

Compliments of Kowalski's

OUR **75TH** ISSUE!

August - October 2022
THE JOY OF GOOD FOOD

KOWALSKI'S AT HOME

live. love.

LOCAL

IT'S PUMPKIN
SPICE SEASON

**SUPER
SHRIMP**



*Air-Fried Coconut
Shrimp (page 13)*

AIR-FRIED EVERYTHING!

The Family Grocery Store with the Family Still in It

Thoughts from the KOWALSKIS

Our favorite season in Minnesota is Minnesota Grown season! We celebrate it at this time every year, when the fields are lush with crops and summer's bounty is at its height. But the truth is there's plenty of Minnesota Grown harvesting happening indoors, too – all year round! That's certainly true of two of our newest Minnesota Grown partners, The trū Shrimp Company and R&R Cultivation. These companies work hard to ensure sustainability in seafood and mushroom farming, respectively. You can learn a bit more about both businesses starting on page 12.

Cooking with Minnesota Grown ingredients makes things delicious, and we're here to make delicious things easy! That was the theme for Culinary & Branding Director Rachael Perron this season. Her team has put together a collection of ideas that make back-to-school season a whole lot more manageable. She's highlighting the best in Grab & Go meals from our delis, with a special look at some family-friendly dinner options, on pages 6 and 7. Look for her popular recipe for super simple Korean lettuce wraps on page 18. A new feature, "Sheet Pan Supper," means dinner AND the dishes are done in no time. Find that on page 19.

A popular kitchen tool that makes fried foods easier is all over this issue of *At Home*. Seems like there's nothing you *can't* cook in

a countertop air fryer! From shrimp and chicken to zucchini and ravioli, we're getting our crisp on this season. Read more about what you can do with your machine starting on page 20, and don't miss the recipe for taquitos on the back cover.

We're especially pleased to share the feature on page 10, where we dive into our civic governing process, the foundation of our business. We believe our company is about more than just groceries. Our most important work is grounded in the idea that we can all contribute to the sustainability of our democracy and create an abundant, just society. If you've seen our Identity Statement printed on the side of our paper bags and ever wondered exactly what it meant, turn to page 10 to find out.

Local gifts, local spiced rum, a peek inside our Oak Park Heights Market, a tribute to pumpkin-spiced everything and, of course, a new feature from our Nutritionist, Sue Moores, M.S., R.D., round out this issue of *At Home* – our 75th! We sure hope you'll enjoy it.



Food Matters! Truth Matters!
Mary Anne Kowalski and
Kris Kowalski Christiansen

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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FIND YOUR LOCAL MARKET AT KOWALSKIS.COM

STELLA'S DOG SNACKS GF V VE DF
MAKES ABOUT 60

Perfect homemade treats for your own little (or big) Boo Boo Baby.

- 2 cups gluten-free whole-grain oat flour (or whole-wheat flour), such as Bob's Red Mill brand
- 14 oz. puréed all natural baby food (such as pumpkin, apple, sweet potato, banana, carrot or a combination)

DIRECTIONS:

1. Preheat oven to 350°.
2. In a large mixing bowl, combine flour and baby food; stir to combine, creating a sticky dough.

3. Spoon and press dough into silicone molds; level off the top to create evenly shaped pieces.
4. Place molds on a baking sheet; bake in preheated oven until snacks are light golden-brown on the edges (20-25 min.).
5. Turn off oven; leave snacks in the oven until completely cool.
6. Remove snacks from molds; let stand at room temperature for 2 hrs.
7. Transfer snacks to an airtight container; store in the refrigerator for up to 3 weeks.

Tasty Tip: The number of treats will depend on the size and shape of your molds. A 1 ½" x 1" x ½" mold will yield about 60 snacks.

Important Note: Check with your vet to confirm that the ingredients you are using are safe and healthy for your dog.

COOKING  HOME:

WOMAN'S BEST FRIEND

I've written many recipes for loved ones over the years: sister, daughter, son, husband, mother-in-law, best friend and so on. However, there is one very special friend I've yet to write for, even COOK for – until now.

This furry friend came into my life at what should have been a hard – very hard – time. In the midst of 2020, while preparing to send my oldest off to college, sheltering in place, and all that came with that, I found the support I needed in my sweet Boo Boo Baby, or, as most people know her, Stella, my Cavapoo (Cavalier King Charles spaniel-miniature poodle).

Those who know me well were beyond shocked when I brought Stella home. I've said over and over that I'd *never* have a pet in my house, to the point where my 14-year-old son once didn't speak to me for two days. 2020 changed all that, to the point where I actually came to deeply understand the concept of therapy dogs. She's one loved little baby and is always there whenever any of us needs a snuggle, a walk, a chat or – my favorite – a nap. In the last two years, she's grown from a tiny pup to grown-up Stella Bella, Bella Baby and Baby Boo Boo (or Boo Boo Baby, depending on the day).

I'm particularly fastidious about what Boo Boo eats. She doesn't get table scraps of any kind, and we're picky about her food and treats – more than I probably was with my actual (human) children. But in return for all Stella has given me and my family and to celebrate her 2nd birthday this summer, I finally created a recipe just for her.

My recipe for **Stella's Dog Snacks** (on the facing page) is really simple and made from clean, dog-safe ingredients that I know she loves: carrots and apples, with a little sweet potato mixed in. I make them in dog-bone-shaped silicone molds, but Stella wouldn't care if they were hearts, fish or teddy bears. You could even roll them out and use cookie cutters. Baby food makes them super easy to prepare, but you can certainly purée your own combination of dog-safe vegetables or fruits and use either whole-wheat or oat flour to create a custom snack for your own fur baby.

Warmly, *Rachael*

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



SIGNATURE PRODUCT FOCUS

TOMATO TORTELLINI SOUP

SERVES 4

Your favorite pasta dinner becomes your favorite brothy Italian soup.

- 1 tbsp. Kowalski's Extra Virgin Olive Oil
- 2 cloves garlic, finely minced
- 14 oz. Kowalski's Canned Diced Tomatoes
- 14 oz. Kowalski's Canned Cannellini Beans, rinsed and drained
- 2 links Kowalski's Smoked & Uncured Italian & Mozzarella Sausage, diced
- 2 tsp. Kowalski's Pizza Seasoning
- 2 tsp. brown sugar
- ¼ tsp. freshly ground Kowalski's Black Peppercorns
- ¼ tsp. crushed red pepper flakes
- 4 tsp. Kowalski's Organic Roasted Chicken Broth Base, prepared with 4 cups hot water
- 16 oz. Kowalski's Signature Fresh Pomodoro Sauce (from the Dairy Department)
- 8.8 oz. pkg. Kowalski's Fresh Four Cheese Tortellini (or another flavor), from the Dairy Department
- 2 tbsp. heavy cream
- 1 tbsp. Kowalski's Freshly Squeezed Lemon Juice (from the Produce Department)
- garnishes, to taste: freshly grated Kowalski's Signature Parmesan Cheese, freshly grated lemon zest and thinly sliced fresh basil

DIRECTIONS:

1. Heat oil in a large, deep pot over medium heat until very hot.
2. Add garlic; cook, stirring constantly, until garlic is fragrant (1-2 min.).
3. Add tomatoes, beans and sausage; cook and stir until liquid from the tomatoes is nearly evaporated (2-3 min.).
4. Add seasoning, sugar, pepper and red pepper flakes; stir for 1 min.
5. Stir in broth and pomodoro sauce; increase heat to medium-high and bring to a low boil.
6. Add tortellini; cook until pasta is tender and hot (about 2 min.; it will float to the surface and swell slightly).
7. Remove pot from heat; stir in cream and lemon juice.
8. Garnish individual servings to taste.

