

Compliments of Kowalski's

November - December 2023  
THE JOY OF GOOD FOOD

# KOWALSKI'S AT HOME

# happy holidays

A *vegan*  
THANKSGIVING

THE *NEW*  
PUMPKIN PIE

WELCOMING  
GUESTS WITH  
SPECIAL DIETS

Hearty Harvest Risotto  
(page 17)



# Thoughts from the KOWALSKIS



We love this time of year because it's so busy in the stores. It's also a special time for great food and joy-filled gatherings.

We're proud to offer the very best turkeys in town, not to mention the best beef and top selections in sustainable seafood. There is no end to the choices and ideas for preparing them. Our website is chock-full of tips and techniques for making the most of your purchases and delighting your guests all season long. Our in-store staff is excited to share their expertise, too!

We get a lot of questions from hosts this time of year about accommodating friends and family with special dietary needs. Hospitality and the Joy of Good Food is what it's all about! In the spirit of great hospitality, we're taking this issue of *At Home* as an opportunity to share our best ideas and recipes for welcoming almost *anyone* to your holiday table. On page 4, Kowalski's Nutritionist Sue Moores, M.S., R.D., shares her dietitian perspective and helpful tips. Throughout the rest of these pages, you'll find delicious recipes for sides, drinks, main dishes and even desserts that work for nearly everyone on your guest lists.

Speaking of guests, we're welcoming you into our stores with our annual seasonal décor displays. You can read more about

the themes our Gift Department buyers have selected for each of our markets on page 11. You'll see a few examples of the ornaments, table toppers and other home furnishings you can pick up to make your home a little more festive and fun this holiday season.

Those holiday displays will be gone in a few months, and so will some of our best Signature products. We are featuring some of these seasonal selections and scratch-made desserts on pages 6-8. You'll want to get them while the getting's good!

Another thing that's very good are mushrooms – and they're good *for* you, too! Many non-meat eaters love mushrooms for their meaty texture and umami flavor. In this issue, we are offering up several main dish options that feature everyone's favorite fungi, including a standout supper on the back cover. Turn to page 5 for the rundown on some popular mushroom varieties and suggestions on how to use them in your home cooking.



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

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**FIND YOUR LOCAL MARKET AT KOWALSKIS.COM**

## holiday entertaining event

**SATURDAY, DECEMBER 9  
10AM - 2PM**

Join us for our annual Holiday Entertaining Event! Find holiday ideas and samples throughout the store.



## SPECIAL RECIPES

Whether your guests eat gluten free, dairy free or vegan, we have you covered! Look for our new holiday recipe booklet, **Welcome, Everyone: Holiday Recipes for Special Diets**, in the information kiosk at your local Kowalski's Market.

COOKING AT HOME:

## A CUP OF CHEER

When you write recipes for stuffing in July, there's a good chance you're not in the mood for traditional holiday foods when the season finally arrives. That's why we do build-your-own pizzas at my house on Christmas Day, with peppermint ice cream sundaes for dessert.

Part of our family's tradition for this less-than-traditional meal is sipping on craft cocktails as we make and bake our pies. Every year, our holiday beverage is a little something different. I quite favor gin and tequila most of the year, but Christmas brings out the whiskey lover in me. Whiskey and bourbon go really well with the ingredients I enjoy this time of year, like tangerines, apples and pecans. Mildly anise-flavored tarragon plays nicely with apples, and both will complement the sweeter vanilla and woody-nutty notes in bourbon. When topped with a few bubbles, this year's concoction is sure to stir up plenty of Christmas cheer.

Warmly, *Rachael*

Rachael Perron,  
Culinary & Branding Director  
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### APPLE TARRAGON FIZZ

GF V VE DF

SERVES 4

- ½ oz. (a generous handful) fresh tarragon, plus a few sprigs for garnish
- 16 oz. (2 cups) Minnesota Grown apple cider
- 8 oz. bourbon, gin or Cognac
- ice
- 8 oz. sparkling wine or tonic water, cold
- fresh apple slices, for garnish

#### DIRECTIONS:

1. Place tarragon in a 2 qt. glass pitcher; use a wooden spoon to bruise the leaves and release essential oils.
2. Add cider and bourbon to the pitcher; stir until well combined.
3. Refrigerate mixture for 2-3 hrs.
4. Strain cocktail mixture; discard tarragon pieces.
5. Fill 4 lowball glasses with ice; pour cocktail mixture evenly into ice-filled glasses.
6. Top each glass evenly with wine or tonic; stir gently.
7. Garnish each glass with a tarragon sprig and apple slice.

FIND IT!

Find Minnesota Grown apple cider seasonally in the Produce Department.

# SET A *welcoming* TABLE

## *Navigating Dietary Requests*



**Susan Moores, M.S., R.D.**  
smoores@kowalskis.com

Part and parcel of the Joy of Good Food is the joy of sharing it with others. As we roll into the holiday season, all sorts of opportunities exist to spread that joy.

But there may be a tiny hitch in the mix. Chances are someone (or someones) sitting at your table or joining you at a gathering are following a special or alternative diet. Or maybe it's you who finds yourself navigating your way through get-togethers. Approximately 10% of Americans are dealing with a food allergy, 20% have a food intolerance, and many other folks are watching what they eat for medical or religious reasons. Ideological and lifestyle factors, such as choosing foods based on environmental or fitness interests, may also play a role. Dietary concerns can serve up a whole host of new things to think about to ensure that you and your guests can happily and comfortably eat well.

Try these tips for rolling out a welcome *placemat* for a great holiday season.

### IF YOU'RE *Hosting:*

- When you extend your invite, ask guests to let you know if they have a dietary request or restriction. If someone responds that they do, ask if their request is because of a food allergy. Accommodating for a food allergy requires significantly stricter preparation and plating practices to ensure no cross-contact occurs between an allergen and other foods.
- Share your menu with guests. That gives them a heads-up on how to navigate the meal.
- Jumpstart your grocery list by asking guests with diet sensitivities if they have favorite products or foods they like.
- Build your menu with less-processed foods. This will reduce the number of ingredient lists you need to dig into to avoid problematic ingredients.
- Offer a "buffet" approach at your gathering, where guests can create their own plates and choose which foods fit into their diet plan.
- Label any prepared foods you serve as *gluten free*, *nut free*, *dairy free*, *vegan*, etc. This will help guests make their decisions without having to inquire about each item served.



### IF YOU'RE *the Guest:*

- When accepting an invitation, let your host know you have a dietary need. Discern between need and preference. Accommodating dietary requests can add an extra layer of stress and work, so if it's a preference, see if there are other foods being served that you can enjoy. This reduces special accommodations the host needs to make.
- Offer to bring a dish to share that matches your preferences or needs.
- Share the parameters of your diet to help the host understand how to best navigate it. Make product suggestions if your host is amenable.
- If your dietary needs are quite limiting, consider joining the gathering either before or after the meal.

