

Compliments of Kowalski's

January – February 2021  
THE JOY OF GOOD FOOD

# At Home with KOWALSKI'S

## OUR SUPER BOWLS!

**CHOCOLATE  
AND YOUR  
HEALTH**

**COMFORT FOODS  
REIMAGINED**

**BEST-EVER  
CHOCOLATE  
CHIP COOKIES**

*Hit the Deli this season for customized  
takeout alternatives (page 4)*

The Family Grocery Store with the Family Still in It

# Thoughts from the KOWALSKIS

The season of joy never ends at Kowalski's, but this time of the year is definitely the season of comfort. We could all use some of that! You may find it in an afternoon reading by the fire, a phone call with a friend, a brisk walk through the snow or a favorite meal. Among other good feels, comfort food triggers memories of the special people and special times in our lives, a sense of connectivity we're all craving these days.

Beyond the comforting dishes we associate with our families, and perhaps our childhoods, food can also connect us to people we don't know, giving us a small glimpse into other food cultures. Our delis are offering up a wide variety of options for doing just that. Not only do we have some of the best sushi in town, but we've also been expanding our selection of global foods with make-your-own noodle and burrito bowls, plus customized made-to-order pasta and stir fry.

Now is also a time to have fun with food. Some of the more classic comfort foods we all love are the subject of the articles

featured on pages 10-12. We're switching up and mashing up pasta, soups, sandwiches and pizza to create new ways to enjoy some kiddie classics. It's a change to get excited about in the new year!

One thing that gives everyone comfort *and joy* is chocolate! Culinary Director Rachael Perron and Nutritionist Sue Moores, M.S., R.D., have teamed up to bring you an extended feature on the sweetest flavor of the season, including a Live-Well-approved chocolate treat. We're loving Rachael's rundown on chocolate chip cookies, a family favorite, to say the very least!

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

*Many thanks,*

*Mary Anne Kowalski and  
Kris Kowalski Christiansen*



## IT'S BAA-ACK!

One of our most popular Signature products of all time is finally back, and we're as excited as anyone! When our long-time pasta sauce producer went out of business, we never dreamed it would take so long to get them back, but we took the time to make sure the recipe was just right. You can find four flavors – *Classic Marinara, Traditional Tomato Basil, Thick & Hearty Tomato Basil and Bold & Spicy* – in the Grocery Department near our imported Italian pastas. Enjoy them with a loaf of our new Signature Garlic Bread or Cheesy Garlic Bread, available in the Bakery cooler.

### YOUR LOCAL MARKETS

EAGAN MARKET & WINE SHOP  
1646 Diffley Road • 651-328-8300  
eagan@kowalskis.com

EDEN PRAIRIE MARKET  
16500 W. 78th Street • 952-937-9585  
edenprairie@kowalskis.com

EXCELSIOR MARKET & WINE SHOP  
440 Water Street • 952-229-8300  
excelsior@kowalskis.com

GRAND AVENUE MARKET & WINE SHOP  
1261 Grand Avenue  
651-698-3366  
grandave@kowalskis.com

LYNDALE MARKET  
5327 Lyndale Avenue S. • 612-822-2935  
lyndale@kowalskis.com

PARKVIEW MARKET  
5615 Chicago Avenue S. • 612-824-2430  
parkview@kowalskis.com

SHOREVIEW MARKET & WINE SHOP  
441 Highway 96 W. • 651-313-6868  
shoreview@kowalskis.com

STILLWATER MARKET & WINE SHOP  
5801 Neal Avenue N.  
651-439-9161  
oakparkheights@kowalskis.com

UPTOWN MARKET & WINE SHOP  
2440 Hennepin Avenue • 612-377-3448  
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WHITE BEAR LAKE MARKET  
4391 S. Lake Avenue • 651-429-5913  
wbl@kowalskis.com

WOODBURY MARKET & WINE SHOP  
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CATERING CALL CENTER  
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# COOKING AT HOME:

no time like the

# PRESENT

My birthday, anniversary and Valentine's Day fall within 16 days of each other, which makes this time of year tolerable for me but more difficult for my husband. As if figuring out *one* gift wasn't challenging enough!

