



Cooking WITH KOWALSKI'S

hungry for
HOMEMADE

SEPTEMBER–OCTOBER 2025

SECTION GUIDE



Salads



Sides



Main Dishes



Drinks



Misc.

ANNOTATION GUIDE



GLUTEN FREE



VEGETARIAN



VEGAN



DAIRY FREE



CAPRESE SALAD

SERVES 3-4

3 heirloom tomatoes, sliced

½ lb. Kowalski's Signature Fresh Mozzarella Cheese (from the Specialty Cheese Department), sliced

- fresh basil leaves, to taste

¼ cup Kowalski's Extra Virgin Olive Oil

1 tbsp. Kowalski's Balsamic Vinegar

- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste

DIRECTIONS:

1. Arrange tomato and mozzarella slices on a serving platter or individual salad plates, alternating and slightly overlapping pieces; sprinkle with basil.
2. In a small mixing bowl, whisk together oil and vinegar; drizzle over salad.
3. Season with salt and pepper to taste; serve immediately.



CHICKEN CHIMICHURRI SALAD GF DF

SERVES 4

2 cups chopped or shredded Kowalski's Signature Rotisserie Chicken, cold

$\frac{3}{4}$ cup finely chopped celery

$\frac{1}{2}$ cup chopped sugar snap peas

7 $\frac{1}{2}$ oz. canned garbanzo beans, rinsed and drained

4 oz. Kowalski's Signature Chimichurri Sauce

2 tbsp. slivered almonds

DIRECTIONS:

1. In a large mixing bowl, combine chicken, celery, peas, beans and chimichurri.
2. Fold in almonds just before serving.
3. Serve immediately or store in the refrigerator, covered, for up to 3 days.

TASTY TIPS

- One Kowalski's Signature Rotisserie Chicken will yield approx. 2 $\frac{1}{2}$ cups shredded meat. Pull meat from the bones of the chicken; discard skin and bones or save for another use. Coarsely chop chicken or use your fingers to shred. Chill chicken thoroughly in the refrigerator.
- A recipe for *Chimichurri Sauce* is also available on page 27.

FIND IT!

Chilled white meat rotisserie chicken is available prepackaged in the Deli Grab & Go Case.

Find Kowalski's Signature Chimichurri Sauce in the Meat Department.



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.
- A recipe for *Chimichurri Sauce* is also available on page 27.



DIRTY RICE DF

SERVES 4

- | | |
|---|---|
| 2 cups basmati or long-grain rice | 4 cloves minced garlic |
| 2 cups low-sodium chicken broth,
plus more as needed for cooking
the rice | ¼ cup flour |
| 1 lb. Kowalski's Certified Humane
USDA Choice 93% Lean
Ground Beef | 1 tbsp. kosher salt |
| 1 lb. ground pork sausage | 1 tbsp. dried oregano |
| ¾ cup diced green bell pepper | 2 tsp. dried thyme |
| ¾ cup diced onion | 1 tsp. chili powder |
| ¼ cup diced celery | ½ tsp. freshly ground Kowalski's
Black Peppercorns |
| | ¼ tsp. cayenne pepper |
| | 2 bay leaves |
| | 2 tbsp. chopped fresh Italian parsley |

DIRECTIONS:

1. Cook rice on the stovetop according to pkg. directions or in a rice cooker according to manufacturer's instructions, using chicken broth instead of water to cook. When rice is done, fluff with a fork; keep warm.
2. In a large skillet over medium-high heat, cook and crumble ground beef and sausage until it starts browning on the edges (about 3 min.).
3. Reduce heat to medium. Add bell pepper, onion and celery; cook until vegetables start to become tender and meat is nearly fully cooked (about 6 min.).
4. Add garlic; cook and stir for 1 min.
5. Sprinkle meat and vegetable mixture evenly with flour; stir.
6. Add salt, oregano, thyme, chili powder, black pepper and cayenne; stir well.
7. Add broth and bay leaves, scraping the bottom of the pan to loosen any browned bits; simmer for 5 min.
8. Remove bay leaves. Fold in rice; simmer for 5 min.
9. Garnish with parsley before serving.



