



KOWALSKI'S  
MARKETS

*Cooking* WITH  
KOWALSKI'S

**MINNESOTA SUMMER FAVORITES**



SUMMER/FALL 2021 RECIPES

## SECTION GUIDE



Appetizers



Soups & Salads



Main Dishes



Sides



Desserts



Drinks

## ANNOTATION GUIDE



GLUTEN FREE



LIVE WELL



VEGETARIAN



VEGAN



DAIRY FREE



## BEER-BATTERED ONION RINGS V DF

SERVES 6

- |  |                                |
|--|--------------------------------|
| 2-3 large Minnesota Grown yellow onions (such as Untiedt's Vegetable Farm Epicurean Delight), cut crosswise ½" thick | 2 ½ tsp. garlic powder         |
| 3 cups flour, divided  | 2 ½ tsp. onion powder          |
| 1 ½ cups cornstarch  | 1 tsp. cayenne pepper          |
| 5 tsp. kosher salt   | 1 egg, lightly beaten          |
| 2 ½ tsp. sugar   | 2 cups sparkling mineral water |
|  | 12 oz. Pilsner beer            |
|  | - canola oil, for frying       |

Separate onion slices into rings. In a large mixing bowl, toss rings with 1 cup flour; let stand for 30 min. In an extra-large mixing bowl, whisk together remaining flour, cornstarch, salt, sugar, garlic powder, onion powder and cayenne. In a large glass measuring cup, combine egg, water and beer; lightly whisk until combined. Add wet mixture to the dry mixture; whisk until homogeneous. In a wide, deep pot over medium-high heat, warm 2" of oil until it registers 350°. Working in batches, dip onion rings into batter, tapping each one on the side of the bowl after coating to prevent excess batter from dripping into the oil when cooked. Add rings to the pot a few at a time in a single layer; cook, turning once, until golden (about 3 min.). Transfer cooked onion rings to 1 of 2 sheet pans set in a preheated 250° oven to keep them warm while the remaining onion rings are cooked. Serve immediately after the last batch has been fried.



## BETTER THAN BRUSCHETTA LW V VE DF

SERVES 4

8 slices artisan bread, such as Kowalski's Ciabatta or Rosemary Olive Oil Loaf\*

- Kowalski's Extra Virgin Olive Oil, to taste

2 cloves fresh garlic, peeled

½ oz. basil leaves (or to taste)

2-3 Minnesota Grown tomatoes, sliced thickly or thinly to taste

- Kowalski's Balsamic Vinegar, to taste

- freshly ground Kowalski's Sea Salt and Black Peppercorns, to taste

Mist or lightly brush one side of bread with oil. Grill bread, oiled side down, directly over a grill heated to medium-high until grill marks form (about 2 min.); flip to toast other side (about 1 min. more). Rub hot, crispy bread with garlic. Top bread with whole leaves of basil and sliced tomatoes. Drizzle with oil and vinegar to taste; season with salt and pepper to taste.

*\*When made with whole-grain bread, this recipe is a great Live Well option.*



## BLISTERED SHISHITO PEPPERS WITH SRIRACHA DIP

- fresh shishito peppers
- Kowalski's Extra Virgin Olive Oil, as needed
- freshly ground Kowalski's Sea Salt, to taste
- Kowalski's Signature Sriracha Dip (or Annie's Organic & Vegan Asian Sesame Dressing), for serving

Heat a cast iron skillet over medium-high heat. While pan heats, add peppers to a mixing bowl; drizzle with oil and toss to lightly coat. Add peppers to hot skillet; cook, using tongs to turn peppers occasionally, until blistered and blackened on all sides and tender but not limp (about 5 min.). Move peppers to a serving platter; season with salt. Serve immediately with Sriracha Dip for dipping.

**FIND IT!**

Find Kowalski's Signature Sriracha Dip in the Deli Grab & Go Case.



## FRIED CHEESE CURDS V

SERVES 12

2 qts. canola oil

1 cup flour

$\frac{3}{4}$  tsp. kosher salt

$\frac{3}{4}$  cup Pilsner beer

2 eggs, beaten

$\frac{1}{4}$  cup whole milk

2 lbs. Ellsworth Cooperative

Creamery Fresh Cheese Curds

- Kowalski's Classic Ketchup, for serving (optional)

In a large, deep pot, heat oil over medium-high heat until it reaches 375°. While oil heats, whisk together flour and salt in a large mixing bowl; set aside. In a medium mixing bowl, whisk together beer, eggs and milk. Add wet mixture to dry mixture; whisk to form a smooth, fairly thin batter. Drop cheese curds, 6-8 at a time, into the batter; stir to coat. Scoop curds from the bowl with a wire mesh strainer or slotted metal spoon; shake gently to remove excess batter. Fry curds in hot oil until golden-brown (1-2 min.); remove from pan with a clean strainer or spoon. Drain on paper towels. Repeat with remaining curds and batter, monitoring the oil and adjusting the heat setting as needed to ensure the oil temperature stays at 375°. Serve curds hot with ketchup for dipping, if desired.



