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ANNOTATION GUIDE





BAJA TUNA SALAD 🚯 🕦 SERVES 4

- 10 oz. tuna packed in olive oil, drained
- 2 tbsp. finely chopped red bell peppers
- 2 tbsp. finely chopped yellow bell peppers
- 2 tbsp. finely chopped red onion
- 1 tbsp. finely chopped fresh cilantro leaves, plus more for garnish
- 2 tsp. Sriracha or similar hot sauce (or more to taste)
- 1 tsp. Kowalski's Extra Virgin Olive Oil (or more to taste), plus more for garnish
- 1/4 tsp. freshly ground Kowalski's Black Peppercorns (or more to taste), plus more for garnish
- 2 Hass avocados, halved and pitted
- 1 lime wedge
- 1/2 tsp. freshly ground Kowalski's Sea Salt, for garnish

DIRECTIONS:

- 1. In a medium mixing bowl, combine first 8 ingredients (through black pepper).
- 2. Adjust hot sauce, oil and black pepper to taste.
- 3. Scoop tuna mixture into halved avocados; drizzle with olive oil.
- 4. Squeeze lime over filled avocados; garnish with salt, pepper and chopped cilantro. Serve immediately.



To make a more stable container in which to serve the salad, cut a thin **TASTY TIP** Io make a more stable container in which to serve the salad, out a thin slice of avocado from the bottom of each half to make a flat surface that won't wobble when placed on a plate.



CAULIFLOWER TABBOULEH G 😯 🕧 SERVES 4

1 lemon

12 oz. riced cauliflower (from the Prepared Produce Section)

1/2 English cucumber, peeled, seeded and cut into less than 1/4" dice

1 Roma tomato, seeded and cut into less than ¼" dice

- 1/2 oz. (approx.) fresh peppermint leaves, finely chopped
- 1/4 oz. (approx.) fresh parsley leaves, finely chopped
- 1 tbsp. Kowalski's Extra Virgin Olive Oil
- 1/4 tsp. kosher salt (or to taste)
- 1/4 tsp. freshly ground Kowalski's Black Peppercorns (or to taste)

DIRECTIONS:

- 1. Using a fine grater, remove zest from half of the lemon; set zest aside.
- 2. Cut lemon in half; squeeze 2 tbsp. juice from zested half of lemon (reserve unzested half for another use).
- 3. In a large mixing bowl, combine zest and juice with remaining ingredients; mix until well combined.

TASTY TIP This twist on traditional tabbouleh is a great addition to salads, sandwiches or even scooped up on a pita chip!



CIDER SLAW 🕒 🚺 🕕

SERVES 12

- 14 oz. bag Taylor Farms Tri-Color Coleslaw
- 8 oz. bag Taylor Farms Shredded Red Cabbage
- 10 oz. bag Bolthouse Fresh Matchstix Carrots
- 1 Granny Smith apple, peeled, cored and diced
- 1 bunch green onions, thinly sliced
- 1/2 cup dried cranberries
- 1/2 oz. fresh Italian parsley, thick stems removed

- 1⁄2 cup apple cider vinegar
- 1/2 cup sugar
- 1/4 cup Dijon mustard
- 3 tbsp. Kowalski's Extra Virgin Olive Oil
- 1 tbsp. finely chopped fresh dill
- 1/2 tsp. celery seeds
- ¼ tsp. kosher salt
- 1/4 tsp. freshly ground Kowalski's Black Peppercorns

DIRECTIONS:

- 1. In a large mixing bowl, toss together first 6 ingredients (through cranberries); set salad aside.
- 2. In a food processor, process remaining ingredients until sugar is dissolved and dressing is slightly thickened.
- 3. Pour a little more than $\frac{1}{2}$ of the dressing over salad; toss to coat.
- 4. Cover bowl; refrigerate for 1-4 hrs. to allow flavors to develop.
- 5. Just before serving, toss with additional dressing to taste.

<u>A note about gluten</u>: When a gluten-free mustard is used, this recipe is gluten free.