***Whether you're the host with the most or a guest with requests, there can be a delicious place for everyone at this year's holiday tables. Flexibility is the name of the game, and we're here to help guide you if you have questions. All the best for a happy holiday season. Cheers!***

# MAGIC MUSHROOMS

**M**ushrooms are rich in copper and selenium, two minerals that help keep your immune system and bones strong and help protect the cells in your body from damage. The phytonutrients in mushrooms have valuable antioxidant and anti-inflammatory properties. Here are a few delicious varieties to add to your cart:

## LION'S MANE

Named for their fuzzy, shaggy, pale exterior that resembles a lion's mane, these mushrooms have traditionally been sold as a powdered supplement. Today, they're becoming more popular in culinary applications with their unique shellfish-like flavor. Because they're quite firm, they are a good mushroom for grilling.

## SHIITAKE

These medium-size fungi are recognized for their beautiful light chocolate top, pale underside and classic umbrella shape. They are buttery with a mild, woody flavor that's good with grain dishes and stuffings.

## BABY BELLA

Baby bellas, also known as *cremini* mushrooms, are darker and firmer than the slightly less mature white button mushrooms. Their name derives from the fact that they're actually an immature portobella mushroom! Baby bellas have a meaty texture and a classic umami-rich mushroom taste. They're great sautéed or roasted. Serve them as a side dish, on pizza, or in pasta, soups or salads.

## OYSTER

These are white and have a delicate, scalloped fan shape, like an oyster. Their mild aroma and delicate flavor make them versatile in the kitchen and particularly nice in stir fries. Much larger *king oysters*, also known as *trumpet* mushrooms, have a more earthy taste.

## MAITAKE

Also called *hen of the woods*, these mushrooms are identified by their layered, feathery brown clusters. They are tender, somewhat earthy and gamy. Their unique flavor is best appreciated on its own in a traditional sauté with garlic and oil.

## PORTOBELLA

Portobella mushrooms are dark brown and extremely large, sometimes as big as an adult's hand. The caps are usually sold without their large stems, which have an unpalatable woody, fibrous texture. These mushrooms make a great meat substitute in sandwiches and tacos. They're also good grilled or stuffed. *Note: "Portobella" also be spelled "portobello" or "portabella."*

## GOOD QUESTION

### What about *porcini* mushrooms?

The reddish-brown *porcini* has a distinctively dark, woody flavor. Fresh *porcini* mushrooms are hard to come by, but dried *porcini* are easy to reconstitute. They work well in soups, stews and pasta dishes.

# SIGNATURE PRODUCT FOCUS



## *seasonal* SIGNATURE

**F**all flavors are arriving in our Signature Products line! Some of the best products we offer are only available this time of year, so stock up while you can!

This year, two new seasonal selections proudly make their debut: **Pumpkin Spice Whipped Cream Cheese Spread** and **Cinnamon Maple Syrup**. The first joins our everyday assortment of cream cheese spreads in the Dairy Department. The second is a special infusion made with our classic Pure Maple Syrup. Both are locally made just for us (and you!). They are wonderful on waffles, French toast and our seasonal **Pumpkin Spice Pancake & Waffle Mix!**

Also look for **Mulling Spices** in the Produce Department and in the Spice Aisle. **Cranberry Sauce**, **Apple Butter** and our cranberry-strawberry flavored **Christmas Jam** can be found in the Grocery Department.



### GLUTEN-FREE FRESH PASTAS

Our fresh gluten-free pastas are crafted to deliver perfect taste and texture. They're made with brown rice flour for a grain-free alternative to traditional pasta. Because they are freshly made, our pastas cook to the perfect al dente texture in just 2-3 minutes. Use them as you would a traditional pasta in any recipe or simply toss them with your favorite sauce!

Find **Gluten-Free Linguine**, **Fusilli** and **Fettuccine** in the Dairy Department.



# SIGNATURE PRODUCT FOCUS

SIGNATURE

# merry MINT



One of our best seasonal Signature products is available year-round! Our **Peppermint Patty Fudge Sauce** can liven up any holiday dessert.

- Stir it into hot cocoa. Be sure to leave some for Santa on Christmas Eve!
- Make a fast peppermint mocha when you add it to your standard latte.
- Serve it with mint chip or candy cane ice cream, or use it to add seasonal sass to vanilla!
- Drizzle it on a chocolate cake or chocolate cheesecake.
- Use as a dip for Christmas cookies.

All of our Signature Dessert Sauces are all natural and made in small batches with the finest natural ingredients and no artificial preservatives. Our fudge sauces are rich, smooth and not too sweet, with a delightfully balanced aftertaste. The small-batch caramel sauces are slowly cooked and carefully monitored to ensure just the right depth of sweet, buttery flavor and consistency.

**Classic Caramel Sauce** – An old-fashioned caramel sauce made from cane sugar, heavy cream from contented Oregon cows and pure vanilla.

**Sea Salt Caramel Sauce** – The modern marriage of sweet and salty.

**Mocha Latte Caramel Sauce** – Smooth, silky chocolate blended with rich caramel and coffee.

**Irish Cream Fudge Sauce** – A smooth, creamy, decadent fudge sauce with a generous shot of Baileys Irish Cream.

**Deep Dark Fudge Sauce** – A rich dark chocolate blended with pure Madagascar vanilla.

**Peppermint Patty Fudge Sauce** – The cool taste of real peppermint oil combined with rich chocolate fudge.

*Find them in the Grocery Department next to the ice cream toppings.*



## seasonal SWEETS

We love this season of pumpkin, pecan and apple everything, but we're craving a little holiday chocolate. Our new **Chocolate Cheesecake** and **Merry Mint Counter Cake** are exclusive, scratch-made desserts perfect for any holiday table.

### CHOCOLATE CHEESECAKE (above)

Our special recipe for this rich, creamy, classic New York style cheesecake has hints of espresso in the base and is topped with a rich chocolate ganache. It's made with pure cream cheese, tangy sour cream, cage-free eggs, fair trade sustainable chocolate and genuine vanilla. The brownie shortbread crust, which is handmade with real butter and pure vanilla extract, is mixed with mini chocolate chips and sea salt.

### MERRY MINT COUNTER CAKE

This Signature recipe features a rich, dense chocolate cake made with sour cream and real vanilla extract. It's topped with house-made dark fudge and iced with a seasonal mint buttercream – our own Signature recipe made from scratch with real butter and vanilla bean paste, infused with peppermint extract and crème de menthe.

