Global Summer

At Home with Kowalski’s

Berry & Cherries
Exploring Sake

Worldly Burgers
Meet Local Brews

Tuscan Gourmet Gorgonzola Burgers
(page 18)

WWW.KOWALSKIS.COM
Menu fatigue: It happens to the best of us. We all have our favorite meals and recipes, the ones we know how to make by heart, the ones everybody loves (or at least doesn’t complain about). It can get a little monotonous.

This season we’re playing with some of our favorite foods, putting a global spin on the seasonal dishes we seem to come back to every spring. From sandwiches and salads to cocktails and brats, you’ll find more than two dozen recipes to shake up your routine throughout this issue. Culinary Director Rachael Perron has interjected some global flair into our usual spring and summer repertoire. To round out the menu, she’s also sharing ideas for berry- and cherry-themed desserts, the perfect sweet ending to any summer meal.

We’ve a new spin on the croissant in the bakery that we’re pretty excited about, too. The Pretzel Croissant is here, joining our lineup of buns and bun alternatives for your burgers and other BBQ faves.

We’re also exploring the world of sake this summer, a more daring white wine alternative, if you will. Sake is growing in popularity in the Twin Cities, and our Wine Shops are stockling an impressive selection you won’t find anywhere else. Wine Director Brian Mallie has also paired the global flavors in this issue of At Home with some wonderful local brews. You’ll find his beer suggestions alongside Rachael’s recipes throughout.

As usual, salads with worldwide appeal are on the menu at Roots for the Home Team this season. On the facing page you can read more about this pet project of our in-house dietitian and nutritionist, Sue Moores. We’re extremely happy to sponsor this incredible youth program yet again this year and to be able to offer some Roots-inspired options in our deli throughout the coming months.

Sue Moores is also chiming in about the benefits of a globally inspired diet. Not only delicious, fusion cuisine and more international ingredients bring a sense of fun and adventure to eating that’s actually good for your health! Start planning your culinary vacation on page 22.

As always, we love sharing the Joy of Good Food!

Many thanks,

Mary Anne Kowalski and Kris Kowalski Christiansen

UPCOMING EVENT:
Entertaining this season? You’ll want to mark your calendar for our annual Summer Entertaining Event on Saturday, May 18. We will be sampling all the best summer tastes and offering ideas for all variety of summer entertaining occasions in every store from 11:00 a.m. to 2:00 p.m. We hope to see you there!
One of the local programs supported by Kowalski’s 4 Kids and making a huge difference in our community is Roots for the Home Team. Roots is the brainchild of Kowalski’s resident dietitian, Sue Moores, and was created to help youth discover their passions and become equipped to realize extraordinary futures. Roots helps diverse youth boldly believe in their futures by guiding them as they develop a mindset for growth and entrepreneurship. In creating the program, Sue was inspired by local youth gardening programs teaching teens to appreciate and enjoy healthful food by immersing them in its creation. Roots took this concept a few steps further, giving those same youth a chance to turn their homegrown produce into delicious salads and sell them to a bigger audience, namely Minnesota Twins fans (and, as of last year, Milwaukee Brewers fans).

Participating youth have the opportunity to learn culinary skills from some of the Twin Cities’ most talented local chefs, including Ann Ahmed, owner and executive chef at the newly opened Lat14 Asian Eatery; Union Kitchen’s Yia Vang; and Justin Sutherland from the Handsome Hog. At their ballpark carts they hone their sales, communication, customer service and teamwork skills while learning marketing and financial aspects of successful business operations.

You can find and support the Roots’ Salad Up! cart near Gate 34 at Target Field during all Minnesota Twins weekend home games, where they’ve been serving up fresh salads since 2012. The 2019 selling season runs from Saturday, May 25, through Sunday, September 22. When traveling to Milwaukee, Brewer fans can also enjoy their favorite uber-fresh Roots salad on weekends at Miller Park. All salads are created by local youth. The cart is located at Section 119 from May 25 through September 22.

Learn more about Roots for the Home Team, get involved and support their mission at www.rootsforthehometeam.org.
Dinnertime is sometimes a scramble at my place. Between sports practices and games; music lessons and recitals; and school, community and social commitments on any given evening, everyone may well be headed somewhere different. On nights like this, meals need to be fast. And not 30-minutes fast. Like, five-minutes fast.

This quick supper is one of our personal favorites, not only because gyros take literally minutes to make, but because I often serve them wrapped in sheets of aluminum foil for fun, just like you might get them at a street festival. There’s no plates or utensils to wash – just a speedy, delicious (and, when needed, portable) sandwich that makes everyone smile on their way out the door.

Warmly,
Rachael

GYROS
1 lb. (approx.) Kowalski’s Beef & Lamb Sliced Gyro Meat (from the Deli Department)
4 pieces Kowalski’s Signature Naan (from the Bakery Department)
- toppings: crumbled feta cheese (optional), shredded lettuce, chopped fresh mint leaves, sliced tomatoes, thinly sliced red onion, peeled and thinly sliced cucumber, Esti Tzatziki, salt and freshly ground Kowalski’s Black Peppercorns, to taste

Heat the gyro meat in a skillet over medium heat or in a microwave-safe container in the microwave just until hot (2-6 min.). Meanwhile, warm naan on a baking sheet in a preheated 325° oven until warm and soft (2-3 min.). Serve meat piled on warm naan with desired toppings.
Serves 4.

FIND IT! Find Esti Tzatziki in the Deli Department.

Locally brewed, straw-colored Utepils Copacetic Kölsch-Style Beer gets its brilliant hue from barley grown near Cologne, Germany. It has a subtle malt and hop character.
Get your BUNS in Here

Yes, you can eat them wrapped in lettuce leaves or bunless with a knife and fork, but you know you love them best when your burger is on a bun. Depending on your tastes and what you’re loading them up with, a different bun may be in order. Choose from this selection baked fresh in-store:

**SWEET EGG BUNS** – Pillow-soft Sweet Egg is a customer favorite. Richer and sweeter with a beautiful golden hue due to the addition of egg in the dough, their characteristic sweetness provides great contrast for BBQ pulled pork sandwiches and burgers with kick!

**WHEAT HAMBURGER BUNS** – These tender but textured choices have a nutty, mild sweetness that works well with earthy grass-fed beef, lamb or mushroom burgers.