CURRIED CHICKEN SALAD G

SERVES 4

- 8 oz. Kowalski's Signature Original Whipped Cream Cheese Spread
- 1/2 cup sour cream
- 1 tbsp. Kowalski's Pure Honey (or agave nectar)
- 1 tbsp. Kowalski's Freshly Squeezed Lemon Juice (from the Produce Juice Case)
- 1 tbsp. Kowalski's Mild Curry Powder
- 1/2 tsp. Kowalski's Onion Powder
- ¼ tsp. Kowalski's Garlic Powder
- ¼ tsp. Kowalski's Smoked Paprika
- ¼ tsp. kosher salt

- 12 oz. fully cooked Kowalski's Rosemary Garlic Chicken Breasts, diced
- 1/2 cup mixed chopped dried fruits (such as raisins, golden raisins, apricots, dried apples and cranberries), your choice
- ¼ cup finely chopped red onion
- 2 green onions, thinly sliced, plus more for garnish
- 2 tbsp. finely chopped roasted almonds
- 4 large Bibb lettuce leaves

DIRECTIONS:

- 1. In a large mixing bowl, combine first 9 ingredients (through salt); stir to thoroughly combine.
- 2. Add remaining ingredients except lettuce leaves; mix well.
- 3. Serve scoops of chicken salad in lettuce leaves; garnish with green onion.



Find ready-to-cook Rosemary Garlic Chicken Breasts in the Meat Department. Fully cooked chicken breasts are available in the Deli Heat & Eat Case (selection and availability vary by market).



FATTOUSH 🕐 🕕

SERVES 4

- 1 large head organic Romaine lettuce, chopped
- ¾ cup Greek dressing (or to taste), divided
- 1 pt. cherry tomatoes, halved
- 1 English cucumber, cut into ¼" dice
- 1 cup loosely packed fresh Italian parsley leaves, roughly chopped
- 1 cup loosely packed fresh mint leaves, roughly chopped

- 1/2 green or red bell pepper, stemmed, seeded and cut into 1/2" dice
- 4 green onions, thinly sliced
- 4 cups Kowalski's Pita Chips (from the Deli Department)
- freshly ground Kowalski's Black Peppercorns, to taste
- Kowalski's Ground Sumac (from the Spice Aisle), to taste

DIRECTIONS:

- 1. In a large mixing bowl, toss lettuce with a generous amount of dressing.
- 2. Add next 6 ingredients (through green onion); toss with additional dressing.
- 3. Gently toss in chips.
- 4. Arrange salad on a serving platter; season generously with black pepper and sumac. Drizzle with extra dressing or serve on the side.

<u>A note about dairy</u>: When a dairy-free Greek dressing is used, this recipe is dairy free.



HERBED COLESLAW 🕞 💔 🕕

SERVES 12

- 14 oz. bag Taylor Farms Tri-Color Coleslaw
- 8 oz. bag Taylor Farms Shredded Red Cabbage
- 10 oz. bag Bolthouse Fresh Matchstix Carrots
- 1 cup mayonnaise
- 1 cup Kowalski's Coleslaw Dressing
- 1 oz. fresh Italian parsley, chopped

- 1 bunch green onions, chopped ¼ cup Dijon mustard
- 3 tbsp. sugar
- 2 tbsp. apple cider vinegar
- 2 tbsp. finely chopped fresh dill
- 1 tsp. celery seeds
- 1/2 tsp. kosher salt
- 1/2 tsp. freshly ground Kowalski's Black Peppercorns

DIRECTIONS:

- 1. In a large mixing bowl, toss together cabbages and carrots; set aside.
- 2. In a food processor, process remaining ingredients.
- 3. Pour dressing over salad; toss to coat.
- 4. Cover bowl; refrigerate for 1-4 hrs. before serving to allow flavors to develop.

<u>A note about gluten</u>: When a gluten-free mustard is used, this recipe is gluten free.



KFC STYLE COLESLAW GF V SERVES 12

- 1/2 cup mayonnaise
- ⅓ cup sugar
- ¼ cup milk
- ¼ cup buttermilk
- 2 ½ tbsp. Kowalski's Freshly Squeezed Lemon Juice (from the Produce Juice Case)
- 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.



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.

