge that is even with the rim; flute the edge, if desired.
3. Freeze crust for 30 min.
4. Preheat oven to 400°.
5. Place a piece of parchment paper or foil over the pie shell; fill with dried beans or pie weights.
6. Place pie plate on a baking sheet on the center rack of the preheated oven; bake until set (about 20 min.).
7. Remove from oven; remove parchment and beans. Continue baking until crust is light golden-brown (3-5 min. more).
8. Remove pie plate from sheet pan; set aside on a rack to cool.
9. Reduce oven temperature to 325°.
10. In a large mixing bowl, whisk together apple butter, eggs, brown sugar, flour, vanilla and salt until smooth. Whisk in sweetened condensed milk until smooth.
11. Return pie plate to baking sheet; pour in filling (depending on the depth of your pie plate, you may not need all the filling; do not overfill).
12. Bake until edges of filling are set but center of pie is still slightly loose (50-60 min.). If the edge of the crust gets very dark, cover edges only with aluminum foil or a pie shield.
13. Remove from oven; set aside on a wire rack to cool.
14. Serve at room temperature or slightly warm; top with whipped cream.

SEASONAL

peppermint



This theme includes traditional Christmas symbols like candy canes, Santa Claus and trees. Find ornaments, tabletop décor, glasses and mugs with sweet pink accents throughout. *These products will be available at our Woodbury, White Bear Lake and Oak Park Heights Markets.*

woodland



This sophisticated outdoor seasonal theme is decked out in shades of pale minty green, dark piney green, silver and gold and is filled with snowflakes, winter botanicals, deer and birds. *Available at all stores.*

the happiest holidays

Set the stage for elegant entertaining with new seasonal décor and gifts from the Gift Department. In addition to classic Christmas designs, we're offering five unique and elegant themes to explore this year.

frasier fir



Frasier Fir from Thymes is a top customer pick year after year, featuring everyone's favorite holiday scent. This year, the theme features candles, room sprays, diffusers and matching décor items in piney green and white shades. *Available at all stores.*

michel design works



Michel Design Works Foaming Hand Soaps are a top customer choice all year round. The holiday collection includes seasonal designs and scents, like *White Spruce* and *Winter Blooms*. The candles, napkins, soaps and aprons in this collection will make lovely host gifts. *Available at all stores. Scents vary by store.*

vintage cocktail



This fun and whimsical décor collection includes ornaments, tabletop accents, candles, pillows and more in sophisticated, muted tones that integrate beautifully into and bring a bit of "cheer" to any interior design. *These products will be available at our Woodbury, White Bear Lake, Edina and Oak Park Heights Markets.*



SEASONAL sweets

Pumpkin pie gets all the glory, but there are plenty of holiday desserts to choose from in the Bakery Department. Mint, almonds, pecans and, yes, chocolate are all just desserts whether you're entertaining a houseful of guests or just entertaining a craving for a much-deserved "sweet treat."

NEW!



KRIS' KRINGLER BARS

This new seasonal confection is a play on a popular holiday pastry, the Danish kringle. It's scratch-made with a buttery shortbread crust and almond frangipane, topped with a drizzle of icing and sliced almonds. It's perfect with coffee or tea, anytime of day. Get them now – they're only around through the holidays!

NEW!