**BUTTER BUNS** – A classic airy-soft texture and mild, buttery taste that won’t overpower or compete with the flavors of your sandwich, Butter Buns are wonderful with turkey burgers.

**SPROUTED HAMBURGER BUNS** – Select these when you want both a healthier choice and tons of great taste. They’re baked with GMO-free sprouted grains, USA-sourced honey, sunflower oil and oat fiber for maximum moisture. They don’t contain any artificial sweeteners, fats or preservatives.

**PRETZEL BUNS** – Our new and improved recipe has a wonderful tanginess with a chewier texture and a more traditional pretzel crust than typical soft pretzel buns. They’re great with more flavorful burgers and can stand up to more intense ingredients.

Move over, cronut! The newest trend in pastry mash-ups is the **Pretzel Croissant**. As its straightforward name might suggest, it’s a buttery, flaky croissant with a pretzel twist (pun intended). A special recipe and baking technique creates a dark, delicious pretzel-flavored exterior that makes for a unique croissant experience. It’s tasty on its own, but we positively love it with some ham, cheese and, of course, mustard. Look for them in the Bakery Department.

**BAVARIAN PRETZEL CROISSANT SANDWICHES**

- 4 Kowalski’s Pretzel Croissants
- 4 pieces green leaf lettuce
- ½ lb. Boar’s Head SmokeMaster Beechwood Smoked Black Forest Ham, sliced to taste
- 4 thin slices Kowalski’s Muenster Cheese (optional)
- 1 tomato, thinly sliced
- kosher salt and freshly ground Kowalski’s Black Peppercorns, to taste
- Kowalski’s Horseradish Pub Mustard, to taste

Slice pretzel croissants in half horizontally. Top bottom halves evenly with lettuce leaves, ham, cheese and tomato slices. Season tomatoes with salt and pepper. Spread cut side of top croissants with mustard; place on top of the tomatoes. Serve immediately.

**Your favorite burger joint knows that the secret to burger success is a perfectly toasted bun. Here’s how the pros do it:**

- Spread cut sides of the bun lightly with a small amount of butter or spray with cooking spray.
- Cook buns, cut side down, on a nonstick griddle heated to medium until golden and lightly toasted (about 3 min.).

**BEER SUGGESTION**

Fair State Pils is a crisp, dry German-style Pilsner with a grassy hop aroma.

Find recipes for these burgers and many more on our website at www.kowalskis.com.

Selection and availability of products and ingredients varies by market.
SUMMER FRUIT PIE

2 cups flour
1 tsp. salt
⅓ cup plus 2 tbsp. shortening
4-5 tbsp. cold water
2 ripe peaches, peeled, pitted and cut into ½" slices
2 ripe nectarines, peeled, pitted and cut into ½" slices
12 large strawberries, halved
12 cherries, pitted
⅓ cup plus 1 tbsp. sugar, divided
1 tbsp. quick-cooking tapioca or ¾ tbsp. cornstarch
- milk

In a medium bowl, combine flour and salt; cut shortening into the mixture using a pastry blender or 2 knives until particles are the size of coarse crumbs. Sprinkle with cold water 1 tbsp. at a time, tossing with a fork until all flour is moistened and pastry almost cleans the side of the bowl. Divide pastry into 2 balls. On a lightly floured surface, roll each pastry ball to 11-12” round (2” larger than an inverted 9” or 10” pie plate). Fold 1 pastry sheet into fourths; place into a pie plate. Unfold pastry and ease into plate, pressing firmly against the bottom and side. In a large bowl, combine fruit, ⅓ cup sugar and tapioca; mound into the pastry-lined pie plate. Top with the second pastry, folding and rolling the edge under the bottom pastry; press on rim to seal. Use a fork to crimp the edge. Brush top with a small amount of milk; cut 6-8 slits in crust and sprinkle with remaining 1 tbsp. sugar. Bake in a preheated 450° oven for 15 min. Reduce heat to 350°; continue baking until top is golden-brown (about 30 min.). Cool completely before serving. Serves 8.

Two-Bite Cherries are the biggest cherries on the tree. They’re extra juicy, extra tasty and extra large – so big you’ll have to eat them in two bites...maybe even three. Keep an eye out for their arrival!

Spring berries make way for summer cherries, both beloved picks in the Produce Department in these warmer months. Great out of hand as a snack or healthful dessert, strawberries, blueberries, raspberries and blackberries are also sweet, beautiful additions to seasonal recipes for pies, trifles, salads and smoothies. When fresh cherries arrive around the Fourth of July, our recipe for Fresh Cherry Sauce is not to be missed. Canned pie filling it’s not! It’s as good on grilled chicken or pork as it is on desserts, including cheesecake, pound cake, ice cream and meringues.
**FRESH CHERRY SAUCE**

½ cup pomegranate juice  
⅛ cup Kowalski’s Balsamic Vinegar  
1 tbsp. honey  
1 cup pitted sweet cherries  
2 tsp. water  
2 tsp. cornstarch  
1 tbsp. Kowalski’s Unsalted Butter, cold

Combine juice, vinegar and honey in a medium saucepan over medium-high heat; bring to a boil. Reduce heat to medium; cook for 3 min. Add cherries; increase heat and return to a boil. Reduce heat to medium; cook for 2 min. more. In a small dish, whisk water into cornstarch; add to sauce mixture and cook until thickened (about 2 min.). Remove from heat; stir in butter. Serve warm.  
Makes about 1 cup.

**EASY BERRY PIE**

2 cups fresh raspberries  
1 ½ cups fresh blueberries  
1 cup fresh halved strawberries  
¾ cup white sugar  
¾ cup cornstarch or quick-cooking tapioca  
2 refrigerated pie crusts  
1 tbsp. Kowalski’s Unsalted Butter  
1 egg white, lightly beaten  
1 tbsp. turbinado sugar

In a large bowl, combine berries, white sugar and cornstarch, tossing to combine; set mixture aside for 15 min. Adjust oven rack to lowest position; place a rimmed baking sheet on the rack and preheat oven to 425°. Line a 9” deep-dish pie pan with 1 crust; fill with fruit mixture and dot with butter. Top with the second crust, tucking top crust under the edge of the bottom crust; pinch crusts together to seal. Flute edge of crust with fingers. Cut 6-8 slits in top of crust; brush with egg white and sprinkle with turbinado sugar. Place pie on the preheated baking sheet; bake until crust is a dark golden-brown (40-45 min.), covering the edges of the crust with strips of foil to prevent overbrowning in the last 10-15 min. if needed. Transfer pie to a wire rack; cool for 2 hrs. before serving.  
Serves 8.