½ tsp. salt

- 1/8 tsp. freshly ground Kowalski's Black Peppercorns
- 8 cups finely chopped green cabbage (see *Tasty Tip*)
- ¼ cup shredded carrot
- 2 tbsp. minced onion



PEACH CUCUMBER SUMMER SALAD GF 💔 🕕

- ¼ cup Kowalski's Freshly Squeezed Lime or Lemon Juice (from the Produce Juice Case)
- 3 tbsp. Kowalski's Extra Virgin Olive Oil
- 1 tbsp. Kowalski's Pure Honey
- ¼ tsp. freshly ground Kowalski's Sea Salt

- 2 cups diced fresh peaches
- 1 ¹/₂ cups chopped cucumber
- 1/2 cup chopped celery
- 1/2 cup crumbled goat cheese or feta cheese (optional)
- ¼ cup torn basil leaves
- 1 tbsp. chopped chives

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.

<u>A note about dairy</u>: When made without cheese, this recipe is dairy free.



CHILLED MELON SOUP 🕞 💔 🕼 🗊

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.

TASTY TIP When Minnesota Grown melons are not in season, other selections may be substituted in equal amounts.



CREAMY CUCUMBER GAZPACHO G V VE 05 SERVES 5

- 1/2 cup canned coconut milk, stirred
- 1/4 cup plus 2 tbsp. freshly squeezed lime juice
- 1/4 cup extra virgin olive oil
- 2 medium English cucumbers, skin on, chopped into 3" chunks
- 1 medium avocado, peeled and cored
- 1/2 medium red onion, peeled and chopped into 3" chunks
- 1/2 medium jalapeño pepper, stemmed and seeded

1 clove garlic, peeled

- 1/2 cup fresh cilantro leaves
- 1/4 cup fresh Italian parsley leaves
- 1 ½ tsp. kosher salt
- 1/2 tsp. freshly ground black peppercorns
- 1/2 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.

<u>Dietary note</u>: 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 thehealthyepicurean.com for more delicious and wholesome recipes.



GAZPACHO 🚯 🚺 🕼

SERVES 10

1 ½ lbs. tomatoes, cored, seeded and cut into ¼ " dice
½ lb. orange bell pepper, cored, seeded and cut into ¼ " dice
½ lb. yellow bell pepper, cored, seeded and cut into ¼ " dice
1 English cucumber, cut in half lengthwise, seeded and diced

- 1/2 cup diced red onion
- 1⁄4 cup Champagne vinegar
- 2 cloves garlic, minced
- 2 tsp. kosher salt
- 46 oz. bottle V8 Vegetable Juice
- toppings, your choice: Kowalski's Extra Virgin Olive Oil, diced avocado, chopped fresh cilantro or parsley, cooked shrimp and chopped jalapeño peppers

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.

<u>Dietary note</u>: When served without shrimp, this recipe is vegetarian and vegan.



GLAMMED UP HUMMUS 🕞 🚺 🕼 🕕

SERVES 12

- 1 lemon
- 2 pkg. (10 oz. each) Kowalski's Original Hummus
- 3 tbsp. Kowalski's Extra Virgin Olive Oil
- 2 tsp. Kowalski's Za'atar (from the Spice Aisle)
- 1 tsp. chopped fresh oregano
- $\frac{1}{2}$ tsp. crushed red pepper flakes

- ½ tsp. kosher salt ¼ tsp. freshly ground Kowalski's
- Black Peppercorns
- 2 tbsp. toasted pine nuts
- 2 small stems fresh oregano, for garnish
- Kowalski's Pita Chips or fresh vegetables (radishes, carrots, celery, peppers, etc.), for serving

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. Drizzle with oil and juice from zested lemon half; sprinkle with za'atar, oregano, red pepper flakes, salt and pepper.
- 4. Sprinkle with pine nuts and lemon zest.
- 5. Garnish with fresh oregano and lemon slices; serve with chips or vegetables for dipping.

<u>A note about gluten</u>: When served with veggies, this recipe is gluten free.



PARMESAN WALNUT ENDIVE CUPS 🕞 💔

MAKES 30

- 2 tbsp. Kowalski's Freshly Squeezed Lemon Juice (from the Produce Juice Case)
- 2 tbsp. Kowalski's Extra Virgin Olive Oil
- 4 tsp. mayonnaise
- 1 clove garlic, minced and mashed into a paste with ½ tsp. kosher salt
- 1 cup finely diced Kowalski's Parmesan Cheese

- 1 cup finely chopped toasted walnuts, plus more for garnish ½ cup finely diced celery
- 14 cup finely chopped fresh Italian parsley, plus more for garnish
- 30 leaves Belgian endive, cleaned and trimmed
- balsamic glaze (such as Cucina Viva brand), for garnish (optional)

- 1. Whisk together first 4 ingredients (through garlic paste); stir in cheese, walnuts, celery and parsley.
- 2. Scoop salad evenly into endive leaves; drizzle with balsamic glaze and garnish with walnuts and parsley. Alternatively, salad may be served in a dip bowl with endive leaves arranged around it for scooping.