*Find these and other handmade Signature desserts in the Bakery Department.*

*Selection and availability of products vary by market.*



Halva from Hebel & Co is available in the Cake Case in the Bakery Department. This nutty, flaky, cottony, creamy confection is organic and made with sesame tahini. Most, if not all, flavors are vegan, gluten free and dairy free, making this dessert a welcome addition to your oh-so-welcoming holiday party menu.





# token TREATS

**H**andcrafted caramels are a popular gift item at holiday time. They require few ingredients, last a long time and, unlike cookies, won't break if you need to ship them. They're naturally gluten free, too, so they can be enjoyed by almost anyone.

Our recipe features a bit of chocolate in the caramel for a unique flavor, plus a bit of sea salt to cut the richness. Be sure to use a candy thermometer to ensure the perfect consistency. If the caramel doesn't get warm enough, it will fail to hold its shape; too warm, and it will become brittle and hard to chew.

## SALTED CHOCOLATE CARAMELS GF V

MAKES 64 PIECES

- 2 cups superfine sugar
- 2 cups heavy cream
- ¾ cup light corn syrup
- ½ cup Kowalski's Unsalted Butter
- 2 oz. unsweetened baking chocolate, coarsely chopped
- 2 tsp. sea salt, plus more for finishing, if desired

### DIRECTIONS:

1. Line the bottom and sides of an 8x8" metal baking pan with 2 sheets of waxed paper or nonstick foil extending up all sides; set aside.
2. In a medium saucepan, bring sugar, cream, corn syrup and butter to a boil over medium-high heat.
3. Reduce heat to low; stir in chocolate and cook for 1 min. Stir to completely melt chocolate.
4. Increase heat to medium; continue cooking, stirring frequently, until a candy thermometer registers 245° or until a small amount of mixture dropped into a cup of very cold water forms a firm ball that holds its shape until pressed.
5. Pour caramel into lined pan, being careful not to scrape the bottom or sides of the saucepan; let stand for 10 min.
6. Sprinkle caramel evenly with sea salt; cool completely in the pan on a wire rack (about 2 hrs.).
7. Carefully invert caramel onto a clean, dry cutting board; peel off waxed paper.
8. Turn caramel salt-side up; lightly oil the blade of a chef's knife and cut caramel into 1" squares.
9. Press additional sea salt onto caramels, if desired.
10. Wrap caramels in 4" squares of waxed paper, twisting ends to seal.

### TASTY TIP

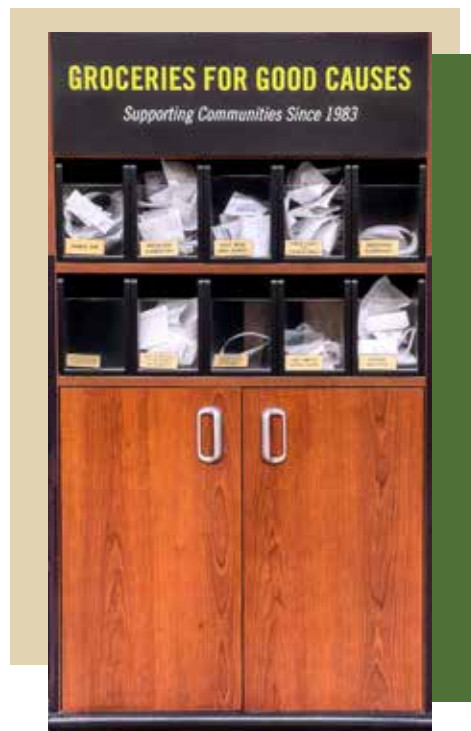
Supplement your holiday goodie assortment with fresh-baked treats from the Bakery Department – no need to make them all!

# groceries FOR GOOD CAUSES

Did you know that Kowalski's has donated almost 2 million dollars to local charities through our Groceries for Good Causes (GFGC) program? This program is designed to help smaller, local, community-based organizations, with a special focus on those that work to build the capacity of citizens to take an active role within their institutions and communities. Contributions help meet the needs of schools, food shelves, churches, synagogues, youth support groups and local animal shelters, just to name a few. Each market has a unique mix of 10 active organizations at a time. Most locations have a waiting list for this program and rotate organizations every six months. This process allows Kowalski's charitable giving to benefit the local organizations that matter most to the customers in the neighborhood their store serves.

You can help decide which organizations receive the most support by placing your receipts in labeled boxes at the front of the store, each representing a different community organization. Kowalski's makes a donation every six months based on the total number of receipts collected in each charity's box. All the charities receive a donation; the more receipts a charity receives, the more funds they'll get.

Contact your local market for more information or to inquire about having a box allocated to your nonprofit.



GIVE Joy

Kowalski's Signature Gift Box Collection features new and updated boxes for the 2023-24 season and, as always, includes some of our favorite exclusive, local and Signature products. They're the products we love best and are proud to share with our own friends and families. There are options for foodies, wine lovers, grilling enthusiasts, college students, clients, co-workers, moms, dads or anyone on your shopping list.

Find all options online at [kowalskis.com](http://kowalskis.com) or call 651-313-6870 to place your order.

**CUSTOM BOXES  
AVAILABLE!**

# décor & more

Decorating for the holiday season is a fun tradition enjoyed by many shoppers – and us, too! All year long, we look forward to resetting the Gift Department and setting the stage for your holiday interior designs. We have stunning centerpieces for your tabletop, ornaments and seasonally themed household products like candles and throw pillows. This year, we're offering four unique and elegant themes to choose from.



This cheerful collection features lots of Santas and snowmen alongside reindeer, trees, poinsettias and bells. It's classically styled in red, green and gold. Available at all stores.

## CLASSIC Christmas



**WOODLAND**

This sophisticated outdoor seasonal theme is decked out in shades of navy, white and silver and filled with reindeer, polar bears and birds. These products will be available at our White Bear Lake, Oak Park Heights, Eagan, Woodbury and Excelsior Markets.



**SILENT NIGHT**

This sparkling silver, gold and white assortment includes traditional Christmas symbols like stars, angels and trees. These products are not available at our Uptown or Lyndale Avenue Markets.



**let it SNOW**

This gold and white snowman-themed collection offers tabletop items like stoneware mugs, pitchers, salt and pepper shakers, canisters and trays with coordinating linens. These products are not available at our Uptown or Lyndale Avenue Markets.



# HAVE A BALL

Take your cheese tray to new heights with mini cheese balls. Unlike their large-form counterparts, individual cheese balls are easy to serve and prettier to behold than a mangled, half-devoured full-size cheese ball. Our recipe combines salty blue cheese and sweet dried dates, but you can try other combinations of soft cheese and dried fruit, like goat cheese with apricots or mascarpone with cherries.



