

*At Home* with  
**KOWALSKI'S**  
*— the sweetest season —*



Strawberry Swirl Cake (page 11)

**BROCCOLI AND  
BROCCOLINI**

*a spring*  
**DINNER PARTY**

**OLD FASHIONED  
COCKTAILS**

# Thoughts from the KOWALSKIS

All good things come to an end, including winter. Hope springs eternal this month as we begin the steady march into one of the most joyful seasons in Minnesota.

Spring brings us lots of green, outdoors as well as in. From spring peas and asparagus to sweet kiwi, some of the most delicious green produce arrives in this season of anticipation and renewal. Culinary Director Rachael Perron and Nutritionist Sue Moores offer up some ideas for not only peas, asparagus and kiwi, but also broccoli, broccolini, garlic and lamb. And did you notice Rachael's perfectly pink strawberry cake on the cover? We're ready to dig in!

We hope you'll also enjoy the latest installment of two regular features – one on our local markets (this time tuned into Eagan) and the other on one of our local partners (All Clean Foods out of Minnetonka) – on pages 5 and 8. On page 5 we're also taking a look at our long-standing Groceries for Good Causes

program, whereby customers determine how we support the communities around their neighborhood markets. Be sure to look for the Groceries for Good Causes display near the front end of your store on your next visit and “vote” with your receipts, too!

Inspired by the Irish holiday of St. Patrick's Day (another green spring occasion), we're exploring some of the best our Wine Shops and Specialty Cheese Department have to offer this spring! Find suggestions for enjoying Irish cheeses and whiskey on pages 6 and 7.

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

*Many thanks,*

*Mary Anne Kowalski and  
Kris Kowalski Christiansen*



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## Easter Meals

Our holiday meals are prepared by hand with the best ingredients possible, including cage-free eggs in our Signature Quiche, Naturally Raised pork in our Spiral-Cut Ham, not one but four types of cheese in our customer-favorite Quattro Formaggio Hash Browns, and freshly squeezed oranges in our Signature Orange Juice. They're holiday meals made the way you'd make them at home, only you don't have to! Our Quiche Breakfasts and Ham Dinners include all the sides, rolls and even dessert! Meals and sides are available for in-store pickup, curbside pickup and delivery.\*

Choose from:

**QUICHE BREAKFAST FOR 6**  
**HAM DINNER FOR 8**  
**SMALLER HAM DINNER FOR 2-4**

Holiday side dishes are available à la carte, too, so you can always order a little extra or mix and match with your own menu.

**ORDER ONLINE AT [KOWALSKIS.COM](http://KOWALSKIS.COM) OR CALL 651-313-6870**

*\*While supplies last*

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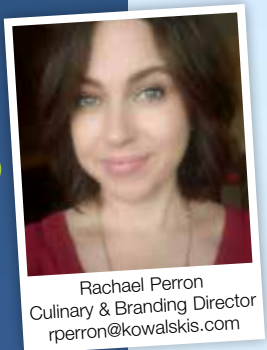
## HONEY WHOLE WHEAT ENGLISH MUFFINS LW

MAKES 10

½ cup whole wheat flour  
1 ½ tsp. active dry yeast  
½ tsp. sugar  
1 ¼ cups milk, heated to 105°  
1 ½ tbsp. Kowalski's Unsalted Butter  
1 ½ tbsp. Kowalski's Pure Honey  
¾ tsp. kosher salt  
1 ½ cups bread flour, plus more for  
working the dough  
- yellow cornmeal, for sprinkling the  
muffins