SPINACH ARTICHOKE DIP 🚯 💔

SERVES 8

- 8 oz. sour cream
- 1 cup mayonnaise

14.5 oz. jar marinated quartered artichoke hearts, drained and chopped
10 oz. pkg. frozen chopped spinach, fully thawed and drained
½ cup julienne-cut sun-dried tomatoes in olive oil and herbs, drained
¼ cup minced green onion, plus more for garnish
¼ cup shredded Kowalski's Parmesan Cheese
1 tsp. chopped garlic

- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste
- Hawaiian bread cubes, crackers, pretzels and/or fresh vegetables (radishes, carrots, celery, peppers, etc.), for serving

DIRECTIONS:

- 1. In a small mixing bowl, combine sour cream with next 7 ingredients (through garlic); stir until well combined.
- 2. Season to taste with salt and pepper; garnish with green onion.
- 3. Serve with bread cubes, crackers, etc., for dipping.

<u>A note about gluten</u>: When served with gluten-free dippers, this recipe is gluten free.



SPINACH DIP 🚺

SERVES 24

- 1 loaf Kowalski's Signature Artisan Sourdough Bread (from the Artisan Bread Table)
- 10 oz. pkg. frozen chopped spinach, fully thawed
- 16 oz. sour cream
- 1 cup mayonnaise
- 8 oz. canned sliced water chestnuts, drained and finely chopped
- ¹/₃ cup thinly sliced green onion, plus more for garnish 1.4 oz packet Knorr Vegetable
- 1.4 oz. packet Knorr Vegetable Recipe Mix
- fresh vegetables (cauliflower and broccoli florets, carrot sticks, celery sticks, etc.), for serving

- 1. Using a serrated knife, make a straight horizontal cut through the dome of the loaf of bread, 1-1 $\frac{1}{2}$ " from the top; remove top and use as a lid or cut into cubes to serve with the dip.
- 2. Gently pull pieces of bread from inside the loaf to create a "bowl," leaving a ¾-1" thick wall. Cut or tear pulled bread into large bite-size pieces; set bread bowl and bread pieces aside.
- 3. Using a clean kitchen towel, squeeze as much liquid as possible from the thawed spinach until completely dry.
- In a large mixing bowl, combine spinach, sour cream, mayonnaise, water chestnuts, green onion and recipe mix; stir until well blended.
- 5. Transfer dip to the bread bowl; garnish with green onion. Serve with chunks of bread and veggies for dipping.



FAVORITE TURKEY SANDWICHES

MAKES 2

- 2 sandwich-size pieces Kowalski's Signature Artisan Focaccia Bread (from the Artisan Bread Table), sliced in half horizontally
- Sun-Dried Tomato Basil Aioli, to taste
- 8 oz. thinly sliced deli roasted turkey
- 4 thin slices provolone or baby Swiss cheese
- garnishes, to taste: mixed greens, thinly sliced red onion and thinly sliced tomato

DIRECTIONS:

- 1. Place a baking stone in the oven; preheat oven to 500°.
- 2. Spread cut sides of all 4 pieces of bread with aioli. Pile turkey evenly on each piece of bread; cover turkey with sliced cheese.
- 3. Place all halves in the oven on the preheated baking stone; bake until cheese is melted and just barely beginning to turn golden (about 3 min.).
- 4. Transfer halves to a plate; pile greens, onion and tomato on one half of each sandwich, then top with the other halves.
- 5. Cut sandwiches in half; serve immediately.

SUN-DRIED TOMATO BASIL AIOLI:

In a small bowl, stir together ½ cup mayonnaise, 2-3 tbsp. finely minced oil-packed sun-dried tomatoes (to taste), 1-2 tsp. finely minced fresh basil (to taste), ½ tsp. freshly pressed garlic, ¼ tsp. superfine sugar and ¼ tsp. rice vinegar. Season with kosher salt and freshly ground Kowalski's Black Peppercorns to taste. *Makes about ½ cup*.