**MINI DATE AND BLUE CHEESE BALLS** GF V

MAKES 18-20 BALLS

8 oz. Kowalski's Whipped Cream Cheese Spread, at room temperature  
 4 oz. crumbled blue cheese, at room temperature  
 8 Medjool dates, pitted and minced  
 2 tsp. Kowalski's Pure Honey  
 1 tsp. grated lemon zest  
 ¼ tsp. freshly ground Kowalski's Black Peppercorns  
 1 tbsp. minced fresh Italian parsley  
 ½ cup very finely chopped toasted walnuts

**DIRECTIONS:**

1. Using an electric mixer, beat together first 3 ingredients (through dates) until completely smooth.
2. Fold in next 4 ingredients (through parsley); chill for several hours.
3. Scoop up a rounded tablespoon of cheese mixture; using your hands, quickly and lightly form into a ball about ¾" in diameter; repeat with remaining mixture.
4. Roll balls in chopped nuts.
5. Serve cheese balls on 4" bamboo skewers.

**TASTY TIP**

Serve these alone or with gluten-free crackers to ensure every guest is satisfied. Our Specialty Cheese Department has a wide selection to choose from.



# DELI-*cious*

The Deli Department is the hub of the holidays. Along with the sides, salads and everything else you'll need for any occasion, it's also *Soup Central* – and nothing feels more like fall than soup! One of our favorite soups is not only delicious but gluten free, dairy free and vegan, too. We love that!

**CARROT GINGER SOUP** GF V VE DF

This soup is rich in flavor and balanced with a creamy texture created by organic sweet potatoes and carrots, coconut milk and a bold blend of seasonings and spices. It's dairy free, gluten free and vegan, making it a great choice for anyone and everyone.

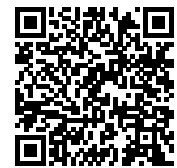


# 40 & FABULOUS

Most other retailers choose not to age beef because of the time and careful planning required to do it well. Here at Kowalski's, we age all our beef for a minimum of 14 days and all our Certified Humane USDA Prime Beef for 40 days. As beef ages, a natural breakdown of proteins occurs, intensifying flavor while increasing tenderness. And, unlike dry-aged beef, our wet-aged beef better retains flavorful moisture. Our 40-Day Boneless New York Strip Steaks, 40-Day Boneless Rib-Eye Steaks, 40-Day Boneless Rib-Eye Roasts and 40-Day Top Sirloin Steaks will be the most tender, juiciest and tastiest selections for your holiday table. You won't find better beef in town, guaranteed.

## GOOD TO KNOW

All Kowalski's Certified Humane USDA Choice and Prime Beef is supplied by our partners at Creekstone Farms. These cattle have 100% Black Angus genetics and are raised with no added growth hormones or antibiotics – ever! Creekstone adheres to the strictest humane handling standards in the industry. Their ranching and processing methods are third-party audited to ensure their animals are consistently treated with the respect and care they deserve.



Find a recipe for our *Easiest Standing Rib Roast* on our website at [kowalskis.com](http://kowalskis.com).



## TRADITIONAL TURKEY DINNER

This and many more holiday meal, side dish and dessert options are available at [kowalskis.com](http://kowalskis.com)!

*This meal comes fully cooked but cold and includes:*

- Whole, Fully Cooked Ferndale Market Free-Range Turkey (locally raised with no growth stimulants or antibiotics – ever!)
- Mashed Potatoes
- Signature Poultry Gravy
- Sage & Onion Dressing
- Maple Roasted Sweet Potatoes
- Green Beans with Slivered Almonds
- Signature Cranberry Relish
- Dinner Rolls
- Pumpkin Pie
- Pecan Pie

# our holiday RECIPES

We selected the recipes and ideas for this issue and our companion recipe booklet, *Welcome, Everyone*, with ev-er-ry-one in mind. Even if you're a meat lover or dairy and gluten don't trouble you, you can enjoy these dishes because they're *that* good! If you're looking for more, head to [kowalskis.com](http://kowalskis.com) for inspiration aplenty. There you'll find every traditional recipe you could ever need for all your seasonal meals and menus. We have the best and easiest ways to prepare roasts, hams, turkeys and more, plus all the salads, sides and sauces to serve them with.

Browse our full recipe collection at [kowalskis.com](http://kowalskis.com) (searchable by dish, ingredient, occasion and dietary concern!) or scan the QR code below to view some of our most popular holiday recipes of all time!



Basic Roasted Turkey  
Kowalski's Brined Roasted Turkey  
Buttermilk Brined Turkey Breast  
**Garlic Chive Yukon Gold Mashed Potatoes**  
Easiest Thanksgiving Stuffing  
Red Wine Turkey Gravy  
Maple Sweet Potato Casserole  
Salted Bourbon Pecan Pie  
Spiced Apple and Fig Pie  
Mushroom-Wild Rice Dressing

Rib Roast with Balsamic Glaze  
**Boneless New York Strip Roast**  
**Harvest Thyme Salad**  
Apple Walnut Salad with Lemon Buttermilk Dressing  
**Pumpkin Cheesecake**  
Nana's Sugar Cookie Cutouts  
Smoked Ham with Maple Honey Mustard Glaze  
**Fudge**  
Roasted or Grilled Beef Tenderloin  
Whole Roasted Cauliflower