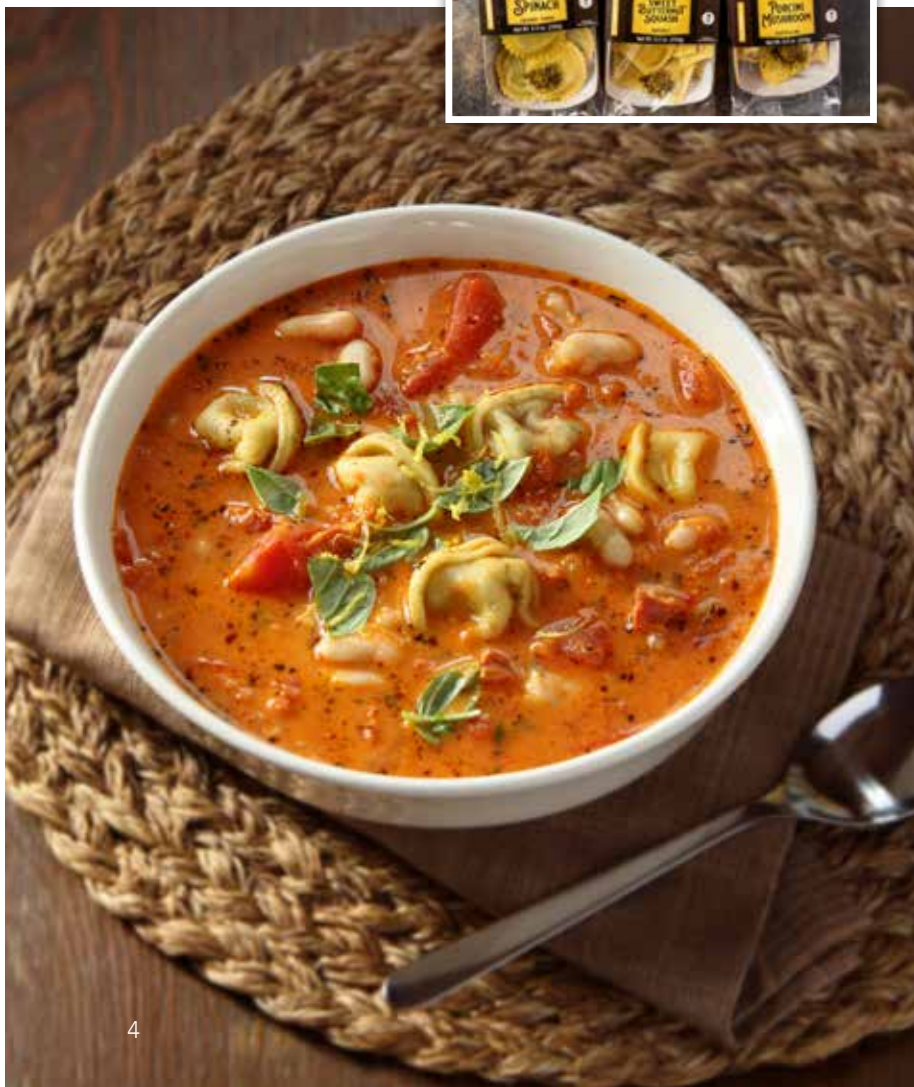
The Kowalski's Signature Products program isn't just about putting our name on products – it's about identifying products we love. When you select an item bearing the Kowalski's name, you can be sure that we worked – sometimes for years – to ensure that the recipe was just right, the quality was unmatched and that we wanted to buy this product for ourselves just as much as we wanted to sell it to you! In that regard, the Kowalski's label is more than a statement. It's an assurance – better yet, a promise – of excellence, distinction and good taste. Because at Kowalski's, it's all about the joy of good food.

KOWALSKI'S FRESH FILLED PASTAS

"The secret is in the sauce"? We think the secret is actually in the pasta! Our stuffed pastas are imported from Italy's oldest filled pasta producer and are still made using classic techniques. Crafted with cage-free eggs and top-quality fillings, our stuffed pastas are all natural and EU Certified Organic. They will be the secret to your next Italian pasta dinner. Try all six:

- FOUR CHEESE TORTELLINI
- FIRE-ROASTED TOMATO, MOZZARELLA & BASIL RAVIOLI
- BUFFALO MILK MOZZARELLA RAVIOLI
- SWEET BUTTERNUT SQUASH RAVIOLI
- PORCINI MUSHROOM TORTELLINI
- RICOTTA & SPINACH GRANDI TONDI

Look for them in the Dairy Department.



AIR-FRIED RAVIOLI V

SERVES 6

These crispy pasta pillows puff when you cook them! They're also delicious dipped in our Fresh Buttermilk Ranch Dressing.

- | | |
|---|--|
| <p>8.8 oz. pkg. Kowalski's Fresh Ravioli (from the Dairy Department)</p> <p>¼ cup Italian seasoned breadcrumbs</p> <p>¼ cup panko breadcrumbs</p> <p>2 tbsp. freshly grated Kowalski's Signature Parmesan Cheese</p> <p>1 tsp. Kowalski's Pizza Seasoning</p> | <p>¼ cup flour</p> <p>2 eggs, lightly beaten</p> <p>- Kowalski's Extra Virgin Olive Oil Spray</p> <p>- fresh basil, cut into ribbons, for garnish (optional)</p> <p>- Kowalski's Signature Fresh Pomodoro Sauce (from the Dairy Department), warmed, for serving</p> |
|---|--|

DIRECTIONS:

1. Cook pasta according to pkg. directions; cool to room temperature.
2. Place cooled ravioli on paper towels; set aside.
3. Preheat an air fryer to 375°.
4. In a shallow dish, mix breadcrumbs, cheese and seasoning. Place flour and eggs in separate shallow dishes.
5. Lightly coat ravioli in flour, shaking off excess; dip floured ravioli in egg, then coat with crumb mixture, lightly pressing to adhere.
6. Working in 2-3 batches, arrange ravioli in a single layer, not touching, in air fryer basket; spritz with olive oil spray on both sides.
7. Cook ravioli in preheated air fryer for 4 min.
8. Reduce air fryer to 360°; flip ravioli. Cook until golden-brown (3 min. more).
9. Garnish with basil; serve with warm sauce for dipping.

