

Compliments of Kowalski's

July – August 2025  
THE JOY OF GOOD FOOD

# KOWALSKI'S AT HOME

## NO-COOK SUMMER



*Tropical Salmon  
Ceviche (page 6)*

SUMMER  
SANDWICHES

**craving cucumber**

COLD  
SOUPS



# thoughts from the KOWALSKIS

While we're happy to be the place you turn to for the building blocks of your favorite meals and recipes, we're also the right place to pop into when you just don't feel like cooking. You'll find complete meals both hot and cold in our Deli Department, and our Meat & Seafood Department offers a huge selection of oven- and grill-ready foods that make it easy to, well, take it easy. From salads and prepared produce to freshly baked artisan breads, ready-to-relish desserts and sweet snacks, there are options aplenty around the store to help you take a vacation from the job that is *making dinner*.

Accordingly, this issue of *At Home* is dedicated to the foods and recipes we love that are either served cold, don't require cooking (beyond basic heating or microwaving), or otherwise allow us to get out and enjoy our favorite summer things – and just plain get out of the kitchen!

A great option when you want a fresh meal with zero cooking is sashimi- or sushi-grade fish. Culinary & Branding Director Rachael Perron and Meat & Seafood Director Joe Crow have teamed up for a special three-page feature on how to properly buy, store and serve raw seafood. More than just sushi, their selections can be used in crudo, carpaccio, ceviche and more. Learn what each of these dishes is about and get Rachael and Joe's best tips and preparations starting on page 5.

We're also delving into the world of cold soup on page 12. Options both sweet and savory make for refreshing alternatives to salads, starters for summer dinner parties, or light meals in and of themselves.

Elsewhere in this issue, we're sharing ideas for sandwiches, snacks, salads and fresh drinks made with Kowalski's exclusive breads, meats, drink mixers and more. You'll also want to pick up the companion piece to this issue, our seasonal recipe booklet, "Chill Out: Recipes to Beat the Heat." This collection of summer's best recipes features even more no-cook suggestions, with a special focus on melons, ice pops, and plenty of other fresh, easy main-dish sandwiches and salads to help you *chill* this season.

As always, our friend and nutrition guru, Sue Moores, M.S., R.D., is on hand to make sure we enjoy our summer safely. Her best advice for keeping food safe in summer's soaring temps is on page 15.

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





# taking it *easy*



I've said many times in this space that I *do* like to make dinner after work. But then again ... sometimes I'd rather go for a swim! Summer in Minnesota is short, so when it comes to choosing between an outdoor activity like walking the dog or cooking an elaborate meal, I'll often choose the former. Sometimes I'm good with foregoing supper altogether and just enjoying some serious (and no-cook!) snacks.

This particular recipe (which I learned to make in Tuscany) wins for its balance of crunchy, creamy and crispy textures and its combination of sweet, nutty and fresh flavors. It's also a great gluten-free alternative to crackers and cheese. While I like it as part of a "girl dinner," it's also a winning party food or first course for any summer meal occasion, poolside or otherwise.

Warmly, *Rachael*



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



**FIND RACHAEL'S  
RECIPE FOR  
PARMESAN WALNUT  
ENDIVE CUPS HERE!**



## SIGNATURE PRODUCT FOCUS

# HUMMUS

Our locally made hummus is one of our best-selling Signature products. The assortment includes a variety of delicious flavors: **Original**, **Roasted Garlic**, **Spicy Jalapeño** and **Roasted Red Pepper**, plus three exclusive specialty flavors – **Lemon**, **Coconut Curry** and **Sriracha**. Our clean, traditional base recipe is made in small batches with sesame tahini, lemon, garlic, sea salt and a touch of smoky cumin. Scoop it straight from the container with our Kowalski's Pita Chips, or really make an impression with our recipe for *Glammed Up Hummus*!

Look for all seven flavors in the Deli or Dairy Department.



### GLAMMED UP HUMMUS V VE DF

SERVES 12

- |  |  |
|--|--|
| 1 lemon  | ½ tsp. kosher salt   |
| 2 pkg. (10 oz. each) Kowalski's Original Hummus  | ¼ tsp. freshly ground Kowalski's Black Peppercorns                                     |
| 3 tbsp. Kowalski's Extra Virgin Olive Oil        | 2 tbsp. toasted pine nuts  |
| 2 tsp. Kowalski's Za'atar (from the Spice Aisle) | 2 small stems fresh oregano, for garnish   |
| 1 tsp. chopped fresh oregano                     | - Kowalski's Pita Chips or fresh radishes, carrots, celery, peppers, etc., for serving |
| ½ tsp. crushed red pepper flakes                 |  |

#### DIRECTIONS:

1. Using a fine grater, remove zest from half of the lemon; set zest aside.

2. Cut lemon in half; set zested half of lemon aside. Slice unzested half of lemon; set aside for garnishing.
3. Scoop hummus directly onto an 8" serving platter; spread to thickly cover the plate.
4. Drizzle hummus with oil and juice from zested lemon half; sprinkle with za'atar, oregano, red pepper flakes, salt and pepper.
5. Sprinkle with pine nuts and lemon zest.
6. Garnish with fresh oregano and lemon slices; serve with chips or vegetables for dipping.



