

Compliments of Kowalski's

May – June 2024  
THE JOY OF GOOD FOOD

# KOWALSKI'S AT HOME

Floral Sugar  
Cookies  
(from page 2)

# spring IN BLOOM

A GUIDE TO  
GROUND BEEF

EXCLUSIVE  
NEW WINES

A LOOK AT  
SALAD GREENS

# Thoughts from the KOWALSKIS

Something new sprouted up over the winter, and we couldn't be more thrilled. Later this month, we'll open our newest market in Edina! Home to a few of our latest concepts, Edina will unveil a Burger Bar and hand-scooped Signature ice creams, plus a quick-serve iteration of our favorite pizza place, Pizzeria Pezzo! We hope you'll stop in to check them out!

As everything begins to green up this spring, we're looking at "greens," namely those you'd use in a salad. Culinary & Branding Director Rachael Perron and resident nutritionist and dietitian Sue Moores, M.S., R.D., teamed up on pages 10-11 to give you the lowdown on what's good and green for your salad bowl this season.

Rachael also worked with Meat & Seafood Director Luke Holt to bring you the ground beef guide on page 8, just in time for burger season. And for topping those burgers, head to pages 6-7 for our impressive roundup of terrifically tangy toppers. Not only do we have the most interesting selection of pickles, mustards and sauerkrauts, but we've recently

created three brand-new recipes to help you make the most of whichever you choose.

As for something to eat with those burgers, brats, etc., we've got some ideas! Turn to pages 4-5 to learn how two of our newest Deli recipes – Homestyle Potato Salad and Classic Sour Cream & Chive Chip Dip – came to be.

Finally, we're thrilled to introduce a brand-new co-branded line in Kowalski's Wine & Spirits shops. The Seghesio family is practically wine royalty, with a long and storied history in California winemaking. Today, that story proudly includes Kowalski's. We're bringing two very special wines from their family's vineyard into our shops this season. Read about this amazing producer on the facing page.



**See you in the stores!**  
Kris Kowalski Christiansen  
and Mary Anne Kowalski

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**FIND YOUR LOCAL MARKET AT KOWALSKIS.COM** OPENING MAY 30 IN **edina!**



## you can buy yourself flowers!

You can also buy them for someone you love! Look for these blossoming beauties in the Bakery Department right now, just in time for Mother's Day! Ask our Bakery team how you can order these buttercream-decorated sugar cookies for a bridal or baby shower, birthday, anniversary or no occasion at all.

# CREAM OF THE CROP

EXCLUSIVELY BOTTLED FOR KOWALSKI'S

Kowalski's is proud to introduce a limited-edition 2022 Journeyman Chardonnay, barreled, blended and bottled exclusively for Kowalski's by legendary Sonoma County winemaker Peter Seghesio.

Peter Seghesio's family winemaking history dates back to the 1890s on both his mother's and father's side. His paternal grandfather, Edoardo Seghesio, planted his first Zinfandel vineyard in California's Alexander Valley in 1896. This began a century of grape growing and winemaking at the Seghesio Family Vineyard & Winery, which Peter directed from 1993 until 2011 when it was passed on to the Crimson Wine Group.

Peter's maternal great-grandfather, Francesco Passalacqua, came to America from Italy in 1865, working as a cook in the gold fields during the California gold rush. In 1896, he took his earnings and bought land in southern Alexander Valley for 10 gold coins. This 140-acre property bordered the Russian River on the north side of Fitch Mountain and was originally part of Rancho Sotoyome, a land grant given to Captain Henry Fitch as part of a marriage dowery by Governor Vallejo in 1841. This historic property, continuously farmed by the Passalacqua family since 1896, was named San Lorenzo, after Francesco's Italian birthplace. As part of the Mayacamas Mountain Range, its well-drained volcanic and clay loam-based soils are ideally suited for growing grapes.