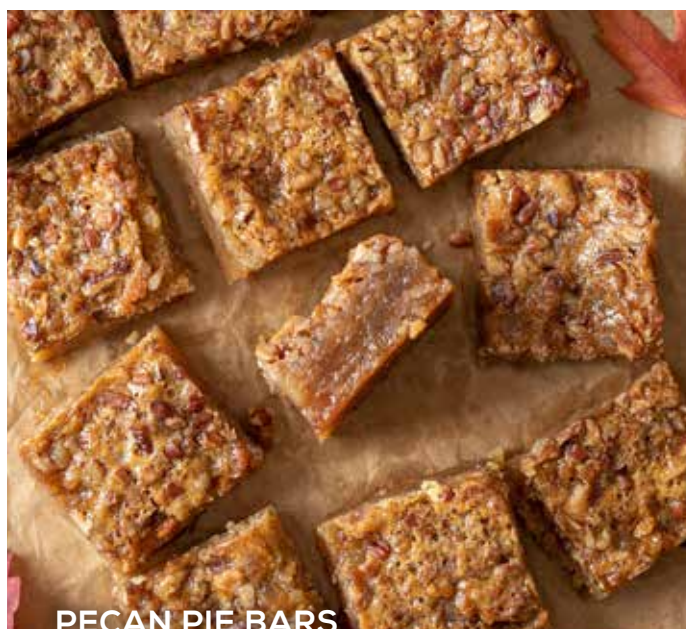
CHOCOLATE DREAM CAKE

A decadent, rich, moist, scratch-made triple-layer chocolate cake soaked with simple syrup and iced with our Signature Classic Buttercream Frosting. A more perfect cake does not exist! It's a dream! *Whole cakes and slices are available in the Cake Case.*



MERRY MINT PIE

A festive take on our customer-favorite Signature French Silk Pie, made with rich chocolate, a touch of real vanilla and the freshness of mint in a buttery crust with real whipped cream on top.



PECAN PIE BARS

All the sticky-sweet goodness of pecan pie, in bar form. This handmade Signature recipe features real pecans in a traditional pecan pie filling on a buttery, rich, scratch-made pecan shortbread crust.

black friday breakfast

A lot is made about the “meal of the year,” aka Thanksgiving dinner. But what about the meal that comes right after that? Fuel your Friday shopping sprees with a hearty breakfast that takes advantage of last night’s leftovers. Our new recipes aren’t just delicious and easy. They’re also tasteful, joyful options for serving any overnight houseguests you may be entertaining for the holidays.

AUTUMN BREAKFAST BOARD

Hard-boiled eggs	Cranberry Yogurt Parfaits (find the recipe at kowalskis.com)
Leftover roasted turkey or deli turkey slices	Caves of Faribault St. Pete’s Select Blue Cheese
Kowalski’s Cranberry Sauce (from the Grocery Department) or Cranberry Relish (from the Deli Department)	Marin French Cheese Co. Petite Breakfast Brie
Autumn Fruit Salad (from the Deli Department)	Patti’s Rosemary Roasted Nuts
Crispy Roasted Sweet Potatoes (recipe on page 21)	Fresh clementines
Kowalski’s Pumpkin Bread	Fresh cranberries
Kowalski’s Pumpkin Spice Whipped Cream Cheese Spread	Fresh rosemary
	Fresh pomegranate

THANKSGIVING BREAKFAST SLIDERS



BLACK FRIDAY FRITTATA



Find these recipes online at kowalskis.com, both created by Culinary Council member and professionally trained chef **Maja-Lina Lundell**, who manages nutritional and regulatory labeling efforts across all production teams.



Maja-Lina with her daughters, Dorothy and Elsa.







char-cute-erie

She's the belle of the ball, the queen of the prom and the star of the show – she's the grazing board, and she's super *cute*.

Our picks for best holiday cheeses are the foundation of this custom tray, co-designed by Specialty Cheese Director Joe Moore and Culinary Director Rachael Perron. You can find more expertly curated grazing boards from our Specialty Cheese Department at kowalskis.com (scan the QR code at right to view) or request a custom creation like this one from the knowledgeable Cheesemonger at your local market.



Redhead Creamery Little Lucy Brie
(from Brooten, Minnesota)

LOCAL

Point Reyes Farmstead Cheese Co.
Fennel Blue

6-Month Manchego

Meister Smoked Cheddar
(from Muscoda, Wisconsin)

LOCAL

Kowalski's Apple Butter

Minnesota Grown Bare Honey

LOCAL

Boar's Head Sliced Maple Glazed
Honey Coat Turkey Breast

Kowalski's Sesame Wheat Flatbread Crackers

LOCAL

Red and green grapes

Kowalski's Sonoma Rosso Salami

Kowalski's Signature Artisan Cranberry
Wild Rice Bread

LOCAL

Fresh figs

Minnesota Grown apples

LOCAL

Fresh Minnesota Grown thyme

LOCAL

Minnesota Grown mini pumpkins and
ornamental squash

LOCAL

COCKTAIL party

Can you even call it a party if you don't serve shrimp? And what's a shrimp cocktail without cocktail sauce? Well, on that point, there may be other options.