## CRUDO

Although it's the most wide-ranging term used to describe thinly sliced raw meat, fish or shellfish, *crudo* isn't defined by a specific cutting technique. Whether it's served cubed, sliced or even minced, crudo is typically seasoned or dressed, most often with olive oil, salt and some sort of acid, such as lemon juice.

## SELECTION



# raw deal

**I**mpeccably fresh and simply adorned, few foods can rival the culinary experience of raw fish. While they are incredibly popular at restaurants and sushi counters, many people feel nervous about making raw fish dishes themselves. Fish can be intimidating, but a little know-how makes it possible to safely make your favorite poke bowls, sushi rolls and crudos at home. We break down the key points to consider on pages 6 and 7.

*Selection and availability of products and ingredients vary by market.*

### SALMON CRUDO GF DF

SERVES 4

- 2 (8 oz.) cryo-frozen sashimi (sushi-grade) salmon
- 1 large lemon
- flaky coarse sea salt and freshly ground Kowalski's Black Peppercorns, to taste
- 1-2 pinches crushed red pepper flakes, to taste
- 8-10 Castelvetrano or other green olives, pitted and finely chopped
- 1 cup thinly shaved fresh fennel bulb, plus some fronds for garnish
- 3 tbsp. Kowalski's Extra Virgin Olive Oil

#### DIRECTIONS:

1. Puncture package of fish or remove completely from packaging; cover and thaw in the refrigerator.
2. If still in packaging, drain and remove fish. Pat fish dry with paper towels; place in freezer for 30-60 min. for easier slicing.
3. Slice fish against the grain as thinly as you can (about 1/8-1/4" thick); arrange in a single layer on chilled plates.
4. Using a fine grater, remove zest from half of the lemon; set zest aside.
5. Cut 2 thin slices from the other end of the lemon; cut these slices into quarters and set aside.
6. Just before serving, drizzle fish with juice squeezed from remaining piece of lemon; sprinkle with salt, pepper, red pepper flakes and lemon zest.
7. Scatter olives, fennel, fennel fronds and lemon pieces over fish; drizzle generously with oil. Serve immediately.



## SELECTION

# raw deal

### buy it.

It starts with the right fish. We carry a variety of sashimi-grade fish every day in the Frozen Seafood Case. If you don't see what you're looking for, just ask at the Seafood Counter. We can usually order specialty items with a day or two's notice.

While we do offer some previously frozen fish in the Fresh Seafood Service Case that's safe to enjoy raw, most of our sushi-grade selections are sold frozen. With limited exceptions, such as our Skuna Bay Salmon, fish that is meant to be eaten raw must be "super frozen" to -20°C (-4°F) for a minimum of seven days or -35°C (-31°F) for at least 15 hours to ensure food safety. These temps are well below what a home freezer can reliably achieve and maintain, making it inadvisable to try this at home.

### thaw it.

Thaw fish slowly in the refrigerator, never on the countertop. If the fish is vacuum sealed, pierce the plastic before thawing to let in oxygen, which helps inhibit the growth of harmful bacteria. Even better, fully remove the fish from its packaging before thawing it in the refrigerator.

### prep it.

Don't cut your fish until you are ready to make your dish and serve it.

A clean kitchen is always important, but this is especially so when working with raw foods. Wash your hands, cutting tools and surfaces before and after handling raw foods. To avoid cross contamination, do not use the same tools and cutting boards for raw and fresh foods. Keep them separate.

### serve it.

Under no circumstances has the phrase "serve immediately" been more apropos. As soon as it's ready, dig in!

## HEALTH NOTES

Fish is an excellent source of lean protein and, in many cases, a much-needed source of health-helping omega-3 fats. Though fish can be an important part of a healthful diet, consuming raw fish may increase your risk of and response to a foodborne illness. This is especially true if you have certain medical conditions, are over 65 or under 5, are or may be pregnant, or have a weakened immune system.