Today, most of the grapes grown at San Lorenzo are sold to other wineries, such as Silver Oak, Aperture, Sonoma-Cutrer, Ridge and Seghesio Family Vineyards. Peter and his wife of 30 years keep just the cream of the crop from their old-vine and hillside lots to make small-production wines under the Journeyman and San Lorenzo labels. San Lorenzo is produced from 100% estate-grown grapes, while Journeyman includes fruit sourced from the Martinelli family just down the road. Only 1,500 cases of these proprietary wines are produced each year from their state-of-the-art winery located on the estate. All are sold out of their tasting room at their old-world butcher shop in Healdsburg, via their mailing list or directly to private buyers such as Kowalski's.

A 2023 Journeyman Rosé from Peter Seghesio is expected to arrive in our Wine & Spirits shops the first week of May. Made

from the first "bleeds" of Journeyman's small-batch Pinot Noir and Zinfandel, plus fruit from the oldest vines at San Lorenzo, this summer-perfect wine bursts with flavors of strawberry, rose and ripe red cherry. It's aged in a specially egg-shaped concrete vessel to produce a wine with a rich underlying framework of minerality and a full, round palate.

This fall, look for special bottlings of 2022 Journeyman Pinot Noir and 2022 San Lorenzo Rock Garden Zinfandel.

Also, look for Peter Seghesio's salumi, sold under the Kowalski's label, in the Specialty Cheese Department.



2022  
Journeyman  
Chardonnay

**Expected in stores May 1!**

This Burgundian-style Chardonnay with mineral and ripe citrus components is layered with lemon curd, orange blossom notes, vibrant natural acidity and toasty François Frères French oak. It is a gorgeous wine made with grapes from two of the most famous hillside vineyards of the Russian River Valley: Zio Tony Ranch from the Martinelli family and Ritchie Vineyard. This Chardonnay is very highly rated each vintage, garnering scores ranging from 92 to 94 points in *Wine Spectator* magazine.

## PEOPLE

### COOKING AT HOME:

# on the CLOCK

In “Cooking at Home,” I usually share an anecdote about cooking for my family, but sometimes “Cooking at Home” means cooking for *work*. Whether it’s catching up on recipe testing, playing with new ingredients or finishing up a project that just needs more than a day in the office, for me, WFH usually means WFK – working from *kitchen*!

A big potato salad project I worked on this winter finally hit production and is now in stores. Scrubbing and peeling potatoes was the worst of it, but the end result was worth the aching in my wrists. It’s hard to improve on our classic Aunt Nettie’s Potato Salad, so I didn’t even try. (It is, and will always be, the gold standard around here! We’d never replace it!) The winning recipe, **Homestyle Potato Salad** on the facing page, is more mustardy, less sweet and has a bit more celery and eggs than Nettie’s. Between this version (the clear favorite in the test kitchen) and the other four contenders, there was a close second. Though we didn’t add it to our Deli menu, so many tasters begged for the recipe that I’m publishing *Dill Potato Salad* here.

I also worked last season on our new **Classic Sour Cream & Chive Chip Dip** on the facing page. Chips and dip have always been my No. 1 guilty-pleasure snack, so getting this one right was my obsession for at least a few months. After what felt like endless edits and finessing of the formula, I’m proud to introduce this one to my fellow chip monsters!

Warmly, *Rachael*



Rachael Perron,  
Culinary & Branding Director  
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### DILL POTATO SALAD GF V DF