After so many years of celebrating together, he certainly knows a thing or two about what I like, but that doesn't mean gift-giving occasions don't sneak up on him. In order to spare him the stress of a last-minute panic purchase, this year I'm offering up this visual reminder-slash-reference filled with options aplenty. I'd be thrilled with any (or all!) of these goodies, which include a bottle of Zinfandel and lilies, of course. Something beautiful or sparkly, something sweet, something that smells incredible, spa indulgences and foodie finds are always in good taste, too.

Warmly, *Rachael*

I've always loved to stay in for Valentine's Day (since long before it was *de rigueur*). This year I'll be making this romantic and shareable feast with a raw shaved fennel salad, garlic toast and a crisp Sauvignon Blanc.



Find gifts and delectable treats like these plus cute new clothing styles at your local Kowalski's Market.

## MUSSELS AND CLAMS

SERVES 4

- ½ lb. Kowalski's Applewood Smoked Bacon, diced
- 2 lbs. littleneck clams, scrubbed and rinsed
- 1 tbsp. finely chopped shallots
- 1 tbsp. finely chopped garlic
- 1 lb. mussels, cleaned, debearded and rinsed
- 16 oz. beer, your choice
- 3 tbsp. Kowalski's Hand-Rolled Butter (from the Dairy Department)
- ¼ cup roughly chopped parsley
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste
- Kowalski's Extra Virgin Olive Oil, for serving
- baguette loaf, toasted and sliced, for serving

In a large nonstick skillet, cook bacon over medium heat until slightly crisp, flipping as needed. When bacon is halfway done, add clams, shallots and garlic; toast until clams begin to turn golden-brown on the outside (about 10 min.). When clams start to open, add mussels to the pan. Add beer to the pan; cover and steam until nearly all the shells are open (2-3 min.). Add butter, parsley, salt and pepper. Drizzle with olive oil and serve with slices of toasted baguette.

### TASTY TIPS

- To prepare clams and mussels for cooking, scrub them under running water with a stiff brush to remove any sand. Remove fibrous "beards," if any, from the mussels. Pinch or tap shells before cooking. If an open shellfish won't snap shut, it should be discarded.
- You can microwave any unopened mussels for 15-30 sec. until they open. Doing so will prevent overcooking of the bulk of your mussels.





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# OUR SUPE



## GET IT DELIVERED

Hibachi bowls, pasta bowls and select flavors of chicken wings, plus many more of your deli favorites, are also available on the DoorDash and Grubhub apps!



BURRITO



MAC & CHEESE

◀ Our Four-Cheese Garlic Mac 'n' Cheese is also available on the Pasta Bar. Try it topped with slices of our Signature Chicken Tenders!

# R BOWLS!

Step out of your comfort zone with global comfort foods! Our Deli Department has a tempting variety of choices to warm you up this winter.

## BURRITO BOWL

Our Burrito Bowl Bar is a fun build-your-own concept that puts all the ingredients of a fast Mexican meal right at your hands! Fill up a bowl with rice, your choice of protein – including our slow-cooked Signature Smokehouse Chicken – and all the fixin’s. One of our favorite toppings is our Signature Guacamole, made fresh daily with natural ingredients in St. Paul. Don’t forget to stop by on Taco Tuesday!

## HIBACHI BOWL

At our Hibachi Bar, you get to pick your protein, sauce and veggies and watch as our skilled chefs cook your bowl, fresh to your liking, right before your eyes! We have a variety of unique sauces, including Yakiniku (Japanese BBQ), Sesame, Teriyaki and Ginger, plus a host of fresh vegetables and proteins, including Gerber’s Amish Farm Chicken and our own Certified Humane beef. You can try a new combination every time you stop in! In a hurry? Look for our ready-made hot Grab ‘n’ Go Hibachi meals.

## PASTA BOWL

Customize your own hot pasta meal without the work. Choose your noodle shape and top it with one of our four fresh sauce options. We have fresh pesto as well as our Signature Kowalski’s Bolognese, Alfredo and Pomodoro Sauces. Add your choice of protein and veggies to mix and match your personalized dish! Watch as our chefs make your favorite bowl right in front of you.