In a large mixing bowl, combine whole wheat flour, yeast and sugar. Whisk in warm milk until smooth; set aside until foamy (about 30 min.). In a small microwave-safe dish, combine butter and honey; microwave for a few sec. just until butter melts. Whisk honey-butter mixture and salt into the milk mixture. Stir in bread flour until incorporated; let stand at room temperature, loosely covered with plastic wrap, for 8-16 hrs. Sprinkle dough liberally with bread flour; transfer dough with floured hands to a floured work surface. Pat or gently roll dough about ½" thick, using more bread flour as needed to keep dough from sticking to the work surface. Use a 2 ½-3" biscuit cutter to cut muffins; transfer to another work surface sprinkled lightly with cornmeal. Gather and gently reroll the dough scraps; cut additional muffins and transfer to the cornmeal-dusted work surface. Sprinkle tops of muffins with cornmeal; cover with a kitchen towel and let rest for 15 min. Place a baking sheet or pizza stone on the center oven rack; heat oven to 400°. On a stovetop heated to medium-low, cook muffins on a nonstick griddle until the tops and bottoms of muffins are browned and firm but edges are soft, flipping once (about 4 min. per side). Transfer muffins to the baking sheet in the oven for 5 min. to finish cooking. Remove from oven to cool for 2 min. Use a fork to poke holes along the equator of each muffin; pull top and bottom of muffins apart to split. Toast, if desired. Muffins keep at room temperature for 1-2 days or frozen for up to 1 month.

*Adapted from a recipe by Nicole Rees  
from Fine Cooking magazine, issue 134.*



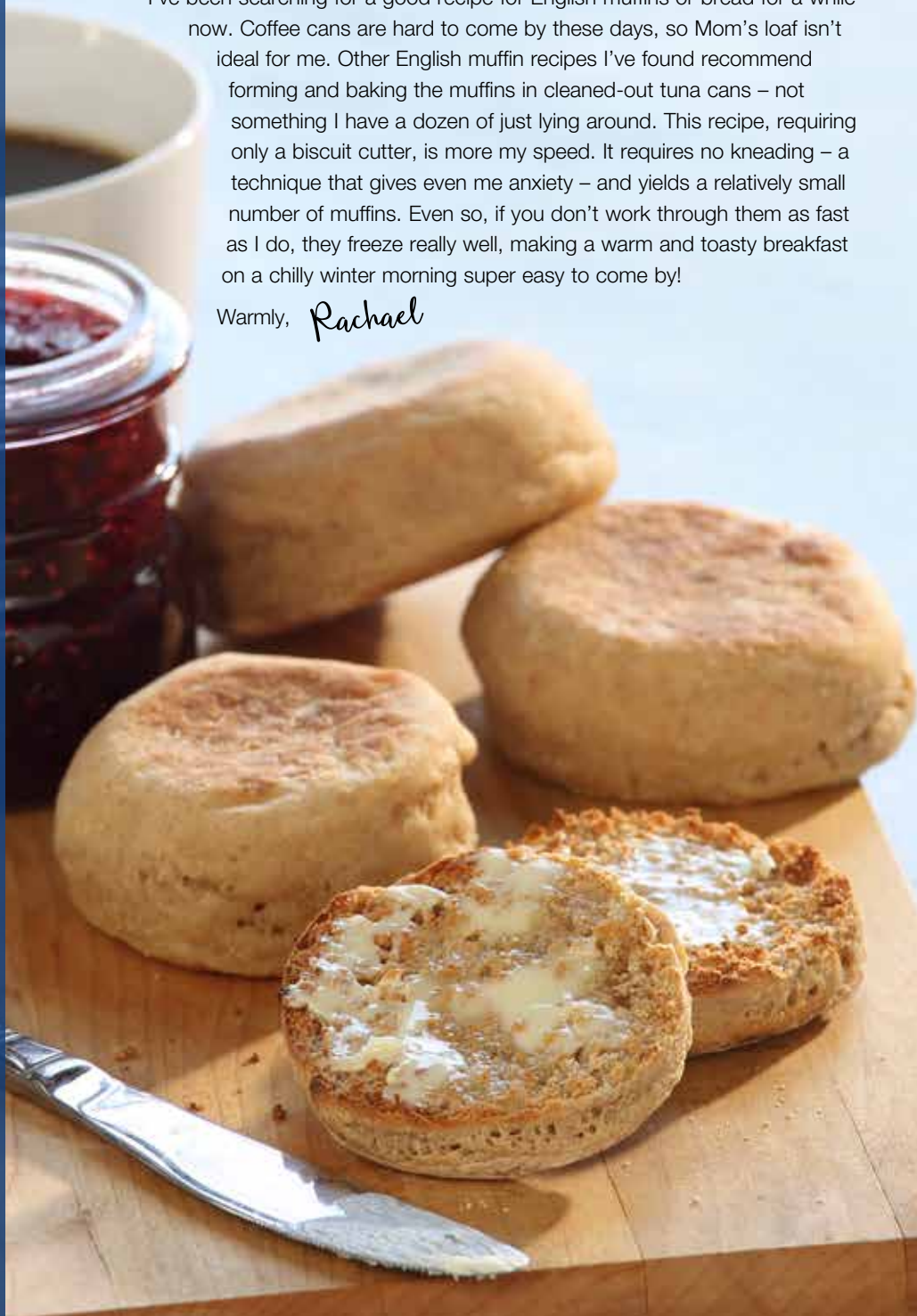
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# COOKING HOME: AN ENGLISH BREAKFAST