## MINI CORN DOGS

SERVES 8

2 qts. canola oil, for frying  
 1 cup flour  
 1 cup cornmeal  
 2 tbsp. sugar  
 1 tsp. baking powder  
 1 tsp. kosher salt  
 ½ tsp. baking soda

1 cup buttermilk  
 2 eggs  
 8 Akaushi beef hot dogs, cut into thirds crosswise  
 - Kowalski's Classic Ketchup and yellow mustard, for serving (optional)

In a large, deep pot, heat oil over medium-high heat until it reaches 375°. While oil heats, whisk together flour, cornmeal, sugar, baking powder, salt and baking soda in a large mixing bowl; set aside. In another large mixing bowl, whisk together buttermilk and eggs. Add wet mixture to dry mixture; whisk until mostly smooth. Drop hot dog pieces, 6-8 at a time, into the batter; stir to coat. Scoop from the bowl with a wire mesh strainer or slotted metal spoon; shake gently to remove excess batter. Fry in hot oil until golden-brown (4-5 min.); remove from pan with a clean strainer or spoon. Drain on paper towels. Repeat with remaining hot dogs and batter, monitoring the oil and adjusting the heat setting as needed to ensure the oil temperature stays at 375°. Let corn dogs cool for 3 min.; serve with ketchup and mustard for dipping, if desired.



### HONEY POPPY-DIJON DRESSING

In a medium mixing bowl, whisk together  $\frac{1}{3}$  cup Velvet Bees Honey Butter (from the Specialty Cheese Dept.), 3 tbsp. Dijon mustard, 2 tbsp. Kowalski's Signature Freshly Squeezed Orange Juice, 2 tbsp. rice vinegar, 1  $\frac{1}{2}$  tsp. poppy seeds and  $\frac{1}{2}$  tsp. Kowalski's Freshly Squeezed Lemon Juice. Season to taste with kosher salt and freshly ground Kowalski's Black Peppercorns. Store in the refrigerator, covered, for up to 3 days. Makes about 1 cup.

## FOUR SEASONS SALAD LW V

SERVES 4

- 1 tbsp. Kowalski's Extra Virgin Olive Oil
- 6 oz. raw butternut squash, peeled and seeded, cut into  $\frac{3}{4}$ " chunks
- 4.5 oz. pkg. Revol Greens Fresh Salad Greens (such as Mighty Spring Mix) - *Honey Poppy-Dijon Dressing*, to taste
- 1  $\frac{1}{2}$  cups Kowalski's Cultivated Long-Grain Wild Rice, prepared according to pkg. directions, cooled
- $\frac{1}{2}$  cup Kowalski's Organic Maple Vanilla Walnuts (from the Bulk Foods Section)
- 4 oz. Kowalski's Israeli Feta Cheese (from the Specialty Cheese Department)
- 6 tbsp. pomegranate seeds
- 6 tbsp. freeze-dried raspberries
- $\frac{1}{4}$  cup sliced green onion

Heat oil in a large skillet over medium-high heat. Add butternut squash; cook until tender (approx. 6-7 min.). Remove from heat; allow squash to cool to room temperature. Wash greens in ice-cold water; drain thoroughly in a salad spinner until very dry. In a large salad or mixing bowl, toss greens with dressing to taste. Top dressed greens with squash and remaining ingredients; drizzle with additional dressing to taste.





## CHILLED MELON SOUP GF LW V VE DF

SERVES 4-6

2 lbs. (about 6 cups) watermelon, cantaloupe or honeydew chunks, chilled  
 3 tbsp. Kowalski's Freshly Squeezed Lime Juice (from the Produce Department)

- freshly ground Kowalski's Pink Himalayan Sea Salt, to taste
- Kowalski's Fig Balsamic Vinegar, to taste

Add about ½ of the melon to a food processor or blender; purée. Add remaining melon to the blender; process until mixture is completely smooth. If a smoother texture is desired, strain through a fine-mesh strainer. Stir in lime juice; season with salt and stir again. Chill until ready to serve. Divide soup among 4-6 shallow bowls or small cups; drizzle with vinegar.



## LAND OF LAKES WILD RICE SALAD GF LW DF

SERVES 6

- |   |  |
|---|--|
| 3 tbsp. Kowalski's Extra Virgin Olive Oil                                     | 1 ½ tbsp. Kowalski's Champagne Honey Mustard   |
| 2 tbsp. apple cider vinegar   | 2 cups Kowalski's Cultivated Long-Grain Wild Rice, prepared according to pkg. directions, cooled |
| 2 tbsp. Kowalski's Balsamic Vinegar   | 4 oz. chicken breast, cooked and diced, cooled   |
| 1 tbsp. Kowalski's Freshly Squeezed Lemon Juice (from the Produce Department) | ½ cup diced Honeycrisp apple   |
| 1 tbsp. fresh thyme leaves  | ¼ cup sweetie drop peppers (from the Olive Bar in the Deli Department)                           |
| 1 tsp. garlic powder  | ¼ cup diced celery   |
| 1 tsp. kosher salt  | ¼ cup sliced green onion   |
| ½ tsp. ground ginger  | ¼ cup dried currants   |
| ¼ tsp. ground nutmeg  |  |
| - freshly ground Kowalski's Black Peppercorns, to taste                       |  |

In a medium mixing bowl, whisk together oil, vinegars, lemon juice and seasonings (through black pepper). Whisk in mustard; set dressing aside. In a large mixing bowl, add remaining ingredients; pour dressing over ingredients and toss to coat. Refrigerate for 30 min. before serving.