ARGENTINIAN SALMON

SERVES 4

- 1 ½ lbs. salmon
- 1 tbsp. Kowalski's Extra Virgin Olive Oil
- ½ tsp. kosher salt
- freshly ground Kowalski's Black Peppercorns, to taste
- ½ cup Kowalski's Signature Chimichurri Sauce (from the Meat Department)
- ½ lb. yellow and red grape or cherry tomatoes, halved (or quartered, if large)
- 1 avocado, diced
- ¼ cup full-fat plain yogurt

DIRECTIONS:

1. Cut salmon into 4 portions; brush lightly with oil and season with salt and pepper.
2. Grill fish skin-side down over medium-high heat until flaky and opaque throughout (10-15 min., depending on thickness of fish).
3. Meanwhile, smear an equal amount of chimichurri on each of 4 serving plates.
4. When salmon is done, transfer a piece to each plate on top of the chimichurri, leaving skin behind.
5. Scatter tomatoes and avocado evenly on top of fish.
6. Dollop with yogurt; serve immediately.

Nutrition Note: Packed with healthy omega-3 fatty acids, this recipe also contains heart-helping monounsaturated fats from extra virgin olive oil and avocado. It's also rich in vitamins A, C, D and K, plus potassium and selenium.

TASTY TIP : A recipe for *Chimichurri Sauce* is also available on page 27.



CHIMICHURRI BURGERS

MAKES 4

- 1 ½ lbs. Kowalski's Fresh Grass-Fed 85% Lean Ground Beef
- 4 whole-wheat burger buns, lightly toasted
- toppings, to taste: thickly sliced tomatoes and Kowalski's Signature Chimichurri Sauce (from the Meat Department)

DIRECTIONS:

1. Preheat grill to high heat; clean grill grates.
2. Using clean hands, form beef into 4 patties.
3. Grill burgers over direct heat, covered, until done (about 4 min. per side for medium doneness), turning once.
4. Remove from heat; tent loosely with foil and let stand for 3-5 min.
5. Serve burgers on buns with tomatoes and chimichurri.

TASTY TIP : A recipe for *Chimichurri Sauce* is also available on page 27.

CURRIED PORK WITH SALTED CABBAGE

SERVES 4

- 1 medium head napa cabbage, cored and thinly sliced
- 2 tsp. rice vinegar
- 1 tsp. toasted sesame oil
- ½ tsp. kosher salt, plus more for seasoning
- 2 tbsp. Kowalski's Extra Virgin Olive Oil
- 1 lb. Kowalski's Naturally Raised Ground Pork
- 2 Fresno chile peppers, stemmed and thinly sliced
- 6-7 cloves garlic (to taste), finely minced
- 1 tbsp. ginger purée (from the Prepared Produce Section)
- 2 tsp. ground turmeric
- 1 ¼ cups evaporated milk



- 4 tsp. brown sugar
- freshly ground Kowalski's Black Peppercorns, to taste
- steamed basmati rice, for serving
- garnishes, to taste: lime wedges, thinly sliced green onion and fresh cilantro

DIRECTIONS:

1. In a medium mixing bowl, toss cabbage with vinegar, sesame oil and salt; set aside (cabbage will wilt slightly while curry cooks).
2. In a large saucepan, heat oil over medium-high heat. Add pork; cook and crumble until well browned but not completely cooked through (about 4 min.).
3. Reduce heat to medium. Add chiles, garlic, ginger and turmeric; cook until peppers and garlic are slightly softened and fragrant (about 2 min.).
4. Add milk and sugar; bring to a simmer and cook, stirring occasionally, until slightly thickened (about 5 min.).
5. Season with salt and pepper to taste.
6. Serve curry mixture over warm rice with cabbage on the side. Garnish dish with lime wedges, green onion and cilantro.

A note about gluten: When a gluten-free ground turmeric is used, this recipe is gluten free.

EASY CHIMICHURRI GF DF FLANK STEAK 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
- chopped fresh Italian parsley, 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 salad 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.

Nutrition Note: Flank steak is an excellent, healthy meat choice. Partnered with this tomato avocado salad, it delivers loads of nutrition. One serving is rich in vitamins A, C, D and E, plus several B vitamins. It's also a good source of iron, magnesium, zinc and potassium.

TASTY TIP :: A recipe for *Chimichurri Sauce* is also available on page 27.

EGG ROLL BOWLS



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, to taste: 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.

MEATBALLS

MAKES 20-22

 $\frac{2}{3}$ cup plain breadcrumbs2 $\frac{1}{2}$ tbsp. *Italian Seasoning* $\frac{3}{4}$ cup milk

1 lb. Kowalski's Certified Humane USDA Choice 93% Lean Ground Beef

 $\frac{1}{2}$ lb. Kowalski's Naturally Raised Ground Pork

1 egg

DIRECTIONS:

1. Preheat oven to 400°.
2. In a large mixing bowl, whisk together breadcrumbs and Italian seasoning.
3. Stir in milk; let stand for 10 min.
4. Add beef, pork and egg; using clean hands, thoroughly mix until well blended (do not overmix).
5. Using damp hands, shape mixture into 20-22 evenly sized meatballs (about 1 $\frac{3}{4}$ -2" in diameter).
6. Arrange meatballs on a rimmed baking sheet lined with parchment paper; bake in preheated oven until done (about 25 min.).
7. Serve as an appetizer or use in your favorite pasta dish.