**KOWALSKI'S SIGNATURE FRESH PASTA SAUCES**

Made locally in small batches from authentic recipes, our line of fresh pasta sauces is one of our most popular meal-makers. **Pomodoro** is loaded with fresh tomatoes and herbs. **Alfredo** is creamy and rich. **Bolognese** is one of our Culinary Director's most popular recipes of all time. It's made with beef, pork and pancetta plus red wine and milk for the requisite Bolognese-rich mouthfeel. Try our sauces straight up on pasta or visit our website for a slew of recipes that use these flavorful products as the basis of soups, casseroles, fish, chicken dishes and more. *Look for them in the Dairy Department.*

**KOWALSKI'S SIGNATURE GARLIC BREAD**

Our foil-wrapped loaves of **Traditional** and **Cheesy** garlic breads are reason enough to make pasta for dinner! They're made with our artisan French bread, baked fresh in-store and filled with handmade garlic butter. Simply unwrap and heat in your oven for Italian restaurant-style garlic bread made easy. *Look for them in the Bakery Department or in the Italian Foods Case at select stores.*

SERVICE

dinner's DONE

TACO KIT

This family favorite makes every Tuesday better. It is prepared in-house with Gerber's Amish Farm Chicken, corn tortillas, Cheddar Jack cheese and a crunchy taco slaw – plus fresh pico de gallo and guacamole, of course!

Prepare yourself for a restaurant-quality experience at home with Kowalski's selection of Grab & Go entrées. Handmade in our kitchen from our own exclusive Signature recipes, they make mealtime both easy and delicious. A few of our favorite back-to-school choices are featured below:



also look for: LASAGNA

Everyone's favorite pasta meal, lasagna, is made with our own Signature Fresh Pomodoro Sauce, sausage, beef, fresh noodles and SIX kinds of Italian cheese. Look for single-serving slices in the Deli Service Case and Grab & Go Case.



GRILLED CHICKEN WITH HERBED FARRO

This healthy choice is made with fresh chicken seasoned with our Award-Winning Rotisserie Seasoning. It's accompanied by broccoli florets and a farro salad made with Sartori MontAmoré cheese, lots of fresh herbs and a lemony garlic vinaigrette. Find it in the Grab & Go Case.



SHEPHERD'S PIE

This Signature favorite is distinguished by its mashed potato topping flavored with Cheddar cheese, fresh rosemary and thyme. Individual pies are also available and make a great meal for two when paired with one of our fresh Grab & Go salads.



Susan Moores, M.S., R.D.
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no need to skimp on **SHRIMP**

Shrimp is a delicious (and nutritious) variety of shellfish, but it could benefit from an image reboot. For years shrimp has had a bad rap because of the amount of cholesterol it contains. A three-ounce serving has nearly the same amount of cholesterol as an egg yolk, a little more than half of what the American Heart Association says we should eat in a day. But as time and research have marched on, so too has our understanding of how the cholesterol we eat influences heart health. We now know saturated fat, trans fats and overall eating styles are much more influential to our blood cholesterol levels than the cholesterol in food. That's not to say "food cholesterol" is inconsequential, particularly for people with high blood cholesterol levels and diabetes. It just matters less than once thought and can and should be back "on the menu."

Often, foods rich in cholesterol also have a meaningful amount of saturated fat. That's not the case with shrimp. Three ounces of shrimp contains 0.1 grams of saturated fat and no trans fats (unless added during preparation). Besides a great source of protein, shrimp is an excellent source of selenium, an antioxidant that protects cells in your body from damage;

vitamin B12 and choline, which nourish your brain; and iodine, a key nutrient for the function of certain hormones.

Though not as robust as salmon, trout or tuna, shrimp boasts a respectable amount of omega-3 fats, which are valuable to calming inflammation and supporting brain and heart health. Shrimp also contains a phytonutrient called astaxanthin, which, studies show, promotes significant antioxidant and anti-inflammation activity in the body. It also has antibacterial properties and protects against the damage ultraviolet rays can cause to skin. Astaxanthin may have heart health benefits, too, as it can help increase high-density lipoproteins (HDLs), which help keep blood cholesterol levels in check.

Unless you are part of the 2% of people who are unfortunately allergic to shrimp or have another medical condition that requires you to avoid them, these mild, light, slightly sweet-flavored crustaceans are a great addition to your grocery list. They're a cinch to cook and oh-so-versatile. Retain and amp up their health benefits by enjoying them with fresh vegetables, fruits, whole grains and herbs.

STORE
FOCUS



oak park heights

Sometimes referred to as the Stillwater Market, our Oak Park Heights store is conveniently located adjacent to Stillwater High School on Neal Avenue North, at the intersection of Stillwater Boulevard North and 58th Street North. This newly renovated store features a beautiful open-concept Starbucks and serviced pastry case, making it a popular stop for teens both before and after school! Quickly becoming one of the more bustling stores in the Kowalski's world, Oak Park Heights has a very loyal shopping base, with carts full of their favorite Kowalski's products.

Floorplan changes in 2021 brought more flow to the on-site Wine Shop, better seating options in the café and better visibility of our Floral and Gift Departments, which are beloved by the shoppers in this unique Twin Cities neighborhood.

Oak Park Heights is located in Washington County, south of Stillwater and northwest of Bayport. Just three square miles in size, it was officially incorporated in 1959. It's known for its rolling prairies, wooded hills and lots of hiking and biking trails.

DID YOU KNOW?

Phil's Tara Hideaway is an Oak Park Heights gem that's been in business for 90 years! Located along Highway 36, the Tara Hideaway restaurant was originally established to serve automobile traffic from tourists heading from the Twin Cities towards the St. Croix River. Since 1997, the business has been run by father-son team Phil and Nik Barbatsis and operates as *Phil's Tara Hideaway*. Locals love this out-of-the-way spot for fresh fish, cocktails, wine and the Barbatsises' creative fusion of American and Mediterranean cuisines.



higher learning

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.

You may have read the Kowalski's Identity Statement (above) on our paper bags, store signs and here in this magazine, but do you know what a civic business is?

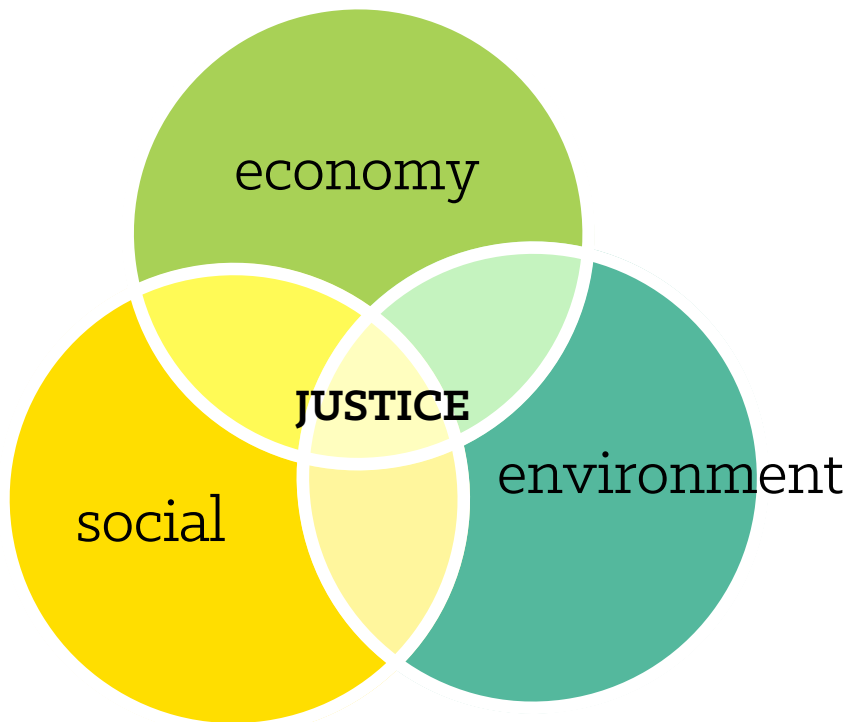
A civic business builds the capacity of business institutions to develop active citizens and civic leaders within their organizations.