Crispy, chewy and with extra butter-holding capacity, English muffins have always been a favorite of mine. These days I'm equally happy with a slice of Kowalski's English Muffin Bread. My mom used to make a similar English muffin loaf, baked in an old coffee can, that was pure heaven! As kids my sisters and I would cut thick slices and positively slather them with salted butter, jam or peanut butter – or all three!

I've been searching for a good recipe for English muffins or bread for a while now. Coffee cans are hard to come by these days, so Mom's loaf isn't ideal for me. Other English muffin recipes I've found recommend forming and baking the muffins in cleaned-out tuna cans – not something I have a dozen of just lying around. This recipe, requiring only a biscuit cutter, is more my speed. It requires no kneading – a technique that gives even me anxiety – and yields a relatively small number of muffins. Even so, if you don't work through them as fast as I do, they freeze really well, making a warm and toasty breakfast on a chilly winter morning super easy to come by!

Warmly, *Rachael*





# beyond BROCCOLI

Despite its nickname, “baby broccoli,” broccolini isn’t immature broccoli. In fact, it’s a completely unique vegetable hybrid that tastes like broccoli with a slightly different texture. With smaller florets and long, thin stalks, it cooks quickly and makes for a modern, very elegant presentation at the table. Here we take advantage of broccolini’s tender nature with a stovetop sauté. We’re also offering up our favorite way with good ol’ broccoli. Roasting it in a hot oven enhances the sweet, nutty notes in this anything-but-basic green vegetable.

## SAUTÉED BROCCOLINI GF LW

SERVES 4

- |   |   |
|---|---|
| 11 oz. (2 bunches) broccolini             | 1-2 tbsp. Kowalski’s Freshly Squeezed Lemon Juice (from the Produce Department), optional |
| 2 tbsp. Kowalski’s Extra Virgin Olive Oil | - kosher salt and freshly ground Kowalski’s Black Peppercorns, to taste                   |
| 1 tbsp. minced garlic                     |   |
| ¼ cup vegetable broth or water            |   |

Wash broccolini and allow to drain well; cut larger stalks in half for more even cooking and place on paper towels to draw out any excess water. In a large skillet, heat olive oil and garlic over medium heat; allow garlic to sweat in the pan for about 2 min. Increase heat to medium-high; add broccolini to the skillet. Cook for 3 min.; turn broccolini and cook for 3 min. more. Add vegetable broth or water to the skillet; simmer broccolini until liquid is almost evaporated and stalks are tender (about 3-4 min.). Transfer to a serving dish; drizzle with any remaining cooking liquid and garlic from the pan. Drizzle with lemon juice; season with salt and pepper to taste.

*A note about gluten:* When made with a gluten-free vegetable broth, this recipe is gluten free.

## ROASTED BROCCOLI GF LW

SERVES 6

- 2 cups broccoli florets, cut into evenly sized 1 ½" pieces
- Kowalski’s Extra Virgin Olive Oil, for coating broccoli
- kosher salt and freshly ground Kowalski’s Black Peppercorns, to taste

Completely but lightly coat broccoli with oil. Season to taste with salt and pepper. In a preheated 450° oven, roast broccoli on a parchment-lined baking sheet until browned and tender when pierced with a fork (10-15 min.).