## NOODLE BOWL

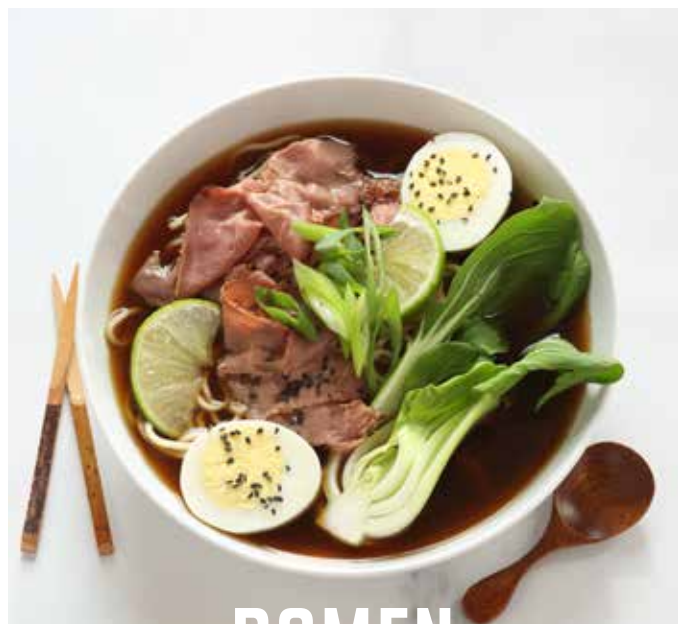
Create your own noodle bowl at our self-serve Pho & Ramen Bar! We have a wide array of choices, including four unique MSG-free broth options: Tonkatsu Pork, Thai, Curry and Pho (pronounced *fu*). We also have three types of noodles and all your favorite proteins and veggies. Enjoy a light pho meal with rice noodles, pho broth and roast beef, or go for something a little heartier with a ramen bowl filled with wheat noodles, pork and your choice of three great broths. Top your bowl off with some of our many veggie options for a warm, comforting meal.



# HIBACHI



# PASTA



# RAMEN

# CHIP CHOICES

This trending style of chocolate chip cookie is perfect for those who love the crispy edges of a cookie best. Made with equal parts brown and white sugar, the result is a uniformly thin cookie that has deep, dark flavor and a soft center with a delightfully crisp circumference. We love it with a hint of almond extract and top-quality chocolate.



## CRISPY CHOCOLATY CHIP COOKIES MAKES ABOUT 24

- 2 sticks (1 cup) Kowalski's Unsalted Butter, melted
- 1 cup light brown sugar, packed
- 1 cup granulated sugar
- 2 tsp. Kowalski's Organic Madagascar Vanilla Extract
- 1 ½ tsp. kosher salt
- ½ tsp. almond extract
- 2 eggs, lightly beaten, at room temperature
- 1 ¾ cup flour
- 1 tsp. baking soda
- 4 oz. (1 cup) dark chocolate chips
- 4 oz. (1 cup) semisweet chocolate chips

In a microwave-safe bowl, mix together first 6 ingredients (through almond extract). Stir in eggs, flour and baking soda; gently mix until flour is mostly combined. Stir in dark and semisweet chocolate chips. Chill dough for 30 min. Drop 6 evenly sized rounded spoonfuls (or use a #40 cookie scoop) onto a parchment-lined baking sheet; allow plenty of room for spreading. Bake in a preheated 325° oven until browned around the edges (8-10 min.), turning and rotating pan halfway through. Remove from oven and cool cookies on pan for 2 min.; move to a wire rack to cool completely. Repeat with remaining dough. Store cooled cookies at room temperature for up to 5 days.

# CHOCOLATE



## PICK UP THESE CHOCOLATE CHIP CHOICES IN THE BAKERY DEPARTMENT:

### **KOWALSKI'S SIGNATURE CHOCOLATE CHUNK**

is a homestyle cookie made with a higher proportion of brown to white sugar, lending an extra level of caramel sweetness and a pronouncedly soft, chewy texture. Generously loaded up with large pieces of roughly chopped semisweet chocolate, it's a cult favorite and the all-time best-selling cookie we make.

**KOWALSKI'S CLASSIC CHOCOLATE CHIP** is a more traditional cookie. A classic vanilla sugar base and two kinds of extra-large chocolate discs – milk and dark – give this timeless cookie a slightly modern feel and added dimension of flavor. It's the cookie you'd make at home if you could. Like the Chocolate Chunk Cookie, it's made with real butter for the best in both texture and taste.

