

Compliments of Kowalski's

September – October 2025  
THE JOY OF GOOD FOOD

# KOWALSKI'S AT HOME

## layers of flavors

Spicy Pork  
Noodles  
(page 7)

SEASONAL  
SIPPERS

GREAT IDEAS FOR  
GROUND PORK

CHECK OUT CHIMICHURRI



## thoughts from the KOWALSKIS

As lake and cabin season comes to a close and school buses hit the roads once again, many of us find ourselves spending more time at home than we have in months. It's actually pretty nice. Home is where the heart is, and our heart surely belongs to Minnesota. Our perennial fall issue of *At Home* is devoted to shining a spotlight on Minnesota products and local producers who bring us everything from pork and onions to honey and hot sauce.

Make yourself a truly exceptional cocktail at home this fall with two exclusives from Kowalski's Wine & Spirits. The first comes from our close friend and partner, master winemaker Pete Seghesio. We've added the cream of the crop from his San Lorenzo wine catalog, now available on our shelves for the very first time. *The Pearl* comes from the oldest vines on Pete's family property, planted near the Russian River in Sonoma County, just north of Healdsburg. These vines are so old that they're mentioned in an 1896 deed still framed in the Seghesio home. The Pearl is a truly special red blend, primarily Zinfandel, that remains one of *Wine Spectator's* highest-rated Zin blends of all time.

Joining *The Pearl* this October is a limited-edition bourbon from J. Rieger & Co., which spent its final months aging in Seghesio's *The Pearl* barrels. The result is a truly distinctive bourbon that whiskey lovers won't want to miss. Read more about this story on page 14. On that page, you'll also find Culinary & Branding Director Rachael Perron's new recipe for the *Continental Sour*, an age-old cocktail that, quite fittingly, marries bourbon and red wine.

Rachael also created the recipe for our *Signature Cosmopolitans* on the facing page. These punchy, bright bevies are made with one of our newest Kowalski's branded products from our new line of clean craft cocktail and mocktail mixers. They're locally made just for us by the women-owned brand Mixly Cocktail Co., whose team worked hand in hand with ours until each exclusive recipe was simply perfect. A list of all the enticing flavors they created is on the right.

Mixly sells products under their own label in our Beverage Aisle, too. They're just one of many, many amazing local partners we added to our shelves last year. Accordingly, we have an extra page devoted to the center of the store in this issue. As much as it's a season of fresh finds from local farms and farmers, there's always something new from your neighbors in the Grocery, Dairy and Frozen Departments. Turn to page 10 to start your Hometown Heroes shopping list!

While you have pen and paper handy, make note of the date of our annual celebration of local and Minnesota Grown on Saturday, September 13. The party kicks off at 11 a.m. in all our markets but only lasts until 3 p.m., so don't miss the fun! It's a great chance to check out all the freshest local and seasonal stuff in the stores. Taste your way through the aisles and through every department. We love celebrating local with you!

**See you in the stores!**

*Kris Kowalski Christiansen and Mary Anne Kowalski*



# SIGNATURE PRODUCT FOCUS

## CRAFTING CLEAN COCKTAILS

The newest addition to our Signature line is a collection of clean cocktail and mocktail mixers. Crafted using exclusive Kowalski's recipes, they are all natural and locally made to ensure the best, brightest and freshest-tasting drinks you can make. The line includes new and improved flavors like *Classic Bloody Mary*, *Classic Margarita* and *Classic Old Fashioned* as well as some brand-new choices you're sure to love.



- Classic Bloody Mary** – clean, fresh and zesty
- Classic Cosmopolitan** – bright, tart and invigorating
- Classic Margarita** – vibrant, refreshing and citrusy
- Classic Old Fashioned** – deep, dry and rich
- Classic Paloma** – crisp, fruity and brisk
- Pineapple Daiquiri** – sweet, tropical and uplifting
- Strawberry Daiquiri** – sweet, juicy and lively

Also look for our new and improved **Classic Simple Syrup** and **Lime Simple Syrup** to make everything from cocktails to iced tea easy and delicious. **Kowalski's Classic Grenadine** is truly best in class, made with natural pomegranate and no artificial colors. All three of these bar staples are made with no high-fructose corn syrup or unsavory additives.

FIND IT!



### SIGNATURE COSMOPOLITANS GF V VE DF

MAKES 2

- |                                    |                                       |
|------------------------------------|---------------------------------------|
| 2 tbsp. sugar                      | ½ oz. Kowalski's Freshly Squeezed     |
| - zest of ½ lime                   | Lime Juice (from the Produce          |
| 1 lime wedge                       | Juice Case)                           |
| 6 oz. vodka                        | ½ oz. orange-flavored liqueur (such   |
| 3 oz. Kowalski's Signature Classic | as Cointreau)                         |
| Cosmopolitan Cocktail Mixer        | - ice                                 |
|                                    | - garnishes: 2 lime twists and edible |
|                                    | flowers (optional)                    |

#### DIRECTIONS:

1. Mix sugar and zest together on a rimmed plate. Moisten the rims of 2 martini or coupe glasses with the lime wedge; dip rims in sugar mixture to coat. Set prepared glasses aside.
2. In a cocktail shaker, combine vodka, cocktail mixer, lime juice, orange liqueur and ice; shake vigorously for 30 sec.
3. Pour into prepared glasses; garnish each glass with a lime twist and flowers, if desired.