# LOCAL FOCUS



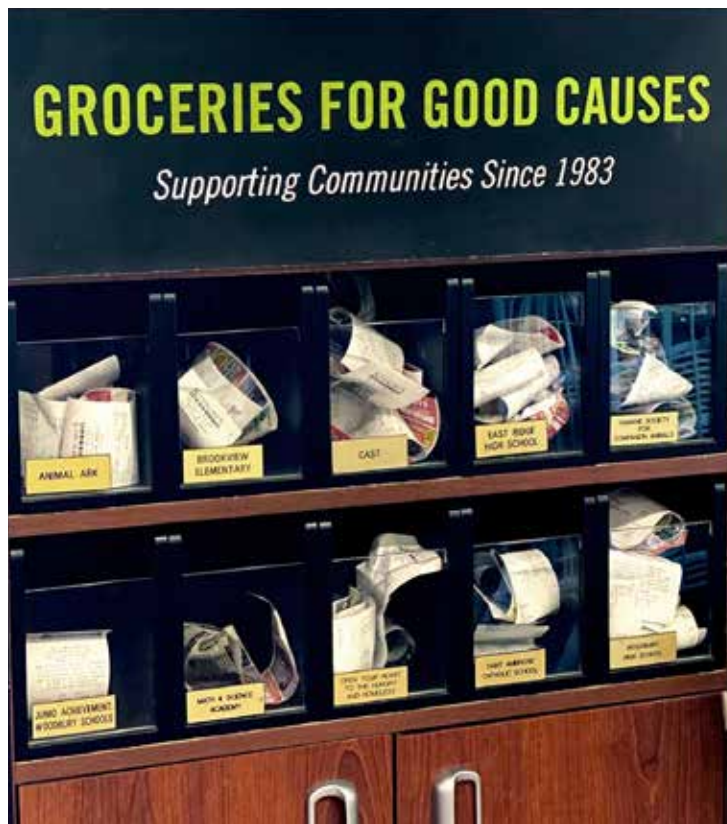
## ALL CLEAN FOOD

*All Clean Food makes the only organic, allergy-friendly, vegan pasta meal on the market!*

Laura Meemken of Minnetonka, co-founder and CEO of All Clean Food, understands the importance of eating well to feel well. She also knows it's not always easy, especially if anyone at the table has specific dietary needs or preferences. Accordingly, Laura created these recipes in her kitchen to make eating well easier for ALL.

With sophisticated flavor combinations, such as *Creamy Garlic*, *Savory Italian* and *Porcini Mushroom*, All Clean Food meals get two thumbs up from both picky eaters *and* foodies alike! These delicious meals are easy to cook, use just one pan and are done in 12 minutes. They're made from real, organic ingredients with no preservatives, additives or added sugar. All are prepared in an allergy-free facility, so you can ensure the safety of ALL around your table.

*Find All Clean Food in the Grocery Department.*



Since 1983, Kowalski's has donated over 2.5 million dollars to local charities through our Groceries for Good Causes (GFGC) program. The purpose of this program is 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 in 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.

The program is simple: customers place their 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. 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 customers. Contact your local market for more information or to inquire about having a box allocated to your nonprofit.



# + PAIRINGS +

It's a great season for aged, salty-sweet cheeses. Pungent, sharp blues are a wonderful match for intensely sweet dried apricots and nutty pistachios. Crumbly, crystalline Cheddar is lovely with fresh spring pineapple, honey butter and a dash of smoky paprika.

## APRICOT CANAPÉS GF LW

MAKES 16

- 16 dried apricots
- 3 tbsp. crumbled blue cheese
- 1 tsp. Kowalski's Pure Honey
- 4 tsp. finely chopped shelled pistachios

Top apricots evenly with blue cheese; drizzle with honey and sprinkle with pistachios.