Our new recipes for *Rémoulade* and *Lemon Caper Dill Seafood Sauce* are clean, versatile alternatives to the classic shrimp dip and also work well as tartar sauce alternatives for other types of seafood and fish. These creamy, tangy fresh sauces will complement your choice of either **Fair Trade Certified Ultra Natural Shrimp** or **Minnesota Grown trū Shrimp**.

RÉMOULADE GF DF

SERVES 10

- | | |
|--|---|
| ½ cup mayonnaise | 1 tbsp. Kowalski's Freshly Squeezed Lemon Juice (from the Produce Department) |
| 1 tbsp. sweet pickle relish | |
| 1 tbsp. finely chopped Italian parsley | ½ tsp. Dijon mustard |
| 1 tbsp. finely chopped shallot | - kosher salt and freshly ground Kowalski's Black Peppercorns, to taste |
| 1 tbsp. tomato paste | - sweet paprika, to taste |

DIRECTIONS:

1. In a small mixing bowl, whisk together first 7 ingredients (through mustard).
2. Season to taste with salt, pepper and paprika.
3. Serve immediately or store in the refrigerator, covered, for up to 5 days.

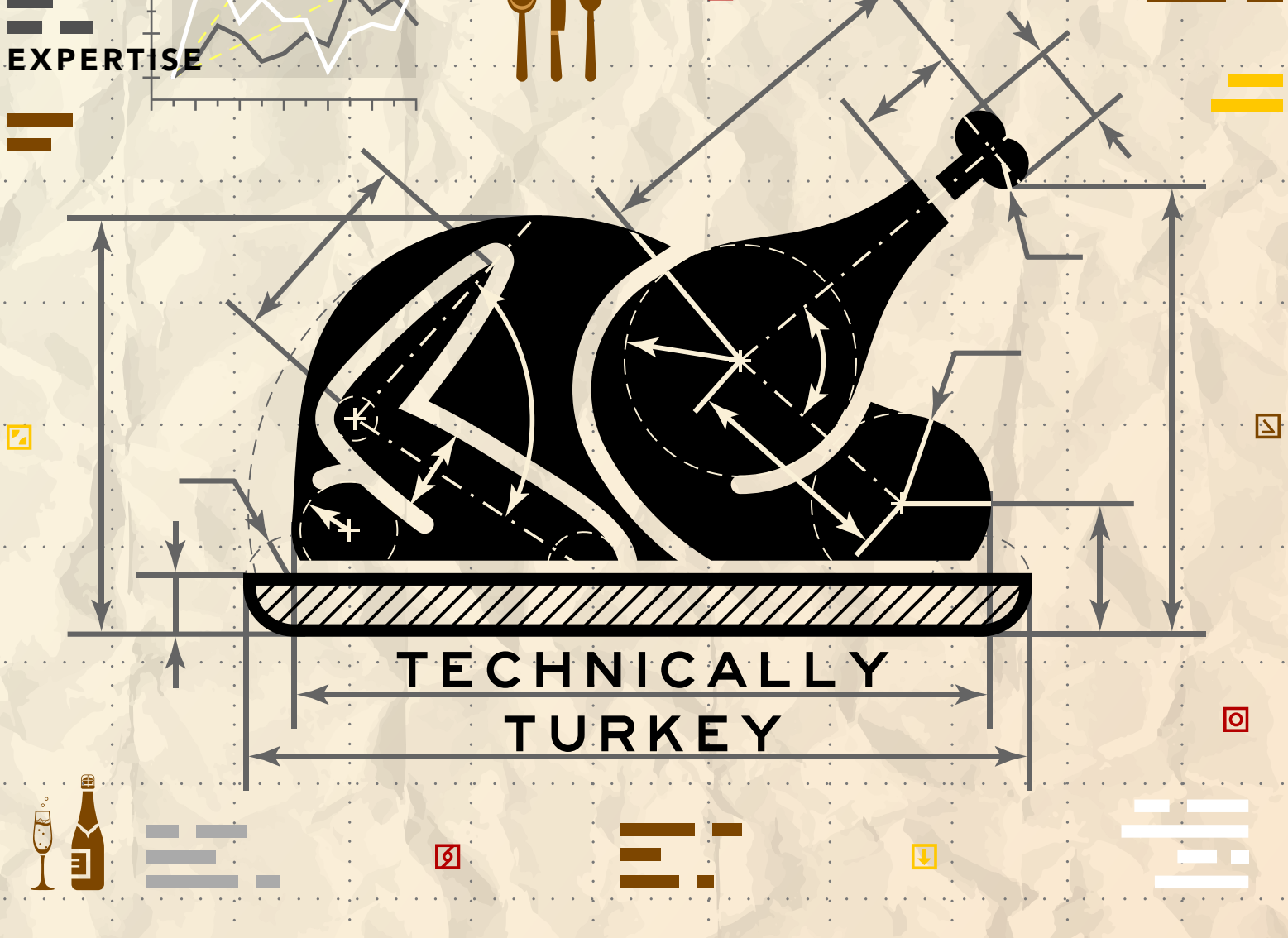
LEMON CAPER DILL SEAFOOD SAUCE GF DF

SERVES 6

- | |
|---|
| ½ cup mayonnaise |
| 2 tbsp. finely chopped fresh dill |
| 2 tbsp. roughly chopped capers |
| 4 tsp. freshly squeezed lemon juice |
| 2 tsp. freshly grated lemon zest |
| - kosher salt and freshly ground Kowalski's Black Peppercorns, to taste |

DIRECTIONS:

1. In a small mixing bowl, whisk together mayonnaise, dill, capers, juice and zest.
2. Season to taste with salt and pepper.
3. Serve immediately or store in the refrigerator, covered, for up to 5 days.



A whole turkey is one of the most intimidating things to cook. Whether you've cooked one before or have never tried, a simple approach is the best way to ensure success. Here we break down the process into clear, easy-to-understand steps:

- If it's frozen, thaw your turkey completely in the refrigerator (this may take four days or more, about 24 hrs. per 5 lbs., so *plan ahead*). Once thawed, remove the neck and giblets from the turkey's interior cavity and set them aside.
- If you are brining your bird (and we recommend it), thaw the turkey first, then brine it for 8 hrs. or more before cooking. (Again, *plan ahead*.) After brining, remove the turkey from the brine; pat dry, but do not rinse the bird. Discard the brine.
- If you aren't brining, do not rinse the bird before cooking. Season the interior cavity of the thawed turkey liberally with salt.
- About an hour before cooking, place the turkey breast-side up on a rack set in a roasting pan; tuck the wings under the body, with the tips touching, and tie the legs together with butcher's twine.
- Brush the turkey evenly with melted or softened butter (about 1 stick for a 12 lb. bird).
- Put the pan in a preheated 325° oven; baste the turkey every 30 min. with any juices that collect in the roasting pan.
- At any point during cooking, you may tent the bird loosely with foil to prevent undesired browning.
- Temperature, not timing, is the safest and most accurate way to assess doneness. (*See estimated cook times in next column.*)

TASTY

TIP

For best results and ensured food safety, cooking stuffing inside the cavity of the turkey is not recommended.

COOK TIMES

Estimated cook times at 325° appear below. Thirty minutes before your estimated cook time ends, start checking the temperature at regular intervals. Remove the pan/turkey from the oven and set it on the stovetop or counter, closing the door to maintain the oven's temperature. Insert the thermometer into the thickest part of the thigh muscle, without touching bone. According to the USDA, a turkey must reach 165° to be food safe, but you can take it out of the oven as low as 160° because the temperature will rise as it rests.

8-12 lb. turkey:
2-3 hrs.

12-14 lb. turkey:
3-3 ½ hrs.

14-18 lb. turkey:
3 ½ - 4 hrs.