### TROPICAL SALMON CEVICHE GF DF

SERVES 4

- 2 (8 oz.) cryo-frozen sashimi (sushi-grade) salmon
- ½ cup light coconut milk
- ⅓ cup Kowalski's Freshly Squeezed Lime Juice (from the Produce Juice Case)
- 2 tbsp. gluten-free tamari
- 1 tbsp. toasted sesame oil
- 2 tsp. freshly grated lime zest
- ½ tsp. gluten-free fish sauce
- 1 small English cucumber, peeled and seeded, in ¼" dice
- ¼ small red onion, thinly sliced into half moons
- 1-2 serrano or jalapeño peppers, to taste, thinly sliced
- 2 green onions, thinly sliced
- 1 tsp. each black, white and toasted sesame seeds
- 1 large mango, peeled and pitted, in ½" dice
- 1 jumbo avocado, in ½" dice
- Kowalski's Extra Virgin Olive Oil, to taste
- flaky coarse sea salt and freshly ground Kowalski's Black Peppercorns, to taste
- fresh cilantro leaves, to taste
- rice crackers, for serving

#### DIRECTIONS:

1. Puncture package of fish or remove completely from packaging; cover and thaw in the refrigerator.
2. If still in packaging, drain and remove fish; pat dry with paper towels.
3. Dice fish into ½" pieces.
4. In a large mixing bowl, whisk together coconut milk, lime juice, tamari, sesame oil, zest and fish sauce.
5. Stir in diced fish until well coated; cover and refrigerate for 20 min.
6. Strain fish; discard marinade. Add cucumber, red onion, peppers, green onion and sesame seeds to the fish; stir to combine.
7. Gently fold in mango and avocado.
8. Drizzle lightly with olive oil; sprinkle with salt and pepper. Garnish with cilantro; serve immediately with rice crackers.

## CEVICHE

Technically, *ceviche* is a cooked preparation, not raw. Though it doesn't involve heat, acid (usually from citrus juice) is used to "cook" cubed fish or seafood. Ceviche may be made with other types of meat, but it's most well-known as a fish or seafood dish.



## GOOD QUESTION:

What's the difference between *sushi grade* and *sashimi grade*?

The terms *sushi grade* and *sashimi grade* are often used interchangeably. Both indicate that the fish or seafood is safe for raw consumption, though *sashimi-grade* products are often held to slightly higher quality standards.

## CARPACCIO

*Carpaccio* is a specific type of crudo that's defined mainly by its cut. It is served wafer-thin.

SASHIMI  
TARTARE

While *sashimi* can be made with any protein, it usually refers to thinly sliced fish. It's served raw and isn't tossed in sauce or flavored in any way; the focus is on the quality of the fish. It's typically sliced into thin strips, though it may technically be cut into any uniform shape. Sashimi is often served with garnishes like daikon radish, wasabi or citrus, along with a dipping sauce such as soy sauce or ponzu.

Though the term may be applied to seafood, you may more commonly hear the word *tartare* in reference to meat, particularly beef. Although it's seasoned and dressed with some sort of sauce (sometimes just oil and spices), it doesn't marinate long enough for the protein to cure or cook. *Tartare* is generally minced or diced into very small pieces.

TUNA CARPACCIO GF DF

SERVES 4

- 2 (8 oz.) cryo-frozen sashimi (sushi-grade) tuna steaks
- 1 cup thinly shaved fennel bulb, plus some fronds for garnish
- 3 tbsp. Kowalski's Freshly Squeezed Lemon Juice (from the Produce Juice Case), divided
- 1 tbsp. Kowalski's Extra Virgin Olive Oil, plus more for finishing the dish
- flaky coarse sea salt and freshly ground Kowalski's Black Peppercorns, to taste
- 1 small shallot, very thinly sliced
- 3 tbsp. capers, drained and rinsed
- 1 cup microgreens
- freshly grated lemon zest, to taste

## DIRECTIONS:

1. Puncture package of fish or remove completely from packaging; cover and thaw in the refrigerator.
2. If still in packaging, drain and remove fish. Pat fish dry with paper towels; place in freezer for 30-60 min. for easier slicing.
3. Slice fish against the grain as thinly as you can (about 1/8-1/4" thick).
4. Working with a few pieces at a time, place slices of fish a few inches apart between 2 sheets of plastic wrap. Using a meat mallet, gently pound fish as thin as possible without tearing it.
5. Gently remove fish from plastic wrap; arrange tuna slices on a large chilled serving platter or individual dinner plates, slightly overlapping them to cover the entire surface of the dish.
6. In a medium mixing bowl, toss fennel with 1 tbsp. lemon juice, olive oil, salt and pepper; set aside.
7. Sprinkle tuna with sliced shallot, capers, salt and pepper.
8. Just before serving, drizzle tuna with remaining lemon juice and a generous amount of olive oil.
9. Top dish with dressed fennel, microgreens, fennel fronds and lemon zest; serve immediately.



FRESH

# COOL as a cucumber

The humble cucumber is good for more than just pickles! Its crisp, clean taste is great in all kinds of cool ways – and they're good for you, too! Here we're sharing a few favorites, including a new take on gazpacho with a tropical twist.

## NUTRITION NOTES

- Nearly 95% of a cucumber's weight is made up of water, making it a refreshing and tasty way to stay hydrated while also offering a sense of fullness with very few calories.
- Half a cup of cucumber has 15 calories.
- Cucumbers are a good source of vitamin K (essential for strong bones) and several phytonutrients that help calm inflammation and protect cells from damage.
- The peel and seeds of a cucumber are its most nutritious parts.