Kowalski's leaders see the need for a new business model that develops civic imagination, civic capacity, and the civic infrastructure needed for democracy to be a just system of governance. Our leaders choose to identify as civic organizers and teach others the practice of civic governing. It's in this way that we see our business as a learning institution.

People who come to work at Kowalski's will experience this learning institution as something new and different. Often there's a certain amount of surprise and satisfaction that we ask all stakeholders, even those in entry-level positions, to be involved in policy-making and to contribute to promoting justice and the common good in the workplace. Civic principles, standards, disciplines and skills are at the core of how we teach and practice civic governing.

- One of the most important **principles** is *Active Citizenship*, the obligation of the citizen to contribute to the governing process.
- **Decision-making standards** include *involving the right stakeholders* in defining problems and crafting solutions, or *policies*.
- A key **discipline** taught to every employee is the public meeting strategy, which incorporates *agendas*, *meeting purpose statements* and *meeting evaluations*.
- Citizens use **political skills** in the process of governing. Such skills include *suspending judgment*, *asking open-ended questions* and *clarifying assumptions*.

While stakeholders use civic principles, standards, disciplines and skills to meet our business goals, we hope and expect to see our employees take what they have learned with them outside the walls of our company. We encourage our stakeholders to help create a new approach to policy-making in the greater world, where current approaches are lacking.



Even as stakeholders move on to new employers or occupations, we are confident they will bring the concept of civic organizing and civic policy-making to any place they spend time and have influence, including businesses, schools, clubs, neighborhoods, families, community organizations and so on.

This is how we renew and sustain democracy and work towards our goal of a world that is truly abundant and just.

You can learn more about what it means to be a civic business at activecitizen.org.



Reflections on Kowalski's Civic Business Identity

by
*Mary Anne
Kowalski*

When I was first introduced to the Midwest Active Citizenship Initiative (MACI), we were in the process of developing a plan for passing the business on to the next generation. We built our company on strong civic values and wanted to pass on those values. The principles and practices used by MACI seemed like they would help us achieve our succession goals, but we have since learned that civic organizing, the approach used by MACI, offers us much more. It is making us a stronger, more sustainable company and a company that's fulfilling its obligations as a civic institution in a democracy.

In 2001, we decided to take this commitment forward, focusing on developing a new approach to business governance. This approach is grounded in developing a civic or democratic mindset and exploring the role of citizenship in the workplace. We began our work with two guiding questions: 1) How do we enhance the attributes of a "citizen" and blend those qualities into the role and responsibilities of all employees? and 2) How should we change our management structure to allow everyone at Kowalski's to participate, in some way, in the governance of the firm?

We imagined that civic development could happen within the context of business. We began a long process of organizing an internal system of governance grounded in civic principles and standards. This new system intentionally taught civic leaders and active citizens to set expectations for roles and rewarded members for participating. Our motivation and purpose was a commitment to the belief that business can be a place to develop the imagination, capacity and infrastructure needed to produce common good in the 21st century.

There are countless stories from Kowalski's members about how taking a civic identity has called them to imagine and take responsibility for governing for the common good, both within and beyond the company. Our civic identity has changed how we define our roles in the complex public issues we face in our day-to-day lives. These roles carry over into all the places we spend our time. In developing this business model, we have provided incentives for innovation, practice and testing. We took on a leadership role in MACI, wherein leaders invest time in learning, sharing insights and governing with leaders from other sectors.

All of this provides evidence of our commitment to addressing 21st century challenges with a positive, constructive and innovative approach to leadership, both within and outside the company. Our new generation of leaders have qualities that reflect what is needed in all sectors, in light of the economic, environmental, social and political realities we face in the state of Minnesota and beyond. Our belief in collaboration as a necessity – not a nicety – leads us to seek out and work with others, both within the business and state. It provides a unique ability to produce and sustain constructive tension between diverse perspectives until common ground is found.

Today, we believe that Kowalski's serves as a business model for civic governance and policy-making that can be effectively replicated. In fact, the next generation of Kowalski's leaders is already doing so. Kowalski's has become a modern version of a citizenship school for the 21st century – on-the-job training that develops active citizens with greater ownership, accountability and capacity to produce the common good while meeting business goals. We believe we have accomplished something incredibly difficult, extremely rare and profoundly valuable.

HONEST-TO-GREATNESS SEAFOOD

Kowalski's is thrilled to introduce the Twin Cities to trū Shrimp!

Located in Balaton, Minnesota, The trū Shrimp Company is the first company to test and validate commercial-scale, shallow-water indoor shrimp farming technology in the United States. trū Shrimp's land-based shrimp aquaculture technology produces superior-quality shrimp with full-bodied flavor. All shrimp raised on the farm are traceable, sustainable and antibiotic free.

trū Shrimp's Tidal Basin technology encompasses three existing patents, one pending patent and three to-be-filled patents that far exceed the performance of traditional technology to create the most stable and efficient shrimp-growing environment in the world. Such innovation enables them to raise shrimp safely using less space. Advanced water management technology and recycling methods allow trū Shrimp to reduce water usage, waste byproducts and their carbon footprint at every turn. Advanced water filtration systems continually remove waste and allow water to be used again. In fact, almost 100% of the water in their facilities is recycled. Such practices allow trū Shrimp to fulfill what they believe is their responsibility: minimizing their impact on the earth's resources and striving for solutions that are sustainable for future generations.

In the Twin Cities, trū Shrimp is available exclusively at Kowalski's.



SPANISH-STYLE SHRIMP IN OIL (Gambas al Ajillo) DF

SERVES 6-8

The crusty bread is a must for sopping up every bit of briny, garlicky oil.