### Tasty Tip:

This salad may also be served with warm rice and chicken.



## MINNESOTA GOLDEN WILD RICE SOUP GF LW

SERVES 4

2 tbsp. Kowalski's Extra Virgin  
Olive Oil

4 oz. diced yellow onion

4 oz. diced carrot

4 oz. diced celery

½ cup diced red bell pepper

8 oz. Kowalski's Sliced Baby Bella  
Mushrooms

1 tbsp. fresh minced garlic

32 oz. chicken bone broth

2 cups Kowalski's Cultivated  
Long-Grain Wild Rice, prepared  
according to pkg. directions, cooled

1 cup chopped cooked chicken  
(white and/or dark meat)

2 tbsp. heavy cream

1 tbsp. fresh thyme leaves

1 tsp. ground turmeric

½ tsp. ground sumac (optional)

3 oz. dry sherry

- kosher salt and freshly ground  
Kowalski's Black Peppercorns, to  
taste

In a large pot, heat oil over medium heat; sauté onion, carrots, celery and red pepper until tender (about 5 min.). Add mushrooms and garlic; sauté for 2 min. more. Add broth; stir in rice, chicken, cream, thyme, turmeric and sumac. Simmer until hot (about 15 min.), stirring occasionally (do not allow soup to boil). Remove from heat; stir in sherry. Season with salt and pepper to taste; serve immediately.

*A note about gluten: When a gluten-free bone broth and gluten-free spices are used, this recipe is gluten free.*



Find Kowalski's pre-diced carrots, celery, onion and minced garlic in the Produce Department.



## RAW CORN AND ZUCCHINI SALAD GF LW V VE DF

SERVES 4

- 3 cups fresh (not frozen) Minnesota Grown corn kernels
- 1 large Minnesota Grown zucchini, diced (between ¼-½")
- ¼ oz. fresh Italian parsley, leaves only, finely chopped (about 3-4 tsp.)
- 1 tbsp. Kowalski's Extra Virgin Olive Oil
- 1 tbsp. Kowalski's Freshly Squeezed Lime Juice (from the Produce Department)
- ¼ tsp. freshly ground Kowalski's Sea Salt
- ¼ tsp. freshly ground Kowalski's Black Peppercorns

In a medium mixing bowl, combine corn, zucchini and parsley; toss together. Drizzle oil and juice over salad; season with salt and pepper. Toss salad to combine.



## TURKEY WILD RICE SOUP GF

SERVES 8

- |   |  |
|---|--|
| ½ cup Kowalski's Unsalted Butter  | 2 cups half-and-half                                       |
| ½ cup matchstick-cut carrots  | 1 cup chopped cooked turkey<br>(white and/or dark meat)    |
| ¼ cup finely chopped onion  | 1 tsp. kosher salt   |
| ¼ cup thinly sliced celery  | ¼ cup dry sherry   |
| ¼ cup cornstarch  | - freshly ground Kowalski's Black<br>Peppercorns, to taste |
| 32 oz. gluten-free chicken broth,<br>divided  | - fresh thyme, chopped, for garnish                        |
| 2 cups cooked Kowalski's Cultivated<br>Long-Grain Wild Rice (approx. 1<br>cup dry rice) |  |

In a large pot over medium heat, melt butter; sauté carrots, onion and celery until tender (about 5 min.). Add cornstarch to a glass measuring cup; whisk in approx. 1 cup broth. Add remaining broth to the pot with the vegetables; slowly whisk in cornstarch mixture. Increase heat to medium-high; cook and stir until slightly thickened (about 5 min.). Reduce heat to medium; stir in rice, half-and-half, turkey and salt; simmer for about 15 min., stirring occasionally (do not allow soup to boil). Remove from heat; stir in sherry. Season with pepper; serve garnished with thyme.



## FRESH CORN GRIDDLECAKES LW V

MAKES ABOUT 8

- |   |   |
|---|---|
| 5 tbsp. cornmeal  | 1 tbsp. Kowalski's Extra Virgin Olive Oil                                     |
| 3 tbsp. flour   | 1 egg   |
| ½ tsp. baking powder                                    | 14 oz. (approx. 2 ½ cups) fresh Minnesota Grown corn kernels                  |
| ½ tsp. baking soda                                      | ¾ oz. finely chopped fresh basil, plus more for garnish                       |
| ¼ tsp. kosher salt                                      | ¼ cup (approx.) Kowalski's Tomato & Basil Pasta Sauce, for serving (optional) |
| - freshly ground Kowalski's Black Peppercorns, to taste |   |
| ½ cup plain 2% Greek yogurt                             |   |
| 3 tbsp. skim milk                                       |   |

In a medium mixing bowl, whisk together first 6 ingredients (through pepper); set aside. In a separate medium mixing bowl, whisk together yogurt, milk, oil and egg. Gently mix wet ingredients into dry ingredients until just combined; fold in corn and basil. Heat a large nonstick skillet or griddle over medium heat; spray with cooking spray. Working in batches, scoop about ⅓ cup batter onto the skillet; form batter into 3-4" circles, pressing down slightly. Cook until edges are set and dry and bottom of corncake is dark golden-brown (2-3 min.). Flip corncakes; cook until golden-brown on the other side (1-2 min.). Wipe skillet clean; respray pan and repeat with remaining batter. Top with sauce, if desired, and garnish with basil; serve warm.