FATTOUSH



CAULIFLOWER  
TABBOULEH

### CREAMY CUCUMBER GAZPACHO

GF V VE DF

SERVES 5

- ½ cup canned coconut milk, stirred
- ¼ cup plus 2 tbsp. freshly squeezed lime juice
- ¼ cup extra virgin olive oil
- 2 medium English cucumbers, skin on, chopped into 3" chunks
- 1 medium avocado, peeled and cored
- ½ medium red onion, peeled and chopped into 3" chunks
- ½ medium jalapeño pepper, stemmed and seeded
- 1 clove garlic, peeled
- ½ cup fresh cilantro leaves
- ¼ cup fresh Italian parsley leaves
- 1 ½ tsp. kosher salt
- ½ tsp. freshly ground black peppercorns
- ½ tsp. sugar
- ¼ cup fresh basil leaves, cut into ribbons, for garnish
- 10 large peeled and deveined tail-on cooked shrimp (optional)

#### DIRECTIONS:

1. Pour coconut milk, lime juice and oil into a blender.
2. Add next 7 ingredients (through parsley); blend until smooth, stopping to stir and scrape down the sides as needed.
3. Add salt, pepper and sugar; blend until very smooth.
4. Adjust seasoning to taste.
5. Chill in the refrigerator, covered, for at least 1 hr. before serving.
6. Pour soup into 5 small bowls; top each with a pinch of fresh basil and 2 shrimp, if desired.

*Dietary note:* When served without shrimp, this recipe is vegetarian and vegan.

Recipe courtesy of Julie Andrews, M.S., R.D.N., C.D. Check out her blog, The Healthy Epicurean, at [thehealthyeicurean.com](http://thehealthyeicurean.com) for more delicious and wholesome recipes.







Scan for recipes!



## PEACH CUCUMBER GF V DF SUMMER SALAD

SERVES 4

- |  |   |
|--|---|
| ¼ cup Kowalski's Freshly Squeezed<br>Lime or Lemon Juice (from the Produce Juice Case) |   |
| 3 tbsp. Kowalski's Extra Virgin Olive Oil  | ½ cup chopped celery                                    |
| 1 tbsp. Kowalski's Pure Honey  | ½ cup crumbled goat cheese or feta<br>cheese (optional) |
| ¼ tsp. freshly ground Kowalski's Sea Salt  | ¼ cup torn basil leaves                                 |
| 2 cups diced fresh peaches   | 1 tbsp. chopped chives                                  |
| 1 ½ cups chopped cucumber  |   |

### DIRECTIONS:

1. In a small mixing bowl, whisk together juice, oil and honey. Season dressing with salt; set aside.
2. In a large mixing bowl, toss together peaches, cucumber and celery.
3. Transfer mixture to a rimmed serving platter; sprinkle salad evenly with cheese, basil and chives.
4. Whisk dressing again to combine; drizzle over salad. Serve immediately.

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



FRESH

FROZEN STRAWBERRY  
DAIQUIRIS



EASY  
MOJITOS

# MIX IT UP

Our newest Signature products in the Produce Juice Case arrive just in time for summer sipping! Made locally using our own exclusive recipes, these fresh and fruity bases for cocktails, mocktails and more are ripe for the picking!

Use Fresh Strawberry and Fresh Watermelon Cocktail Mixers to make margaritas, daiquiris, flavored gin and tonics, and more with a ratio of 2 parts mixer to 1 part tequila, rum or gin. Enjoy our Fresh Minty Lime Cocktail Mixer with rum as a mojito, or combine it with whiskey or vodka to make juleps or mules.

All our fresh mixers blend well with lemonade, tea, tonic or soda to make refreshing non-alcoholic beverages!



## WATERMELON MARGARITAS

GF V VE DF

MAKES 4

- 4 tbsp. coarsely ground Kowalski's Pink Himalayan Sea Salt, for rimming the glasses
- 1 lime wedge
- ice
- 16 oz. Kowalski's Fresh Watermelon Cocktail Mixer (from the Produce Juice Case)
- 8 oz. tequila
- 4 lime slices, for garnish (optional)
- 4 fresh watermelon wedges, for garnish (optional)

### DIRECTIONS:

1. Pour salt onto a flat rimmed dish. Moisten the rims of 4 short cocktail glasses with a lime wedge; dip rims in salt.
2. Fill prepared glasses with ice; set aside.
3. Combine mixer and tequila in a cocktail shaker half full of ice; shake until thoroughly cold (about 30 sec.). You may need to shake 1 or 2 drinks at a time, depending on the size of your shaker.
4. Pour into prepared glasses; garnish each glass with a lime slice and a watermelon wedge, if desired.