SERVES 8

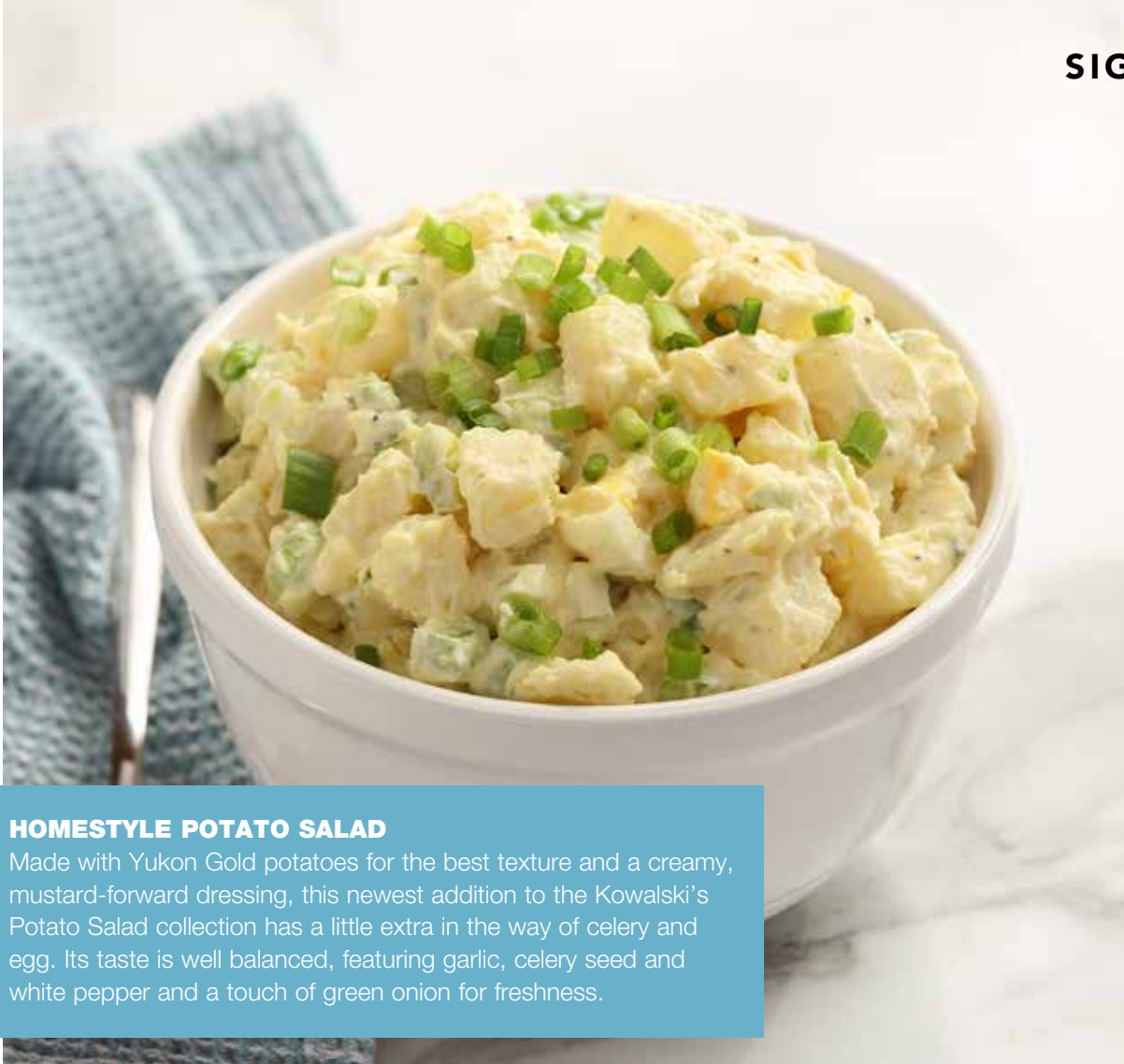
- |                                             |                                                                                 |
|---------------------------------------------|---------------------------------------------------------------------------------|
| 3 lbs. Yukon Gold potatoes                  | ½ cup chopped Kowalski’s Crinkle-Cut Dill Pickles (from the Grocery Department) |
| 1 cup plus 2 tbsp. mayonnaise               | 3 tbsp. freshly chopped dill                                                    |
| 1 ½ tbsp. apple cider vinegar               | 2 tbsp. freshly chopped chives                                                  |
| 1 ½ tbsp. Kowalski’s Classic Yellow Mustard | 2 cloves garlic, smashed into a paste with a pinch of coarse kosher salt        |
| 1 tbsp. granulated sugar                    | 4 hard-boiled eggs, roughly chopped                                             |
| 1 ½ tsp. kosher salt                        |                                                                                 |
| ¼ tsp. white pepper                         |                                                                                 |
| 3 celery hearts, diced                      |                                                                                 |