## MATT'S MEDITERRANEAN FLATBREAD LW V

SERVES 3

1 loaf Manoucher Fokachio or  
Barbaree (Sesame Seed) Bread  
½ cup harissa paste  
½ raw zucchini, thinly sliced (or ½  
cup chopped canned artichokes)  
3 oz. crumbled Israeli feta  
- freshly grated Pecorino Toscano  
or Parmigiano-Reggiano, to taste

- toppings, drained and sliced, to  
taste: pepperoncini, Kalamata  
olives and oil-packed sun-dried  
tomatoes  
1 tbsp. Kowalski's Balsamic Vinegar  
½ preserved lemon  
2 tsp. finely minced fresh rosemary  
1 tsp. finely minced fresh dill  
- freshly ground Kowalski's Sea Salt  
and Black Peppercorns, to taste

Smear flatbread with harissa paste; scatter top with zucchini and cheeses. Add desired toppings. Grill flatbread over indirect heat on a grill preheated to high or bake in a preheated 425° oven (preferably on a baking stone) until cheese is melted and bubbly (7-9 min.). Drizzle warm flatbread with vinegar and the juice of the preserved lemon half; dice lemon and scatter over flatbread. Sprinkle with herbs; season with salt and pepper to taste.

**FIND IT!**

Find Manoucher Bread in the Bakery Department.

Find Israeli feta, Pecorino Toscano, Parmigiano-Reggiano, harissa paste and preserved lemon in the Specialty Cheese Department.



### FAST CUCUMBER SALAD

In a small mixing bowl, whisk together 2 tbsp. each rice vinegar and superfine sugar until sugar dissolves. Add red pepper flakes, chopped fresh dill, kosher salt and freshly ground Kowalski's Black Peppercorns to taste. Add 1 peeled, thinly sliced English cucumber and 1 small, peeled, thinly sliced shallot; toss to coat. Let stand for at least 10 min. before serving. Serves 4.

## SALMON WITH YOGURT AND CUCUMBER SALAD GF LW

SERVES 4

- 1 lb. salmon fillet, cut into 4 portions
- 1 tbsp. Kowalski's Extra Virgin Olive Oil, plus more for serving
- ½ tsp. kosher salt, plus more for seasoning
- ¼ tsp. freshly ground Kowalski's Black Peppercorns, plus more for seasoning
- ½ cup full-fat plain Greek yogurt
- *Fast Cucumber Salad*
- fresh dill fronds, for garnish

Brush fish lightly with oil; season with salt and pepper. On a grill preheated to medium-high heat, grill fish skin-side down until flaky and opaque throughout (10-15 min., depending on thickness of the fish). Meanwhile, smear an equal amount of yogurt on each of 4 serving plates; drizzle with oil and sprinkle with salt and pepper. When salmon is done, transfer a piece to each plate on top of yogurt, leaving skin behind. Top fish with cucumber salad; garnish with dill fronds. Serve immediately.





## SALT-ROASTED SALMON GF DF

SERVES 3

½ tsp. kosher salt, plus more for the pan

1 lb. salmon fillet, cut into 3 portions

- Kowalski's Extra Virgin Olive Oil, to lightly coat the fish

¼ tsp. freshly ground Kowalski's Black Peppercorns

- chile oil and/or Kowalski's Signature Kickin' Kalbi Sauce, for serving (optional)

- garnishes, to taste: thinly sliced green onion, red pepper flakes and/or sesame seeds (optional)

Line a rimmed baking sheet with parchment paper; cover with a thin, even layer of salt. Place fish on top of salt bed, skin-side down. Very lightly rub salmon with oil; sprinkle with salt and pepper. Bake in a preheated 325° oven until fish is opaque and flakes easily with a fork (about 25 min.). Remove from oven; let stand for 5 min. Drizzle with chile oil or Kalbi; sprinkle with garnish(es).

*A note about gluten: When chile oil is used instead of Kickin' Kalbi Sauce, this recipe is gluten free.*



## ULTIMATE TBLs (TOMATO, BACON & LETTUCE) GF DF

SERVES 4

- 12 oz. Kowalski's Cherrywood Smoked Bacon
- 1 tbsp. freshly ground Kowalski's Black Peppercorns, plus more to taste
- 1 tsp. cayenne pepper
- ½ cup brown sugar
- 8 slices bread, lightly toasted
- ½ cup mayonnaise (or to taste)
- Bibb lettuce, to taste
- 4 Minnesota Grown tomatoes, sliced thickly or thinly to taste
- ½ tsp. freshly ground Kowalski's Sea Salt

Place bacon in a single layer on a parchment-lined baking sheet; sprinkle evenly with black pepper and cayenne. Cover bacon with brown sugar; bake in a preheated 325° oven until crisp (about 25 min.). Remove from oven; drain bacon on a rack set over a rimmed sheet pan and let cool for 5 min. Spread one side of each piece of toast with mayo. Top 4 pieces of toast with lettuce leaves and bacon. Top remaining 4 pieces of toast with tomatoes; season tomatoes with salt and pepper. Put sandwich sides together; cut in half on the diagonal.