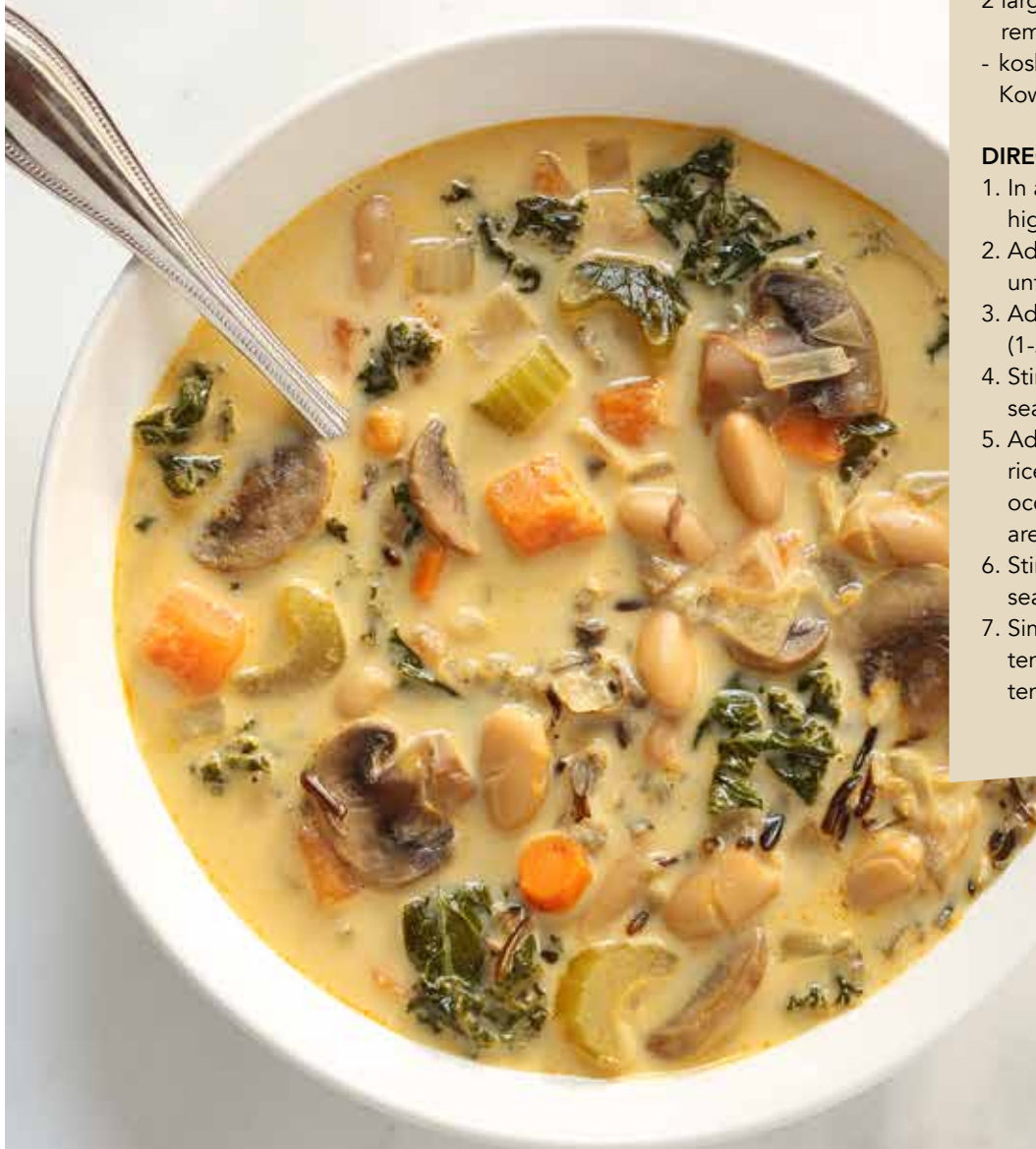
Scan here for our most popular holiday recipes!

# MAIN

## *attractions*

The holidays are arguably the most wonderful time of the year. The food, the togetherness, the nostalgia – these are the things that bring us comfort. Food sensitivities, allergies and specialized diets for medical or personal reasons may leave guests feeling less included and can have hosts working double duty, preparing separate dishes to accommodate everyone.

This season, we're suggesting main dishes that will satisfy anyone. Made with hearty vegetables and gluten-free grains, they're flavorful, filling and stress-free for guests and hosts alike.



### HOLIDAY WILD GF V VE DF RICE SOUP

SERVES 4

- 2 tbsp. Kowalski's Extra Virgin Olive Oil
- 1 onion, peeled and diced
- 8 oz. button mushrooms, sliced
- 4 cloves garlic, finely minced
- 2 carrots, peeled and sliced ¼" thick
- 2 ribs celery, leaves and tough stem ends removed, sliced ¼" thick
- 1 dried bay leaf
- 4 tsp. Old Bay Seasoning
- 6 cups gluten-free vegetable stock
- 1 large sweet potato, peeled, cut into ½" dice
- 1 cup uncooked Kowalski's Wild Rice
- 15 oz. canned cannellini beans (or another white bean, such as Great Northern or butter beans), rinsed and drained
- 14 oz. canned unsweetened coconut milk
- 2 large handfuls kale, thick stems removed, roughly chopped
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste

#### DIRECTIONS:

1. In a large pot, heat oil over medium-high heat.
2. Add onion and mushrooms; sauté until golden (about 15 min.).
3. Add garlic; cook until fragrant (1-2 min.).
4. Stir in carrots, celery, bay leaf and seasoning.
5. Add stock, sweet potato and rice; cover and simmer, stirring occasionally, until potatoes and rice are almost tender (about 30 min.).
6. Stir in beans, coconut milk and kale; season to taste with salt and pepper.
7. Simmer, uncovered, until beans are tender and kale reaches preferred tenderness (5-10 min.).





**HEARTY HARVEST RISOTTO** GF V VE DF

SERVES 8

- |  |   |
|--|---|
| 2 tbsp. Kowalski's Extra Virgin Olive Oil                      | - kosher salt and freshly ground Kowalski's Black Peppercorns, to taste   |
| 2 cups Arborio rice  | - roasted vegetables (see <i>Tasty Tip</i> below at right)  |
| 1 large shallot, finely diced                                  | - garnishes, to taste: dried cranberries, fresh herbs, roasted and salted pumpkin seeds (pepitas) and/or chopped toasted pecans |
| 2 tbsp. chopped garlic   |   |
| 1 cup dry white wine   |   |
| 4 cups gluten-free vegetable stock                             |   |
| ¼ cup freshly chopped herbs (such as thyme, sage and rosemary) |   |
| 2 tbsp. nutritional yeast (optional)                           |   |

**DIRECTIONS:**

1. In a large deep pan, heat oil over medium-high heat.
2. Add rice, shallot and garlic; sauté until shallot and rice are translucent and starting to brown (about 5 min.).
3. Stir in wine; cook for 1 min.
4. Add stock; bring to a boil.
5. Reduce heat to low; stir in chopped herbs.
6. Cover pan and simmer, stirring occasionally, until rice is al dente and liquid is nearly absorbed (about 20 min.). The mixture should be fairly loose and fluid.
7. Stir in nutritional yeast, if desired; season with salt and pepper to taste.
8. Transfer to a serving dish; top with roasted vegetables and desired garnishes.

**TASTY TIP**

See our recipe for *Basic Roasted Vegetables* or *Roasted Harvest Vegetables* on [kowalskis.com](http://kowalskis.com). For this dish, we recommend roasting a combination of veggies together on 2 baking trays. We used 8 oz. each mushrooms, sweet potato, cauliflower and Brussels sprouts cut into approx. 1" pieces with 1 small bulb of fennel cut into ¼" slices (fronds removed and reserved for garnish). Tossed lightly with oil and seasoning, they cook together in about 25 min. in a 450° oven.