TASTY TIP

Meatballs can be frozen for up to 3 months. Cool baked meatballs at room temperature for 1 hr. before placing on a baking sheet; freeze meatballs until nearly solid (about 3 hrs.). Transfer balls to a single freezer bag or multiple freezer-safe containers. Thaw overnight in the refrigerator before using in pasta dishes or soups.

ITALIAN SEASONING GF V VE DFMAKES ENOUGH FOR 1 $\frac{1}{2}$ LBS. MEAT1 $\frac{1}{2}$ tsp. dried oregano $\frac{1}{2}$ tsp. salt1 $\frac{1}{2}$ tsp. dried basil $\frac{1}{4}$ tsp. freshly ground Kowalski's Black Peppercorns1 $\frac{1}{2}$ tsp. onion powder

1 tsp. dried parsley

 $\frac{1}{4}$ tsp. fennel seeds $\frac{1}{2}$ tsp. granulated garlic $\frac{1}{4}$ tsp. crushed red pepper flakes**DIRECTIONS:**

1. Mix together all ingredients until well combined.
2. Store in a sealed container for up to 3 months until ready to use.



PORK POT STICKERS **DF**

MAKES 24

- ½ lb. Kowalski's Naturally Raised Ground Pork
- 1 ½ cups finely chopped napa cabbage
- 1 tbsp. water, cold
- 1 ½ tsp. dry sherry
- 1 ½ tsp. soy sauce
- 1 ½ tsp. sesame oil
- ½ tsp. kosher salt
- 24 round pot sticker wrappers (from the Produce Department)
- 2 tbsp. canola oil, divided
- 1 cup water
- ¼ cup (approx.) *Kalbi Dipping Sauce*

DIRECTIONS:

1. In a medium mixing bowl, mix together first 7 ingredients (through salt).
2. Working one at a time, spoon approx. 2 tsp. filling into the middle of each pot sticker wrapper. Moisten the edges of the wrapper with a fingertip dipped in water; fold pot sticker into a half-moon shape and pinch edges together tightly. Keep filled and formed dumplings covered with a damp towel while making the remainder.
3. In a large nonstick skillet, heat 1 tbsp. canola oil over medium-low heat. Arrange dumplings in the pan so they are just barely overlapping each other; cook until bottoms are light brown (about 10 min.).
4. Increase heat to medium; add water. Cook, partially covered, until all liquid is evaporated (about 10 min.).
5. Drizzle remaining canola oil around inside edge of pan; fry, uncovered, until bottoms are dark brown (about 3 min.).
6. Using a spatula, loosen dumplings around the edge of the pan; invert onto a serving plate.
7. Serve with Kalbi Sauce for dipping.

KALBI DIPPING SAUCE: In a small mixing bowl, whisk together 2 tbsp. Kowalski's Signature Original Kalbi Sauce, 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 onions (green tops only).





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 Original 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> , 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.

SWITCH/UP

Select a whole-wheat or whole-grain bun for your sandwiches to get a boost of fiber and B vitamins.

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.



BUTTERMILK
BISCUITS:



SAUSAGE GRAVY ON BUTTERMILK BISCUITS

SERVES 4

- 1 lb. ground pork sausage
- ¼ cup (approx.) flour
- 3 cups (approx.) milk, divided
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste
- 10 *Buttermilk Biscuits* or Betty & Earl's Biscuits (from the Bakery Department), for serving
- chopped fresh Italian parsley, for garnish (optional)

DIRECTIONS:

1. In a large nonstick skillet, cook and crumble sausage over medium-high heat until well browned and thoroughly cooked (about 10 min.).
2. Remove sausage from skillet, leaving drippings in the pan.
3. Sprinkle flour evenly over sausage drippings. Whisk flour into drippings, using just enough flour to form a loose but thick paste (it should not look very greasy or dry); cook over medium-high heat, whisking constantly, until mixture starts to turn brown (about 2 min.).
4. Reduce heat to medium. Whisk in 2 cups milk; cook, whisking often, until gravy is thick and bubbly (about 3 min.).
5. Add additional milk as needed to reach desired consistency.
6. Season milk mixture with salt and a generous amount of pepper.
7. Return sausage to the pan; heat through.
8. Serve gravy over warm biscuits; garnish with parsley, if desired.