**KOWALSKI'S OATMEAL CHOCOLATE CHIP SHORTBREAD** is a crumbly, buttery, bite-sized treat perfect for any time of day. It has a rich, sandy mouthfeel that equally complements a cold glass of milk or a steaming mug of coffee.



# TASTY TIP

Enjoy these fresh-baked cookies straight from our bakery or bake them at home with our easy-to-use cookie dough pucks. They make it a cinch to have warm, gooey cookies anytime you want. Find them in the Bakery and Dairy Departments.





# Cozy CHOCOLATE

Born of the fruit of the tropical tree *Theobroma cacao*, warm and versatile chocolate lives up to its name as a “food of the gods.” One of the most popular treats, chocolate is enjoyed in its many forms by people all over the world. Our exclusive recipes bring all the coziness of chocolate into your home during these chilly winter days. They are easy, delicious and sure to please kids of all ages.

## SIMPLE CHOCOLATE CUPCAKES

MAKES 12

- |  |   |
|--|---|
| 1 cup flour                            | ¼ cup canola oil  |
| 1 cup sugar                            | 1 tsp. Kowalski’s Organic<br>Madagascar Vanilla Extract   |
| ½ cup cocoa powder                     | 12 paper baking cups  |
| ¾ tsp. baking soda                     | - Kowalski’s Chocolate<br>Buttercream Icing (from the<br>Cake Case in the Bakery<br>Department), for frosting the<br>cupcakes |
| ½ tsp. baking powder                   |   |
| ½ tsp. kosher salt                     |   |
| 1 egg                                  |   |
| ½ cup freshly brewed coffee,<br>cooled |   |
| ½ cup low-fat buttermilk               |   |

In a large mixing bowl, whisk together first 6 ingredients (through salt). Add egg, coffee, buttermilk, oil and vanilla; thoroughly whisk wet ingredients into dry ingredients. Line a cupcake pan with paper baking cups; fill cups barely half full (do not overfill). Bake in a preheated 325° oven until a toothpick inserted in the center of a cupcake comes out clean (15-20 min.); cool completely in the pan on a wire rack before frosting.

## EASY CHOCOLATE CASHEW BARK

SERVES 12

- 9 oz. (3 bars) Kowalski’s 72% Dark Chocolate, broken into small pieces
- ½ cup Kowalski’s Lightly Salted Cashews, chopped

In a microwave-safe bowl, microwave chocolate at 50% power in declining intervals (2 min., 1 min., 30 sec., etc.), stirring between intervals, until chocolate is smooth and fluid. Pour melted chocolate onto a 13" square of parchment; use the back of a spoon to evenly and very thinly spread chocolate into a 10-11" square (about ¼" thick). Sprinkle warm chocolate with nuts; let cool to room temperature for several hours. Score cooled chocolate with a knife and break into 12 evenly sized pieces. Store in the refrigerator, covered, until ready to serve.





Susan Moores, M.S., R.D.  
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# CHOCOLATE *cheat sheet*

Science has proven that chocolate has mood-enhancing properties. As a card-carrying member of the (dark) chocolate club, I will vouch for the happy factor. Depending on the type of chocolate you eat, it also offers other potential health wins. Such benefits are tied directly to the percent of cocoa solids in a product.

Two compounds in cocoa, namely methylxanthines and flavonoids, are the health “influencers.” **Methylxanthines** (of which caffeine is one) are responsible for chocolate’s effect on mood. They can boost mood, enhance concentration levels, help block mental fatigue and reduce inflammation. **Flavonoids** are a family of phytonutrients that act as antioxidants and also stimulate the production of nitric oxide in the body. Nitric oxide relaxes blood vessels, helping them dilate. That improves blood flow to the heart and brain and can lower blood pressure. Nitric oxide also makes blood platelets less “sticky” and less prone to clumping and clotting. That may reduce plaque formation inside arteries.