GREEN GODDESS SANDWICHES 💔

MAKES 2

- 4 slices Kowalski's Multigrain Sandwich Bread (from the Bakery Department)
- Kowalski's Signature Fresh Sicilian Basil Salad Dressing (from the Produce Department), to taste
- 1 handful Minnesota Grown watercress
- 5-6 oz. Kowalski's Signature Fresh Mozzarella Cheese (from the Specialty Cheese Department), sliced
- 1⁄2 (approx.) Minnesota Grown cucumber, peeled and sliced
- 4 leaves (approx.) Minnesota Grown Bibb lettuce
- 1 avocado, sliced
- 1 green Minnesota Grown heirloom tomato, sliced
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste

- 1. Spread one side of each piece of bread with dressing.
- 2. Top 2 slices of bread with watercress, mozzarella, cucumber, lettuce, avocado and tomato slices; season with salt and pepper.
- 3. Top sandwiches with remaining bread, dressing side down.



PARISIEN (JAMBON BEURRE) SANDWICHES SERVES 4

- 1 Kowalaki'a C
- 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 Kowalski's Black Peppercorns, 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

- 1. Bake bread as directed on package 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.



SMOKEHOUSE BEEF SANDWICHES 🕕

MAKES 4

- 1 lb. (approx.) Kowalski's Signature Lightly Smoked Fully Cooked Pulled Beef, warmed in the microwave
- 4 Kowalski's Sweet Egg Buns (from the Bakery Department), split horizontally and lightly toasted
- Kowalski's Organic Kansas City Classic BBQ Sauce, to taste
- Herbed Coleslaw, to taste
- Kowalski's Bread & Butter Pickles, to taste
- garnishes, to taste (optional): sliced jarred cherry peppers, sliced pepperoncini and pickled red onion

DIRECTIONS:

- 1. Divide warm beef evenly between bottom halves of buns; drizzle with sauce.
- 2. Top with slaw and pickles; add additional garnishes, if desired.
- 3. Cover sandwiches with top halves of buns; serve immediately.



Look for prepared Herbed Coleslaw in the Deli Department or find a recipe on page 8.



SALMON CRUDO 🚯 🕕

SERVES 4

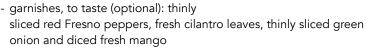
- 2 (8 oz.) cryo-frozen sashimi (sushi-grade) salmon
- 1 large lemon
- flaky coarse sea salt and freshly ground Kowalski's Black Peppercorns, to taste
- 1-2 pinches crushed red pepper flakes, to taste
- 8-10 Castelvetrano or other green olives, pitted and finely chopped
- 1 cup thinly shaved fresh fennel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

- 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 ½-¼" 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, shaved fennel, fennel fronds and lemon pieces over fish; drizzle generously with oil. Serve immediately.

SESAME SEARED TUNA 0

SERVES 4

- 2 (8 oz.) cryo-frozen sashimi (sushigrade) tuna steaks
- 1 tbsp. each black, white and toasted sesame seeds
- 1 tsp. granulated garlic
- 1 tsp. kosher salt
- 1 tsp. freshly ground Kowalski's Black Peppercorns
- 1 tsp. sugar
- 1 tbsp. gluten-free tamari
- 2 tbsp. peanut oil
- Kalbi Dipping Sauce, 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. In a small bowl, mix together sesame seeds, garlic, salt, pepper and sugar.
- 4. Coat fish evenly with tamari on all sides; coat all sides of tuna with sesame mixture, pressing it firmly into the flesh.
- 5. Turn on oven hood fan; heat a cast-iron skillet over medium-high heat until very hot.
- 6. Add peanut oil to the pan, swirling to coat; heat until oil is hot.
- 7. Working one steak at a time, carefully place tuna in the pan, pressing it into the skillet with a metal spatula. Sear on all sides until the white seeds turn dark golden-brown (45-90 sec. per side), using tongs to hold the steak upright while searing the 4 thinner sides; transfer to a cutting board.
- 8. Using a sharp knife, cut fish into thin slices.
- 9. Serve tuna immediately with dipping sauce and desired garnishes.