#### DIRECTIONS:

1. Peel potatoes; dice into ½" cubes.
2. Place potatoes in a large, deep pot; cover with cold water by 2". Bring to a boil over high heat; boil until potatoes are just tender (5-8 min.).
3. Drain potatoes; let cool completely to room temperature.
4. Transfer diced potatoes to a large mixing bowl; set aside.
5. In a medium mixing bowl, whisk together next 6 ingredients (through white pepper); stir in celery, pickles, dill, chives and garlic.
6. Pour dressing over potatoes; stir to coat.
7. Gently fold in eggs; cover and store in the refrigerator for at least 1 hr. (up to 5 days).



instant CLASSICS



**HOMESTYLE POTATO SALAD**

Made with Yukon Gold potatoes for the best texture and a creamy, mustard-forward dressing, this newest addition to the Kowalski's Potato Salad collection has a little extra in the way of celery and egg. Its taste is well balanced, featuring garlic, celery seed and white pepper and a touch of green onion for freshness.



LOCAL partner



**CRE 8 IT INC.**

**Cre8it** makes both of these exclusive Signature recipes for Kowalski's in small quality-controlled batches. This small, local, family-owned producer helps us ensure an uninterrupted supply of products, food safety and consistency in the execution of our own unique products.



**CLASSIC SOUR CREAM & CHIVE CHIP DIP**

This "practically perfect" dip is creamy and thick but won't break your chip, with a just-right balance of chive and onion flavor. It also makes a great topper for baked taters!

# SIGNATURE PRODUCT FOCUS



Burgers, dogs and brats are bound to be on the menu in the months ahead, but they're nothing without the right Signature condiments!



AIR-FRIED PICKLES

## KOWALSKI'S PICKLE COLLECTION

Our old-fashioned pickles deliver a big crunch and lots of flavor! They are handcrafted in small batches and perfect for sandwiches, charcuterie boards or just for snacking. Choose from:

**Bread & Butter** Try these old-fashioned pickles with sandwiches and traditional BBQ fare.

**Double Dills** Perfect for pickle lovers who can't get enough delicious dill. Try them on a charcuterie board.

**Farmhouse Pickles** Infused with a real jalapeño, carrots, onions and garlic, these artisanal pickles are an old-fashioned classic.

**Crinkle-Cut Dills** These classic pickle slices are ideal atop a burger or pizza! *Find them in the Grocery Department.*

scan for our salty-sour *Air-Fried Pickles* recipe!

## KOWALSKI'S MUSTARD COLLECTION

We've recently added **Classic Yellow** and **Stoneground** mustards to the family.

**Classic Yellow Mustard** Spread it on hot dogs or stir into potato and egg salads.

**Stoneground Mustard** Try it with sausages or as a condiment with aged cheeses.

**Champagne Honey Mustard** Use it for dunking chicken tenders or pretzel bites.

**Garlic Dill Mustard** Add layers of flavor to any recipe that calls for mustard.

**Horseradish Pub Mustard** Slather it on burgers and roast beef sandwiches.





## KOWALSKI'S ORGANIC SAUERKRAUTS & FERMENTED FOODS

Our organic sauerkrauts and fermented foods are a delicious way to eat your veggies! They're made with regeneratively grown, non-GMO vegetables, all natural ingredients and live cultures for a punch of probiotics that may improve overall gut health. Use them to add flavor and texture to cheese boards, sandwiches, stir fries, tacos, pizza and much, much more! Try all five varieties:

**Original Sauerkraut** A classic sour condiment made with organic cabbage. Enjoy it with meats or on a sandwich.

**Jalapeño Sauerkraut** A unique sauerkraut recipe infused with heat from organic jalapeños. Use it in any recipe that calls for original sauerkraut. It makes a fabulous pizza topping!