## LOCAL



## ALOE UP SUNCARE

Most sunscreens are based with water or mineral oil and contain only a drop or two of aloe vera in their formulas. Eden Prairie-based Aloe Up uses at least 35% pure aloe vera, the highest in the industry. Available in SPF 15 to SPF 50, all of Aloe Up's aloe-based sunscreens are nongreasy, paraben free, reef friendly, UVA/UVB broad spectrum and water-resistant. Aloe Up is also cruelty free, hypoallergenic and made in the USA.

## NEW!



## I EAT MY GREENS SOUPS

Packed with fiber, protein and nutrients, I Eat My Greens Soups are made with simple, non-GMO ingredients and are free of sugar, fillers, preservatives, dairy, soy and gluten. Enjoy them as soups or use them as a sauce or dressing. Find several flavors in the Dairy Department or Frozen Foods Aisle.



## LOCAL

## CRAZY GOOD DRESSING

Sodium- and sugar-free Crazy Good Dressing is perfect for salad season, but it's also good for just about anything. Owner, founder and chef Susan Ritts suggests it for everything! Shake some on beans, pasta or potatoes; use it as a dip for bread; or try it as a marinade for chicken, fish and steak.

## TOO easy

The center of the store is packed with products that let you live the simple life. We have quick and easy options for meals and snacks, plus seasonal selections that make it possible to enjoy summer to the fullest. Whether you're in the market for a no- or low-cook meal or just a bit of refreshing frozen fun, there are groovy goodies galore around every corner.

## ORGANIC



## ALOHA PROTEIN BARS

From sweet red raspberries to decadent dark chocolate, ALOHA uses the most delicious, organic, ethically sourced ingredients in their plant-based protein bars. All ALOHA products are vegan, gluten free, soy free, stevia free and made with no artificial anything.



FIND OUR  
BEST WEEKLY  
FEATURES HERE!

## TRENDING

## SAMBAZON SMOOTHIE KITS &amp; BOWLS

All SAMBAZON açai products are ethically sourced and hand-harvested by local farmers. They're both Certified Organic and Fair Trade Certified, so you can feel good about every spoonful or sip. Find several flavors of thaw-and-go smoothie bowls and smoothie packets in the Frozen Foods Aisle.



## LOCAL



## JONNYPOPS

Bursting with flavor and made without artificial dyes, local partner JonnyPops uses simple ingredients to craft delicious and indulgent frozen treats that are peanut free, gluten free and kosher. Options include organic, no sugar added, vegan and mini pops. These fruit-, water- or cream-based treats come in fun flavors and colors, including *Rainbow* and *Unicorn*.

## WOMAN OWNED

## LOPAUS POINT WAFFLES

Lopaus Point frozen waffles are handmade in small batches using whole organic fruit to lightly sweeten the batter. Made with organic quinoa, almond flour, organic golden flaxseed and brown rice flour, these waffles are both satisfying and nutritious. All flavors are gluten free and, out of the top nine food allergens, contain only eggs and almonds. Find them in the Frozen Foods Aisle.





# chill out

Soup season never really ends, at least when you consider the world of cold soup. No, we don't mean hot soup that's gone cold. We're talking about soup that's *meant* to be served cold – really cold. Perhaps you're familiar with well-known cold soups like potato-based Vichyssoise and tomato-based gazpacho, but a refreshing summer soup can be made from all manner of summery fruit or veg, including peas, sweet corn or even watermelon.

These “liquid salads” or “savory smoothies” are an elegant addition to any al fresco meal. Add layers of flavor with things like balsamic vinegar to offer pizzazz, coconut milk or ground almonds to add tender richness, and tons of herbs to drive home freshness. Finally, don't be shy with the seasonings – cold soups require a little more than their hot counterparts.

## CHILLED MELON SOUP GF V VE DF

SERVES 4-6

- 2 lbs. (about 6 cups) Minnesota Grown watermelon, cantaloupe or honeydew chunks, chilled, divided
- 3 tbsp. Kowalski's Freshly Squeezed Lime Juice (from the Produce Juice Case)
- freshly ground Kowalski's Pink Himalayan Sea Salt and freshly ground Kowalski's Black Peppercorns, to taste
- Kowalski's Extra Virgin Olive Oil and/or Kowalski's Balsamic or Fig Balsamic Vinegar, to taste (optional)
- garnishes, to taste: thinly sliced cucumber, thinly sliced avocado, microgreens or sprouts, edible fresh or dried flowers, and fresh herbs

### DIRECTIONS:

1. Add about ½ of the melon to a food processor or blender; purée.
2. Add remaining melon to the blender; process until completely smooth.
3. If a smoother texture is desired, strain melon through a fine-mesh strainer.
4. Stir in lime juice. Season with salt and pepper; stir again.
5. Chill until ready to serve.
6. Divide soup among 4-6 shallow bowls or small cups; season with salt and pepper to taste. Drizzle with oil and/or vinegar, if desired; top with garnishes to taste.