# namesake RECIPES

**T**hough I've written recipes for quite a few of the products you can buy at Kowalski's, there are no items in the store with my name on them and only three or four recipes on kowalskis.com that actually bear my name. For the most part, my job as Culinary Director is to create recipes with mass appeal, which means they're usually pretty classic. If a recipe carries the name "Rachael," though, it's – well, to put it simply – it's because it reflects the way I make it.

Such is the case with this recipe for meatloaf. I use the typical egg and panade (milk and bread mixture) to keep it light and moist, and I season my meatloaf in a fairly traditional manner, with flavors of onion, garlic, salt, pepper and parsley. What takes the recipe into "Rachael" territory is the addition of fragrant oregano and earthy cumin – not in aggressive amounts, but enough to add a perceptible yet somewhat indescribable dark pepperiness and a subtle, nutty warmth. It may not be for everyone, but that's what makes this recipe distinctly "Rachael."

Warmly, *Rachael*



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



## RACHAEL'S MEATLOAF

SERVES 6

1 cup Italian-style dry breadcrumbs  
1 ½ tsp. kosher salt  
1 tsp. dried oregano  
1 tsp. dried parsley  
1 tsp. granulated garlic  
1 tsp. granulated onion  
1 ½ tsp. ground cumin

¼ tsp. freshly ground Kowalski's Black Peppercorns  
1 egg, slightly beaten  
½ cup milk  
1 lb. Kowalski's Certified Humane USDA Choice 93% Lean Ground Beef  
½ lb. Kowalski's Naturally Raised Ground Pork  
⅓ cup Kowalski's Classic Ketchup (optional)

### DIRECTIONS:

1. Preheat oven to 375°.
2. In a large mixing bowl, mix breadcrumbs with seasonings (through pepper).
3. Stir in egg and milk with a fork until thoroughly blended; let mixture stand for 5 min.
4. Add meat to the bowl; using clean hands, mix until well blended (do not overmix).
5. Transfer mixture to a loaf pan; gently press meat to the edges and corners of pan, pressing down slightly around the edges to create a "trough." This will allow melting fats to drip to the bottom of the pan as the meatloaf cooks and shrinks slightly.
6. Top meatloaf evenly with ketchup, if desired (or reserve ketchup for serving at the table).
7. Bake in preheated oven until a meat thermometer inserted into the center of the loaf registers 160° (60-75 min.).
8. Remove from oven; tent loosely with foil and let rest for at least 5 min. before cutting into ¾" slices.



# KOWALSKI'S COOKIE CLUB

Kids under 12 get one cookie or one piece of fruit per visit – ask your baker!

FUN



# KIDS in the KITCHEN

It's been a minute, but "Kids in the Kitchen" is back, this time with a kid-friendly recipe that takes advantage of leftover cake to make a truly no-bake treat. A mixing bowl and a fork are all your littles need to smash their way to cake pop cuteness. It's a fun and fast afternoon project that ends in sweet satisfaction for everyone.

No leftover cake? (Because who would ever have *that*?) Pick up a single slice from the Bakery Cake Case. Any flavor combination – yep, even carrot cake – will work. One slice of cake yields at least four modestly sized cake pops.

**TASTY TIP**

While most of our Signature layer cakes, especially our Family Favorite Buttercream Cakes, are best enjoyed at room temperature, these cake pops are best served cold.

## EASY CAKE POPS

SERVINGS VARY

- leftover frosted layer cake slices
- ice pop sticks, lollipop sticks or bamboo skewers (optional)
- Baker's Dipping Chocolate or almond bark (about 4 oz. per slice of cake)
- sprinkles or other cake décors, as desired

### DIRECTIONS:

1. Scrape frosting off top of cake (leave frosting on the sides of the cake); set frosting aside.
2. In a large mixing bowl, crumble cake with a fork, smashing until cake and frosting are well combined. The mixture should hold together easily when squeezed without being overly sticky. If the mixture is too crumbly, add reserved frosting a spoonful at a time as needed.
3. Using clean hands, form smooth balls 1-1 1/2" in diameter; insert a stick or skewer halfway into each cake ball, if desired.
4. Place cake pops on a parchment-lined baking sheet; chill in the refrigerator until firm (at least 30 min.).
5. In a small bowl deep enough to fit a cake pop, microwave chocolate according to pkg. directions. Dip cake pops in warm chocolate to cover each piece; sprinkle with décors, if desired. Place dipped cake pops back on the parchment-lined baking sheet or insert sticks pop-side up in a piece of packaging foam to keep the pops perfectly round; refrigerate until set (at least 15 min.).
6. Store in the refrigerator, covered, for up to 2 weeks. Best served cold.