## CHOOSING A CHEESE

An Irish blue, such as Cashel Blue, is a nice choice for the season. Closer to home are California's Point Reyes Blue Cheese or local Big Woods Blue from Shepherd's Way Farms. All are fabulous in *Apricot Canapés*.

Ireland is also known for its Cheddars, particularly Kerrygold Dubliner. It makes the perfect cheese for these *Cheddar-Pineapple Skewers*, but we also love them with local Prairie Breeze from Milton Creamery and Deer Creek's The Stag.

## CHEDDAR-PINEAPPLE SKEWERS GF

MAKES 16

- ½ pineapple, cored and sliced ½" thick
- Kowalski's Extra Virgin Olive Oil, for grilling pineapple
- 6 oz. aged Cheddar cheese, cut into ½" cubes
- 16 toothpicks, for skewering
- ¼ cup Velvet Bees Gourmet Honey Butter (from the Specialty Cheese Department), warmed
- cayenne pepper, to taste (optional)
- smoked paprika, to taste (optional)

Lightly brush pineapple with oil; grill over high heat, covered, until pineapple is nicely charred, flipping once (about 6 min. per side). Cut grilled pineapple slices into quarters. Stick 1 piece of pineapple and 1 piece of cheese on each toothpick; place skewers on a serving platter. Drizzle with honey butter to taste; dust lightly with cayenne and paprika, if desired.

*A note about gluten:* When made with a ground cayenne pepper or paprika that contains no gluten, this recipe is gluten free.

# SEASONAL SIPPER

## WHAT'S OLD IS NEW AGAIN

The rise in popularity of craft whiskey and bourbon has led to a comeback of old-fashioned cocktails in recent years. A simple yet stellar drink, the classic Old Fashioned is essentially a whiskey on the rocks with a touch of sweetness and hints of bitter orange and cherry. *Kowalski's Simple Syrup* is a modern way to skip the step of crushing a sugar cube and keeps the beverage smooth, not grainy.

### KOWALSKI'S OLD FASHIONED GF COCKTAIL

SERVES 1

- ice
- 2 oz. bourbon
- ½ oz. Kowalski's Simple Syrup
- 1-3 dashes orange bitters, to taste
- 1 Jack Rudy Co. Bourbon Cocktail Cherry, for garnish
- 1 slice fresh orange, for garnish

Add ice to a lowball glass; pour in bourbon, syrup and bitters. Stir until uniformly cold. Garnish with a cherry and a slice of orange.



### WITH A TWIST

For a nuanced spin on the Old Fashioned, try maple syrup as the sweet note in your cocktail, as in our *Maple Old Fashioned Cocktail* recipe.

### MAPLE OLD FASHIONED COCKTAIL GF

SERVES 1

- ice
- 2 oz. bourbon
- ½ oz. Kowalski's Pure Maple Syrup
- 1-3 dashes Angostura bitters
- 1 Jack Rudy Co. Bourbon Cocktail Cherry, for garnish
- orange or lemon twist, for garnish

In a cocktail shaker, combine ice, bourbon, syrup and bitters; shake vigorously to combine (about 1 min.). Pour evenly into a martini glass; garnish with a cherry and orange or lemon twist.

*Kowalski's Barrel-Aged Old Fashioned Mix* takes easy even further by blending the sweetener and bitters into one ready-to-pour mixer – just add whiskey, ice and your choice of garnishes. Made with real cherry bitters, it contains no artificial colors or flavors.



# STORE FOCUS

# EAGAN



**DID YOU KNOW** Our Eagan store was the first to open a Wine Shop, and it was the original home of Catering by Kowalski's.

At the intersection of I-35E and Diffley Road is our Eagan Market, which opened in 2008. As the largest city in Dakota County and one of the largest cities in the state, it only seems fitting that Eagan is home to one of the largest Kowalski's stores as well. It's also one of the main locations used for training new Kowalski's stakeholders.