**TASTY TIP**  
You can substitute 4 ½ cups of any type or combination of berries, including blackberries, for the strawberries, raspberries and blueberries called for in this recipe.

**OLDIE BUT GOODIE**  
An updated favorite recipe from the Kowalski’s archives

**SUMMER BERRY TRIFLE**

16 oz. mascarpone cheese  
20 oz. (2 jars) Kowalski’s Lemon Curd  
1 Kowalski’s Angel Food Cake, cubed  
16 oz. strawberries, stemmed and quartered  
6 oz. blueberries  
6 oz. raspberries  
1 cup heavy cream  
2 tbsp. superfine sugar  
2 tbsp. sliced almonds, toasted

In a medium bowl, combine mascarpone and lemon curd until thoroughly blended. In a 2 qt. glass serving bowl, layer ⅓ of angel food cake pieces, ⅓ of strawberries, ⅓ of blueberries, ⅓ of raspberries and ⅓ of mascarpone mixture; repeat layers twice with remaining fruit and mascarpone mixture. In a chilled medium bowl, beat cream and sugar on high speed with an electric mixer until stiff peaks form. Spread whipped cream over top of trifle; sprinkle with almonds. Refrigerate before serving.  
Serves 8-10.
A houseplant is a joyful way to bring life and a little bit of the outdoors inside. Most indoor plants’ native environment is tropical, so they’re used to warm, humid climates with plenty of light. Your goal in keeping your plants healthy is to imitate these conditions for which the plant is best suited. Three such conditions most contribute to the overall health of most houseplants: water, light and air.

**WATER** – Once or twice a week is generally enough. “Water on Wednesdays” is a reminder that works for many indoor gardeners. Most plants would prefer to be a little dry rather than having their roots sitting in a puddle. Water them slowly and stop when water can be seen escaping from the drainage holes at the bottom of the pot. Many plants require less water in the cooler months when they are growing more slowly.

**LIGHT** – Think about where the plants grow in nature. Do they grow up high and tall, soaking in 6+ hours of direct light a day, or do they get filtered light for half that long? Situate the plants accordingly, where they can get either direct sunlight (a south-facing window is usually good) or indirect light (away from windows in an otherwise bright room). Rotate plants a quarter turn every week so that all sides get enough light.

**AIR** – Good airflow around a plant is very important. Again, consider those warming tropical breezes. Warmth is key, too. Most houseplants do not like temperatures less than 55°. They should be protected from cold drafts, whether from the outdoors or a chilly air conditioning vent.

### get growing

**Peace Lily** – These perform and bloom best in medium light. They prefer to be drier, so water them only when the top of the soil is dry or the leaves start to sag slightly.

**Pothos** – This is a great houseplant for beginners, as it is hard to kill. It can survive in bright fluorescent light, so it’s also a nice option for interior rooms and offices. It’s susceptible to root rot, so take care to water it only when it starts to dry out.

**Spider Plant** – These are a good choice for brightly lit bathrooms with a window. They’re great at soaking in water from the air, so steamy showers may provide all the water they need.

**Rubber Plant** – Good for plant newbies, they’re quite hardy and don’t mind being ignored for days on end. They like lots of bright but indirect light and evenly moist soil. Misting the leaves occasionally will also keep them vigorous.

**Aloe** – This pretty and useful houseplant loves a bright, warm spot by the window. It should be watered sparingly but thoroughly and only after it has completely dried out.

**Moth Orchid** – These beauties enjoy a little less light than most houseplants, and indirect at that. They need very little water, too. Water them once a week at most.

**Succulents** – Succulents like to be evenly watered after drying out somewhat and prefer lots of indirect sunlight. As they are normally found in nature in dry climates, it makes sense that these plants do not enjoy having their leaves misted and prefer homes with less humidity.

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**GOOD TO KNOW**

Fertilize houseplants every few months to help supplement the plant’s natural photosynthesis and ensure that they get the food they need to grow and thrive.

Note that many houseplants are toxic if ingested, so care should be taken in households with young children and some pets. Selection and availability of houseplants vary by market. Find them in the Floral Department.
We’re always looking for new products and better-than-ever flavors in our Signature Products line. Our team tests each and every item in our collection (over and over and over…) until we’re satisfied that our selections are superior in every way. We’re sure you’ll find them as amazing as we do! Here’s a look at what’s new:

Kowalski’s Hummus – We’ve added three new flavors to our beloved all natural hummus line: Lemon, Coconut Curry and Sriracha. As with all of our flavors, they’re made locally in small batches with sesame tahini, lemon, garlic, sea salt and a touch of smoky cumin. Find new choices as well as Original, Roasted Garlic, Spicy Jalapeño and Roasted Red Pepper in the Deli or Dairy Department.

Kowalski’s Fresh Salad Dressings – Locally made in small batches from our own exclusive Signature recipes, our new refrigerated salad dressings are a fresh and delicious way to top salads and so much more. You’ll love the classic flavors of Steakhouse Blue and Buttermilk Ranch on wings. Asian Napa and Herbed Slaw are the same popular recipes used in our deli for years. Mexi-Ranch is great on salad but also super on tacos, nachos and all your Mexican food faves. Sicilian Basil has a unique, fresh flavor. It’s a must-try with mixed baby greens, shaved Parmesan, chopped prosciutto and toasted pine nuts. Find them in the Produce Department.

Kowalski’s Granola – Our new and improved granola is even better than you remember. This artisanal, all natural product is handmade locally and is available in new flavors you’ll love as a cereal, snack or addition to your favorite morning yogurt. Dig into Cashew Cherry, Apricot Pistachio, Cranberry Pecan and Cocoa Almond. They’re in the Cereal Aisle.