*A note about gluten: When gluten-free bread is used, this recipe is gluten free.*



## WILD RICE GRIDDLECAKES

MAKES ABOUT 8



- 1 ½ cups Kowalski's Wild Rice, prepared according to pkg. directions, cooled
- ¼ cup all-purpose flour
- ¼ cup panko breadcrumbs
- 1 tsp. kosher salt
- ½ tsp. baking soda
- ½ tsp. baking powder
- ½ tsp. dried thyme (or 1 tsp. fresh)
- freshly ground Kowalski's Black Peppercorns, to taste
- ½ cup plain Greek yogurt
- 1 egg

## HONEY-DIJON SEASONED SOUR CREAM

In a medium mixing bowl, whisk together ½ cup sour cream and 3 tbsp. Kowalski's Champagne Honey Mustard. Season to taste with Kowalski's Signature Award-Winning Rotisserie Rub. Store in the refrigerator, covered, for up to 3 days.  
Makes about ¾ cup.

- 1 cup grated carrots
- ½ cup freshly grated Kowalski's Parmesan Cheese
- ¼ cup sliced green onion
- Honey-Dijon Seasoned Sour Cream, for serving (optional)
- microgreens, for garnish (optional)

In a medium mixing bowl, stir together first 8 ingredients (through pepper); set aside. In a separate medium mixing bowl, whisk together yogurt and egg. Gently mix wet mixture into dry mixture until just combined; fold in carrots, cheese and onion. Heat a large nonstick skillet or griddle over medium heat; spray with cooking spray. Working in batches, scoop about ⅓ cup batter into skillet. Form batter into 3-4" circles, pressing down slightly; cook until edges are set and dry and bottom of griddlecakes are dark golden-brown (about 3 min.). Flip griddlecakes; cook until golden-brown on the other side (about 2 min.). Wipe skillet clean; respray pan and repeat with remaining batter. Top griddlecakes with seasoned sour cream; garnish with microgreens. Serve warm.



### CHERRY MAYO

In a small mixing bowl, whisk together  $\frac{1}{2}$  cup mayonnaise,  $\frac{1}{4}$  cup cherry preserves, and kosher salt and freshly ground Kowalski's Black Peppercorns to taste. Makes about  $\frac{3}{4}$  cup.

## WILD RICE LAMB BURGERS DF

SERVES 3

- |   |   |
|---|---|
| 1 lb. Kowalski's Grass-Fed Ground Lamb  | 1 tsp. dried oregano  |
| $\frac{1}{2}$ cup Kowalski's Cultivated Long-Grain Wild Rice, prepared according to pkg. directions, cooled | $\frac{1}{2}$ tsp. kosher salt  |
| 2 green onions, thinly sliced   | 3 Kowalski's Wheat Hamburger Buns, lightly toasted                                  |
| 3 tbsp. chopped fresh Italian parsley   | - toppings, to taste: <i>Cherry Mayo</i> , baby spinach and thinly sliced red onion |
| 1 clove garlic, finely minced   |   |

In a large mixing bowl, combine first 7 ingredients (through salt). Using your hands, mix thoroughly; form 3 patties. On a grill preheated to medium-high, grill burgers directly over heat until done (4-5 min. per side). Remove from heat; let stand for 3-5 min., covered with foil, before serving. Serve on buns with desired toppings.

### Tasty Tip:

You can also make 12 sliders on Kowalski's Whole Wheat Dinner Rolls.



## AIR-FRIED FRENCH FRIES GF V VE DF

SERVES 2-3

14 oz. Kowalski's Fresh State Fair Cut French Fries (from the Prepared Produce Section)

- water, cold
- 2 tsp. canola oil, divided
- fine salt, to taste
- Kowalski's Classic Ketchup, for serving (optional)

In a large mixing bowl, cover fries with cold water; let soak for 45 min. Remove fries from water with a slotted spoon; let air-dry on paper towels for 30 min. Pat dry with dry paper towels. In a medium mixing bowl, toss ½ the fries with 1 tsp. oil; season with salt. Place fries in a single layer, with space between fries, in the basket of an air fryer preheated to 375°; fry for 10 min. Increase temperature to 400°; fry until fries are golden to dark golden and somewhat blistered (7-10 min. more). Remove hot fries from fryer and set aside; repeat the process with remaining fries. If desired, return first batch to the fryer with the second batch in the last 2 min. of cooking to re crisp and warm through.