KALBI DIPPING SAUCE:

In a small mixing bowl, whisk together 2 tbsp. Kowalski's Signature Kalbi Marinade, 1 tbsp. rice vinegar, 2 tsp. Kowalski's Freshly Squeezed Lime Juice (from the Produce Juice Case), ½ tsp. toasted sesame oil and 1 tbsp. thinly sliced green onion (green tops only).





SUSHI STACKS 🕕

MAKES 4

1⁄2 cup sushi rice

- ¾ cup water
- ¾ tsp. sugar
- 1 ½ tsp. rice vinegar
- 6 tbsp. spicy mayo (such as Sir Kensington's Sriracha Mayo)
- 1 tbsp. soy sauce
- 2 tsp. sesame oil, plus more for oiling the dishes
- 13 oz. cooked jumbo lump crabmeat (such as Phillips brand), chopped

- ¼ cup finely diced peeled and seeded Minnesota Grown cucumber
- 2 tbsp. grated carrot
- 1⁄2 avocado, finely diced
- garnishes, to taste: Kowalski's Sticky Sweet Kalbi, *Wasabi Mayo*, pickled ginger, shredded nori, sesame seeds, french-fried onions, and sprouts, pea shoots or other microgreens

DIRECTIONS:

- 1. Prepare rice in a rice cooker with ¾ cup water according to manufacturer's instructions; keep warm.
- 2. In a small dish, whisk sugar into vinegar; drizzle over cooked rice and toss well.
- 3. Allow rice to cool slightly at room temperature (about 30 min.); cover loosely with plastic wrap and cool in the refrigerator until completely cold.
- In a large mixing bowl, whisk spicy mayo with soy sauce and sesame oil. Stir in crab, cucumber, green onion and carrot; gently fold in avocado. Set crab salad aside.
- 5. Wipe the inside of a 6 oz. ramekin lightly with a paper towel dipped in sesame oil; scoop ¼ cup rice into the ramekin, pressing down firmly to form a base. Invert ramekin and gently shake rice patty onto a small individual serving plate; scoop ½ cup crab salad on top of rice.
- 6. Repeat with remaining rice and crab salad.
- 7. Garnish sushi stacks to taste; serve immediately.

WASABI MAYO 🕞 🚺 🕕

MAKES 1/2 CUP

- 1 tsp. water
- 1 tsp. wasabi powder (from the Global Foods Aisle)
- 1/2 cup mayonnaise
- 1 tsp. freshly grated lemon or lime zest

- 1. In a small mixing bowl, whisk together water and wasabi powder.
- 2. Mix in mayonnaise and zest.
- 3. Store in the refrigerator, covered, for up to 3 days.



TROPICAL SALMON CEVICHE G DI

SERVES 4

- 2 (8 oz.) cryo-frozen sashimi (sushigrade) salmon
- 1/2 cup light coconut milk
- 1/3 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
- 1/2 tsp. gluten-free fish sauce
- 1 small English cucumber, peeled and seeded, in ¼" dice
- 14 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 $\frac{1}{2}$ " 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

- 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 1/2" 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.

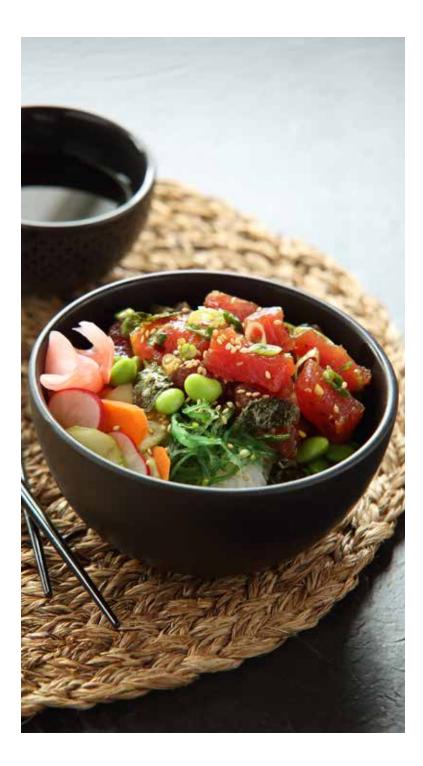
TUNA CARPACCIO (F) () SERVES 4

- 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

- 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 $\frac{1}{10} \frac{1}{4}$ " 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.