The more cocoa powder in chocolate, the more likely it is to offer mood- and health-helping properties. Unfortunately, white chocolate contains no cocoa, and milk chocolate does not contain enough cocoa to provide these benefits. But dark chocolate fans are in luck! These products have enough cocoa; the pivotal question is whether the cocoa retains enough methylxanthines and flavonoids. Those levels vary, depending on:

**THE COCOA PLANT.** There are three varieties of cocoa trees, each with its own flavonoid profile. Where the plant grows, the quality of the soil it’s grown in and the maturity of the beans at harvest time affect methylxanthine and flavonoid content.

**PROCESSING.** How beans are treated after harvesting, fermenting and roasting affects both methylxanthines and the number and quality of flavonoids. High-temperature processing reduces flavonoids, as does Dutch or alkali processing.

Choosing dark chocolate is your best bet, but keep a few other considerations in mind:

**PORTION SIZE IS KEY.** Analyses of popular dark chocolate bars found that a 1 ½ oz. serving contains 136–440mg of flavonoids. Studies show various health benefits occur with a flavonoid intake of 200–900mg a day, depending on which aspect of health is targeted.

**OTHER CHOCOLATE INGREDIENTS MATTER.** Cocoa’s flavonoids are beneficial to your health, but that benefit will be undermined if you eat too much chocolate due to excess calories and sugar.

**METHYLXANTHINES AND FLAVONOIDS DON’T WORK IN ISOLATION.** An otherwise healthy diet is needed as well.

**OTHER FOODS HAVE COCOA’S GOOD INGREDIENTS.** The flavonoids in cocoa are also found in cranberries, apples, pears, cherries, peanuts, onions, tea, red wine and more. Methylxanthine is found in tea and coffee.

Choose your favorite type of chocolate for the sheer pleasure of eating it. Choosing dark chocolate, however, may bring just a little more *joy*.

“Chocolate is happiness  
that you can eat.”

- Ursula Kohaupt

# get **COMFORTABLE** with **COMFORT FOOD**

Get cozy with our new takes on comfort. We've taken some comfort food classics and given them a New Year's makeover with mashups of pizza, quesadillas, burgers and soup, plus cracker-coated baked chicken fingers with a honey-ranch dip and a "healthified" chicken noodle soup.

## **CHICKEN NOODLE SOUP WITH NAVY BEANS AND KALE**

SERVES 8

- 2 tbsp. Kowalski's Extra Virgin Olive Oil
- 16 oz. Kowalski's Fresh Soup Mix
- 3 cloves garlic, finely minced
- 6 cups low-sodium chicken broth
- 15 oz. canned navy beans, rinsed and drained
- 1 cup cooked, shredded rotisserie chicken
- 1 chunk (approx. 4") Parmesan rind
- 1 tsp. finely chopped fresh rosemary
- 1 tsp. finely chopped fresh thyme, plus more for garnish
- ¼ tsp. freshly ground Kowalski's Black Peppercorns, plus more to taste
- ¼ tsp. crushed red pepper flakes
- 4 cups roughly chopped kale (or Swiss chard leaves)
- 4 ½ oz. Kowalski's Fresh Linguini Noodles, cut into thirds
- kosher salt, to taste

In a deep pot over medium heat, heat oil. Add soup mix and garlic; cook until softened (about 10 min.). Add next 8 ingredients (through red pepper flakes). Increase heat to high; bring to a boil. Reduce heat to medium-low (soup should bubble gently); add kale. Cover pot; cook for 15 min. Add noodles; cook until tender (2-3 min.). Season to taste with salt and pepper; garnish individual servings with thyme.



**FIND IT!**

Kowalski's Fresh Soup Mix is available in the Produce Department. Or you can use approx. 3 cups of finely chopped mixed vegetables, such as carrots, celery and onions.



## HONEY-RANCH DIPPING SAUCE

MAKES ABOUT 1 CUP

In a small bowl, combine 1 cup Kowalski's Fresh Buttermilk Ranch Salad Dressing (from the Produce Department) and 2 tbsp. Kowalski's Pure Honey; refrigerate, covered, until ready to serve.