# PREMIUM PORK



## KOREAN SLOPPY JOES

SERVES 6

- |   |   |
|---|---|
| 1 tbsp. Kowalski's Extra Virgin Olive Oil                               | ½ cup low-sodium beef broth   |
| ½ cup finely diced red bell pepper                                      | ½ cup Kowalski's Signature Kalbi Sauce  |
| ¼ cup finely diced onion  | 4 oz. tomato paste  |
| ¾ lb. Kowalski's Certified Akaushi 92% Lean Ground Sirloin              | 6 Kowalski's Brioche Burger Buns (from the Bakery Department)   |
| ¾ lb. Kowalski's Naturally Raised Ground Pork                           | - cooking spray, for toasting the buns  |
| - kosher salt and freshly ground Kowalski's Black Peppercorns, to taste | - toppings, to taste: <i>Quick Asian Pickles</i> (find a recipe at <a href="http://kowalskis.com">kowalskis.com</a> ), toasted sesame seeds and thinly sliced green onion |

### DIRECTIONS:

1. In a large skillet, heat oil over medium-high heat; sauté bell pepper and onion in oil until tender (about 5 min.).
2. Add beef and pork; cook and crumble until meat is no longer pink (10-12 min.).
3. Season with salt and pepper. Stir in broth, Kalbi Sauce and tomato paste; bring mixture to a boil.
4. Reduce heat to medium-low; cook until sauce reaches desired thickness (2-3 min.), stirring frequently. Set aside; keep warm.
5. Spray cut sides of buns with cooking spray; toast cut-side down on a griddle over medium heat until golden-brown (3-4 min.).
6. Serve warm meat mixture on toasted buns with toppings.

Ground beef gets all the love, but one of the tastiest and most versatile grinds in the Meat Department is pork. We use it in many shopper favorites, including our Signature Bratwursts and Sausages. While it's often combined with ground beef to add rich, sweet flavor and tenderness, ground pork is also great on its own! Try it in dumplings, stir fries, pastas, casseroles and much more, including these new seasonal dishes.

## NATURALLY RAISED PORK

Customers love the robust flavor and steak-like texture of our pork, from chops, ribs and roasts to bone-in hams, bacon and tenderloins. Kowalski's Naturally Raised Heritage Duroc Pork now comes to us from Premium Minnesota Pork out of Luverne, Minnesota, via our long-time partnership with the Lynch family of Hosopers, Iowa. This all natural pork is raised with the strictest standards in the industry regarding growth stimulants, antibiotics, pesticides and animal welfare.



Look for more great ground pork recipes in our companion cookbooklet, *Hungry for Homemade*, and find many more recipes featuring both ground pork and whole cuts of pork on our website at [kowalskis.com](http://kowalskis.com).





## EGG ROLL BOWLS GF DF

SERVES 4

- 3 tbsp. peanut or canola oil
- 5 oz. sliced shiitake mushrooms
- ½ cup matchstick-cut carrots
- ¼ tsp. kosher salt, plus more for seasoning
- 4 green onions (white and green parts), thinly sliced, plus more for topping if desired
- 1 clove garlic, finely minced
- 2 tsp. ground ginger, divided
- ½ tsp. chile-garlic paste
- 1 tsp. sesame oil
- 3 cups leftover cooked long-grain rice, cold
- 5 tbsp. soy sauce or gluten-free tamari, divided, plus more for passing at the table
- freshly ground Kowalski's Black Peppercorns, to taste
- 1 lb. Kowalski's Naturally Raised Ground Pork
- 14 oz. bag Taylor Farms Tri-Color Coleslaw
- toppings: toasted sesame seeds, prepared sweet and sour sauce (or Kowalski's Signature Kickin' Kalbi Sauce)

### DIRECTIONS:

1. In an extra-large nonstick skillet, heat peanut or canola oil over medium-high heat. Add mushrooms, carrots and salt; cook and stir until vegetables are well browned (about 5 min.).
2. Add onion, garlic, 1 ½ tsp. ginger and chile-garlic paste; cook and stir until fragrant (about 1 min.).
3. Add sesame oil and rice; stir-fry until rice is hot and starting to crisp on the edges (2-3 min.).
4. Stir in 2 tbsp. soy sauce; season with pepper. Keep rice mixture warm while you make the filling.
5. In a large nonstick skillet, cook and crumble pork over medium-high heat until well browned on the edges and no longer pink (5-6 min.).
6. Add coleslaw mix; cook and stir until cabbage just starts to wilt but is still crisp (4-5 min.).
7. Add remaining soy sauce and ground ginger; cook for 1 min. Season with salt and pepper to taste.
8. Divide warm rice mixture between serving dishes; top evenly with pork and cabbage mixture. Sprinkle with sesame seeds and green onion; drizzle with sweet and sour sauce to taste.

*A note about gluten:* When a gluten-free tamari and gluten-free sweet and sour sauce are used, this recipe is gluten free.