18-20 lb. turkey:
3 ¾ - 4 ½ hrs.

20-24 lb. turkey:
4 ¼ - 4 ¾ hrs.

- After cooking, cover the turkey with foil and let rest at room temperature for at least 20 min. for easier carving and best moisture retention.



KOWALSKI'S SIGNATURE OVEN-READY TURKEY

Our oven-ready raw turkey from the Meat Department is a great choice for anyone who doesn't want to touch a raw bird, deal with the potential cross contamination that comes from prepping one for the oven or doesn't own or want to clean a roasting pan! This fresh free-range turkey is raised locally by the Peterson family in Cannon Falls, Minnesota, with no growth stimulants or antibiotics – ever! This fully prepared raw bird is rubbed with butter and seasonings and comes in a ready-for-the-oven disposable pan. Just unwrap the package and pop the pan into a preheated oven. Simple instructions are included with the package.

Preorder online or at the Meat Department Service Counter.

TASTE SIDES ON THE SIDE



Thanksgiving foods are a vibe. Creamy, soft holiday side dishes like mashed potatoes, sweet potatoes, green bean casserole, cranberry sauce and the like burst with buttery, sweet flavors. But where's the texture? Stop by the Deli Department to fill the gap in your menu with mixed grain and vegetable dishes and salads that offer crispy, crunchy, chewy qualities. Their bright, tangy tastes nicely complement more traditional choices and bring a cool contrast to the typical abundance of warm dishes at the table.

These dishes will also score bonus points with dinner guests with dietary restrictions. They're among a wide variety of our handmade, homestyle salads and sides that are gluten free, vegetarian, vegan or dairy free. A few of our seasonal favorites are highlighted here.

1. HEARTY GRAIN AND APPLE SALAD

This chewy, crunchy mixed salad combines wheat berries with brown, red and wild rice, Granny Smith apples, crunchy pecans, dried cherries and red onion in an apple-herb vinaigrette.

V VE DF

2. KALE AND APPLE SALAD

Kale, Granny Smith apples, raisins and walnuts are tossed in a not-so-basic garlic-Dijon vinaigrette. Every ingredient in this ensemble is a star.

GF V VE DF

3. HARVEST CELEBRATION SALAD

One of our best seasonal salads is a medley of roasted butternut squash, roasted Brussels sprouts, wheat berries, dried cranberries and caramelized pecans. It's great hot or cold.

V VE DF

4. SPINACH AND CRANBERRY NUT SALAD

A light, seasonal green salad with baby spinach, feta cheese, dried cranberries, sunflower seeds, almonds and a sweet raspberry poppy seed dressing.

V

5. CRANBERRY VEGETABLE WILD RICE

This tasty choice has wild rice mixed with dried cranberries, celery, red and green peppers, and green onion in a perky citrus dressing.

GF V VE DF

LET THE GOOD TIMES roll

Culinary Council member and professional chef **Ryan Skeivik**, who leads R&D and Quality Control at Kowalski's Production Meat Facility and Smokehouse, advised on this recipe.



Ryan and his wife, Amanda.

THANKSGIVING TURKEY ROULADE

SERVES 4

- 2-3 lb. split turkey breast, deboned, butterflied and pounded to an even ¼-½" thickness (see *Tasty Tip*)
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste
- 3 cups (approx.) Kowalski's Sausage & Sage or Wild Rice & Mushroom Stuffing (from the Deli Department)
- kitchen twine
- ¼ cup (½ stick) Kowalski's Unsalted Butter, melted
- 2 cups chicken broth
- Kowalski's Mashed Potatoes and Kowalski's Poultry Gravy, warmed, for serving
- chopped fresh herbs (such as rosemary, thyme and/or sage), to taste

DIRECTIONS:

1. Preheat oven to 375°.
2. Lay flattened turkey skin-side down on a cutting board, short end facing you; season liberally with salt and pepper.
3. Evenly spread stuffing on turkey breast, leaving a little more than a ½" border. Starting at the end closest to you, tightly roll turkey around stuffing, tucking in the ends to contain the filling. Tightly tie roulade with twine 1-2 times down the length of the roll, then across the width at 1" intervals.
4. Transfer roulade to a roasting rack set in a roasting pan. Brush with about ½ of the melted butter; season liberally with salt and pepper. Pour broth into the bottom of the pan.
5. Roast roulade until internal temperature reaches 150° (50-60 min.), brushing with remaining butter about halfway through; increase temperature to 400° in the last 10 min. to crisp and darken the skin, if desired.
6. Remove roulade from oven; let rest on rack for 15 min. (internal temperature will increase to 165° during this rest period).
7. Remove twine; slice roulade crosswise into ½" slices.
8. Serve over mashed potatoes; drizzle with gravy and garnish with herbs.

TASTY TIP

Ask one of our butchers to debone and butterfly your turkey breast* or do it yourself, like so: Remove the bone from the turkey breast. Lay the turkey breast flat on a cutting board, skin side down, with the shortest side facing you. Keeping a knife parallel to the board, use short strokes to carefully slice the breast in half horizontally, stopping about ¾" before reaching the left side. Open the turkey breast like a book. To flatten, cover with plastic wrap; starting in the center, use a rolling pin or meat mallet to pound the breast to an even ¼-½" thickness, being careful not to rip through the turkey.

**Please allow 24 hrs. notice during busy periods.*



FRESH



AN ODE TO orange

Fall in Minnesota heralds a change of color, but not only on the trees. Autumn brings shades of marigold, marmalade, saffron, amber and rust to the Produce Department, too. Carrots, pumpkin, squash and sweet potatoes are just the start of an onslaught of orange that runs all the way through early winter's kumquats, Cara Cara oranges, persimmons and mandarins. Right now, we're celebrating all things orange in some of the season's best as side dishes. They're just perfect for your holiday table.



SQUASH PANZANELLA V

SERVES 4

2 lbs. (approx.) raw butternut squash, peeled and seeded, cut into $\frac{3}{4}$ " cubes

- Kowalski's Extra Virgin Olive Oil, as needed
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste
- 1 loaf Kowalski's Signature Parmesan Herb Bread, cut into 1-1 $\frac{1}{2}$ " cubes

4 oz. baby spinach

$\frac{1}{2}$ red onion, thinly sliced into half moons

- Kowalski's White French Salad Dressing, to taste
- garnishes, to taste: fresh pomegranate seeds, roasted and salted pepitas and golden raisins

DIRECTIONS:

1. Preheat oven to 450°.
2. Toss squash with oil to lightly coat; season with salt and pepper.
3. Spread squash on a parchment-lined baking sheet; roast in preheated oven until edges are browned and squash is tender (about 25 min.), turning once.
4. Remove squash from oven; set aside. Reduce oven temperature to 325°.
5. In a large mixing bowl, toss bread with 3-4 tbsp. oil to fully coat; season with salt and pepper to taste. Bake in preheated oven until lightly browned and toasty (about 15 min.).
6. Remove bread from oven; set aside to cool completely.
7. In a large salad bowl, toss bread with roasted squash, spinach and onion; drizzle with dressing to taste.
8. Garnish with pomegranate seeds, pepitas and raisins; season liberally with salt and pepper. Serve immediately.

FIND IT!

Find Kowalski's Signature Parmesan Herb Bread in the Bakery Department.

Find Kowalski's White French Salad Dressing in the Grocery Department.



CRISPY ROASTED SWEET POTATOES GF V VE DF

SERVES 6

- 2 lbs. peeled sweet potatoes, cut into 1 ½" pieces
- 2 tsp. kosher salt
- ½ tsp. baking soda
- 3-4 tbsp. Kowalski's Extra Virgin Olive Oil, as needed
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste
- chopped fresh herbs (such as rosemary, thyme and/or parsley)

DIRECTIONS:

1. Place potatoes in a large, deep pot; cover with cold water by 2". Add salt and baking soda. Bring to a boil over high heat; boil until potatoes are just barely tender (about 8 min.).
2. Drain potatoes; return to pot. Place pot on the stovetop as it cools to dry potatoes (the stovetop should be off, but the residual heat will dry out the pan and remove excess surface moisture from the potatoes).
3. Let potatoes cool completely to room temperature in the pan.
4. Preheat oven to 450°.
5. Drizzle potatoes generously with oil; shake pan vigorously to develop a slightly rough texture on the surface of the potatoes (the exterior will look like it is coated lightly with mashed potatoes). Season to taste with salt and pepper.
6. Spread potatoes evenly on an extra-large rimmed baking sheet lined with parchment paper; bake in preheated oven for 15 min., stirring occasionally.
7. Remove pan from oven; flip potatoes to ensure even browning on the bottoms. Return pan to oven; bake until potatoes are very dark brown on the sides and edges (about 10 min. more), stirring occasionally to prevent hot spots and burning.

8. Remove from oven; let cool for 10 min. (potatoes will continue to crisp as they stand).
9. Garnish with herbs before serving.



CARAMELIZED CARROTS GF V DF

SERVES 4

- 2 lbs. carrots, washed, peeled and ends trimmed
- 2 tbsp. Kowalski's Extra Virgin Olive Oil
- 2 tbsp. Kowalski's Pure Honey
- 1 tsp. rice vinegar
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste
- 3 tbsp. brown sugar
- 1 tbsp. tricolor quinoa
- ½ lemon, zested (zest reserved)
- garnishes, to taste: chopped fresh Italian parsley and finely chopped dried cranberries

DIRECTIONS:

1. Preheat oven to 400°.
2. Cut carrots lengthwise, if needed, to ensure all pieces are similar in width and no more than ½" thick (very thin carrots may not need to be trimmed).
3. In a large mixing bowl, toss carrots with oil, honey, vinegar, salt and pepper.
4. Transfer carrots to a parchment-lined rimmed baking sheet; bake in preheated oven for 20 min., stirring occasionally.
5. Sprinkle brown sugar evenly over carrots; return to oven and cook, stirring regularly, until carrots are very dark on the edges and flat sides (15-20 min. more).
6. While carrots finish cooking, add quinoa to a dry skillet over medium heat; cook, stirring occasionally, until fragrant and lightly toasted. Remove from heat; set aside.
7. Garnish carrots with lemon zest, toasted quinoa, parsley and cranberries; drizzle with fresh lemon juice.



tea time



Susan Moores, M.S., R.D.
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Tea time – it should be! Tea has been used for thousands of years as both a stimulant and a calming beverage. It is recognized for its comforting, warming nature, making it a welcome friend as outside temperatures tumble. The process needed to brew a cup encourages us to take a beat and take a breath. And, to fill out the trifecta of wins, tea offers a multitude of health-helping, medicinal properties.

types of tea

Tea comes from the *Camellia sinensis* plant. Its flavor is influenced by where the plant grows, soil conditions, weather and the types of plants that grow nearby. It is also affected by the part(s) of the plant used (i.e. the leaf, bud and/or stem) and how those parts are processed.

Because there are an overwhelming number of choices, think of tea as belonging to one of five broad categories:

Black – Comparatively, black tea has a stronger, more robust flavor than other teas, largely due to its fully oxidized leaves. When exposed to and dried in the air, the leaves turn brown and develop their desired flavor and aroma.

Green – This tea is harvested and processed in a way that prevents its leaves from oxidizing, making it a more delicate brew with a light, somewhat grassy flavor. Matcha is a

Japanese green tea turned into a fine powder. It is grown in shade and has a higher amount of chlorophyll in its leaves, thereby boosting its health-promoting punch.

Oolong – This tea's leaves are partially oxidized. In terms of flavor, it strikes a middle ground between black and green tea, offering a more medium-bodied taste.

White – White tea comes from the buds and young leaves of the tea plant. They are minimally and slowly processed, resulting in a flavor range of light, bright and fruity to spicy, nutty and woody.

Herbal – Purists say herbal teas are not true teas because they usually do not contain any parts of the *Camellia sinensis* plant. Instead, they hail from herbs, flowers, spices and fruits. Included in the herbal tea family are rooibos tea and yerba maté.

brewing 101

The oxygen content of water plays an important role in the taste of tea. The more oxygen, the better to extract a tea's full flavor. These general tips can make for a better brew.