*A note about gluten: To avoid cross-contamination, use an air fryer reserved for gluten-free cooking to make this recipe.*



## DEEP-FRIED FRENCH FRIES GF V VE DF

SERVES 2-3

14 oz. Kowalski's Fresh State Fair Cut French Fries (from the Prepared Produce Section)

- water, cold
- canola or peanut oil, for frying
- fine salt, to taste
- Kowalski's Classic Ketchup, for serving (optional)

In a large mixing bowl, cover fries with cold water; soak for 45 min. Remove fries from water with a slotted spoon; let air-dry on paper towels for 30 min. Pat dry with dry paper towels. In a deep pot, heat 2-3" of oil to 375°. Cook fries until they start to become tender (4-5 min.); transfer with a slotted spoon to paper towels to drain (fries will not be cooked through and will be pale). Heat oil to 400°. Return fries to the oil; cook until dark golden-brown and crisp (2-4 min.). Drain on paper towels; season with salt to taste.



## FRUITED WILD RICE PILAF GF V VE DF

SERVES 12

- |  |  |
|--|--|
| 2 tbsp. Kowalski's Extra Virgin Olive Oil, divided | 1 ½ tbsp. julienned fresh sage                     |
| 1 ½ cups chopped celery                            | 1 cup basmati rice                                 |
| 1 cup chopped yellow onion                         | ½ cup chopped pecans, toasted                      |
| 1 cup Kowalski's Cultivated Long-Grain Wild Rice   | ½ cup chopped dried apricots                       |
| 2 cloves garlic, finely minced                     | ¼ cup chopped dried cherries                       |
| 4 cups gluten-free vegetable or chicken stock*     | ¼ cup dried cranberries                            |
|  | ¾ tsp. kosher salt                                 |
|  | ½ tsp. freshly ground Kowalski's Black Peppercorns |

In a 6 qt. saucepan, heat 1 tbsp. oil over medium-high heat. Add celery, onion, wild rice and garlic to the pan; sauté until vegetables are nearly translucent and rice is softened slightly (about 4 min.). Add stock and sage; bring to a boil. Reduce heat; cover and simmer for 35 min. Stir in basmati rice; increase heat to bring pot to a boil. Reduce heat; simmer, covered, until liquid is absorbed (about 20 min.). Remove from heat; let stand, covered, for 10 min. Drizzle with remaining oil; stir in remaining ingredients.

*\*When vegetable stock is used, this recipe is vegetarian and vegan.*



## GRANDMA PUNKY'S REFRIGERATOR PICKLES

SERVES 20

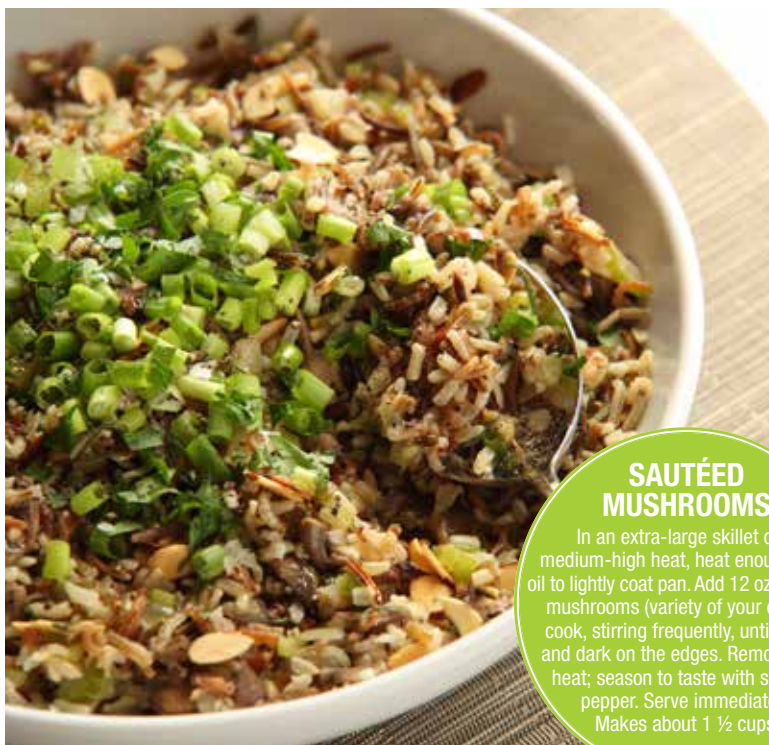


- 1  $\frac{3}{4}$  cups sugar
- 1 cup tarragon vinegar (such as Heinz brand)
- 1 tbsp. celery seed
- 6-7 cups sliced cucumbers
- 1 cup thinly sliced onion
- fresh tarragon, for garnish (optional)

In a medium mixing bowl, mix sugar, vinegar and celery seed well until sugar is dissolved. Add cucumbers and onion. Refrigerate for at least 24 hrs. before serving. Garnish with fresh tarragon, if desired.

*Recipe courtesy of Untiedt's Vegetable Farm of Waverly, Minnesota.*





### SAUTÉED MUSHROOMS

In an extra-large skillet over medium-high heat, heat enough olive oil to lightly coat pan. Add 12 oz. chopped mushrooms (variety of your choice); cook, stirring frequently, until tender and dark on the edges. Remove from heat; season to taste with salt and pepper. Serve immediately. Makes about 1 ½ cups.