## CHEDDAR BAKED CHICKEN FINGERS

SERVES 4

1 ¼ cups Cheddar snack crackers, such as Annie's Cheddar Bunnies, finely crushed  
 ½ tsp. kosher salt  
 1 lb. Gerber's All Natural Boneless Skinless Chicken Breasts  
 2 tbsp. Kowalski's Unsalted Butter, melted  
 - *Honey-Ranch Dipping Sauce*, for serving

Mix cracker crumbs and salt in a shallow baking dish; set aside. Cut each chicken breast lengthwise into 5 evenly thick pieces; dip in melted butter. Toss chicken fingers with cracker crumbs, pressing to adhere. Place chicken on a half-size sheet pan lined with parchment paper; bake in a preheated 425° oven until chicken is no longer pink in center (about 15 min.). Serve with sauce for dipping.

## BACON CHEESEBURGER SOUP

SERVES 6

16 oz. pkg. medium egg noodles  
 1 lb. 93% lean ground beef  
 1 onion, chopped (about 2 cups)  
 ¼ cup chopped jalapeño peppers (optional)  
 3 tsp. minced garlic  
 6 cups chicken broth  
 2 cans (10 ¾ oz. each) condensed Cheddar cheese soup  
 3 tbsp. Worcestershire sauce  
 ½ lb. Kowalski's Bacon, chopped, cooked crisp, drained and crumbled, divided  
 ¼ cup dill pickle relish, divided  
 - Kowalski's Shredded Cheddar Cheese, for garnish  
 2.8 oz. pkg. French fried onions, for garnish

Prepare noodles according to pkg. directions; drain and keep warm. In a large skillet over medium heat, brown ground beef with onion, peppers and garlic; cook until meat is no longer pink and onion and peppers are soft and tender (about 10 min.). Stir in broth, condensed soup and Worcestershire sauce; heat through. Stir in cooked noodles and most of the bacon and relish; garnish with remaining bacon, relish, cheese and fried onions.



## PIZZADILLAS

SERVES 6

½ cup Kowalski's Fresh Pizza Sauce (from the Grab & Go Case in the Deli Department)  
 6 (8") Kowalski's Flour Tortillas  
 2 cups Kowalski's Shredded Mozzarella Cheese, divided  
 2 oz. sliced pepperoni  
 - canola oil

Spread sauce on 1 side of each tortilla, leaving a ½" border. Sprinkle about ¼ cup cheese atop pizza sauce on half of each tortilla; top with pepperoni and a light sprinkle of additional cheese. Fold tortillas in half; press gently. Using a pastry brush, very lightly brush both sides of each tortilla with a bit of oil. Heat a nonstick griddle over medium heat; cook tortillas 2 or 3 at a time until cheese melts and tortilla turns golden and lightly crispy, turning once (about 4 min. total). Let rest for 1 min. before cutting each quesadilla in half. Serve immediately.



# SEASONAL SUPPER

Winter in Minnesota is long and cold, and there is nothing better than a warm, hearty meal to make you feel comfy and cozy. With this “hot dish,” your family won’t be able to get enough and won’t even miss the pasta, which allows for a bit of guilt-free indulgence on a few pieces of buttery, garlicky monkey bread. Bonus: everyone is happily eating their vegetables, which is a definite winter win-win! This recipe is so versatile you can feel free to omit the sausage, change it out for chicken or slice a few links of Kowalski’s smoked sausage into it. Any way you serve it, it’s sure to become a new staple at your table!

## ZUCCHINI SPAGHETTI BAKE Gf

SERVES 4

8 oz. Kowalski’s ground Italian sausage  
16 oz. Kowalski’s Fresh Pomodoro Sauce (from the Grab & Go Case in the Deli Department)  
10 oz. Kowalski’s Zucchini Noodles (from the Produce Department)  
4 oz. grated Kowalski’s Parmesan Cheese, divided  
- kosher salt and freshly ground Kowalski’s Black Peppercorns, to taste  
6 oz. Kowalski’s Shredded Mozzarella Cheese

In a medium skillet, cook ground sausage over medium-high heat; drain. In a large bowl, add drained sausage, sauce, zucchini noodles, ½ of the Parmesan cheese, salt and pepper; mix evenly. Transfer to a medium baking dish; sprinkle top with mozzarella and remaining Parmesan cheese. Bake in a preheated 350° oven until golden and bubbly (30-35 min.).

FIND IT!

Find a recipe for *Garlic Parmesan Monkey Bread* online at [www.kowalskis.com](http://www.kowalskis.com).