TUNA POKE BOWLS 🚱 🕕

SERVES 4

- 2 (8 oz.) cryo-frozen sashimi (sushigrade) tuna steaks
- 1/4 cup thinly sliced green onion, plus more for serving
- 3 tbsp. low-sodium soy sauce or gluten-free tamari, plus more for serving, if desired
- 1 ½ tsp. sesame oil
- 1 tsp. seasoned rice vinegar
- 1/2 tsp. sugar

- 1/2 tsp. toasted sesame seeds, plus more for garnish
- ¼ tsp. crushed red pepper flakes
- 4 cups prepared sushi rice, tossed with seasoned rice vinegar
- 1 cup Quick Asian Pickles
- garnishes, to taste: seaweed salad (from the Seafood Department), edamame, crumbled seaweed sheets, sliced avocado, pickled ginger or wasabi

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 1/2" pieces.
- 4. In a medium mixing bowl, whisk together next 7 ingredients (through red pepper flakes).
- 5. Add fish to the bowl; toss to combine. Cover and refrigerate for 2 hrs.
- 6. Scoop rice into 4 serving bowls; top with marinated fish, pickles, green onion, sesame seeds and your choice of other garnishes.
- 7. Serve immediately with soy sauce or gluten-free tamari, if desired.

<u>A note about gluten</u>: When gluten-free tamari is used, this recipe is gluten free.

QUICK ASIAN PICKLES 🚯 💔 🕼 🗊

- MAKES 1 CUP
- 1/2 English cucumber, peeled and thinly sliced
- 1/2 tsp. kosher salt
- 1/2 carrot, peeled and thinly sliced into matchsticks
- 2 radishes, thinly sliced
- 3 tbsp. seasoned rice vinegar
- 3 tbsp. water
- 1 ½ tbsp. sugar
- pinch crushed red pepper flakes

- 1. In a small mixing bowl, toss cucumber with salt.
- 2. Pour cucumber into a strainer set over a small bowl; let stand for 45 min.
- 3. Squeeze cucumber dry with paper towels.
- 4. In a medium mixing bowl, toss dry cucumber with carrot and radishes; set aside.
- 5. In a small saucepan, combine vinegar, water, sugar and red pepper flakes; bring to a boil over medium-high heat.
- 6. Reduce heat to low; simmer until reduced to 2-3 tbsp. (about 10 min.).
- 7. Pour sauce over vegetables in the mixing bowl; refrigerate for 30 min.



EASY MOJITOS 🚯 🚺 🕼

MAKES 4

- ice

- 16 oz. Kowalski's Fresh Minty Lime Cocktail Mixer (from the Produce Juice Case)
- 12 oz. light rum
- 12-16 oz. club soda, to taste
- lime wedges and fresh mint leaves, for garnish (optional)

- 1. Fill 4 tall cocktail glasses with ice; set aside.
- 2. Combine mixer and rum 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.
- 3. Pour into prepared glasses; top with club soda. Garnish with lime wedges and mint, if desired.



FROZEN STRAWBERRY DAIQUIRIS GF 🚺 🐠

- 16 oz. Kowalski's Fresh Strawberry Cocktail Mixer (from the Produce Juice Case)
- 8 oz. light rum
- 1-2 cups crushed ice, to taste
- fresh strawberries and lime wedges, for garnish (optional)

- 1. Combine mixer and rum in a freezer-safe container; freeze until solid (at least 6 hrs.).
- 2. Transfer frozen mixture to a blender with crushed ice; blend until smooth.
- 3. Divide mixture among 4 chilled margarita glasses; garnish with fresh strawberries and lime wedges, if desired.



MELON ICE CUBES 🚯 🚺 🕼

- Minnesota Grown melon (watermelon, cantaloupe or honeydew), your choice

- 1. Using a melon baller, scoop out as many melon balls as you wish.
- 2. On a baking sheet or tray lined with parchment paper, arrange melon pieces so they are not touching; place in the freezer overnight (or for a few hours, if you prefer a more softened texture).
- 3. If freezing completely, transfer melon pieces to a freezer bag once fully frozen; keep in freezer until ready to use.



- You can also make melon squares using a knife instead of a melon baller.
- When Minnesota Grown melons are not in season, other selections may be substituted in equal amounts.



WATERMELON MARGARITAS 🕞 💔 🕧

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)

- 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.