**Turmeric Sauerkraut** A traditional recipe with an added kick of organic jalapeños and the warm flavors of turmeric and cumin seeds. Try it anywhere you would use original sauerkraut.

**Ginger Beets** A mildly spicy, tangy combination of fermented organic beets and cabbage with the heat of ginger. Try it with grilled or roasted pork, sausages or even steak.

**Spicy Green Kimchi** This Korean-style condiment is an exceptional blend of organic cabbage, radish and carrot fermented with authentic kimchi seasonings. Try it with steamed rice dishes or in a stir fry.

*Find them near the refrigerated pickles.*



**CUBAN PASTA SALAD**



A summery, easy-to-eat take on the classic Reuben recipe.



**REUBEN CHOPPED SALAD**



## THE meat OF THE MATTER

Ground beef is one of the most popular and versatile items in the Meat Department. But “ground beef” is a common term often used to blanketly speak about a group of similar products that actually have some key differences: ground *sirloin*, ground *round* and ground *chuck*. Here, we examine their unique characteristics and suggest the best uses and offerings within each category.

### did you know?

All the ground beef products listed here are freshly ground at every store from whole cuts of beef. Kowalski's is very proud to be one of the only grocers in town that provides this level of excellence in fresh ground beef.

### GROUND SIRLOIN

Named for the cut it's made from, top sirloin is the leanest type of ground beef. Typically, this product has a lean point above 92, giving it a pronounced beefy flavor without a greasy mouthfeel. It shines when it's browned quickly over high heat and crumbled, especially in saucy recipes like Spaghetti Bolognese or Sloppy Joes, where it won't taste dried out.

★ *Certified Akaushi 92% Lean Ground Sirloin is the healthiest choice in this category.*

### GROUND ROUND

Made from top round, this type of ground beef is slightly less flavorful than sirloin. It's close in leanness to sirloin, meaning it holds together nicely, and because it's more tender than sirloin, it's great for meatballs or meatloaf. Ground round is also a good choice for heavily seasoned dishes like tacos and chili.

★ *We recommend USDA Choice 93% Lean Ground Round for its balance of beefy taste and lower fat content.*

### GROUND CHUCK

Ground chuck is a flavorful, juicy choice made from chuck roast, which is why it is beloved for hamburgers. Burgers made with beef that's 85% lean or more will hold together better than fattier blends.

★ *USDA Choice or Certified Akaushi 85% Lean Ground Chuck are both excellent choices.*

### GROUND BEEF

Beef simply labeled “ground beef” may contain cuts other than sirloin, chuck or round. Typically (but not always), it's the least lean of the four options described herein. Use the lean point on the label as a guide in determining ground beef's best use. For example, you may prefer to drain some rendered fat before using *USDA Choice 78% Lean Ground Beef* in casseroles like tater tot hot dish.

★ *We are also proud to offer Certified Organic Grass-Fed 92% Lean Ground Beef.*

### GORGONZOLA BURGER





# BERRY beautiful



These dazzling desserts – **Raspberry Counter Cake** and **Strawberry Counter Cake** – are part of our Kitchen Counter Cake collection, inspired by the classic cakes your mom always left on the kitchen counter. Sneak a slice or a bite – it’s up to you! Our year-round offerings include *Very Vanilla Cake* with vanilla bean icing, *Mary Anne’s Chocolate Cake* with fudge icing and *Banana Cake* with our exclusive Penuche Icing. Seasonal flavors rotate into the mix all year long.