## GAZPACHO GF V VE DF

SERVES 10

- |  |  |  |
|--|--|--|
| 1 ½ lbs. tomatoes, cored, seeded and cut into ¼" dice        | 1 English cucumber, cut in half lengthwise, seeded and diced | 46 oz. bottle V8 Vegetable Juice   |
| ½ lb. orange bell pepper, cored, seeded and cut into ¼" dice | ½ cup diced red onion  | - toppings, your choice: Kowalski's Extra Virgin Olive Oil, diced avocado, chopped fresh cilantro or parsley, cooked shrimp and chopped jalapeño peppers |
| ½ lb. yellow bell pepper, cored, seeded and cut into ¼" dice | ¼ cup Champagne vinegar                                      |  |
|  | 2 cloves garlic, minced                                      |  |
|  | 2 tsp. kosher salt   |  |

### DIRECTIONS:

1. In a large glass bowl, combine first 8 ingredients (through salt); let stand for about 5 min.
2. Stir in vegetable juice; refrigerate, covered, to blend flavors (at least 4 hrs.).
3. Serve in small cups or bowls with desired toppings.



# beautiful

## BAGUETTES

Combining exceptional technology with the genius of our skilled in-house bakers and their exclusive recipes, we're able to offer artisan breads that rival even the best stand-alone bakeries in Minnesota and beyond. Our assortment includes light and dark table breads, grain-rich breads, sweet breads, sourdough, and other delicious loaves flavored and flecked with herbs, cheeses, fruits and seeds. Now one of the most iconic breads in the world has joined our lineup: the baguette.

Our Signature Artisan Baguette is hand-formed using a classic French technique. The characteristically long, narrow rustic loaf is marked with distinctive slashes in its crispy, somewhat shiny, dark golden-brown crust. It has a classically mild, tangy, nutty taste with a chewy, open structure. It's delicious on its own, slathered with butter or jam, served with pâté or cheese, or dunked in rich coffee or hot chocolate.

Kowalski's Signature Artisan Baguette is the perfect choice for making a Parisien, one of France's most celebrated classic sandwiches. This picnic basket staple is made with salted butter, French-style ham and creamy Brie. Make it yourself using our recipe below or pick up a variation called the Jambon Beurre in the Deli Grab & Go Case.



### PARISIEN (JAMBON BEURRE) SANDWICHES

SERVES 4

- 1 Kowalski's Signature Take & Bake Artisan French Baguette (from the Bakery Department)
- 2 cups baby arugula
- 1 tbsp. Kowalski's Freshly Squeezed Lemon Juice (from the Produce Juice Case)
- kosher salt and freshly ground pepper, to taste
- 5 tbsp. salted French butter, at room temperature
- 2 tbsp. minced fresh chives
- 2 tbsp. minced fresh Italian parsley
- 2-3 tbsp. Dijon mustard (or fig or apricot jam)
- 8 oz. thinly sliced French-style ham (such as Three Little Pigs Jambon de Paris from the Deli Meat Case)
- 8 oz. Brie, cut into 12 pieces, at room temperature

#### DIRECTIONS:

1. Bake bread as directed on pkg. or until dark golden-brown; let cool at room temperature for 30 min.
2. Cut baguette into 4 equal pieces; slice in half horizontally.
3. In a small mixing bowl, toss arugula with lemon juice. Season to taste with salt and pepper; set aside.
4. In a separate small mixing bowl, combine butter and herbs; season to taste with salt and pepper.
5. Spread bottom baguette pieces with herbed butter; spread mustard or jam on top baguette pieces.
6. Layer ham evenly on buttered baguette halves; top each with 3 pieces of Brie and an equal amount of arugula.
7. Cover with top halves of baguette; serve immediately.