- | | |
|---|---|
| 1 ½ lbs. peeled and deveined 16-25 ct. tail-on raw shrimp | ½ cup finely chopped fresh Italian parsley, plus more for garnish |
| 1 tsp. kosher salt, plus more to taste | 2 tbsp. dry sherry (not cooking sherry) |
| 1 ¼ cups Kowalski's Extra Virgin Olive Oil | 1 tsp. finely grated lemon zest, plus more for garnish |
| ¼ cup thinly sliced garlic (approx. 12-15 cloves) | - freshly ground Kowalski's Black Peppercorns, to taste |
| 1 red Fresno pepper, seeded and finely chopped | - crusty artisan bread, for serving |

DIRECTIONS:

1. In a large mixing bowl, toss shrimp with 1 tsp. salt; let stand for 10 min.
2. In a large cast iron skillet, combine olive oil and garlic over medium-low heat; cook, stirring occasionally, until garlic is very fragrant and starting to brown (8-10 min.).
3. Add Fresno pepper to the skillet; cook and stir until fragrant (15-30 sec.).
4. Add shrimp; cook and stir until shrimp are barely pink (3-5 min.).
5. Stir in parsley, sherry and zest.
6. Remove pan from heat; let stand until shrimp are cooked through and opaque (about 5 min.).
7. Season to taste with salt and pepper.
8. Garnish with parsley and zest; serve shrimp in the skillet with crusty bread at the table for passing.



SPICY ORANGE DIPPING SAUCE

MAKES ABOUT ¼ CUP

Whisk ¼ cup sweet orange marmalade with 1-2 tbsp. Thai Kitchen Sweet Chili Sauce to taste.



AIR-FRIED COCONUT SHRIMP (on the cover) **DF**

SERVES 4

Try these crunchy, sweet party food faves with a sweet and spicy dipping sauce.

- ⅔ cup cornstarch
- 1 tsp. kosher salt
- ¼ tsp. freshly ground Kowalski's Black Peppercorns
- 2 eggs
- 1 tbsp. water
- 1 cup gluten-free panko-style breadcrumbs
- 1 cup sweetened shredded coconut
- 1 tbsp. canola oil
- 1 lb. peeled and deveined 16-25 ct. tail-on raw shrimp
- *Spicy Orange Dipping Sauce*, for serving

DIRECTIONS:

1. Preheat an air fryer to 390°.
2. In a small mixing bowl, whisk cornstarch with salt and pepper; transfer to a shallow dish and set aside.
3. In a second small mixing bowl, lightly beat eggs; whisk with 1 tbsp. water. Transfer to a second shallow dish; set aside.
4. In a third shallow dish, drizzle breadcrumbs and coconut with oil; stir to combine.
5. Working in batches, coat shrimp in cornstarch mixture, shaking off excess; dip coated shrimp in egg, then coat with panko-coconut mixture, pressing to adhere. Set aside on a wire rack to dry.
6. Working in batches, cook shrimp in preheated air fryer until golden-brown and cooked through (about 3 min.).
7. Serve warm with sauce for dipping.

Selection and availability of products and ingredients vary by market.



CHIPOTLE-HONEY SHRIMP



SHRIMP SCAMPI



SHRIMP AND GRITS

thank you, FARMERS!

It's a story that never gets old. Kowalski's has once again been named a Minnesota Grown Retailer of the Year! We couldn't do it without the support and partnership of our local farmers and distributors. We thank these businesses for their help in supplying Kowalski's customers with the best of the best local produce year-round:

**UNTIEDT'S
VEGETABLE FARM**

RUSS DAVIS WHOLESALE

BUSHEL BOY

URBAN GREENS

REVOL GREENS

FIRESIDE ORCHARD

ROB'S GOURMET GREENS

THE GREENSTED

**MINNESOTA'S BEST
ORGANIC GARLIC**

FOREST TO FORK

PYRAMID SPROUTERS

LIVING GREEN SALADS

...and many more!



ZUCCHINI KATSU WITH SIMPLE CABBAGE SALAD V

SERVES 4

Crunchy pan-fried zucchini topped with a sweet and savory sauce.

- 1 medium head napa cabbage, cored and thinly sliced
- 2 tsp. rice vinegar
- 1 tsp. toasted sesame oil
- ½ tsp. kosher salt, plus more to taste
- ½ cup panko breadcrumbs
- ¼ cup flour
- 1 egg, lightly beaten
- freshly ground Kowalski's Black Peppercorns, to taste

- 2 medium zucchinis, ends discarded, cut in half crosswise then lengthwise into ½" thick planks
- 2 tbsp. Kowalski's Extra Virgin Olive Oil
- 3 tbsp. prepared hoisin sauce
- 2 tbsp. Kowalski's Classic Ketchup
- garnishes, to taste: sesame seeds and thinly sliced green onion

DIRECTIONS:

1. In a medium mixing bowl, toss cabbage with vinegar, sesame oil and ½ tsp. salt; set aside (cabbage will wilt slightly while zucchini cooks).
2. Pour breadcrumbs, flour and egg into separate shallow dishes; season all 3 dishes with salt and pepper.
3. Working in batches, coat zucchini in flour, shaking off excess. Dip floured zucchini in egg, then coat with breadcrumbs, pressing to adhere. Set aside on a wire rack to dry for 15 min.
4. Heat oil in an extra-large nonstick skillet over medium-high heat; working in 2 batches, pan-fry zucchini until golden-brown and cooked through, turning once (about 2 min. per side).
5. While zucchini cooks, whisk together hoisin and ketchup; set aside.
6. Remove zucchini from pan; sprinkle with salt while still hot.
7. Drizzle warm zucchini with sauce; garnish to taste.
8. Serve with cabbage salad on the side.

NEW LOCAL PARTNER



One of our newest local partners is **R&R Cultivation**. Nick Robinson and Lance Ramm (the R's in R&R) grow 100% USDA Certified Organic, sustainably produced, fresh gourmet mushrooms in New Hope, Minnesota – with love! Aside from their passion for mushrooms – from golden oyster to maitake to brown beech – these friends share a love for sustainable living and urban farming. They believe fair wages, fun and flexibility is the perfect recipe for a workplace full of happy farmers, delivery drivers and mushroom salespeople! Find a variety of R&R mushrooms in the Produce Department.



MUSHROOM CROSTINI V

MAKES 24

Use your favorite mushroom or blend in this simple and sophisticated appetizer.

- 1 Kowalski's French Baguette, sliced $\frac{3}{4}$ " thick on the diagonal (about 24 slices)
- Kowalski's Extra Virgin Olive Oil, as needed
- 12 oz. (approx.) fresh mushrooms (any variety or blend), roughly chopped
- 3 cloves garlic, finely minced
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste
- $\frac{3}{4}$ cup Kowalski's Garden Vegetable Whipped Cream Cheese Spread, at room temperature
- $\frac{3}{4}$ cup freshly grated Kowalski's Signature Parmesan Cheese
- 2 tbsp. chopped fresh Italian parsley, divided

DIRECTIONS:

1. Preheat oven to 350°.
2. Brush one side of each baguette slice with oil; arrange in a single layer on a baking sheet, oiled side up.
3. Bake in preheated oven for 5 min; turn and continue baking for an additional 2 min.
4. Remove crostini from oven; set aside.
5. In an extra-large skillet over medium-high heat, heat enough oil to lightly coat pan.
6. Add mushrooms; cook, stirring frequently, until tender and getting dark on the edges.
7. Add garlic; cook and stir for 2 min.
8. Remove mushroom mixture from heat; season to taste with salt and pepper. Set aside to cool for 10 min.
9. In a small mixing bowl, mix cream cheese with Parmesan; stir in $\frac{1}{2}$ the parsley and set aside.
10. Spread cheese mixture on oiled side of crostini; spoon mushroom mixture on top.
11. Garnish with remaining parsley; serve immediately.