## SPICY PORK NOODLES DF

SERVES 4

- 16 oz. thin spaghetti or rice noodles
- 1-1 ½ lbs. bok choy, stem end removed, thinly sliced (to taste)
- 3-4 oz. Chinese chili crisp, chili sauce or chili oil (to taste)
- 3 tbsp. plus 1 tsp. tamari, divided
- 2 tbsp. tahini
- 2 tsp. sugar (or to taste)
- 1 tsp. five spice powder, divided
- 1 tbsp. canola oil
- 16 oz. Kowalski's Naturally Raised Ground Pork
- 3 cloves garlic, very finely minced
- 3 tbsp. Kowalski's Balsamic Vinegar
- 2 tbsp. hoisin sauce
- garnishes, to taste: finely chopped peanuts, thinly sliced green onion, toasted sesame seeds and crushed red pepper flakes

### DIRECTIONS:

1. Cook noodles according to pkg. directions; in the last 30 sec. of cooking, add bok choy to the pot.
2. Scoop ¼ cup hot cooking water from the pot; set aside.
3. Drain noodles and greens; keep warm.
4. In a small mixing bowl, whisk together chili crisp, reserved hot noodle water, 3 tbsp. tamari, tahini, sugar and ½ tsp. five spice powder until smooth; set sauce aside.
5. In a large nonstick skillet, heat canola oil over medium heat. Add pork; cook and finely crumble until pork is well browned on the edges and nearly cooked through (about 7 min.).
6. Add garlic; cook and stir for 30 sec.
7. Add vinegar, hoisin, remaining tamari and remaining five spice powder; cook and stir for 1 min. Remove skillet from heat; set aside.
8. Rewhisk sauce; divide evenly among 4 serving bowls.
9. Top sauce with warm noodles and greens; spoon warm pork over the top.
10. Garnish to taste; serve immediately.



**FRESH**



## BEER BATTERED ONION RINGS V DF

SERVES 6

- |  |                        |                                |
|--|------------------------|--------------------------------|
| 2-3 large Minnesota Grown yellow onions (such as Untiedt's Vegetable Farm Epicurean Delight), cut crosswise ½" thick | 1 ½ cups cornstarch    | 1 egg, lightly beaten          |
| 3 cups flour, divided  | 5 tsp. kosher salt     | 2 cups sparkling mineral water |
|  | 2 ½ tsp. sugar         | 12 oz. Pilsner beer            |
|  | 2 ½ tsp. garlic powder | - canola oil, for frying       |
|  | 2 ½ tsp. onion powder  |                                |
|  | 1 tsp. cayenne pepper  |                                |

### DIRECTIONS:

1. Separate onion slices into rings. In a large mixing bowl, toss rings with 1 cup flour; let stand for 30 min.
2. Preheat oven to 250°.
3. In an extra-large mixing bowl, whisk together remaining flour, cornstarch, salt, sugar, garlic powder, onion powder and cayenne.
4. In a large glass measuring cup, combine egg, water and beer; lightly whisk until combined.
5. Add wet mixture to the dry mixture; whisk until homogeneous.
6. In a wide, deep pot, warm 2" of oil over medium-high heat until it registers 350°.
7. Working in batches, dip onion rings into batter, tapping each one on the side of the bowl after coating to prevent excess batter from dripping into the oil when cooking.
8. Add rings to the pot a few at a time in a single layer; cook, turning once, until golden (about 3 min.). Transfer cooked onion rings to sheet pans set in the preheated oven; keep warm while remaining onion rings cook.
9. Serve immediately after last batch has been fried.



## PICKLED ONIONS GF V VE DF

MAKES 2 PINTS

- |                        |                                     |
|------------------------|-------------------------------------|
| 1 ½ cups white vinegar | 1 ½ tbsp. kosher salt               |
| 1 ½ cups water         | 2 small red onions, thinly sliced   |
| ¼ cup sugar            | 1 tsp. mixed peppercorns (optional) |

### DIRECTIONS:

1. In a medium saucepan, combine vinegar, water, sugar and salt over medium heat; stir until sugar and salt fully dissolve (about 1 min.). Remove brine from heat; let cool slightly.
2. Evenly divide onions between 2 glass pint jars; add peppercorns, if desired.
3. Pour brine evenly over onions in the jars; let cool to room temperature.
4. Cover and refrigerate for 2-12 hrs. Store in the refrigerator for up to 2 weeks.



# ALL ABOUT ALLIUMS

*Allium*, the Latin word for “garlic,” is a genus of plants that includes not just garlic but the entire onion family – shallots, leeks, scallions and chives among them. It’s hard to think of a category of ingredients that’s more important to the full breadth of global cuisine. Here we take a look at what makes the most popular onion varieties unique and some of the best uses for each.

**LEEKs** have a distinctive fanlike sheaf of long, flat, blue-green leaves and lack a large round bulb at the root. Cut off and discard the root end and the tough part of the green tips. Wash the leaves and stalk well to remove any dirt that may be hiding between the layers. Mild, sweet leeks are popular in soups, grain and potato dishes, or even baked on their own with cream and cheese.