CHICKEN WINGS VINDALOO

2 tbsp. clarified butter (ghee) or canola oil  
24 chicken wing drumettes and/or flats (sometimes called paddles), wing tips discarded  
½ tsp. kosher salt  
- freshly ground Kowalski’s Black Peppercorns, to taste  
½ cup Kowalski’s Vindaloo Marinade (or more to taste), plus more for serving

In a large skillet over medium-high heat, heat butter or oil. Sprinkle chicken with salt and pepper; add to skillet. Cook, turning occasionally, until browned on all sides (about 10 min.). Drizzle chicken with marinade; toss to coat. Move chicken to a baking sheet lined with parchment paper; bake in a preheated 475°F oven until chicken is dark golden-brown, well browned on the edges and registers an internal temperature of 165°F (about 15 min.). Transfer chicken to a large mixing bowl; toss with more sauce to coat, if desired. Serve immediately. Serves 4.

Selection and availability of products and ingredients vary by market.
**EDITOR’S PICKS**

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**global to go**
Fresh, authentically prepared Indian meals from Café Spice were created by celebrated chef Hari Nayak, who’s made multiple appearances as a guest chef on Food Network’s Beat Bobby Flay. They’re made with all natural, antibiotic-free chicken, freshly ground spices, rBST-free milk and non-GMO expeller-pressed canola oil. Many meals are gluten free, vegetarian or vegan. Find a variety of delicious choices in the Deli Department in the Grab & Go Case.

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**designer dressing**
Kewpie is Japan’s most trusted and beloved mayonnaise and salad dressing brand, and has been a staple of Asian cuisine since they introduced mayonnaise to the Japanese kitchen in 1925. Known for the distinctive “umami” flavor of its mayonnaise, the company is also Asia’s number one salad dressing brand. Kewpie prides itself on its wide variety of unique dressing flavors, particularly its signature Deep-Roasted Sesame Dressing. Look for them in the Salad Dressing Aisle.

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**black magic**
Black Garlic Molasses has the texture of syrupy, extra-aged balsamic with a nutty, sweet roasted garlic flavor profile. This authentic Japanese condiment may be used in place of balsamic glaze. Try it on a seasonal caprese salad, drizzle over ramen or stir fry, whisk into salad dressing or use in a marinade. It’s in the Global Foods Aisle.

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**take a dip**
Esti makes non-GMO, gluten-free, super-premium hummus from a traditional Greek recipe in delicious flavors like Lemon, Pesto, Kalamata Olive and more. Made with no preservatives, they have a uniquely smooth texture and authentic taste. Look for Esti in the Deli or Dairy Department.

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**LOCAL PARTNER**

**give them a shot**
So Good So You Probiotic Wellness Shots are packed with over 1 billion probiotic CFUs (colony forming units) to support digestive and immune health. They’re certified organic, Non-GMO Project Verified, 100% vegan and made in a state-of-the-art zero waste Minneapolis manufacturing facility. Find shots to support Digestion, Energy and even Beauty in the Produce Department.

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Selection and availability of products vary by market.
pick a pepper
Georgia has peaches, Idaho has potatoes and New Mexico has Hatch Chiles. A crop harvested once per year in the fall, Hatch Chiles can only be grown in the Hatch Valley of southern New Mexico due to its high altitude, dry climate and rich soil. Like products of the Champagne region of France, a true Hatch Chile comes from nowhere other than the Hatch Valley of New Mexico. All natural, family-farmer-grown Zia Red and Zia Green Hatch Chiles bring an unmatched flame-roasted, smoke-kissed spice to any dish. Find them in the Grocery Department.

special sauce
Lighter in color, flavor and body and slightly sweeter that traditional soy sauce, white soy sauce is a rare and prized ingredient in Japanese cuisine. It’s particularly great for sushi and sashimi. Look for Takuko White Shoyu in the Global Foods Aisle.

grab a bite
Trois Petits Cochons Sous-Vide Egg Bites are made from perfectly cooked cage-free eggs. They’re easy to heat in just a few minutes and are edible cold, too. Try them for a fast and easy breakfast or protein-fueled snack. Find several flavors in the Dairy Department.

sophisticated scents
Minneapolis-based Thymes introduces new scents in their line of Home Fragrance Mists, offering a new and effective way to transform the ambiance of your home, office or car. This fine, delicate mist layers the air with chic, modern, fresh fragrances. Look for Fresh-Cut Basil, Mandarin Coriander, Washed Linen and Passionfruit Neroli in the Gift Department.

functionalitea
New The Republic of Tea Beautifying Botanicals are lovely violet-hued, caffeine-free teas to make you look and feel your best. Daily Beauty is a blueberry and lavender tea. Beauty Sleep is made with chamomile and aromatic rose. Find The Republic of Tea products in the Deli Department.
TRENDING: SAKE

Our choice for sipping this season provides an opportunity to get to know sake. In and of itself, sake (pronounced SAH-kay) is a great food "wine." It’s a fun and appropriate pairing partner for not only sushi and spring rolls but also oysters or a beautifully seared chunk of halibut.

Though sometimes called rice wine, sake is actually crafted through a process more similar to beer, with multiple levels of fermentation. Whereas wines are traditionally categorized by grape varietals, it is the polish rate of the rice that determines the different styles of sake. The polish or mill rate of rice refers to the extent to which the outer portion of the rice is removed, which impacts the final flavor, fragrance and price point of the sake. A 60% milling rate means that 60% of the rice remains (40% of the grain’s exterior has been removed). As such, lower milling rates typically produce a more flavorful and more fragrant sake.

GOOD TO KNOW

Using only the highest sushi-grade fish, experts in each Kowalski’s Deli Department prepare sushi and sashimi fresh all day, every day. Don’t see what you are looking for? Our talented team is happy to make a custom roll for you upon request. With its fresh, clean taste and artful presentation, sushi is a perfect (and popular!) finger food for all manner of warm-weather parties and events.

Selection and availability of products vary by market.
Our summer cocktail suggestion is named for the city that was once the imperial capital of Japan. Clean and fresh with a bright citrusy note, this simple drink is the perfect contrast to flavorful, rich, savory foods, including spicy foods, as well as crispy fried foods and salty snacks.

For this recipe we recommend junmai sake (pronounced June-MY), which has a light fragrance and flavor and a bit of sweetness to match the tart taste of lime. It is one of three very popular types of sake:

**JUNMAI** – A common style of sake milled to at least 70%. Its name means “pure rice,” and it is typically very light and refreshing.

**JUNMAI GINJO** – A more-milled rice produces this variety of sake. Pronounced GEEN-jo, it is milled to a minimum of 60% and is therefore typically a little more full-bodied than junmai but still pleasingly light.