Eagan is one of the prettiest of the Twin Cities' suburbs. Its hilly landscape is dotted with 1,300 acres of parkland, more than 1,200 small lakes, countless wetlands and ponds, and an abundance of mature trees. Nestled in this picturesque community, our Eagan Market is a mainstay for busy commuters and hungry travelers alike. Its location south of Minneapolis-St. Paul, at equal distance to both downtown districts and just across the river from the MSP International Airport, makes it a convenient stop for a quick bite or groceries on the way home. Naturally, our Eagan customers are big fans of the Deli and the many prepared foods there.

# SIGNATURE PRODUCT FOCUS



## KOWALSKI'S SIGNATURE WHIPPED CREAM CHEESE SPREADS

The most classic of bagel toppers is cream cheese, and ours is truly the best! Made locally from our own Signature recipes, these easy-to-spread cheeses are loaded with flavor from fresh veggies, herbs, freeze-dried strawberries, sliced almonds and tons of honey. They're guaranteed to be your new favorites! Find *Original*, *Honey Almond*, *Strawberry*, *Onion & Chive* and *Garden Vegetable* near Kowalski's Bagels in the Bakery and Dairy Departments.



Selection and availability of products vary by market.



# cash in **ON** Kiwi

It's prime kiwi season at our stores. Besides being delicious to eat all by their lonely, kiwis are a great ingredient for sauces, dressings, salads, marinades, desserts and drinks.

You can eat kiwi peeled, sliced or diced or as an easy, portable snack – simply cut the fruit in half and scoop out the fruit from its natural “bowls” with a spoon. (Note: If you're game, the skin of a kiwi is edible and a great source of fiber – three times what's in the fruit!)

## SELECTION AND STORAGE

Gently press the outside of a kiwi to determine if it's ripe. If it gives to your pressure, it's ready to eat. Kiwi will keep for a few days at room temperature, where it will continue to ripen. It can last for up to two weeks in the refrigerator, which will also slow additional ripening.

## THE GOODS INSIDE A KIWI

- **Antioxidants.** One kiwifruit provides all the vitamin C you need in a day, plus other nutrients that protect your cells from damage.
- **Potassium.** One medium fruit has as much potassium as half a banana. Potassium helps keep blood pressure in control, helps build strong bones, and helps your heart and brain stay strong.
- **Vitamin K.** Many of us get too little vitamin K, which may be a risk factor for developing conditions associated with aging, including osteoporosis, atherosclerosis and osteoarthritis. One medium fruit has one-third of the vitamin K you should have in a day.
- **Lutein.** Lutein is a phytonutrient that helps protect against age-related damage to eyesight. Kiwi has plenty of it.

## KIWI GRAPEFRUIT SALAD **GF** **LW**

SERVES 2

- ¼ cup plain yogurt
- 1 tsp. Kowalski's Pure Honey
- ½ tsp. grated lime zest
- Kowalski's Freshly Squeezed Lime Juice (from the Produce Department), to taste
- 3 kiwifruit, peeled and sliced (about 3 oz. each)
- 1 grapefruit, supremed (see *Tasty Tip*)
- ¼ cup fresh blueberries
- ¼ cup sliced almonds, toasted

In a small mixing bowl, whisk yogurt with honey and lime zest; stir in lime juice until desired consistency is reached. In a medium mixing bowl, combine kiwi, grapefruit and berries. Drizzle or spoon yogurt dressing over fruit; sprinkle with almonds.



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



## TASTY TIP

To supreme a grapefruit, slice off the top and bottom ends of the fruit, exposing the brightly colored flesh; place one of these flat ends on a stable cutting board. Using a sharp knife, cut downward along the contour of the fruit to remove the peel and white pith from all sides of the grapefruit. Hold the peeled fruit in one hand over a large bowl; use your other hand to carefully cut down into the fruit alongside the membranes to release the segments into the bowl.



# A *sweet* SPRING DINNER

Celebrate the arrival of spring with a menu that features the sweet flavors of the season. Here we're partnering an apricot-glazed pork roast with small potatoes, baby carrots, an elegant take on asparagus and a throwback spring pea salad. For dessert, strawberries are literally the icing on the cake.