**SHALLOTS** have bulbs made up of multiple lobes, like garlic cloves. They look a bit like small, slightly flattened, elongated red onions. Their mild flavor is well-suited for recipes where a storage onion would be overpowering – think dressings, fish and sauces. They’re also nice when fried and used as a garnish.

**SCALLIONS** are often called *green onions*. They have a small white bulb at the end of their long, green, hollow stems. Popularly served raw, both the white and green parts are typical garnishes for dishes like fried rice and stir fry. *Spring onions* are more mature green onions, larger overall with a little more flavor.

**CHIVES** are smaller, thinner and more delicate than green onions and don’t have an edible bulb at the root end. Using them raw preserves their tender texture and fresh “green” flavor. They make a lovely garnish for potato and egg dishes.

**YELLOW ONIONS** are a safe bet if a recipe doesn’t specify which type of onion to use. These traditional “storage” onions, with their heavy, brown, parchment-like skin surrounding ivory flesh, are great for caramelizing and for French onion soup.

*NOTE: Vidalia and Maui onions are also yellow in color but are classified as “sweet,” not “storage,” onions. They have a lighter color, less opaque skin and are slightly flatter and larger than storage onions, making them an excellent pick for onion rings.*

**WHITE ONIONS** are also a type of storage onion. They’re named for their papery white skin and white flesh. They’re flavorful but have less aftertaste than yellow or red onions, making them good in recipes for guacamole and salsa.

**RED/PURPLE ONIONS** are named for their attractive purplish-red papery skin and white flesh tinged with red. With a distinct taste that’s a little spicier and more peppery than white or yellow onions, they’re an excellent raw choice for sandwiches and salads. These storage onions also make great pickled onions.

**CIPOLLINI ONIONS** are small, flat onions with thin skins. Naturally sweet and particularly nice when roasted, they caramelize easily and add delicious depth to any dish. Their petite size makes them ideal for serving whole, adding visual appeal to your plate.

**PEARL ONIONS** are tiny, averaging only ½" in diameter, and resemble mini versions of yellow, white and red storage onions. Mild and sweet, their flavor becomes even sweeter and more delicate when cooked. They’re tasty when pickled or added to stews and braises.

## NUTRITION NOTES

- Eating onions, leeks, shallots, chives and scallions may help reduce the risk of stomach and intestinal cancers.
- All varieties of onion have sulfur-containing compounds, which offer potent antioxidant and anti-tumor actions. Raw onions contain more of these compounds than cooked ones.
- Phytonutrients called flavonoids are plant-based compounds found in the onion family. They are anti-inflammatory and protect a cell’s DNA from damage.
- Onions contain quercetin, a phytonutrient with antibacterial properties. Adding onions to a recipe can help fight off certain bacteria in food that cause foodborne illnesses.
- Considered a prebiotic, the fiber in onions feeds the good bacteria in your gut, which are helpful for a strong immune system, less inflammation and better digestion.



## SELECTION



Discover the fruits of your neighbors' labors in every aisle! Here we're highlighting hidden gems and foodie finds made by our friends across Minnesota, including several from beloved neighborhood restaurants. Even if they aren't in your corner of the Twin Cities, you can enjoy the great taste of their menu favorites right at your kitchen table. Find these restaurants online by scanning the Restaurant Roundup QR code below.

### JAKEENO'S

Patty and Amy Keegan's Jakeeno's Pizza & Pasta is celebrating 50 years in South Minneapolis this year! Find their pizzas in the Frozen Foods Aisle and their recently launched pasta and pizza sauces in the Grocery Department.



### BABA'S

Siblings Rana and Khalid celebrate their father's recipes for Middle Eastern comfort food at their South Minneapolis restaurant and bakery, Baba's Café (and their State Fair trailer!). Their falafel, a crispy chickpea fritter, is newly available in the Frozen Foods Aisle. Also find Baba's smooth, creamy hummus and pillowy pita puffs in the Deli Department.



### TACO TERCO

Located in Montgomery, Minnesota, Taco Terco is the Gold Medal winner of three 2025 Minnesota's Best awards from *The Minnesota Star Tribune*: "Best Mexican Restaurant," "Best Casual Restaurant" and "Best Tacos." Try their Monterrey Pepper Sauces on everything from tacos and nachos to burgers and pizza. Find them in the Mexican Foods Aisle.



### DOGWOOD COFFEE

With two locations in Minneapolis and a new one in St. Paul, you can't live too far from one of the Dogwood Coffee cafés. But if you can't make it in, you can brew their locally roasted single-origin or blended coffees at home. Find several flavors in the Coffee Aisle.



### BRODERS'

Pasta sauces from the family-owned Broders' Pasta Bar are available at Kowalski's! For nearly 30 years, Molly and Tom Broder and family have operated their growing restaurant empire in Southwest Minneapolis. Look for gluten-free Sugo Betti, Alfredo and Bolognese sauces in the Dairy Department near the fresh pasta.