**GINJO** – Regular ginjo is more flowery than junmai ginjo and may also have pure distilled alcohol added to produce a more refined, fruity bouquet.

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**FUN FACT**

In Japan, “sake” refers to alcoholic drinks in general – beer, wine and the beverage we call “sake.” In Japanese, the word for what we refer to as sake is nihonshu (pronounced nee-HOHN-syou).

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**FUN FOODS TO TRY WITH SAKE**

- Noodle Dishes
- Omelets
- Curries
- Tempura
- Stir Fries
- Dumplings

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**SEASONAL SIPPER**

**KYOTO SOURS**

2 lime slices, plus more for garnish
2 dashes green hot sauce
3 oz. *Lime Sour*
6 oz. sake
- ice

In a cocktail shaker, muddle 2 slices of lime with hot sauce; add sour, sake and ice. Shake until cold (about 30 sec.); strain evenly into two lowball glasses over ice. Garnish each glass with lime slices. Makes 2.

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**LIME SOUR**

In a medium saucepan, bring 1 cup freshly squeezed lime juice and ½ cup sugar to a boil over medium-high heat, stirring to dissolve sugar. Remove from heat; cool for 30 min. Store, covered, in the refrigerator. Makes about 1 cup.
One of the most popular items in our deli is Skuna Bay Salmon, so much so that our delis actually sell more Skuna than our Seafood Department! It’s hard to keep up with customer demand for this premium fish, available exclusively at Kowalski’s and top local restaurants. Available fresh year-round, it’s harvested to order and quickly delivered to the Twin Cities to ensure it’s at least seven days fresher than any other salmon selections in town.

Our deli team was recently invited to visit Skuna Bay off of Vancouver Island in British Columbia. There they observed the craftsman farmers using farm-to-table, nonindustrial techniques that protect both the natural glacier-fed waters of the Pacific Ocean and the native fish populations. These farmers/fish lovers live on the farm 24/7 and work daily to ensure that the marine environment stays as pristine as when the farm was established. Once fish are harvested from a Skuna site, that ocean location is allowed to rest and regenerate before being restocked. Unlike much farm-raised fish, Skuna salmon live in a low-pen-density environment and eat a diet of fish – just as they would in the wild – as much as can be managed without putting undue pressure on other fish populations. Upon harvest, Kowalski’s salmon is hand-selected and specially packaged to ensure that ours is the best quality salmon you’ll find anywhere in the Twin Cities, guaranteed.

In addition to offering our Signature Kalbi Salmon daily, this season our in-store chefs will also be featuring a fresh, summery take on Skuna: Bruschetta Salmon, featuring our new and improved recipe for Fire-Roasted Tomato Bruschetta Topping, also available in the Deli. Look for Bruschetta Salmon in the Hot Foods Table on Tuesdays and Thursdays from May through July.
Burgers may rule the season, but there’s another popular beef sandwich that’s easier than ever thanks to Kowalski’s Signature Solutions: Steak and Cheese Hoagies. We slow cook whole beef top round for hours until it’s meltingly tender, slice it perfectly, then pack it in its own intensely beefy juices. All you need to do is warm it up.

STEAK AND CHEESE HOAGIES

2 tbsp. Kowalski’s Unsalted Butter
2 tbsp. Kowalski’s Extra Virgin Olive Oil
14 oz. Kowalski’s Mushrooms & Onions (from the Produce Department)
- kosher salt and freshly ground Kowalski’s Black Peppercorns, to taste
1 lb. Kowalski’s Roast Beef au Jus
- Kowalski’s Horseradish Pub Mustard or English-Style Horseradish, to taste
4 Kowalski’s Hoagie Rolls, split horizontally ¾ of the way through
4 slices Kowalski’s Provolone Cheese

In a large nonstick skillet over medium-high heat, melt butter into olive oil. Add mushrooms and onions to the pan; cook until onion is translucent and mushrooms are golden (3-5 min.). Season with salt and pepper. Add beef to pan; heat through (about 5 min.). Spread mustard on cut sides of each roll; top with cheese slices, hot beef and mushroom mixture. Serve immediately. Serves 4.

Serve it with our Signature Mushrooms & Onions blend from the Prepared Produce Section of the Produce Department or opt for our Fajita Blend featuring sliced bell peppers. When served on a freshly baked hoagie roll from the Bakery Department, you have a burger alternative that’s fast, delicious and satisfying on those not-so-great-for-grilling days. Don’t miss out on the flavor bomb provided by Kowalski’s Signature English-Style Horseradish Sauce or, for mustard fans, our mildly sweet-with-a-kick Horseradish Pub Mustard.

Find Kowalski’s Roast Beef au Jus in the Meat Department.

Try locally brewed Insight Troll Way IPA, a bitter and balanced West Coast IPA, with this sandwich.
Hidden Gem

Chimichurri

Sometimes called Argentinian pesto, chimichurri is a raw sauce typically made primarily with chopped parsley, minced garlic, olive oil and oregano. Our recipe adds a bit of cilantro, lime and jalapeño for added brightness and a mild kick. While chimichurri is traditionally served with grilled beef, making it a no-brainer with burgers, it’s also a great compliment to intensely flavored fish (like salmon) and even chicken.

When first introduced in our stores about three years ago, few knew much about chimichurri or how to use it. These days, it’s a staple in the Dips & Spreads Section of the Deli Department, and customers simply can’t get enough. The tangy, garlicky, fresh herb flavor brightens any dish it’s used on. Here are two of our seasonal favorites:

Chicken Chimichurri Salad

2 cups chopped or shredded Kowalski’s Signature Rotisserie Chicken, cold
¾ cup finely chopped celery
½ cup chopped sugar snap peas
7 ½ oz. canned garbanzo beans, rinsed and drained
4 oz. Kowalski’s Signature Chimichurri
2 tbsp. slivered almonds

In a large mixing bowl, combine chicken, celery, peas, beans and chimichurri. Fold in almonds just before serving. Serve immediately or store in the refrigerator, covered, for up to 3 days. Serves 4.