## MUSHROOM WILD RICE PILAF GF V VE DF

SERVES 12

- |  |   |
|--|---|
| 2 tbsp. Kowalski's Extra Virgin Olive Oil, divided | 1 ½ tbsp. julienned fresh sage  |
| 1 ½ cups chopped celery                            | 1 cup brown basmati rice  |
| 1 cup chopped yellow onion                         | - <i>Sautéed Mushrooms</i>  |
| 1 cup Kowalski's Cultivated Long-Grain Wild Rice   | ¼ cup sliced almonds, toasted   |
| 2 cloves garlic, finely minced                     | - kosher salt and freshly ground Kowalski's Black Peppercorns, to taste |
| 4 cups gluten-free vegetable or chicken stock*     | - fresh Italian parsley, chopped, to taste                              |
|  | - green onion, thinly sliced, to taste                                  |

In a 6 qt. saucepan, heat 1 tbsp. oil over medium-high heat. Add celery, onion, wild rice and garlic to the pan; sauté until vegetables are nearly translucent and rice is softened slightly (about 4 min.). Add stock and sage; bring to a boil. Reduce heat; cover and simmer for 10 min. Stir in basmati rice; increase heat to bring pot to a boil. Reduce heat; simmer, covered, until liquid is absorbed (about 45 min.). Remove from heat; let stand, covered, for 10 min. Drizzle with remaining oil; stir in remaining ingredients.

\*When vegetable stock is used, this recipe is vegetarian and vegan.



## PARMESAN GREEN BEAN FRIES V

SERVES 4

- 1 lb. fresh Minnesota Grown green beans
- 1 ½ tbsp. Kowalski's Extra Virgin Olive Oil
- 3 tbsp. freshly shredded Kowalski's Parmesan Cheese
- ½ tsp. kosher salt
- ¼ tsp. freshly ground Kowalski's Black Peppercorns
- ¼ cup panko breadcrumbs
- *Balsamic Dipping Sauce*, for serving

### BALSAMIC DIPPING SAUCE

In a small mixing bowl, combine ½ cup mayonnaise, 1 tbsp. Kowalski's Balsamic Vinegar and 2 tsp. Kowalski's Pizza Seasoning (or to taste). Store in the refrigerator, covered, for up to 5 days. Makes about ½ cup.

In an extra-large mixing bowl, toss beans with oil. Sprinkle with cheese, salt and pepper; toss to coat. Sprinkle with breadcrumbs; toss again to evenly coat. Spread beans on 2 parchment-lined baking sheets; bake in a preheated 400° oven until crumbs and cheese are dark golden-brown and beans have reached desired tenderness (8-10 min.). Let cool on pan for 2 min. before serving.



## PICO DE GALLO GF LW V VE DF

SERVES 6

5 Minnesota Grown Roma tomatoes, seeded and finely diced

½ large Minnesota Grown red onion, peeled and finely diced

¼ cup finely chopped fresh cilantro leaves

1 Minnesota Grown jalapeño pepper, stemmed, seeded and finely chopped

3 cloves Minnesota Grown garlic, finely minced

1 ½ tbsp. Kowalski's Freshly Squeezed Lime Juice (from the Produce Department)

- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste

In a medium mixing bowl, combine tomatoes, onion, cilantro, jalapeño and garlic. Stir in lime juice; season to taste. Store in the refrigerator, covered, for up to 5 days.

### Tasty Tip:

When Minnesota Grown produce is not in season, other selections may be substituted in equal amounts.



## ZUCCHINI CHIPS



SERVES 2

2 Minnesota Grown zucchini

- olive or avocado oil spray

¼ tsp. kosher salt

- freshly ground Kowalski's Black Peppercorns, to taste

Carefully slice zucchini ¼" thick on the bias using a mandoline or food processor. Place slices in a large mixing bowl; spray lightly with cooking spray and toss gently to coat evenly. Evenly spread slices on 2 parchment-lined baking sheets (slices should not overlap); bake in a preheated 250° oven for 40 min. Rotate and switch pans; bake until dried, golden-brown and crispy on the edges (about 30 min. more). Lightly sprinkle with salt and pepper to taste.



## APPLE GALETTE WITH CRÈME FRAÎCHE V

SERVES 6

- |   |   |
|---|---|
| 1 refrigerated pie crust  | 1 tsp. Kowalski's Ground Cinnamon                         |
| 1 egg, beaten with 1 tbsp. water  | ¼ tsp. Kowalski's Ground Nutmeg                           |
| 3 unpeeled tart baking apples (such as Minnesota Grown Honeycrisp), cored and sliced ¼" thick | ¼ tsp. Kowalski's Ground Ginger                           |
| 1 ½ tbsp. flour   | 1 tbsp. Kowalski's Unsalted Butter, cut into small pieces |
| 3 tbsp. sugar   | 10 oz. carton crème fraîche                               |
|   | - brown sugar (optional)                                  |

Follow pkg. directions for unwrapping and unrolling the pie crust; roll into a 14" circle on a parchment-lined baking sheet. Brush crust with egg wash, reserving unused portion. In a large mixing bowl, combine apples, flour, white sugar and spices; toss to thoroughly coat. Pour apple mixture into center of pastry; dot evenly with butter. Pull the edge of the pastry up over apples, leaving the center uncovered; pleat edge of pastry. Brush crust with remaining egg wash. Bake galette in a preheated 375° oven until crust is golden-brown (35-40 min.); cool for 20 min. Cut into slices; top with crème fraîche. Sprinkle with brown sugar, if desired.