## VIKINGS & GODDESSES PIE COMPANY

In addition to operating a walk-up window with limited hours on the weekends, this wholesale St. Paul bakery supplies breakfast pastries to independent coffeehouses across the Twin Cities and crafts desserts for Pittsburgh Blue in Edina, Manny's Steakhouse and The Good Earth. Their iconic Chocolate Croissants are available fresh in our Donut Case and frozen in our Bake at Home Freezer Case. Now you can also enjoy their handmade pie crusts from our Frozen Foods Aisle, made with locally sourced Hope Creamery Butter and milled-on-site flour from Baker's Field Flour & Bread in Minneapolis.



PIZZERIA  
**PEZZO**

## PIZZERIA PEZZO

Find the delicious tastes of award-winning Pizzeria Pezzo (pronounced PAYT-zo) at Kowalski's! When you aren't dining at their full-service restaurants in downtown White Bear Lake or Kowalski's Woodbury Market, you can grab pizza by the slice at their fast-casual counter inside our Edina Market or enjoy their authentic recipes at home with their line of frozen pizzas. Their personal-size frozen deep-dish pizza is true to the classic Chicago-style recipe, with a delightfully crisp, buttery crust and house-made tomato sauce. Some of their most popular dressings are also available in the Produce Department at select stores.

## NEW!



THE BEE SHED

### HONEY BEE & HIVE PRODUCTS



As founder of The Bee Shed, biologist and certified Minnesota Master Naturalist Chris Schad tends to the bees as they fuse the sun's energy and the earth's minerals into nature's perfect food: honey. Nectar from ever-changing blooms across the prairies and woodlands of Southeastern Minnesota gives each harvest its own character. By collecting honey multiple times throughout the season, Chris and his team tap into the subtle rhythms of the landscape, producing distinct varieties that reflect the signature scents and flavors of a Minnesota summer.

## HIDDEN GEM



### BONGARDS CREAMERIES

Chanhassen-based Bongards is a farmer-owned co-op with over a century of cheesemaking expertise. Their American cheese sets the standard for top quality in the category, with its supreme melt, clean taste and unmatched consistency. It's perfect for burgers, breakfast sandwiches and, of course, grilled cheese. Find Bongards American Cheese in the Dairy Department.

## ORGANIC



Some of the best produce grown in Minnesota is frozen! Enjoy peak-season produce year-round with a wide variety of organic frozen fruits and vegetables from Sno Pac, which is owned and operated in Caldonia, Minnesota, by the fourth generation of the Gengler family.

## FOODIE FAVORITE



### JUMP CHILI

Join Twin Citian Shan Columbus on a new taste adventure with her Jump Chili Spicy Seasoning and Jump Chili Ginger Seasoning. Blend these mild to medium-hot oils with ramen or stir fries, use them for dipping potstickers or mix them with a creamy base to make a delicious dressing or spread. Find them in the Global Foods Aisle.

FIND OUR BEST WEEKLY  
FEATURES HERE!





## TASTE

### CHIMICHURRI RICE GF V VE DF

SERVES 4

1 cup basmati rice

3-4 tbsp. Kowalski's Signature Chimichurri Sauce (from the Meat Department), to taste

#### DIRECTIONS:

1. Cook rice on the stovetop according to pkg. directions or in a rice cooker according to manufacturer's instructions; when rice is done, fluff with a fork.
2. Toss warm rice with chimichurri; serve immediately.

## TASTY TIPS

- You can substitute another medium- to long-grain rice or brown rice in this recipe. Try other grains and blends as well.
- You can also use frozen rice; prepare it according to pkg. directions before adding chimichurri.
- If desired, you can use gluten-free chicken or vegetable broth to cook the rice instead of water. You can also try mixtures of stock and water.



# check out chimichurri

If you're looking to up your sauce game, give chimichurri a go. Originating in Argentina, this raw (uncooked) sauce is a bright, fresh alternative to barbeque sauce and has so many more applications. It's essentially a vinaigrette, loaded (and we mean *loaded*) with fresh parsley, onion and garlic to give it great texture and incredible visual appeal. Use it as a marinade or finishing sauce for meat or fish, spoon it on a burger, drizzle it on eggs, toss it with pasta or green salads, or use it as a final touch for grilled or roasted veggies.



Selection and availability of products and ingredients vary by market.

### CHIMICHURRI SAUCE GF V VE DF

MAKES ABOUT ½ CUP

- |   |   |
|---|---|
| 2 oz. fresh Italian parsley (about 2 bunches of parsley, coarse stems removed), very finely chopped | 2 tbsp. Kowalski's Freshly Squeezed Lime Juice (from the Produce Juice Case)          |
| 3 tbsp. very finely chopped red onion   | ¼ cup Kowalski's Extra Virgin Olive Oil (or to taste)                                 |
| 1 clove garlic, very finely minced  | ½ tsp. each kosher salt and freshly ground Kowalski's Black Peppercorns (or to taste) |
| ½ tsp. dried oregano  |   |
| ¼ tsp. crushed red pepper flakes  |   |

#### DIRECTIONS:

1. In a small mixing bowl, combine parsley, onion, garlic, oregano and red pepper flakes.
2. Stir in lime juice.
3. Drizzle in oil, stirring to combine, until desired consistency is reached.
4. Season with salt and pepper to taste.