Chimichurri Burgers

1 ½ lbs. grass-fed ground beef
4 Kowalski’s Wheat Hamburger Buns, split horizontally and lightly toasted
- toppings: Kowalski’s Signature Chimichurri and thickly sliced tomatoes, to taste

Using clean hands, form beef into 4 hamburger patties. Grill burgers over high heat, covered, until done (about 4 min. per side for medium doneness), turning once. Remove from heat; let stand for 3-5 min., loosely covered with foil, before serving. Serve on buns with chimichurri and tomatoes. Serves 4.
At recent count there were about 8.2 million results for a Google search on grazing boards. A foodie work of art, a good grazing board is also a culinary treasure trove of symbiotic snacks. But how exactly does it differ from a cheese board?

Grazing boards often but not always include cheese as well as traditional cheese board accompaniments like cured meats and crudités. Like many cheese platters they may include crackers, condiments, olives, nuts, fresh and dried fruits, veggies and maybe even chocolate. But not all grazing boards actually include cheese and its most common partners. They may even feature assortments of just a few of these items or be limited to an assortment of just fruit or only chocolate foods.

Another key feature of the grazing board is the inclusion of dips and spreads, from jams and caramel sauces to chip dips and hummuses. Like cheese boards, the foods on a grazing board are no-cook and ready to eat, but one differentiating factor is that grazing boards are often composed of bite-sized or individual portions – no cheese knives needed. Delicious and fun foods – including sweet and salty snack foods not often found on a traditional cheese platter, like mini pastries, cookies, potato chips, pretzels and candy – are also increasingly common.

Grazing boards have a particularly artful arrangement that’s a little different than a traditional cheese plate, too. It’s common to swirl, pile, layer and swoop like foods together with little to no space between the components. Small bowls to hold spoonable or spreadable ingredients are typically nestled between ingredients around the board. With such lovely presentations of colors and textures, grazing boards usually have little to no inedible garnishes and many times no garnishes at all.

Like cheese boards, themes are always fun, with grazing boards providing even more opportunity to branch out to unique occasions. Here are some ideas for your upcoming spring and summer get-togethers:

**MOTHER’S DAY BRUNCH OR BREAKFAST:** Mini croissants, muffins, scones and other breakfast pastries, assorted fresh berries, jam, hazelnut spread, shortbread, butter, honey and Kowalski’s Brie Cheese

**BABY OR BRIDAL SHOWER:** Toffees, chocolate bark, Kowalski’s Cocoa-Dusted Almonds, Kowalski’s Deep Dark Hot Fudge Sauce, dried apricots, fresh strawberries, mini cookies, macarons (from the Pastry Case at select markets), meringues and Orange-Ginger Marcona Almonds (from the Specialty Cheese Department)

**PROM OR GRADUATION PARTY:** Yogurt-covered pretzels, M&Ms, Kowalski’s Candy Popcorn, jelly beans, cheese crackers, Kowalski’s Dill Dip, baby carrots, Cheddar cheese cubes, Kowalski’s Hunt & Seek Trail Mix, red grapes and gummy worms

**FATHER’S DAY PICNIC OR BBQ:** Deviled eggs, Kowalski’s Pimento Cheese Spread, pretzel crisps, Kowalski’s Grass Fed Uncured Beef Sticks, garlic-stuffed olives, chunks of salami, Kowalski’s Sriracha Hummus, pita chips, watermelon spears and Kowalski’s All-Star Mixed Nuts

Photos on this page courtesy of Brooke Lark, Unsplash.com/@brookelark Selection and availability of products vary by market.
Global foods aren’t just about curries, stir fries and tacos. Even the most iconic All-American meals can become international recipes when you add the right ingredients. Burgers are a perfect palette for experimentation with imported cheeses and other worldly sauces and condiments. Our recipe collection for this season also showcases a variety of beef, turkey and even veggie patties as well as our wide assortment of fresh-baked buns.

**BUCKED BURGERS**

1 ½ lbs. ground chuck
4 slices Kowalski’s Colby Jack Cheese
4 Kowalski’s Sweet Egg Buns, split horizontally and lightly toasted
- toppings: Kowalski’s Fresh Guacamole, Kowalski’s Fresh Organic Pico de Gallo and fresh cilantro leaves, to taste

Using clean hands, form beef into 4 hamburger patties. Grill burgers over high heat, covered, until done (about 4 min. per side for medium doneness), turning once. Top with cheese after turning. Remove from heat; let stand for 3-5 min., loosely covered with foil, before serving. Serve on buns with desired toppings. Serves 4.

**TUSCAN GOURMET GORGONZOLA BURGERS** (from the cover)

1 ½ lbs. Akaushi ground chuck
½ cup crumbled Gorgonzola cheese
4 Kowalski’s Pretzel Buns, split horizontally and lightly toasted
- toppings: Prosciutto Crisps, baby arugula and Divina Fig Spread, to taste

Using clean hands, form beef into 4 hamburger patties. Grill burgers over high heat, covered, until done (about 4 min. per side for medium doneness), turning once. Top evenly with cheese after turning. Remove from heat; let stand for 3-5 min., loosely covered with foil, before serving. Serve on buns with desired toppings. Serves 4.

*Find our recipe for Prosciutto Crisps at www.kowalskis.com.*
PORTOBELLA BURGERS ROMESCO

½ cup Kowalski’s Balsamic Vinegar
3 tbsp. Kowalski’s Extra Virgin Olive Oil
1 tsp. Kowalski’s Bold Italian Seasoning
- kosher salt and freshly ground Kowalski’s Black Peppercorns, to taste
4 portobella mushroom caps, whole, gills cleaned
4 Kowalski’s Sprouted Hamburger Buns, split horizontally and lightly toasted
- toppings: Romesco Sauce, sliced red onion, sliced avocado and fresh baby spinach, to taste

In a large bowl, whisk together vinegar, olive oil, Italian seasoning, salt and pepper. Marinate mushrooms at room temperature for 1 hr. On a grill preheated to medium, place mushrooms directly over heat, gill-side down. Grill mushrooms until browned and tender when pierced with a fork, turning several times (6-8 min. total). Serve on buns with desired toppings. Serves 4.

PIZZAIOLA SAUCE

Heat 2 tbsp. Kowalski’s Extra Virgin Olive Oil in a small saucepan over medium heat. Add 2 cloves finely minced garlic, 1 tsp. dried oregano, ¼ tsp. fennel seeds and ¼ tsp. crushed red pepper flakes; cook until fragrant (1 min.). Add a drained 15 oz. can of petite diced tomatoes; bring to a boil. Reduce heat to low; simmer until thick (8-10 min.). Season to taste with kosher salt and freshly ground Kowalski’s Black Peppercorns.