**ROASTED CAULIFLOWER STEAKS** GF V VE DF

SERVES 4

- |   |  |
|---|--|
| ¼ oz. fresh thyme   | 1 head cauliflower, sliced lengthwise through the core into 4 steaks |
| 3 tbsp. Kowalski's Extra Virgin Olive Oil                               | - <i>Caper-Pine Nut Vinaigrette</i> , for serving                    |
| 3 cloves garlic, finely minced  |  |
| 2 tsp. Kowalski's Bold Italian Seasoning                                |  |
| - kosher salt and freshly ground Kowalski's Black Peppercorns, to taste |  |

**DIRECTIONS:**

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

**CAPER-PINE NUT VINAIGRETTE (MAKES ABOUT ½ CUP)**

In a small mixing bowl, whisk together 2 tbsp. freshly squeezed lemon juice, 1 tbsp. drained capers, 1 tbsp. golden raisins, 1 tbsp. toasted pine nuts, 2 tsp. agave syrup and ½ tsp. freshly grated lemon zest. Slowly whisk in 2 tbsp. Kowalski's Extra Virgin Olive Oil; season to taste with salt and pepper.



# THE of AS HOSPITALITY

Stuffing a-side, there are plenty of holiday dishes that are suitable for vegans or those with dietary concerns, allergies or sensitivities. Many traditional recipes are also quite simple to modify to suit all holiday revelers:

**SALADS** – Fruit- and veggie-based salads and vegetable sides are obvious selections. Even then, when using a prepared ingredient, it's important to review the ingredients list. The fewer and more recognizable the ingredients, the easier a list is to assess. If you are unsure about a particular ingredient, check a reputable online health resource. Gluten free and dairy free certification marks on bottled dressings and such can make decision-making much easier.

**MASHED AND SWEET POTATOES** – It's possible to make great mashed potatoes and potato dishes using plant-based milks. As for butter, try plant-based butter or swap in a more healthful plant-based fat, such as olive or avocado oil.

**STUFFINGS** – Look for gluten-free bread or bread cubes and gluten-free vegetable broth for making stuffing recipes, or try something like a rice pilaf or warm quinoa salad instead.

**BEANS** – Creamy mushroom-soup-based green bean casserole is a challenge to make with most canned soups. Try fresh mushrooms and a homemade cream sauce made with dairy-free milk and a gluten-free thickener. Easier yet, swap in steamed beans tossed with olive oil and balsamic vinegar and sprinkled with thinly sliced onion, toasted sliced almonds or pine nuts, lemon zest and seasoning.

## GOOD TO KNOW

Spices and herbs are a great way to add dimension to your recipes and are naturally gluten free, but because they are packaged in facilities that may use gluten, few spice brands are labeled as such. Spice blends are more likely to contain gluten (in the form of anticaking ingredients) than single varieties. However, according to [beyondceliac.org](http://beyondceliac.org), a single serving of a ground spice is typically quite small and unlikely to be an issue for most individuals with celiac disease.



Turkey Day Quinoa  
(recipe on page 19)

**GREMOLATA RICE** GF V VE DF

SERVES 4

- 1 cup long-grain basmati rice
- 4 tbsp. Kowalski's Extra Virgin Olive Oil, divided
- 2 tbsp. Italian parsley
- 1 tbsp. freshly grated lemon zest
- 2 cloves garlic, finely minced
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste

**DIRECTIONS:**

1. Cook rice on the stovetop according to pkg. directions or in a rice cooker according to manufacturer's instructions.
2. While rice cooks, combine 2 tbsp. oil with Italian parsley, lemon zest and garlic in a food processor; process until very finely minced.
3. Season gremolata with salt and pepper to taste; set aside.
4. When rice is done cooking, fluff with a fork; drizzle with remaining oil and stir in gremolata.

**EVERYONE'S FAVORITE MASHED POTATOES** GF V VE DF

MAKES 6 (½ CUP) SERVINGS

- 1 ½ lbs. Yukon Gold potatoes, quartered
- 4 cloves garlic, peeled
- 1 tsp. salt, plus more to taste, if desired
- ¼ cup unsweetened nondairy milk, hot
- 2 tbsp. vegan butter
- 1 tbsp. snipped fresh chives

**DIRECTIONS:**

1. Arrange potatoes and garlic cloves in a large saucepan; add cold water to cover.
2. Sprinkle with salt; bring to a boil over high heat.
3. Reduce heat to medium; cover and continue cooking until potatoes are tender when pierced with a fork (15-20 min.).
4. Drain; reduce heat to low and continue cooking just until excess moisture in pan evaporates (1-2 min.).
5. Mash potatoes and garlic by hand with a potato masher until no lumps remain.
6. Stir in milk, butter and chives until potatoes reach desired consistency.
7. Adjust seasoning to taste; serve immediately.

**TURKEY DAY QUINOA** GF V VE DF

SERVES 4

- 1 cup uncooked tricolor quinoa
- 14 oz. finely diced butternut squash, in ½" dice
- ¼ cup Kowalski's Extra Virgin Olive Oil, divided
- 1 tsp. kosher salt, divided
- ½ tsp. freshly ground Kowalski's Black Peppercorns, divided
- 2 tbsp. freshly squeezed lemon juice
- ⅓ cup chopped dried cranberries
- ¼ cup chopped raw pepitas
- ½ Granny Smith apple, peeled, cut into ½" dice
- ¼ oz. fresh sage leaves, finely minced
- ¼ oz. fresh Italian parsley leaves, finely chopped
- 1 tsp. minced fresh rosemary leaves
- 1 tbsp. freshly grated lemon zest

**DIRECTIONS:**

1. Cook quinoa according to pkg. directions; chill completely.
2. Preheat oven to 450°.
3. In a large mixing bowl, drizzle squash with about ½ of the oil; season with ½ of the salt and pepper.
4. Roast squash on a parchment-lined baking sheet in the preheated oven until edges are browned and squash is just tender and dark golden-brown on the edges (about 15 min.), turning once.
5. Remove squash from oven; cool completely to room temperature.
6. In an extra-large mixing or serving bowl, drizzle cold quinoa with remaining oil and lemon juice; season with remaining salt and pepper.
7. Add cooled squash, cranberries, pepitas, apple, herbs and zest to the bowl; gently toss.
8. Adjust seasoning, if needed.

**TASTY TIP**

Meat eaters can make this a hearty main-dish salad by adding in ½ lb. finely diced Boar's Head Tuscan Brand Roasted Turkey (or leftover roasted Thanksgiving turkey) with the cranberries, pepitas and apples.

# good gravy!

Perhaps there is nothing more mouthwatering than a pile of fluffy mashed potatoes drenched in gravy (or anything drenched in gravy, for that matter!). Most gravy recipes start with meat. The fond and richly flavored liquids produced from meat braises and roasts can be used as the basis for a wonderfully rich and flavorful gravy – but it’s perfectly possible to make a silky, rich gravy without any meat at all!

This gluten-free, dairy-free, vegan gravy recipe uses the same technique used to make traditional meat gravy. Plant-based olive oil and gluten-free cornstarch create a roux-like base. Vegetable broth provides the body of the sauce with a sweet, vegetal flavor. Onion and garlic powder add dimension and keep the consistency silky smooth while tamari does the heavy lifting, imparting a layered umami taste.