These spring-summer selections pack a ton of flavor into every forkful. Both cakes start with a classic vanilla cake recipe featuring pure vanilla extract and vanilla bean paste, infused with the intense fruity sweetness of strawberry or raspberry jam. They’re iced with our Family Favorite Buttercream, which is enhanced with brilliant color and lots of berry flavor from the addition of dehydrated strawberries or raspberries. Good enough to serve alone, you can make them really shine by serving them with fresh berries or berry-flavored ice cream.



# lovely leaves

## A LOOK AT SALAD GREENS



### ROMAINE LETTUCE

Known for its elongated, somewhat stiff leaves, this Caesar salad staple is crispy and mildly earthy. One and a half cups of Romaine provides about 35% of the vitamin A and 25% of the folate you should get in a day, plus nearly three-quarters of the ideal amount of vitamin K.

### BUTTERHEAD LETTUCE

The most common types of butterheads are Bibb and Boston. Their pale- to medium-green outer leaves are soft and buttery, while the inner leaves have a surprising crunch and a sweet, mild flavor. The USDA notes that 1 ½ cups of butter lettuce contains 15% of your daily needs for both vitamin A and folate and 70% percent of your vitamin K.



### RED OR GREEN LEAF LETTUCE

Fluttery leaf lettuce may be used to add color and earthy flavor to salads. The ruffly tips are more tender than the sturdier base of the leaves. Leaf lettuce's nooks and crannies hold dressings well. Just 1 ½ cups of green leaf lettuce offers up to 20% of your daily vitamin A and 50% of your daily vitamin K needs.



### FRISÉE

You might want to call this curly endive *frizzy*, but the word is pronounced *free-ZAY*. It's great for adding texture and bitterness to mixed green salads. A single 1-cup serving of frisée is a good source of vitamin C and meets one-third of the daily recommendation for vitamin A.



### BABY SPINACH

Milder and sweeter than regular spinach, the rounded dark green leaves of baby spinach are nicely tender as a salad green. One cup has 25% of the USDA's recommendation of vitamin A and 100% of vitamin K.



### RADICCHIO

It's not cabbage or lettuce but rather a type of chicory. Radicchio's tight head of wine-red leaves lined with bright white veins brings balance and pleasant bitterness when mixed with sweeter greens. Rich in vitamin K, 1 cup provides nearly 85% of your daily needs.



### ARUGULA

Slightly peppery arugula is sometimes called *rocket*. The dark green, deeply lobed leaves of arugula (which is actually a cruciferous vegetable in the same family as broccoli!) are delicate and tender. One cup of raw arugula provides 25% of your daily vitamin K.



### ENDIVE

These small, very tightly packed compact heads are white to pale yellow with individual leaves shaped like long, narrow scoops. Slice these mildly bitter leaves crosswise and use them in tossed salads, or top and fill single leaves to serve as hors d'oeuvres. Endives are a good source of folate, with 1 cup fulfilling about 18% of your daily needs, plus 60% of your vitamin C and virtually all your vitamin K needs.

### ICEBERG LETTUCE

Iceberg is very crunchy with a neutral, watery flavor and is therefore popular for wedge salads. Like most greens, it's low in calories. Though it might not offer as much nutritional value as some other options, 1 ½ cups does provide 20% of the vitamin K you need in a day.



# leafy greens

## FOR THE WIN



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

**G**reen-hued vegetables are produce champs. Pick a green, any green – including our leafy friends – and you have winners in both flavor and nutrition. Much of their nutrition cred comes from the green pigmentation, which is derived in large part from the chlorophylls found in their leaves. Chlorophylls absorb sunlight and turn it into energy your cells can use for various health-helping functions.

Scientists used to believe we could not absorb the different types of chlorophylls in plants, but recent studies find we do, and that's big news. Research shows chlorophylls can act as antioxidants, anticarcinogens, anti-inflammatories, detoxifiers and cell protectors. They can help healthy cells stay healthy while supporting processes that fend off damage and disease.