## APRICOT-GLAZED PRIME RIB OF PORK GF

SERVES 8

1 cup apricot preserves	¼ cup Kowalski's Extra Virgin Olive Oil
¼ cup Dijon mustard*	1 tbsp. kosher salt
2 tbsp. rice wine vinegar	2 tsp. minced garlic
1 tbsp. soy sauce*	3-4 lbs. prime rib of pork (8 ribs per rack)
¼ cup chopped fresh rosemary	

In a small mixing bowl, whisk together preserves, mustard, vinegar and soy sauce; set aside. In a separate small mixing bowl, combine rosemary, oil, salt and garlic to form a dry rub. Place pork, skin side up, in a roasting pan; spread rub evenly over pork. Roast in a preheated 325° oven until a meat thermometer inserted in the center of the roast registers 140° (20 min. per lb.); brush with apricot glaze during the last 15 min. of roasting. Let pork rest, covered, for about 10 min. Cut into individual chops.

*\*A note about gluten:* To make this recipe gluten free, use a gluten-free mustard and substitute a gluten-free tamari in place of the soy sauce.

## ROASTED FINGERLINGS AND BABY CARROTS GF LW

SERVES 8

- 1 ½ lbs. fingerling potatoes, scrubbed and halved
- 8 oz. baby-cut carrots, halved lengthwise
- 4 oz. cipolline onions, blanched (see *Tasty Tip*), peeled and quartered
- 2 tbsp. Kowalski's Butter, melted
- 2 tbsp. Kowalski's Extra Virgin Olive Oil
- 2 tsp. minced garlic
- ¾ tsp. kosher salt
- ½ tsp. freshly ground Kowalski's Black Peppercorns
- ½ tsp. chopped fresh rosemary
- ½ tsp. chopped fresh thyme

In a large mixing bowl, combine first 8 ingredients (through pepper); toss to coat. Pour seasoned vegetables onto a rimmed baking sheet lined with parchment paper; roast in a preheated 425° oven until fork-tender and slightly browned (about 30 min.). Sprinkle with rosemary and thyme; toss to coat.



### TASTY TIPS

- To blanch cipolline onions, place onions in boiling water; boil for 5 min. Plunge into ice-cold water. Cut off root ends; slip off skins.
- Fingerling potatoes should be cooked with their skins intact.



## SPRING TARTS

SERVES 4-8

- 1 pkg. frozen puff pastry sheets (such as Pepperidge Farm brand)
- 8 oz. Kowalski's Signature Garden Vegetable Whipped Cream Cheese Spread
- ¼ lb. ham, very thinly sliced (such as Boar's Head Sweet Slice brand from the Deli Department)
- 1 bunch asparagus, woody ends trimmed, cut into 1" pieces
- 16-20 heirloom grape tomatoes, sliced ¼" thick, set on a paper towel to dry
- ½ cup shredded Kowalski's Parmesan Cheese (from the Specialty Cheese Department)
- 1 egg, beaten
- 4 tbsp. sliced green onion

Remove puff pastry from package; allow to thaw at room temperature. Once thawed, unfold and cut each sheet into 4 equal squares. Using a fork, poke holes in the puff pastry to vent, being sure to avoid the very edge. Divide whipped cream cheese evenly between pastries; spread evenly, leaving a ¼" border. Tear ham into small pieces; place over cream cheese. Arrange asparagus pieces evenly over ham; nestle tomato slices between ham and asparagus. Sprinkle 2 tsp. shredded Parmesan cheese over each tart; use a pastry brush to brush edges of pastry with egg wash. Bake in a preheated 425° oven until golden and puffed (15-18 min.). Garnish with sliced green onion before serving.



## CLASSIC SPRING PEA SALAD GF

SERVES 6

- ½ cup mayonnaise
- 2 tbsp. sour cream
- 1 ½ tsp. apple cider vinegar
- 1 ½ tsp. sugar
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste
- 4 cups fresh or thawed frozen peas
- 4 oz. Cheddar cheese, finely shredded
- ¼ cup finely chopped red onion
- 4 slices Kowalski's Bacon, cooked crisp, drained and crumbled
- chopped fresh Italian parsley, to taste

In a large mixing or salad bowl, whisk together first 4 ingredients (through sugar); season with salt and pepper. Fold in peas, cheese and onion until well coated. Refrigerate, covered, for 1 hr.; garnish with bacon and parsley before serving.