Makes about 1 cup.

PIZZAIOLA BURGERS

1 ½ lbs. ground chuck
4 thin slices Kowalski’s Fresh Mozzarella Cheese (from the Specialty Cheese Department)
4 Kowalski’s Sweet Egg Buns, split horizontally and lightly toasted
- toppings: fresh basil leaves and Pizzaiola Sauce, to taste

Using clean hands, form 4 hamburger patties with the beef. Grill burgers over high heat, covered, until done (about 4 min. per side for medium doneness), turning once. Top with cheese after turning. Remove from heat; let stand for 3-5 min., loosely covered with foil, before serving. Serve on buns with desired toppings. Serves 4.

TURKEY BURGERS MARINARA

½ tsp. kosher salt
¼ tsp. freshly ground Kowalski’s Black Peppercorns
- cooking spray
4 oz. Kowalski’s Sliced Provolone Cheese
4 Kowalski’s Butter Buns, split horizontally and lightly toasted
½ cup marinara sauce, warmed in the microwave
- fresh basil, for garnish

Combine first 10 ingredients (through black pepper) in a large mixing bowl. Using clean hands, mix thoroughly; form 4 patties. Spray burgers very lightly on both sides with cooking spray. On a grill preheated to medium-high, grill burgers directly over heat until done (4-5 min. on each side), lid down, turning once and topping evenly with cheese in the last 2 min. of cooking. Remove from heat and tent burgers loosely with foil; let stand for 3-5 min. Serve on warm buns topped with sauce and garnished with fresh basil. Serves 4.

Easy-drinking Inbound NOLO Pale Ale is another great Minneapolis brew that’s light but not lightweight.

In a food processor, combine a drained 8 oz. jar of roasted red bell peppers, ½ oz. fresh basil, 2 oz. slivered almonds, 3 tbsp. Kowalski’s Extra Virgin Olive Oil, 3 cloves garlic and ½ tsp. kosher salt. Process until well blended but still slightly chunky. Cover with a thin layer of olive oil and store in the refrigerator for up to 3 days. Makes about ¾ cup.

Minneapolis’ Fulton Lonely Blonde American Pale Ale has a crisp carbonation and lingering sweetness that would nicely balance the flavors of garlic and herb in this burger.

BEER suggestion

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Minneapolis’ Fulton Lonely Blonde American Pale Ale has a crisp carbonation and lingering sweetness that would nicely balance the flavors of garlic and herb in this burger.
Spring salads with a bit of Italian flair are a worldly way to start salad season off right. Prosciutto, provolone, pine nuts and pepperoncini as well as Gorgonzola, olives, salami, artichokes and radicchio embody Italia in these new recipes featuring two of Kowalski’s Signature Fresh Salad Dressings. Steakhouse Blue is a creamy, bold yet approachable blue with hints of garlic and black pepper. Sicilian Basil is a marvel – sweet and creamy with tons of fresh basil and a touch of honey and Dijon mustard. Look for them in the Produce Department.

ITALIAN STEAKHOUSE COBB SALAD GF

1 head romaine lettuce, washed in ice-cold water, chopped and spun thoroughly dry
- Kowalski’s Fresh Steakhouse Blue Dressing, to taste
4 Prosciutto Crisps, crumbled
½ cup marinated artichoke hearts (from the Olive Bar), drained and quartered
¼ cup crumbled Gorgonzola cheese
¼ red onion, thinly sliced vertically
¼ cup pitted olives (your choice), cut in half lengthwise
¼ cup sliced pepperoncini peppers
3 hard-boiled eggs, quartered
8 grape tomatoes, cut in half lengthwise
2 tbsp. pine nuts, lightly toasted
- freshly ground Kowalski’s Black Peppercorns, to taste

In a large mixing bowl, toss romaine generously with dressing; arrange on a serving platter. Top with remaining ingredients, arranging in stripes or wedges if desired. Drizzle with extra dressing or serve on the side. Serve with pepper at the table for seasoning. Serves 4.

SICILIAN CHOPPED SALAD GF

2 heads romaine lettuce, finely chopped, washed in ice-cold water and spun thoroughly dry
4 oz. radicchio (about ¼ head), finely shredded, washed and spun thoroughly dry
- Kowalski’s Fresh Sicilian Basil Dressing, to taste
4 oz. hard salami, finely diced
4 oz. provolone cheese, finely diced
12 grape tomatoes, washed
10 Kalamata olives
½ cup rinsed and drained garbanzo beans
10 drained and sliced artichoke hearts
½ red onion, thinly sliced vertically
2 tbsp. pine nuts, lightly toasted (optional)
- fresh basil, cut into thin ribbons, to taste
- freshly ground Kowalski’s Black Peppercorns, to taste

In a large mixing bowl, toss romaine and radicchio generously with dressing. Add next 7 ingredients (through onion); toss. Add additional dressing to taste; toss again. Arrange salad on a serving platter. Sprinkle with pine nuts and basil. Drizzle with extra dressing or serve on the side. Serve with pepper at the table for seasoning. Serves 8.
Some bristle at the idea of calling it a steak, but a nice thick slice of cauliflower is a satisfying vegetarian supper no matter what it’s called. Ready to cook indoors or, when weather permits, the grill, you’ll find thick-cut cauliflower heads in the Prepared Produce Section of the Produce Department. This is our favorite way to enjoy them.

ROASTED CAULIFLOWER STEAKS

¼ oz. fresh thyme
3 tbsp. Kowalski’s Extra Virgin Olive Oil
3 cloves garlic, finely minced
2 tsp. Kowalski’s Bold Italian Seasoning
- kosher salt and freshly ground Kowalski’s Black Peppercorns, to taste
20 oz. (2 pkgs.) Kowalski’s Cauliflower Steaks
- Caper-Pine Nut Vinaigrette, for serving

Remove leaves from thyme stems; discard stems. In a small mixing bowl, whisk together thyme leaves, oil, garlic, seasoning, salt and pepper. Place cauliflower steaks on a parchment-lined baking sheet; brush generously on all sides with seasoned garlic oil. Roast in a preheated 450° oven until dark golden-brown on the bottom and cooked through (15-20 min.). Drizzle with dressing to taste; serve immediately. Serves 4.