**WARM ROASTED
VEGETABLE AND
ORZO SALAD**

lovely local

This season, Kowalski's is proud to feature two local women making beautiful handmade gifts. Pick one up for a friend or treat yourself!



COSETTE DESIGNS

Local artist Meg Smith of Minneapolis is an alumnus of Parsons School of Design in New York City. She has a myriad of experiences and history in fashion design, illustration and murals. Meg has always been drawn to fashion and design and has a passion for the midcentury glamour era. She founded Cosette Designs in honor of her grandmother.

Every one of her original designs is handcrafted with a mission to incorporate vintage and antique Swarovski crystals, glass, millinery, textiles and brass from around the world. Many of her one-of-a-kind pieces are inlaid with original art.

Find Cosette Designs in the Gift Department.



THE SKINFOOD KITCHEN®

Maiss El Agha of Wayzata created The Skinfood Kitchen with the highest standards of nature in mind. Her bath bombs, bars, balms and other spa-quality body care products are made with natural oils and butters, essential oils, botanicals and lots of love for people and the planet.

Free of synthetics, toxins and artificial preservatives, products from The Skinfood Kitchen are produced with a love and respect for all life. All of their ingredients are carefully chosen to meet ethical standards of animal welfare and protection, and all products are manufactured without the need for animal testing.

Whenever possible, The Skinfood Kitchen uses biodegradable, recycled and sustainable packaging and avoids plastic materials.

Find The Skinfood Kitchen in the Gift Department.



Selection and availability of products vary by market.



SPICED APPLE DAIQUIRIS



SEASONAL SIPPER

Får North Spirits Ålander Nordic Rum – Hallock, MN

Ålander (OH-lan-der) is distilled in small batches with Louisiana Demerara sugar, Florida turbinado sugar and organic espresso from Alakef Coffee Roasters in Duluth, Minnesota. This Nordic-style spiced rum is infused by hand with whole-bean spices commonly found in Scandinavian baking, like allspice, nutmeg and clove – all organic and fair trade whenever possible. It tastes of gingersnap cookies and has background aromas of mocha, cardamom and butterscotch, giving way to flavors of root beer, Ugandan vanilla and a touch of peppermint. It finishes with sweet notes of caramel and banana bread.

With its smooth texture and clean, crisply defined flavors, Ålander was easily awarded *Wine Enthusiast* magazine's Top 100 Spirits of 2017. Its warm spices pair perfectly with the flavors of the season – apple and pumpkin – in these seasonal spins on a classic rum daiquiri and Jamaican-style mule.

Find Får North Spirits Ålander Nordic Rum in any of our seven Wine Shops.



DARK AND STORMY PUMPKIN COCKTAILS



Selection and availability of products and ingredients vary by market.

That's
a
WRAP



Similar to tacos, lettuce wraps are a quick and easy meal that's customizable and crowd-pleasing! Using lettuce leaves – Bibb or Romaine work well – instead of tortillas makes for a lighter, more refreshing way to enjoy the complex flavors of Korean cuisine.

GROUND CHICKEN LETTUCE WRAPS **DF**

SERVES 4

Try this recipe with ground turkey, too.

- | | |
|---|---|
| 1 tbsp. canola oil, divided | ½ cup (about 1 small pepper) thinly sliced red bell pepper strips |
| 1 lb. Kowalski's Fresh Natural Ground Chicken | 1 head Bibb, iceberg or Romaine lettuce, rinsed and drained, leaves separated |
| ½ cup Kowalski's Original Kalbi Marinade, plus more for serving | - garnishes, to taste: toasted sesame seeds, thinly sliced green onions and finely chopped fresh cilantro |
| ½ cup fresh bean sprouts, rinsed | |
| ½ cup matchstick-cut carrots | |

DIRECTIONS:

1. In a large nonstick skillet, heat about ½ of the oil over medium-high heat.
2. Add chicken; cook and crumble until cooked through (about 5 min.).
3. Stir in marinade.
4. Remove chicken mixture from heat; set aside and keep warm.
5. In a medium nonstick skillet, heat remaining oil over medium-high heat.
6. Add sprouts, carrots and peppers; cook and stir until crisp-tender (about 3 min.).
7. Scoop chicken into lettuce leaves; top with veggies.
8. Drizzle with marinade to taste; garnish as desired.



These can also be made with chicken breasts:

KALBI CHICKEN LETTUCE WRAPS

TREND SPOTTING

TASTY TIPS

- 1-2 Honeycrisp apples, cut into 1" chunks, can be roasted along with the vegetables. They're a delicious seasonal addition to this meal.
- Red potatoes may be successfully substituted with sweet potato chunks, and carrots may be substituted with 1 lb. halved Brussels sprouts. Both can be found in the Prepared Produce Section.

Between work, busy school and sports schedules, and never-ending housework, coming up with weeknight meals can seem daunting. Enter **Sheet Pan Suppers**. These one-pan wonders generally require little to no prep, offer easy cleanup, and allow for flexibility in protein and vegetable combinations. So give yourself some extra time to tend to the laundry that may or may not be piling up, or catch an episode or two of your favorite show (maybe with a glass of wine?). A sheet pan and your oven are cooking tonight!

SHEET PAN CHICKEN THIGHS AND VEGETABLES GF DF

SERVES 4

This versatile supper lets you cook everything at once and choose your preferred veggies.

- 8 Gerber's Amish Farm Boneless Skinless Chicken Fryer Thighs
- 3 tbsp. Kowalski's Extra Virgin Olive Oil, plus more for coating the vegetables
- 4 tbsp. Kowalski's Signature Award-Winning Rotisserie Rub (from the Meat Department)
- 2 tbsp. baking powder (do not substitute with baking soda)
- 4 medium carrots, cut into large pieces
- 1 lb. baby red potatoes, cut in half
- 3 small beets, peeled and cut into 1/2" chunks
- 1 medium red onion, cut into 1" chunks
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste

DIRECTIONS:

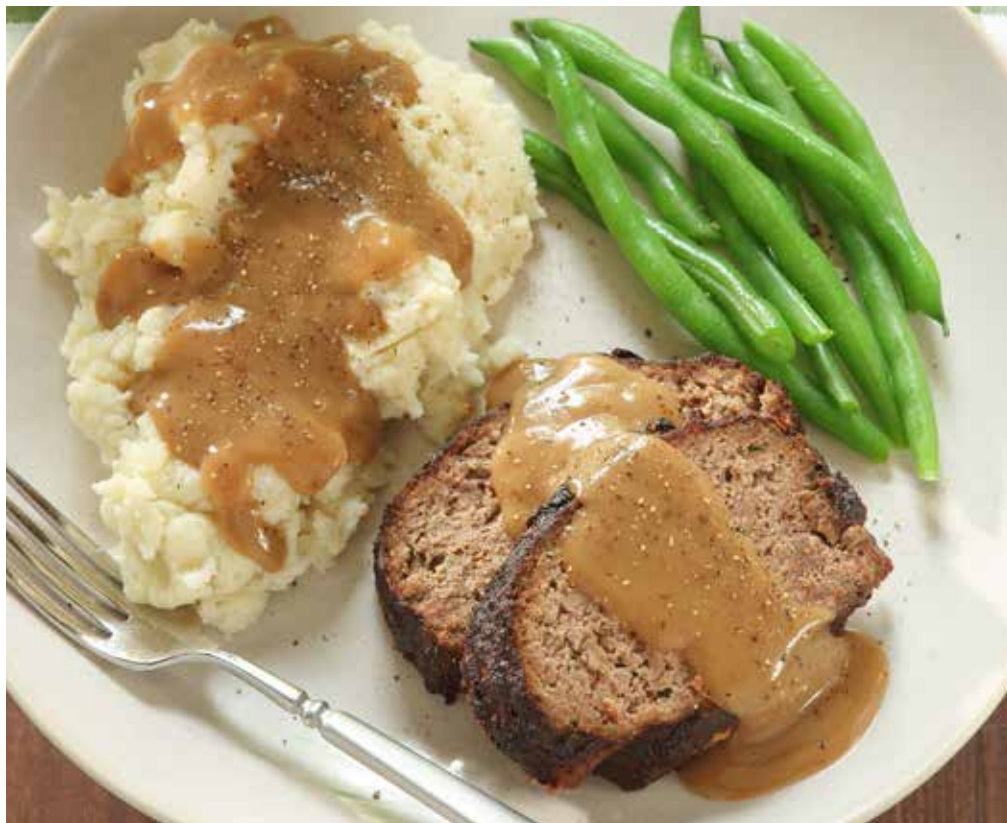
1. Preheat oven to 425°.
2. Line a large sheet pan with parchment paper; set aside.
3. Place chicken in a large mixing bowl; using clean hands, rub evenly with oil, seasoning and baking powder.
4. Transfer chicken to the prepared sheet pan, skin side up.
5. Arrange vegetables evenly around chicken; drizzle with oil and gently stir to coat.
6. Bake in preheated oven until vegetables are tender and chicken reaches an internal temperature of 165° (35-45 min.).
7. If desired, broil for 5 min. to crisp the chicken skin and achieve a darker color.
8. Season with salt and pepper to taste; serve immediately.

AIR-FRIED

EVERYTHING

Well versed in all things related to the kitchen, we find ourselves careful not to recommend single-use gadgets that take up valuable drawer, counter and cabinet space. While admittedly reluctant to join the ever-growing air fryer trend, these multitasking miracles have really won us over!

The air fryers on the market today come in a variety of sizes and styles. One thing they all have in common is their ability to multitask. Their uses are nearly limitless.



AIR-FRIED MEATLOAF

SERVES 4

- 1 lb. Kowalski's Certified Humane 85% Lean Fresh Ground Chuck
- ⅓ cup panko breadcrumbs
- ¼ yellow onion, grated
- 1 egg, lightly beaten
- 2 tbsp. chopped fresh parsley
- 2 tbsp. Kowalski's Classic Ketchup
- 1 tbsp. whole milk
- 1 tbsp. Worcestershire sauce
- 1 tbsp. Kowalski's Signature Northwoods Grill Seasoning (from the Meat Department)
- 2 tsp. Kowalski's Extra Virgin Olive Oil
- ½ tsp. garlic powder
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste
- mashed potatoes and Kowalski's Signature Beef Gravy (from the Deli Grab & Go Case), warmed, for serving

This technique works with our Meat Department meatloaf, too!

DIRECTIONS:

1. Line the basket or tray of an air fryer with foil; preheat to 375°.
2. Place ground beef in a large mixing bowl; gently flatten to increase surface area.
3. Add remaining ingredients to the bowl, not including potatoes or gravy. Using clean hands, mix ingredients evenly into beef, being sure not to overmix. Form the meat mixture into a football-shaped loaf (the meat should be compact, not falling apart or with large cracks).
4. Place meatloaf in the center of the foil-lined basket or tray; cook in preheated air fryer until meatloaf reaches 165° (about 30 min.).
5. Remove meatloaf from air fryer; let rest for 5 min. before slicing and serving with warm potatoes and gravy.



Beginners may want to keep it simple with Tater Tots, corn dogs or Pizza Rolls. The air fryer also works wonders for reheating and re-crisping leftover french fries, chicken tenders or other previously deep-fried foods. As time goes by and you start getting more acquainted with your machine, you may find yourself using the air fryer for almost everything – bacon, sausage links and patties, meatballs, chimichangas, chicken thighs, chicken tenders, wings and salmon.



SRIRACHA MAYO
 MAKES ABOUT ½ CUP
 In a small mixing bowl, whisk together ½ cup mayonnaise and 1 tbsp. Sriracha sauce until smooth. Store in the refrigerator, covered, for up to 5 days.

Even meatloaf and baby red potatoes can be cooked together and on the table in less than 30 minutes. Advanced users know that even chocolate chip cookies, brownies, apple crisp and homemade toaster pastries turn out great in an air fryer, too.

Convenience and taste aren't the only benefits air fryers offer. They also boast decreased cooking times and potential health benefits. Most air fryer cooking requires little to no added oil, often just a quick spritz of olive oil spray. This not only helps eliminate large amounts of saturated fats and calories, but it also allows heat and Rapid Air Technology to help create what is called the *Maillard reaction*. This chemical reaction between sugars and amino acids in air-fried foods mimics the taste and smell of deep-fried foods. Cleaning up messy stovetops and pans of oil can be a thing of the past.

AIR-FRIED BLACKENED SALMON BITES GF DF

SERVES 4

The fastest way to cook salmon ever. Try these atop a bowl of warm rice with chopped carrot, cucumber, avocado and jalapeño.

- 1 ½ lbs. salmon, skin removed, cut into 1" chunks
- 2 tsp. Kowalski's Extra Virgin Olive Oil
- 1 ½ tsp. blackened seasoning
- 1 tsp. kosher salt
- ½ tsp. sugar
- *Sriracha Mayo*, for dipping (optional)

DIRECTIONS:

1. Preheat an air fryer to 375°.
2. In a large mixing bowl, toss salmon with oil.
3. Sprinkle with seasoning, salt and sugar; toss to coat.
4. Working in 2 batches, arrange salmon cubes in a single layer in the preheated air fryer, leaving space between pieces; air-fry salmon until opaque, dark golden-brown on the edges and cooked through (5-6 min. per batch).
5. Serve immediately with mayo for dipping.



AIR-FRIED GARLIC BUTTER PORK BITES



PUMPKIN

IS NICE (and not just a spice!)



PUMPKIN PIE SPICE **GF** **V** **VE** **DF**
MAKES ABOUT 5 TBSP.

This is a great way to use up several jars of spices you may have in your pantry.

- 3 tbsp. Kowalski's Ground Cinnamon
- 2 tsp. Kowalski's Ground Ginger
- 2 tsp. Kowalski's Ground Nutmeg
- ½ tsp. Kowalski's Ground Allspice
- ½ tsp. Kowalski's Ground Cloves

DIRECTIONS:

1. In a small mixing bowl, mix together all ingredients with a fork.
2. Transfer to a small glass jar or air-tight container; store for up to 1 month.