Look for our new and improved  
Signature recipe for Chimichurri Sauce  
now available in the Meat Department!

## EASY CHIMICHURRI FLANK STEAK GF DF WITH TOMATO AVOCADO SALSA

SERVES 4

- 1 lb. Kowalski's Certified Humane USDA Choice Flank Steak
- 1 tbsp. (approx.) Kowalski's Extra Virgin Olive Oil, plus more for brushing the steak
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste
- 1 avocado
- 1 pt. grape tomatoes, halved
- 1-3 tsp. Kowalski's Freshly Squeezed Lime Juice (from the Produce Juice Case), to taste
- fresh Italian parsley, chopped, for garnish
- Kowalski's Signature Chimichurri Sauce (from the Meat Department), to taste

### DIRECTIONS:

1. Preheat a grill to high heat; clean grill grates.
2. Brush steak lightly with oil; season with salt and pepper.
3. Grill over direct heat, lid down, until steak reaches 130° (about 10-12 min.), turning once about halfway through.
4. Remove steak from grill; tent with foil and let rest for 10 min.
5. While steak rests, dice avocado; combine with tomatoes in a medium mixing bowl. Dress salsa with about 1 tbsp. oil and lime juice to taste. Season with salt and pepper; garnish with parsley. Set salsa aside.
6. Slice steak on the diagonal across the grain; top with chimichurri.
7. Serve steak alongside salsa.



# perfect PARTNERS

Kowalski's is thrilled to announce the imminent arrival of an exclusive whiskey from J. Rieger & Co., only available at Kowalski's Wine & Spirits.

Earlier this year, we traveled to Kansas City to taste and select our own private bourbon barrels with Rieger's Master Distiller and team. Joining us was wine legend Pete Seghesio, maker of our exclusive Journeyman and San Lorenzo wines. Pete brought with him three empty wine barrels that had previously aged The Pearl, one of his most celebrated wines (currently available on Kowalski's shelves). The bourbon we chose, which had been aged for five years, was then transferred to these barrels, where it spent another 10 months completing the aging process. The finished whiskey is an inimitable blend infused with the special character of Pete's wine – and you won't find it anywhere but Kowalski's.

This limited-edition bourbon whiskey will arrive in stores in *October*.

To celebrate both of these exceptional products, we've created a special cocktail that honors the partnership of these two iconic brands: the *Continental Sour*. Though it's believed to have originated in Chicago, the Continental Sour is sometimes called a *New York Sour* or even a *Claret Snap*. The drink is a twist on a classic Bourbon or Whiskey Sour that features a red wine float. It only seems appropriate that the wine used is the one that once aged in the very same barrel as the bourbon.



## CONTINENTAL SOURS GF V VE DF

MAKES 2

- |   |  |
|---|--|
| - ice   | 1-2 egg whites (optional)  |
| 4 oz. J. Rieger & Co. Straight Bourbon Whiskey                              | - Angostura bitters, to taste (optional)                                   |
| 2 oz. Kowalski's Freshly Squeezed Lemon Juice (from the Produce Juice Case) | 1 ½ oz. San Lorenzo The Pearl Red Field Blend                              |
| 1 oz. Kowalski's Classic Simple Syrup                                       | 2 fresh orange wedges or slices (or dehydrated orange slices), for garnish |
|   | 2 maraschino cherries, for garnish   |

### DIRECTIONS:

1. Fill 2 chilled lowball glasses with ice; set aside.
2. Add bourbon, lemon juice, simple syrup and egg white(s) to a cocktail shaker; shake vigorously to combine (about 30 sec.).
3. Add ice to nearly fill the shaker; shake again until drink is cold and foamy.
4. Strain mixture into prepared glasses; add a few drops of bitters, if desired.
5. To float the wine, turn a cocktail spoon upside down over one of the drinks; with the tip of the spoon barely touching the foamy layer, slowly pour ½ of the wine over the spoon. Repeat with the other drink.
6. Garnish each drink with a piece of orange and a cherry.



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# the PROTEIN PUSH

## *Why? How much? What's best?*

**W**hat is it about protein that captivates so many? According to surveys, more than 70% of us are trying to eat more of it. For starters, protein is essential for building and repairing cells in every part of the body, including muscles, skin, organs and bones.

It supports immune system strength and is considered a more “weight-friendly” nutrient than carbohydrates or fat. Protein helps promote an enhanced sense of fullness by stifling hormone levels that affect hunger, and it takes longer to digest and leave the stomach compared to carbs and fat. It also takes more calories for the body to break down protein than it does for carbohydrates or fat. On top of that, there’s protein’s ability to help smooth out blood sugar levels and avoid blood sugar spikes. It also helps support healthy blood pressure. These wins have really pushed protein forward.