Lettuces contain several vitamins and minerals. Those highest in concentration are vitamins C, K and folate. And, to amplify the good, we may get a bonus amount of nutrition. Chlorophyll appears to be a source of vitamins C, K and folate plus magnesium, potassium, calcium and iron. Rich green lettuces are good sources of several carotenes, too. Beta-carotene, with its antioxidant properties, leads the pack. Lutein and zeaxanthin run a close second and are vital to healthy eyes, potentially helping delay age-related vision problems such as cataracts and macular degeneration. Greens are also a treasure trove of dozens of different phytonutrients with health-promoting properties.

Though supplements exist for chlorophyll and other nutrients found in lettuces, no supplements completely capture all the nutrients in leafy greens. Eating them is best. Research shows that a synergy exists between lettuce's nutrients, including chlorophyll, suggesting that their "active" nature is more influential and impactful together rather than individually. In short, the whole is greater than the sum of its parts.

### GETTING THE MOST FROM YOUR GREENS

- Many of the nutrients in lettuces are fat-soluble, meaning they need a bit of fat at a meal to maximize their absorption in your body. Enjoy them with an oil-based dressing or another healthful fat source, such as nuts, seeds or fish.
- Store them carefully in your crisper.

**Head lettuces:** Remove the lettuce from its bag. Discard any damaged or wilted leaves. Loosely wrap the head of lettuce in a moist paper towel and store it in a clean plastic bag, leaving the top slightly open. Wash and dry leaves as you use them.

**Boxed or bagged lettuces:** Even if the container says the greens have been washed, the safest practice is to wash them again. Rinse leaves in a colander and run them through a salad spinner or pat dry to remove excess moisture. Roll the leaves in a dry paper towel and place them in a clean plastic bag, or line the bottom of a clean storage container with a dry paper towel and place the greens on top. Leave an opening in the bag or loosely cover the container to allow air to circulate.

### DID YOU KNOW?

Lettuces were first recognized in and around the Mediterranean region – apropos, given that the Mediterranean diet is consistently tapped as the world's healthiest diet. Go green! It's an integral part of being "Med fed."

# seasonal supper

When it comes to this edition of “Seasonal Supper,” spring means the return of the beloved burger! Here, our sandwich selection is a mash-up of two beefy handhelds: a burger and a classic Reuben. Anything is better when topped with sauerkraut and fresh, creamy Thousand Island dressing, including our Certified Akaushi beef. The intense flavors of this burger will really shine through on a flavorful pretzel bun.

## REUBEN BURGER

MAKES 4

- 1 ½ lbs. Kowalski’s Certified Akaushi 85% Lean Ground Chuck
- kosher salt and freshly ground Kowalski’s Black Peppercorns, to taste
- 4 slices Boar’s Head Baby Swiss Cheese
- 4 Kowalski’s Pretzel Burger Buns, split and toasted
- ½ lb. thinly sliced Boar’s Head Corned Beef
- toppings, to taste: Kowalski’s Signature Fresh Thousand Island Salad Dressing and Kowalski’s Organic Original Sauerkraut

### DIRECTIONS:

1. Preheat grill to medium-high heat; clean grill grates.
2. Using clean hands, form beef into 4 patties; season with salt and pepper.
3. Grill patties over direct heat, lid down, for 4-5 min. on first side.
4. Flip burgers; top each with a slice of cheese. Close lid; melt cheese while burgers finish cooking on second side (4-5 min.).
5. Remove from heat; tent loosely with foil and let rest for 3-5 min.
6. Serve burgers on toasted buns topped with corned beef and additional toppings to taste.



Find Kowalski’s Signature Fresh Thousand Island Salad Dressing in the Produce Department.

Find Kowalski’s Organic Original Sauerkraut near the refrigerated pickles.