- **Use a teapot or pan to heat your water.** Microwaving water tends to lessen the tea "experience." Water may heat up unevenly and get too hot, resulting in a more bitter-flavored tea.
- **Warm the inside of a teapot or pan with hot water; pour it out, then fill it with fresh, cold water for each tea occasion.** Doing so helps ensure good oxygen levels in the water. Do not reboil the water in your kettle.
- **Bring water to a boil.** Pour water over the tea bag or loose-leaf tea as soon as it starts to boil. Prolonged boiling lowers the oxygen level of the water and can make tea taste flat. *Note:* Green and white teas benefit from a cooler water temp. Once water comes to a boil (212°), let it cool off for a couple of minutes before pouring it over the tea.
- **Steep.** For a milder flavor, shorten steep time; for a stronger flavor, go long.

Black: 3-5 min. • Green: 1-2 min. • Oolong: 2-3 min. • White: 2-3 min. • Herbal: 5+ min.





health promoting properties of tea

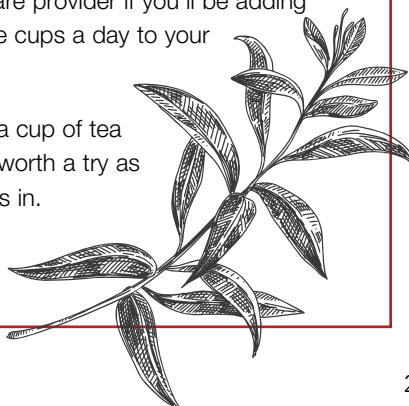
A group of nutrients in the *Camellia sinensis* plant are responsible for tea's numerous benefits to the body. L-theanine, an amino acid found in tea leaves, roots and stems, gets much of the credit for tea's positive health impact, but other valuable elements include catechins, flavins, flavonols and theobromine. Growing conditions, season and processing affect how much of these substances are found in any one type of tea.

Together, this collective provides antioxidant, anti-inflammatory, anti-cancer actions. These nutrients and elements in tea may protect the heart, support better sleep quality, promote a more stable circadian rhythm and help ease the impact of anxiety and stress on your nervous system. They may also help regulate the bacteria in your gut, which influences your immune system's ability to fight disease.

Herbal teas have their own set of plant (phyto) nutrients that affect health. They've been used for centuries to reduce nausea, headaches or sleep difficulties. They may help manage high blood pressure, cholesterol and blood sugar. The possibilities are extensive, given the variety of plants used to make herbal mixes.

Drinking two to three cups of tea a day has been shown to offer beneficial effects, but studies show higher amounts (more than five cups per day) are probably where more meaningful wins begin. However, both herbal and regular teas can interact with some medications, which will affect how those medications are absorbed and used in your body. Several cups may also limit the absorption of certain nutrients, such as calcium and iron. Check with your pharmacist or healthcare provider if you'll be adding more than two to three cups a day to your beverage repertoire.

According to folklore, a cup of tea solves everything. It's worth a try as the holiday season rolls in. Cheers to it!



STORING tea

- Store teas in an airtight container in a cool, dark area away from moisture, heat, light and air.
- Avoid refrigerating or freezing tea leaves, as both will expose them to unwanted moisture.
- Keep tea away from strongly scented items.
- Note your purchase date. Tea's shelf life is one to three years, with flavor dissipating over time. Tea bags last longer than loose-leaf tea.



SEASONAL

homemade FOR THE HOLIDAYS

Wake up to a special treat this season with our twist on the classic cinnamon roll. We're upping your homemade game, starting with our frozen **Bake at Home Bread & Pizza Dough** to make things easy-peasy. Our seasonal **Christmas Jam** adds a layer of holiday sweetness. It's made with the perfect blend of real strawberries and cranberries and no high-fructose corn syrup. Don't forget to top it off with our **Signature Vanilla Bean Icing** from the Bake at Home freezer case.



Scan here for our
CRANBERRY CINNAMON ROLLS
recipe!



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

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