## HOW MUCH IS ENOUGH?

The recommended amount of protein we should eat each day has remained the same for decades. Until now, guidelines have set the goal at about 0.36 grams of protein per pound of body weight. For a 150 lb. person, that translates to 55 grams of protein per day. This recommendation, however, is based on the study of mostly sedentary individuals, with no adjustment for aging or activity level, both of which increase protein needs. The recommendation was simply designed to ensure people wouldn’t be *deficient* in protein.

New schools of thought look at protein through a health-enhancing lens. Recent research suggests that 0.45-1.36 grams of protein per pound of body weight should be the goal, depending on activity level, age and health situation, including pregnancy. In general, bodybuilders and endurance athletes may benefit from protein amounts at the high end of this scale. Young children, pregnant women and older adults are more mid-range, while young to middle-aged adults are closer to the lower end.

A certain amount of protein is good, but too much may not be. Once your body meets its protein needs, excess could be stored as fat, which is probably counterproductive to dietary goals. Depending on the type of protein you eat, too much can affect cholesterol and other fat levels in your blood and may increase your risk for heart disease and certain cancers. If you are predisposed to kidney issues, extra protein may tax them, too.

And then there’s the question of when to consume protein. Many factors, including those listed above, affect how protein can best be used by the body. At this time, for the general population, the key takeaways from research are 1) to consistently eat protein each day, and 2) recognize there is a ceiling for how much protein your body can use at any one time to gain maximum benefit. Aim to eat protein in relatively equal amounts throughout the day instead of loading up on it at any one meal or snack. Broadly, that can look like eating 20-40 grams of protein at each meal, depending on the total amount you should eat in a day.

## WHAT'S THE BEST WAY TO GAIN BENEFITS?

- **Both animal and plant protein sources can fill your needs.** Animal sources are considered high-quality proteins because they contain all nine essential amino acids that your body can use immediately. Most plant sources (such as beans, whole grains, nuts, seeds and vegetables) don’t contain all the essential amino acids, but eating a variety of plant foods can ensure you get them all. They also offer unique, valuable vitamins, minerals, phytonutrients and fiber, which you cannot get from animal-based protein.

- **Choose fewer overly processed options.** Many foods that tout their protein content are highly processed and made with highly processed types of protein. Be selective with your protein picks, whether they come from animal or plant sources. Protein-fortified ice cream, pancakes and candy don’t make the cut.

- **Physical activity is crucial to getting protein’s greatest benefits.**

Inactivity, no matter what age, reduces the body’s ability to use protein to repair or maintain muscles, skin and other tissue. Muscles cannot be built or strengthened without exercise. A small study found that those who took a short walk or did some measure of exercise shortly after eating protein improved their body’s ability to turn those proteins into the building blocks of muscle by as much as 25%.

- **Protein is just one part of the healthful diet puzzle.** Many of us already get plenty; you may not need more. Overfocusing on protein could crowd out other key parts of a good diet, like fruits, vegetables and grains – they’re vital, too! Don’t shortchange yourself on these wholesome foods in the interest of protein.

- **Drink enough water to support your kidneys.** They remove waste that your body makes when breaking down protein.

Protein is a much-needed and important nutrient for good health. Enjoy all types of foods that are naturally great sources of it and all the companion foods and strategies that will allow protein to do its best work.

Information in this article is not intended as medical advice.  
Find references online at [kowalskis.com](http://kowalskis.com).



# seasonal supper

Our Seasonal Supper for this issue is another mash-up, this time a burger-meets-meatloaf sandwich. Inspired by a dish offered in the Hamline Church Dining Hall at the Minnesota State Fair, this recipe uses our prepared Wild Rice Meatloaf as a stand-in for their cranberry wild rice meatballs. The nutty, rich meat mixture pairs perfectly with creamy dill-flecked Havarti cheese and a sweet-tart combo of Swedish lingonberry jam and pickled onions. It's a simple, satisfying, savory snack that's great as a slider, but you can surely try it as a full-size sandwich, too.

## SWEDISH SLIDERS

MAKES 6

- 1 lb. Kowalski's Signature Wild Rice Meatloaf
- 3 thin slices dill Havarti cheese, each torn into 4 evenly sized pieces
- 6 brioche slider buns, lightly toasted
- toppings, to taste: *Pickled Onions* (find the recipe on page 8) and lingonberry jam

### DIRECTIONS:

1. Form meatloaf into a 6x9" rectangle about ¾" thick; cut into 6 patties slightly larger than the buns.
2. In a large cast iron skillet, cook meatloaf patties over medium-high heat until cooked through, just as you would burger patties (4-5 min. per side); top each patty with 2 squares of cheese while still warm.
3. Serve burgers on buns with toppings to taste.

**FIND IT!**

Find Kowalski's Signature Wild Rice Meatloaf in the Meat Department.

Find dill Havarti cheese in the Deli Department.



*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.

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