ORGANIC YOGURT POPS 🚯 🚺

SERVES 8

2 cups organic plain yogurt ¾ cup frozen orange juice concentrate, thawed

DIRECTIONS:

- 1. In a medium mixing bowl, combine yogurt and juice concentrate.
- 2. Pour mixture into 8 ice pop molds; insert handles and freeze until firm (at least 4 hrs.).
- 3. To enjoy, hold each mold for a minute to warm it, releasing the yogurt pop.

Nutrition Note: This recipe provides over 60% of the daily vitamin C requirement, plus calcium and folate.

tasty TIPS

- Flavored yogurt or other types of juice concentrate may be substituted.
- You can use small paper cups instead of ice pop molds to make this recipe. Freeze for 1 hr. before inserting an ice pop stick into the center of each cup; continue freezing until frozen.



PEACHES AND CREAM POPS 🚯

SERVES 4

- 1 cup peeled, chopped fresh peaches, divided
- ⅔ cup nonfat vanilla yogurt
- 1-2 tbsp. Kowalski's Pure Honey, to taste

- 1. Purée ½ cup of peaches in a blender or food processor until smooth.
- 2. In a small mixing bowl, lightly swirl together peach purée, yogurt, honey and remaining ½ cup of peaches.
- 3. Spoon mixture into 4 ice pop molds; insert handles.
- 4. Freeze for at least 4 hrs.





SKILLET S'MORES

SERVES 8-10

¾ cup Kowalski's Unsalted Butter,

- at room temperature
- 1 cup brown sugar
- 1 tsp. Kowalski's Organic Madagascar Vanilla Extract
- 1 cup graham cracker crumbs
- ³⁄₄ cup old-fashioned or quick oats

DIRECTIONS:

1. Preheat oven to 350°.

¾ cup flour

- 1 tsp. baking powder
- 1 tsp. kosher salt
- 2 cups chopped semisweet or dark chocolate
- 16 jumbo marshmallows, snipped in half horizontally
- 2. In a medium mixing bowl, use an electric mixer to beat softened butter with sugar until smooth and light (about 1 ½ min.).
- 3. Add vanilla; beat until well combined (about 30 sec.).
- 4. Using the butter wrapper, lightly grease a 10" cast iron skillet.
- 5. In a small mixing bowl, whisk together graham cracker crumbs, oats, flour, baking powder and salt; mix into butter mixture just until no streaks of white remain.
- 6. Pat $\frac{2}{3}$ of the dough mixture into the bottom of the skillet.
- 7. Layer chocolate and marshmallows evenly on top of dough; crumble remaining dough on top.
- 8. Bake in preheated oven until marshmallows are deep golden-brown and chocolate is melted (18-22 min.).
- 9. Remove s'mores from oven; let cool for 10 min. before serving.



SWEETS

SUMMER MELON SUNDAES 🚯 🚺

SERVES 6

- 1 Sugar Cube cantaloupe (or similar melon)
- 3 cups Kowalski's Signature Vanilla Bean Ice Cream
- 1 tbsp. freshly grated lemon zest
- 1 tbsp. very finely chopped fresh rosemary leaves

- 1. Cut cantaloupe in half; use a spoon to scoop out seeds.
- 2. Cut each melon half into thirds to create 6 wedges; place wedges in individual serving dishes.
- 3. Top melon wedges evenly with ice cream; garnish with zest and rosemary.



TROPICAL POPS 🚯 💔

MAKES 5

- 12 oz. frozen pineapple, roughly chopped, divided
- 1⁄2 cup fat-free plain Greek yogurt
- $\frac{1}{2}$ cup unsweetened coconut milk
- 1 tbsp. Kowalski's Pure Honey
- 2 bananas, finely chopped

- 1. In a blender or food processor, combine ½ of the pineapple with yogurt, coconut milk and honey; process until smooth.
- 2. In a medium mixing bowl, stir yogurt mixture with remaining pineapple and bananas until well combined.
- 3. Spoon mixture into 5 ice pop molds; insert handles.
- 4. Freeze for at least 4 hrs.



- Unsweetened coconut milk is available in the Global Foods Aisle. It naturally separates in the can, so be sure to whisk it together before measuring.
 - The yield on this recipe depends on the size of the ice pop molds.

NOTES

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