TASTY TIP

The ratio of fat to flour should be roughly equal; therefore, the amount of flour needed will depend on how much fat is rendered from the sausage. The more fat and flour used, the more milk will be needed and the greater the yield of gravy.

SPICY PORK DF NOODLES

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.

SUMMER HARVEST FLATBREAD

SERVES 6

- vegetables of your choice, for grilling: eggplant, portobella mushrooms, red bell pepper, red onion, zucchini and/or yellow squash
- 1 Manoucher Fokachio Romana Rosemary & Onion Bread (from the Bakery Department)
- Kowalski's Extra Virgin Olive Oil, as needed
- 2-3 heirloom tomatoes, sliced
- balsamic glaze (such as Cucina Viva brand), to taste
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste
- fresh basil leaves, for garnish

DIRECTIONS:

1. Preheat grill to medium-high heat; clean grill grates.
2. Clean and prepare vegetables as directed:
 - Eggplant:** Trim ends; cut eggplant crosswise into ½" planks.
 - Portobella Mushrooms:** Clean out most of the gills with the tip of a spoon.
 - Bell Peppers:** Remove seeds, membranes and stems; cut pepper into 1" strips.
 - Onions:** Trim ends and peel; cut onions into ¼" slices.
 - Zucchini or Yellow Squash:** Trim ends; cut lengthwise into ¼" thick planks.
3. Completely but lightly coat vegetables with oil; season to taste with salt and pepper.
4. Grill veggies directly over heat, covered, until browned and tender when pierced with a fork, turning several times until done:

Eggplant: 6-10 min.

Portobella Mushrooms: 6-8 min., gill side down first.

Bell Peppers: 4-6 min.

Onions: 8-10 min.

Zucchini or Yellow Squash: 3-4 min.

5. Remove vegetables from grill; keep warm.
6. Heat bread according to pkg. directions.
7. Brush hot bread liberally with oil; top evenly with grilled veggies and fresh sliced tomatoes.
8. Drizzle flatbread with balsamic glaze; season with salt and pepper to taste.
9. Garnish with basil; serve immediately.



SWEDISH MEATBALLS

SERVES 4

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

DIRECTIONS:

1. Preheat oven to 400°.
2. In a large mixing bowl, whisk together breadcrumbs, salt, garlic powder, pepper, $\frac{1}{2}$ of the allspice and $\frac{1}{2}$ of the nutmeg.
3. Stir in milk; let stand for 10 min.
4. Add beef, pork, egg, onion and parsley to the bowl; using your hands, mix thoroughly until well blended (do not overmix).
5. Using damp hands, shape mixture into 20-22 evenly sized meatballs (about 1 $\frac{3}{4}$ -2" in diameter).
6. Arrange meatballs on a rimmed baking sheet lined with parchment paper; spray with cooking spray.
7. Bake in preheated oven until done (about 25 min.). Remove from oven; keep warm.
8. In a large skillet, melt butter over medium heat. Whisk in flour until smooth; cook and stir for 1 min.
9. Slowly whisk in broth and cream.
10. Stir in Worcestershire sauce, mustard, and remaining allspice and nutmeg.
11. Reduce heat to medium-low; simmer until sauce starts to thicken.
12. Season sauce with salt and pepper to taste; add cooked meatballs to the skillet and cook until hot (1-2 min.).

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



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* and lingonberry jam



DIRECTIONS:

1. Form meatloaf into a 6x9" rectangle about $\frac{3}{4}$ " 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 our ready-to-bake Signature Wild Rice Meatloaf in the Meat Department.
Find dill Havarti cheese in the Deli Department.

PICKLED ONIONS

MAKES 2 PINTS



- 1 $\frac{1}{2}$ cups white vinegar
- 1 $\frac{1}{2}$ cups water
- $\frac{1}{4}$ cup sugar
- 1 $\frac{1}{2}$ tbsp. kosher salt
- 2 small red onions, thinly sliced
- 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.



CONTINENTAL SOURS GF V VE DF

MAKES 2

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



SIGNATURE COSMOPOLITANS GF V VE DF

MAKES 2

2 tbsp. sugar

- zest of ½ lime

1 lime wedge

6 oz. vodka

3 oz. Kowalski's Signature Classic Cosmopolitan Cocktail Mixer

½ oz. Kowalski's Freshly Squeezed Lime Juice (from the Produce Juice Case)

½ oz. orange-flavored liqueur (such as Cointreau)

- 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.



CHIMICHURRI SAUCE GF V VE DF

MAKES ABOUT ½ CUP

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

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. Use immediately.

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