# SLAW SOME!

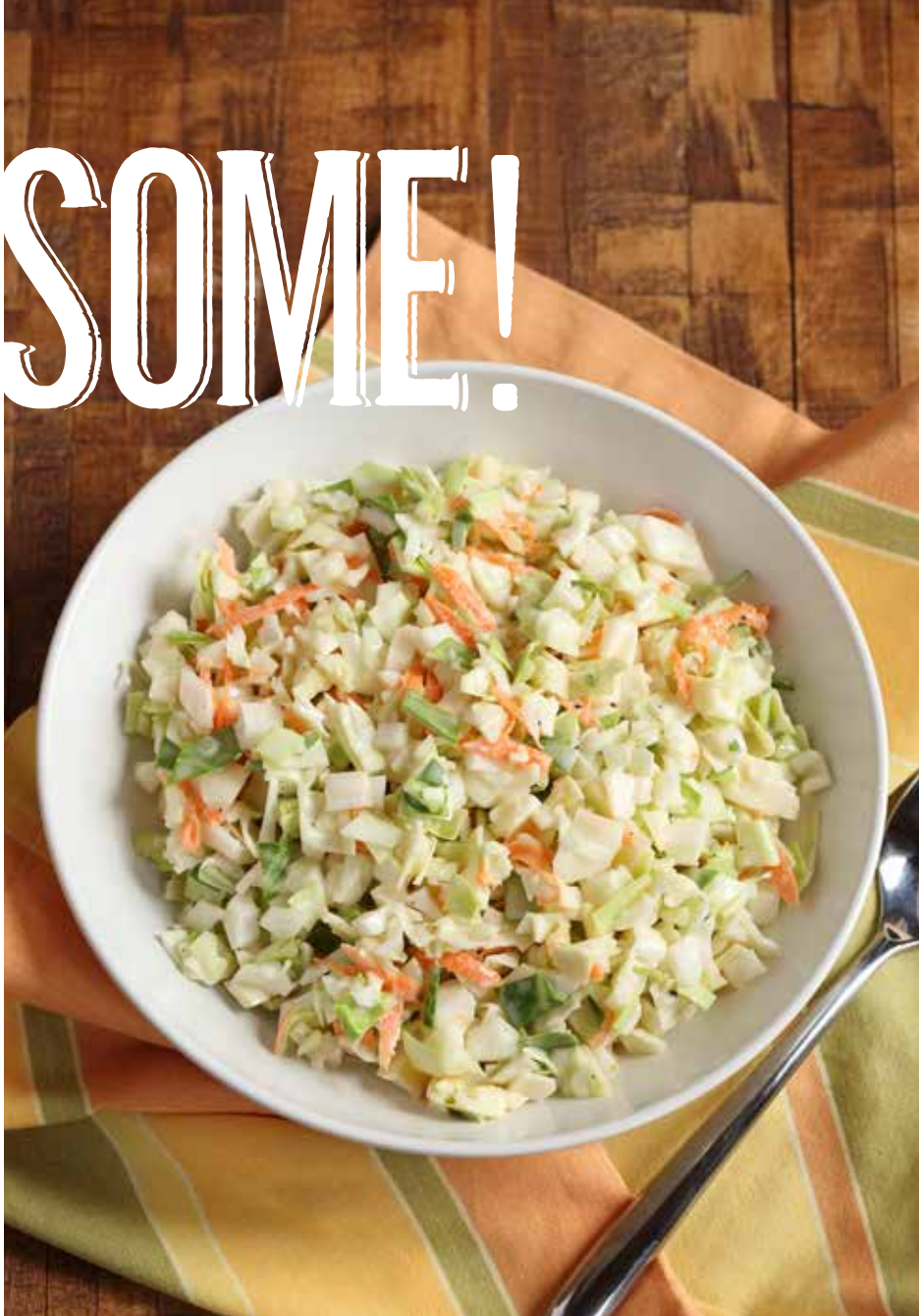
One of the best sides of summer is certainly slaw. Not only is it great scooped next to ribs, chicken and chops, but it's also tasty atop hot dogs, pulled pork sandwiches and tacos. We also love it as a fresh complement to grilled fish, shrimp and other seafood dishes.

The Deli Department offers several varieties of slaw, perfect for any meal or recipe. Look for boxed slaw kits in the Grab & Go Case and ready-to-enjoy slaws in the Deli Service Case. Our **Herbed Coleslaw** is a Signature exclusive recipe that's incredibly versatile and loaded with fresh-tasting herbs. **Cider Slaw**, another Signature exclusive, is a healthier take on slaw, made with a non-mayo-based dressing and lots of delicious mix-ins. Here we offer a recipe for a super-crunchy slaw you can make at home that's reminiscent of one from your favorite fast-food chicken chain.



## HEALTH NOTES

- One cup of chopped cabbage has 2 grams of fiber.
- Several phytonutrients are found in cabbage. Some are anti-inflammatory, some are protective against gastrointestinal issues and some even reduce the risk of certain cancers.
- One cup of chopped cabbage provides half the vitamin C and K you need each day.



### KFC STYLE COLESLAW GF V

SERVES 12

½ cup mayonnaise	½ tsp. salt
¼ cup sugar	⅛ tsp. freshly ground Kowalski's Black Peppercorns
¼ cup milk	8 cups finely chopped green cabbage (see <i>Tasty Tip</i> )
¼ cup buttermilk	¼ cup shredded carrot
2 ½ tbsp. Kowalski's Freshly Squeezed Lemon Juice	2 tbsp. minced onion
1 ½ tbsp. white vinegar	

#### DIRECTIONS:

1. In a small mixing bowl, whisk together first 8 ingredients (through pepper); set dressing aside.
2. In a large salad or serving bowl, mix cabbage with carrot and onion; toss with dressing.
3. Cover and chill in the refrigerator for 2 hrs. before serving.

#### TASTY TIP

To prepare the cabbage, cut a whole head of green cabbage through the core into quarters; discard core. Cut each quarter into ¼" slices; cut across each slice every ¼" to make very small squarish pieces.