## BLACKBERRY-CUCUMBER COCKTAILS GF V VE DF

MAKES 2

- 8 blackberries, plus more for garnish
- 2 slices peeled cucumber, plus more for garnish
- 4 large mint leaves, plus more for garnish
- 3 oz. gin
- 3 oz. Kowalski's Simple Syrup
- 2 oz. Kowalski's Freshly Squeezed Lime Juice (from the Produce Department)
- ice
- tonic water, to taste
- 2 lime wedges, for garnish

In a cocktail shaker, muddle blackberries, cucumber and mint; add gin, simple syrup, lime juice and ice. Shake to combine (at least 30 sec.); strain evenly into 2 lowball glasses over ice. Top glasses evenly with tonic water; garnish each glass with a small sprig of mint, a lime wedge, blackberries and sliced cucumber.



## BLUEBERRY-BASIL LEMONADE GF V VE DF

SERVES 6

- |  |   |
|--|---|
| ½ oz. (a generous handful) fresh basil leaves                            | 48 oz. Kowalski's Signature Freshly Squeezed Lemonade     |
| ½ cup blueberry jam (such as Bonne Maman Intense Blueberry Fruit Spread) | - ice   |
|  | - blackberries, fresh basil and lemon slices, for garnish |

Place basil in a glass pitcher; use a wooden spoon to bruise leaves and release essential oils. Add jam and lemonade to the pitcher; stir until well combined (it may help to loosen the jam by heating it in the microwave for about 30 sec.). Refrigerate mixture for 2-3 hrs. Strain lemonade; discard basil leaves and blueberry solids. Serve strained lemonade over ice with blackberries, fresh basil and lemon slices for garnish.

### Tasty Tip:

Try other flavors of jam and other herbs, such as Kowalski's Strawberry Rhubarb Jam with lavender or rosemary.



## EASIEST FRESH LEMONADE GF V VE DF

SERVES 4

4 cups ice-cold water

1 cup Kowalski's Simple Syrup

1 cup Kowalski's Freshly Squeezed Lemon Juice (from the Produce Department)

- ice

4 lemon slices, for garnish

In a pitcher, combine water, simple syrup and juice; stir well. Serve over ice with lemon slices for garnish.





## STRAWBERRY LEMONADE GF V VE DF

SERVES 4

- |   |   |
|---|---|
| 1 lb. fresh strawberries, hulled and halved | 1 cup Kowalski's Freshly Squeezed Lemon Juice (from the Produce Department) |
| 4 cups ice-cold water, divided              | 4 mint sprigs, for garnish  |
| 1 cup sugar                                 | 4 whole strawberries, for garnish   |
| 1 tbsp. lemon zest (optional)               |   |

In a blender or food processor, purée strawberries; pour into a pitcher and set aside. In a small saucepan, mix 2 cups water and 1 cup sugar; bring to a boil. Reduce heat; simmer until sugar is completely dissolved. Remove mixture from heat; chill completely in the refrigerator (about 1 hr.). Stir in zest and lemon juice; pour into the pitcher with the strawberry purée. Add 2 cups water; stir well. Serve over ice with a sprig of fresh mint and a strawberry for garnish.



## WATERMELON AND STRAWBERRY LEMONADE

GF V VE DF

SERVES 8

6 cups cubed seedless Minnesota Grown watermelon (such as Untiedt's Vegetable Farm Black Diamond), plus slices for garnish

2 cups hulled strawberry halves

¼ cup superfine sugar

12 oz. frozen lemonade concentrate, thawed

1 ½ cups tonic water or club soda

- ice

- lemon slices, for garnish

In a blender, purée watermelon until smooth; pour through a fine-mesh strainer into a large pitcher. In a medium mixing bowl, combine strawberries and sugar; pour into pitcher. Stir in lemonade concentrate; refrigerate, covered, until ready to serve. Stir tonic water into fruit mixture. Serve over ice with lemon and watermelon slices for garnish.





## TZATZIKI

SERVES 8

- |   |  |
|---|--|
| ½ peeled cucumber, seeded, grated and well drained (seeds discarded)          | ½ tsp. garlic purée  |
| 1 cup full-fat plain Greek yogurt, such as The Greek Gods brand               | ½ tsp. kosher salt, plus more to taste                                 |
| ¼ cup sour cream  | ¼ tsp. freshly ground Kowalski's Black Peppercorns, plus more to taste |
| 1 tbsp. Kowalski's Extra Virgin Olive Oil                                     | 1 tbsp. finely minced fresh mint                                       |
| 1 tbsp. Kowalski's Freshly Squeezed Lemon Juice (from the Produce Department) | 1 tbsp. finely minced fresh dill (optional)                            |

In a medium mixing bowl, combine first 8 ingredients (through pepper). Adjust seasoning to taste. Stir in herbs. Chill in the refrigerator for 2 hrs. to allow flavors to develop. Store in the refrigerator, covered, for up to 1 week.