## STRAWBERRY SWIRL CAKE (pictured on cover)

SERVES 10

- 1.2 oz. pkg. freeze-dried strawberries
- 1 box white cake mix, plus all ingredients needed to prepare the cake according to pkg. directions
- 1 tsp. Kowalski's Organic Madagascar Vanilla Paste
- red food coloring, to taste
- 16 oz. Kowalski's Classic Buttercream Frosting (from the Cake Case in the Bakery Department)
- 8 oz. Kowalski's Signature Strawberry Whipped Cream Cheese Spread
- fresh strawberries, for garnish (optional)

In a food processor, pulse freeze-dried strawberries into a very fine powder; set aside. Prepare cake batter according to pkg. directions, adding vanilla paste to the batter. Pour ⅔ of the batter into a prepared pan(s); set aside. Add about ½ of the strawberry powder and food coloring to the remaining batter; beat on high speed until fully incorporated (about 1 min.). Drop spoonfuls of the strawberry batter evenly over the vanilla batter in the pan(s); use a knife or wooden pick to gently swirl the strawberry batter into the vanilla batter (do not overswirl or the colors will blend together when baked rather than creating a marble effect). Bake cake according to pkg. directions; cool completely. In the bowl of an electric mixer, add remaining strawberry powder, frosting and cream cheese; whip until light and fluffy (about 2 min.). Frost cake and store, covered, at room temperature for up to 5 days. Serve garnished with fresh strawberries, if desired.

# SEASONAL SUPPER

**L**eg of lamb is a holiday and springtime meal tradition for people the world over, especially in France, but it's a great way to make any family dinner feel like a special occasion. A pleasant change-up from the more traditional beef, roast, pork tenderloin or holiday ham, lamb is a tender meat with an intense flavor payoff. Often described as earthy, smoky and sweet, lamb is rich with fat and flavor. Because of its unique taste, lamb can stand up to intense herbs and seasonings like rosemary, oregano, garlic and black pepper. Pair it with the season's finest vegetables, like peas, carrots, asparagus, radishes and roasted baby potatoes, for a sensational Sunday supper.

## CITRUS-ROSEMARY LEG OF LAMB **GF**

SERVES 8

- 5-7 lb. leg of lamb, trimmed and tied
- 1 ½ cups dry white wine
- ½ cup Kowalski's Freshly Squeezed Orange Juice
- 2 tbsp. snipped fresh rosemary
- 3 cloves garlic, finely chopped
- 1 tsp. dried thyme
- 1 ½ tsp. kosher salt
- ¼ tsp. freshly ground Kowalski's Black Peppercorns

- Place lamb in a large plastic zipper-closure bag; set aside. In a small mixing bowl, combine remaining ingredients; pour over lamb. Marinate lamb in the refrigerator for up to 24 hrs., turning occasionally. Remove lamb from marinade; place on the rack of a shallow roasting pan. Roast lamb, uncovered, in a preheated 425° oven for 20 min., brushing occasionally with marinade. Reduce oven temperature to 350°; continue roasting 1 hr. longer, basting with marinade until lamb reaches an internal temperature of 130-135°. Cover with foil; let stand for 15-20 min. or until internal temperature reaches 145°.

## DID YOU KNOW?

Kowalski's Grass-Fed Naturally Raised Lamb is raised with no added growth hormones or antibiotics ever and comes to us from the American West. From the lush green valleys of the Rocky Mountains to the grassy prairies of Texas and the coastal plains of Oregon, the lambs are cared for by the Mountain States Rosen co-op of families, totaling more than 135 individual ranchers in 15 different states. Many of the ranchers are fourth and fifth generation, raising their sheep and their families on the same land their grandfathers and great-grandfathers ranched. For them, raising sheep is more than just a business, but a cherished family tradition.