DID YOU KNOW?

In many places around the world, “pumpkin” simply refers to any type of winter squash. The canned pumpkin purée found in the Baking Aisle is usually a mixture of cooked and puréed winter squash varieties, not the same large pumpkin you use as a jack-o'-lantern at Halloween.



**GNOCCHI WITH PUMPKIN
CREAM SAUCE**

The summer heat is starting to give way to cooler evenings. The leaves are starting to think about changing, and everyone is dreaming of crisp sweater weather and warm spices. It's fall, y'all! Queue pumpkin spice everything.

Pumpkin spice season has been starting earlier and earlier the last few years, it seems. It's roughly from mid- to late-August into the heart of November, perfectly timed for a seamless transition into the festive holiday season – but that's a different article.

The blend of spices that make up “pumpkin spice” are typically cinnamon, ginger, clove and nutmeg. They got their start with a supporting role in pumpkin pie. For many, these aromas and flavors evoke feelings of comfort and coziness. Its growing popularity finds pumpkin spice featured in a variety of products: cereals, ground coffee, elaborate lattes, milks, yogurts, breads, cakes and pastries, just to name a few. Some of these *do* sometimes contain actual pumpkin, but the majority do not. A careful review of ingredients will distinguish the difference.

For example, “pumpkin spice cake” and “pumpkin cake” are generally different in that pumpkin spice cake is a cake made with a spice blend and no pumpkin, while pumpkin cake *does* contain pumpkin (and probably also the spice blend).

While it is safe to say that pumpkin spice and pumpkin do make a wonderful team, pumpkin on its own deserves its own accolades. With its natural sweetness and delicious versatility, it is a culinary champion. Cut one in half, clean out the seeds and roast it with butter, salt and pepper. (For a little heat, add a dash of ground chipotle peppers!) Add cooked pumpkin to your favorite muffin recipe. Pumpkin purée is a great addition to white sauce for a hearty pasta dish. Savory or sweet, you really can't go wrong.

Whether you roast it yourself or utilize a canned purée, don't be afraid to explore new ways to use pumpkin in your cooking, with or without its “spicy” companion, any time of year!

PUMPKIN SPICE LATTE POKE CAKE 

SERVES 12

A favorite holiday drink in the form of a throwback cake. Tastes like pumpkin pie with a cup of coffee on the side!

- 16 oz. Kowalski's Buttermilk Pancake & Waffle Mix
- 15 oz. pumpkin purée (not pumpkin pie filling)
- ½ cup canola or vegetable oil
- 1 large egg
- 2 tbsp. *Pumpkin Pie Spice*
- 2 cups half-and-half
- 15 oz. sweetened condensed milk
- 1 tbsp. instant espresso powder
- 8 oz. prepared whipped cream
- ½ cup toffee bits (not chocolate-covered toffee bits)
- ½ cup mini chocolate chips
- 1 jar (9 oz.) Kowalski's Sea Salt Caramel Sauce, slightly warmed

DIRECTIONS:

1. Preheat oven to 350°.
2. In a large mixing bowl, add pancake mix, pumpkin, oil, egg and spice. Using a hand mixer, beat on high for 3 min., stopping halfway through to scrape the sides of the bowl (mixture will be thick).
3. Transfer batter to a greased 9x13" pan; spread evenly.
4. Bake in preheated oven until a toothpick inserted in the center comes out with a few moist crumbs attached (40-50 min.).
5. When cake is done, remove from oven and set aside to cool for 5 min. Meanwhile, in a medium mixing bowl, whisk together half-and-half, condensed milk and espresso.
6. Use the handle of a wooden spoon to poke approx. 25-30 evenly spaced holes into the cake about 1" apart.
7. Pour espresso mixture slowly over the cake; cool in the refrigerator for 10-15 min.
8. Remove cake from refrigerator; spread with whipped cream.
9. Sprinkle cake with toffee bits and chocolate chips; drizzle with caramel sauce.
10. Return to the refrigerator; refrigerate for 2 hrs. to overnight before slicing and serving.



**PUMPKIN BUTTER
TOASTER PASTRIES**

**TASTY TIP**

Kowalski's Pumpkin Spice Pancake & Waffle Mix, available seasonally in the Grocery Department, may be substituted for Kowalski's Buttermilk Pancake & Waffle Mix. Reduce pumpkin pie spice to 2 tsp.

SEASONAL SUPPER

These tiny little rolled tacos are having a moment right now, in part due to the air fryer craze! Easier and healthier than ever, *taquitos* don't have to be deep fried to be delicious! Serve them with your favorite dips for dunking or pile them high with fresh taco toppings. They're a winner for dinner every time.

GOOD TO KNOW

When made with flour tortillas instead of corn tortillas, these cigar-shaped tacos are called *flautas*.

AIR-FRIED HONEY-LIME CHICKEN TAQUITOS **GF**

SERVES 4

- Kowalski's Extra Virgin Olive Oil Spray
- 4 cloves garlic, finely minced
- ¼ cup Kowalski's Freshly Squeezed Lime Juice
- 1 tbsp. Kowalski's Pure Honey
- ¼ tsp. kosher salt, plus more to taste
- 3 cups (approx.) shredded Kowalski's Signature Rotisserie Chicken
- ¼ cup freshly chopped cilantro, plus more for garnish
- freshly ground Kowalski's Black Peppercorns, to taste
- 12 (4") corn tortillas
- 1 cup shredded Monterey Jack cheese, divided
- garnishes, to taste: Kowalski's Pico de Gallo, sour cream, shredded lettuce, Kowalski's Maxed Out Guacamole and lime wedges

DIRECTIONS:

1. Preheat an air fryer to 390°.
2. Spray a small nonstick skillet with olive oil; heat over medium heat.
3. Add garlic; cook and stir for 1 min.
4. Add lime juice, honey and salt; increase heat to medium-high and bring to a boil.
5. Reduce heat to low; simmer until sauce is slightly thickened (about 2 min.).
6. In a large mixing bowl, combine chicken and honey-lime sauce; toss to coat.
7. Add cilantro; toss to combine.
8. Season chicken with salt and pepper to taste.
9. Working in 3 batches, place a stack of tortillas between 2 damp paper towels; microwave until warm and pliable (20-30 sec.).
10. Spray each tortilla on both sides with oil spray.
11. Place 2 heaping spoonfuls of chicken and 1 spoonful of cheese in the middle of each tortilla; roll tightly into a cigar shape (secure with a toothpick, if needed).
12. Working in 3 batches, place taquitos seam-side down in preheated air fryer; cook until dark golden and crispy on the edges (about 6 min. total), flipping taquitos once about halfway through.
13. Serve with desired garnishes.

FIND IT!

Find shredded rotisserie chicken in the Deli Grab & Go Case.

Find Kowalski's Freshly Squeezed Lime Juice in the Produce Department.

Find Kowalski's Pico de Gallo and Maxed Out Guacamole in the Produce Department.