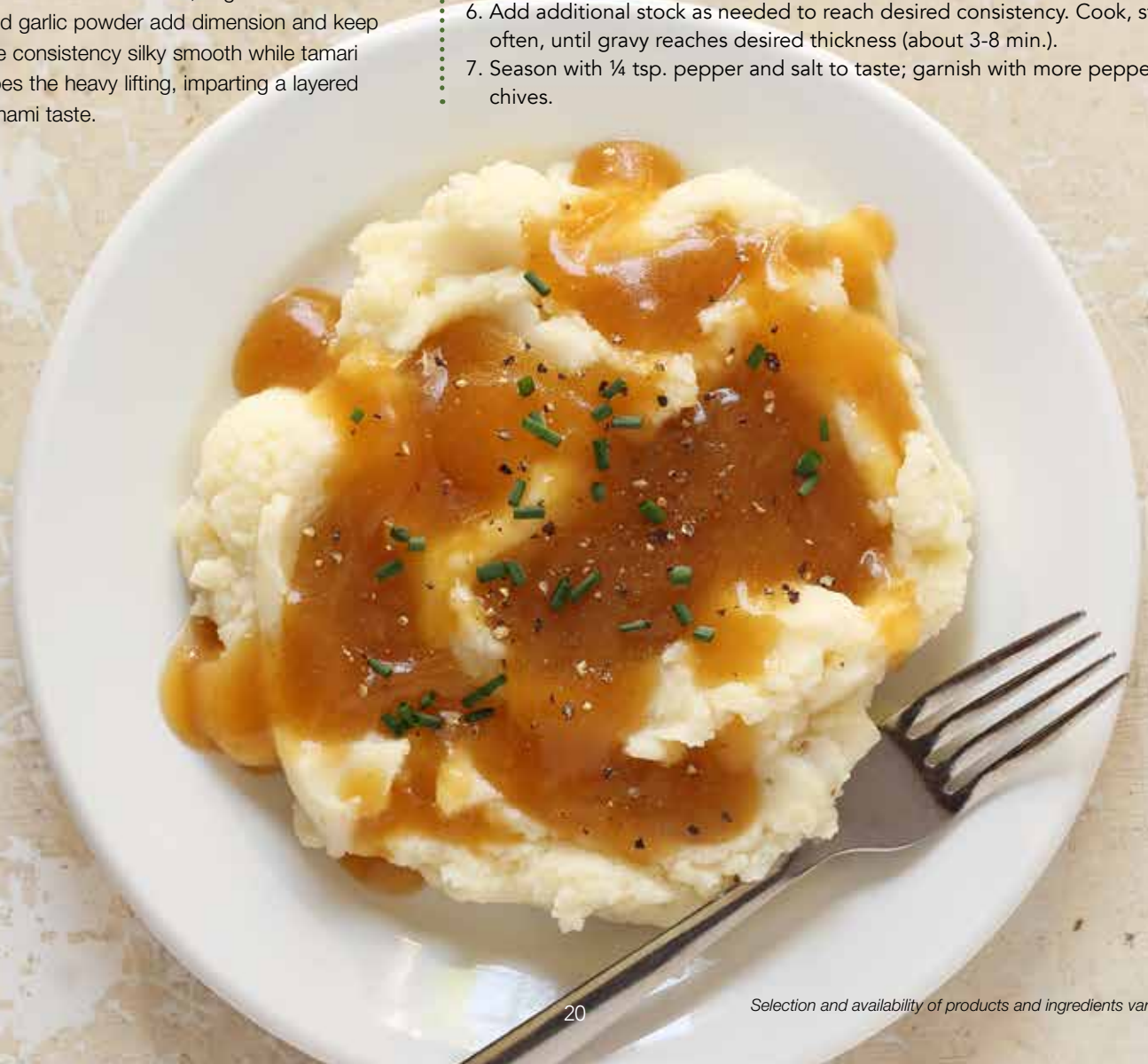
## GRAVY FOR ALL GF V VE DF

SERVES 8

- |   |   |
|---|---|
| 2 tbsp. Kowalski’s Extra Virgin Olive Oil               | 2 tsp. gluten-free tamari   |
| 4 tsp. (approx.) cornstarch                             | ¼ tsp. freshly ground Kowalski’s Black Peppercorns, plus more for garnish |
| ½ tsp. onion powder                                     | - kosher salt, to taste   |
| ½ tsp. garlic powder                                    | - freshly snipped chives, for garnish                                     |
| 2 ¼ cups (approx.) gluten-free vegetable stock, divided |   |

### DIRECTIONS:

1. In a medium saucepan, heat oil over medium-high heat.
2. A bit at a time, sprinkle cornstarch evenly over oil and whisk, using just enough cornstarch to form a loose paste (it should not look dry).
3. Reduce heat to medium. Add onion powder and garlic powder; simmer, whisking constantly, until mixture begins to turn brown (about 2 min.).
4. Whisk in most of the stock.
5. Add tamari; cook, whisking often, until gravy is thick and bubbly (about 3 min.).
6. Add additional stock as needed to reach desired consistency. Cook, stirring often, until gravy reaches desired thickness (about 3-8 min.).
7. Season with ¼ tsp. pepper and salt to taste; garnish with more pepper and chives.



# craving CRANBERRY

There's a myriad of ways to enjoy cranberries this season. Here's a look at the differences between a few favorites:

**Cranberry relish** is raw, fresh and tart. It's typically eaten on its own as a side dish with roasted turkey. Its bright, tangy flavor is a nice counterbalance to smoky, meaty, sweet or earthy foods.

**Cranberry compote** is chunkier, looser and may or may not be cooked. It's more often used as a condiment and is particularly great with poultry and sharp or sweet cheeses.

**Cranberry sauce** is cooked and is the sweetest and smoothest of these preparations. Often served as a condiment, its thick texture makes it especially good on sandwiches.

**Cranberry chutney** is similar to whole-berry cranberry sauce with added chunks of fruit and a bit of vinegar for a tangier flavor.

**Cranberry salsa** is a type of relish that differs mainly in its flavor profile. Like tomato-based salsa, it may be flavored with garlic, cilantro, onion, lime and peppers.

Find recipes for *Cranberry Salsa*, *Pear and Dried Cranberry Chutney* and *Cranberry Pineapple Sauce* at [kowalskis.com](http://kowalskis.com)

## CRANBERRY-RAISIN COMPOSITE

SERVES 4-6

- 2 oz. dried cranberries
- 2 oz. golden raisins
- 2 oz. raisins
- 1 sprig fresh thyme
- Kowalski's Fig Balsamic Vinegar, to cover

### DIRECTIONS:

1. In a small mixing bowl, combine dried fruits and thyme.
2. Cover with vinegar; let stand at room temperature for 6 hrs. to overnight.
3. Remove thyme before serving.