CAPER-PINE NUT VINAIGRETTE

In a small mixing bowl, whisk together 2 tbsp. fresh lemon juice, 1 tbsp. drained capers, 1 tbsp. golden raisins, 1 tbsp. toasted pine nuts, 2 tsp. Kowalski’s Pure Honey and ½ tsp. lemon zest. Slowly whisk in 2 tbsp. Kowalski’s Extra Virgin Olive Oil. Season to taste with kosher salt and freshly ground Kowalski’s Black Peppercorns.
I recently saw the phrase food tourism in an article and loved the possibilities attached to those two words. Food tourism is about “traveling” to different parts of the world through foods specific to a particular country or heritage. It’s about learning how a dish is created, which signature ingredients make it unique, what meaning a dish has in a culture and how that dish reflects the story of its people. The creative juices were stewing. What could food tourism mean as we (Kowalski’s and, hopefully, you) think about, learn about and dive into the vast and growing landscape of global foods available to us?

Some folks have the chance to travel and experience different food cultures, flavors and traditions. But you don’t need to hop a plane to take a culinary vacation. You can tour the global food scene without leaving home. All you need to pack is a good measure of curiosity. Start your expedition, discover your favorites, grab a grocery cart and explore the world of possibilities. These tips can help.

GRAB A GUIDE. The Twin Cities is incredibly fortunate to have brilliant “tour guides” around town to help us understand the heritage of their native foods, such as Hmong chef Yia Yang of Union Kitchen, Sean Sherman (The Sioux Chef) and caterer Lachelle Cunningham, known for her rockin’ good globally-inspired comfort food. From restaurants and pop-ups to food trucks and events, there is no shortage of food tourism opportunities around town.

GO WITH WHAT YOU KNOW. American cuisine is known for its affinity for meat and poultry. If these foods are part of your usual eats, use them as your launch pad to explore. Think pork in a Portuguese stew, sausage in a warming bowl of Ukrainian borscht or some zesty Thai chicken lettuce wraps.

SPICE IT UP. Curry, cilantro, chipotle powder, oregano, fennel, ginger, jerk seasoning or an infinite number of spice and herb combinations can help a plain tilapia fillet, can of beans, bowl of greens or cup of yogurt channel a faraway destination. Bottled sauces and seasoning packets do, too, and you’ll find many in our Global Foods Aisle.
CONSIDER TRENDING CUISINES. Every year food experts issue a variety of lists of happening flavors, ingredients and cuisines. This year *tajín* (a spicy, citrusy Mexican seasoning) is all the rage, as are Indian, Southeast Asian and Middle Eastern dishes. Check the trends for inspiration, then dive deeper into the various cultures and ingredients on the list.

The always trendy (and super healthful) Mediterranean Diet provides the opportunity to explore several Mediterranean regions of the world, each with its own distinctive dishes to discover, including Greece, Morocco, France, Italy, Spain and Egypt. Give them all a go.

LOOP IN SCHOOL LESSONS. Kids are naturally curious about food, and research shows children’s palates are shaped by the food environment they live in. Going global at home will help them broaden their concept and understanding of what food is here and elsewhere. Because school teaches kids about different parts of the world and different cultures, consider using homework assignments as inspiration for meals. Cooking new foods adds another layer of learning to the mix and is an effective way to grow adventuresome eaters. Kids will love the hands-on opportunity to understand how food, its creation and importance are a key part of every culture. The more involved kids are in meal planning and preparation, the more likely they are to try new foods.

Creating globally inspired dishes can be – and ideally is – about more than just the meal. These dishes are a way to “meet” new people, become an eating explorer and get a sense and appreciation for other ways of life. Open up a big world of possibilities in your kitchen.

**Bonus Points**

While particularly delicious, a healthy burger doesn’t have to be vegetarian or bunless. Sometimes only a good old-fashioned beef burger will do. All varieties of beef are rich in protein and key vitamins and minerals, including vitamin B12, iron, selenium and zinc. You can beef up the health contribution of beef even more when you pay attention to a brand’s fat composition. Our grass-fed and Akaushi varieties have advantages.

**Bonus points for grass-fed ground beef:**
- Less total fat and less saturated fat content of regular ground beef
- Less cholesterol
- More healthful omega-3 fats

**Bonus points for Akaushi ground beef:**
- More heart-healthy monounsaturated fats than regular ground beef
- More oleic acid than regular ground beef (this fatty acid can also be found in olive oil and has anti-inflammatory properties)
Even bratwurst gets in on the world of fun we’re having with global flavors in our choice for this supper of the season. Sauerkraut, caraway seeds and a fast homemade Thousand Island Dressing bring about this brat-meets-Reuben mash-up that’s sure to be a hit with sandwich and sausage lovers alike.

**SEASONAL SUPPER**

**REUBEN BRATS WITH THOUSAND ISLAND DRESSING**

- 4 Kowalski’s Fresh Naturally Raised Bratwurst
- 4 Kowalski’s Butter Sausage Buns (from the Bakery Department)
- Thousand Island Dressing, to taste
- ½ cup (approx.) sauerkraut
- caraway seeds, to taste

On a grill preheated to medium-high, grill brats directly over heat until cooked through (about 8 min.), turning occasionally. Slice buns; spread dressing on cut sides. Place brats in buns; top with kraut, additional dressing and caraway seeds. Serve immediately.

**THOUSAND ISLAND DRESSING**

On a wooden cutting board, finely mince 1 small clove garlic; mash with ¼ tsp. salt using the flat side of a chef’s knife. In a small mixing bowl, whisk together garlic paste, ⅛ cup mayo, ¼ cup chili sauce, 2 tbsp. ketchup and 2 tsp. sweet pickle relish until combined. Season with additional salt and pepper to taste. Store, covered, in the refrigerator for up to 2 days. Makes about 1 cup.

**BEER SUGGESTION**

Surly Hell is a locally brewed pale gold German-style lager with bready malt aromas and flavors, floral hop aroma and a balanced finish.

**DID YOU KNOW?**

Made locally with our own recipe, Kowalski’s Brats are the best in town. Visit the Meat Department to find traditional bratwurst, as well as unique flavors you can’t find anywhere else, such as Wild Rice & Asiago. Their natural casing provides the perfect old-fashioned snap when you bite into them. And, of course, all of our sausages are made with meat that has been raised with no growth stimulants or antibiotics.