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

# BRING YOUR A-GAME

## to food safety

Summer's warmer temps, humidity and more relaxed eating occasions are the perfect ingredients for a bout of one of the 250-plus known types of food poisoning or foodborne illnesses. Gratefully, a handful of key habits can keep harmful bacteria from getting into your food or multiplying in a way that can make you (or others) sick.

## 1. WASH OFTEN

Food safety starts with clean hands, utensils, countertops, cooking surfaces and dishes. After that initial "clean sweep," be sure to wash all of the above between each step of food prep, when switching between foods and after every interruption, such as checking your phone. Hand sanitizers and wipes are not as effective as a soapy scrub, but if that's all that's available when you're out and about, they're better than not cleaning at all. Also, wash fruits and vegetables before slicing to prevent the knife from dragging bacteria into their interiors.

## 3. CHILL OUT

Refrigerating or freezing food will not kill harmful bacteria, but it will stall or slow their growth. If you are transporting foods "offsite" for a picnic or get-together, store them in a cooler with ice or cold packs. Be sure to wash the cooler before you pack it.

### PRO TIPS:

- Use two coolers. Allocate one for drinks or other items that will be frequently accessed. Continually opening a cooler makes it challenging to keep foods at a safe temp. Pack the other cooler with foods that need to stay chilled for as long as possible, such as meat, poultry, fish, salads and sandwiches. Be sure raw meats and fish are well sealed to contain drippings.
- Tightly pack food first, then top with ice (or cold packs) instead of putting ice on the bottom of the cooler. Cold air is dense and sinks, keeping foods on the bottom colder longer.
- Stash a small refrigerator thermometer in your cooler(s) to stay in the know on how well your cooler is cooling.
- Park coolers in the shade.
- When it's time to serve, place foods that should be chilled, such as salads and dips, on ice if possible.

## 2. KEEP THE HEAT ON

Use a food thermometer while cooking to ensure foods reach an internal temp that will kill most of the harmful bacteria:

- 165°F for poultry (whole, cuts or ground), leftovers and previously cooked foods
- 160°F for ground meats
- 145°F for whole meats and fish



## 4. WATCH THE CLOCK

Bacteria multiply quickly between 40°F and 140°F, aka "the danger zone." Foods can sit safely at room temperature or outdoors for up to 2 hours. However, if temps are at or above 90°F, that timeline shrinks to 1 hour or less. Start the clock once the food leaves the grocery store, refrigerator, cooler, grill or other cooking source. Discard food that has passed that timeframe. Before packing leftovers, assess how long they have been out, how people have interacted with them and consider the time it will take to bring the food home. The best rule of thumb: When in doubt, throw it out.

Food safety measures are more than worth the small effort they take to keep your summer one to remember (for all the right reasons). Keep them top of mind so you can enjoy every bit of the season's sun and fun.

*Note: Children younger than age 5, adults over the age of 65, pregnant women and people with weakened immune systems are at greater risk for food poisoning and for experiencing more severe symptoms.*



# seasonal supper



Pulled pork sandwiches are a summertime staple, but why stop there? Our Smokehouse uses industrial rotisserie-style meat smokers to craft our Lightly Smoked Fully Cooked Pork, Chicken and Beef products. Ready to heat and eat, they make a great burger alternative on nights when even turning on the grill seems like too much! Top them with any of these classic or creative fixin's to make your sandwich a seasonal standout.

**FIND IT!**

Find Kowalski's Signature Lightly Smoked Fully Cooked Pork, Chicken and Beef in the Meat Department.

## TOPPINGS:

Kowalski's Organic Kansas City Classic BBQ Sauce

*Herbed Coleslaw* (find the recipe at [kowalskis.com](http://kowalskis.com) or buy a kit in the Deli Grab & Go Case)

Kowalski's Bread & Butter Pickles or Farmhouse Pickles

sliced jarred cherry peppers

sliced pepperoncini

pickled red onions

sliced jalapeños or pickled jalapeños

french-fried onions

flavored aioli

caramelized onion jam

fresh pineapple

crispy bacon

**SMOKEHOUSE BEEF SANDWICHES RECIPE:**



*Selection and availability of products and ingredients vary by market.*

**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.

PRODUCTION

ART & CONTENT DIRECTOR  
Rachael Perron,  
Kowalski's Markets

PROOFREADERS  
Rachel Sitko, Marta Johnson  
Kowalski's Markets

DESIGNER  
Audra Norton,  
Kowalski's Markets

PRINCIPAL PHOTOGRAPHER  
Phil Aarrestad  
[philaarrestadphoto.com](http://philaarrestadphoto.com)

FOOD STYLISTS  
Maggie Stopera  
Susan Telleen

PRINTER  
Visual Expressions  
[printve.com](http://printve.com)

CONTRIBUTORS: Sue Moores, M.S., R.D.; Mare Klassen – Kowalski's Markets

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