## FRESH CRANBERRY RELISH

SERVES 8

- 3 cups fresh cranberries
- $\frac{3}{4}$  cup sugar
- zest and juice of 1 orange

### DIRECTIONS:

1. Process all ingredients in a food processor until desired texture is achieved.
2. Store in the refrigerator, covered, for up to 7 days until ready to use.



# THE *NEW* PUMPKIN PIE

Pumpkin pie. It's beloved by some but not so much by others. Given the incredible general popularity of pumpkin spice *anything*, it's likely that haters are turned off by the baked custard texture more than the overall flavor profile of the classic recipe.

Our new take on pumpkin "pie" has all the flavor one could want in a holiday dessert in a creamy, dreamy, light and airy format that's no-bake, to boot! Best of all, it's vegan, gluten free and dairy free!

## PUMPKIN "PIE" PARFAITS GF V VE DF

SERVES 8

- 8 oz. nondairy cream cheese substitute (such as Philadelphia Plant-Based Original Spread)
- 2 tbsp. powdered sugar
- 1 box (4 oz.) South & Spoon Salted Brown Sugar Pudding Mix
- 1 cup pumpkin purée (not pumpkin pie filling), such as Libby's brand
- 1 tsp. Kowalski's Ground Cinnamon
- ½ tsp. Kowalski's Pumpkin Pie Spice
- ¼ tsp. Kowalski's Ground Nutmeg
- 2 pkgs. (9 oz. each) dairy-free whipped topping (such as So Delicious Cocowhip), thawed, divided
- 16 (approx.) gluten-free gingersnap cookies (such as MI-DEL brand), crushed
- garnishes, to taste: flaky sea salt, roasted and salted pumpkin seeds (pepitas), fresh cranberries or pomegranate seeds, and fresh mint sprigs

### DIRECTIONS:

1. In a large mixing bowl, combine spread and sugar; mix together with an electric mixer until completely smooth and somewhat fluffy (5 min. or more, depending on how cold the spread is).
2. Stir in pudding mix, pumpkin and spices until combined.
3. Fold in ½ of the whipped topping to form a mousse, being careful not to deflate the mixture.
4. Divide alternating layers of mousse, remaining whipped topping and cookie crumbs between 8 serving glasses (8-12 oz. in size); garnish to taste.



# SIGNATURE PRODUCT FOCUS

SIGNATURE



Lasagna is a popular holiday meal in many homes, and popular in general in others! Our Family Favorite **Sausage and Beef Lasagna**, made popular in our Deli, is now available in the Frozen Foods Aisle! It's made locally just for us with our Signature Pomodoro Sauce, mild Italian sausage and five cheeses according to our exacting traditional recipe. It bakes straight from frozen in an oven-safe tray, making it a convenient way to put a hearty meal on the table without advance planning – and without a mess to clean up! Weighing in at over 2 ½ pounds, it's the largest lasagna in town, too!

*Find it in the Frozen Foods Aisle.*



## CLASSIC GARLIC BREAD V

SERVES 6

1 French loaf, Italian loaf or French baguette  
- *Garlic Bread Butter*

### DIRECTIONS:

1. Preheat oven to 350°.
2. Split loaf horizontally through the middle from end to end.
3. Spread cut sides of loaf with garlic butter; wrap in foil.
4. Bake loaf directly on the rack in the preheated oven for 10 min.
5. Unwrap loaf; lay flat and bake for 5 min. more.
6. If a dark, crispy top is desired, broil for 1-2 min. before removing from the oven.
7. Let stand for 2 min. before slicing and serving.

### GARLIC BREAD BUTTER (MAKES ENOUGH FOR A 10-16 OZ. FRENCH OR ITALIAN LOAF OR 1 FRENCH BAGUETTE)

In a medium mixing bowl, blend together 8 tbsp. (1 stick) Kowalski's Salted Butter at room temperature, 4 cloves garlic mashed into a paste with a sprinkle of kosher salt or ¾ tsp. garlic powder, freshly ground Kowalski's Black Peppercorns to taste, 4 tbsp. freshly grated Parmesan cheese (optional) and 1 tbsp. very finely minced fresh herbs (such as Italian parsley, basil, oregano or rosemary).

# seasonal supper

Our supper selection this season is another one-size-fits-all recipe. Made with our Signature Gluten-Free Pasta, it's also dairy free and vegan friendly. Featuring hearty mushrooms to bring texture and toothiness to the dish, it's accented with aromatic onion and garlic, plus fresh woody thyme. You can use any nondairy milk here. Oat milk and rice milk are both good for adding creaminess (a boon for pasta), but soy is nicely neutral as well. No matter which you choose, select an unsweetened milk – save sweetened milk for your cereals and smoothies.

## GARLICKY MUSHROOM LINGUINE

GF V VE DF

SERVES 2

- 3 tbsp. Kowalski's Extra Virgin Olive Oil, divided
- 8 oz. sliced cremini mushrooms
- 1 tsp. kosher salt, plus more to taste
- ½ tsp. freshly ground Kowalski's Black Peppercorns, plus more to taste
- 9 oz. Kowalski's Fresh Gluten-Free Linguine (from the Dairy Department)
- ¼ cup chopped onion
- 4 cloves garlic, minced
- 1 cup gluten-free vegetable stock
- 1 cup unsweetened nondairy milk
- 3 tbsp. water, cold
- 2 tbsp. cornstarch
- 2 tsp. fresh thyme leaves, plus a few sprigs for garnish

### DIRECTIONS:

1. In an extra-large skillet, heat 2 tbsp. oil over medium-high heat.
2. Add mushrooms; cook, stirring frequently, until tender and dark on the edges (10-15 min.). Season mushrooms with salt and pepper to taste; remove from pan and set aside, covering to keep warm.
3. While mushrooms cook, cook pasta according to pkg. directions until just barely al dente; drain and keep warm.
4. In the skillet used to cook the mushrooms, heat remaining oil over medium heat.
5. Add onion; sauté until golden (about 5 min.).
6. Add garlic; cook and stir for 1 min.
7. Add stock and milk; increase heat to bring mixture to a boil.
8. Reduce heat to medium; add warm pasta to the skillet.
9. In a small dish, whisk water and cornstarch until smooth; add to the skillet and stir well.
10. Cook, stirring occasionally, until mixture reaches desired thickness (about 2 min.); season with 1 tsp. salt and ½ tsp. pepper.
11. Stir in mushrooms and thyme leaves; serve immediately with thyme sprigs and a generous amount of black pepper.