



KOWALSKI'S  
MARKETS

*Cooking* WITH  
KOWALSKI'S



*a taste of*  
WARMER WEATHER

MARCH/APRIL 2023

## SECTION GUIDE



Appetizers



Main Dishes



Sides



Miscellaneous

## ANNOTATION GUIDE



GLUTEN FREE



VEGETARIAN



VEGAN



DAIRY FREE



## BAKED REUBEN DIP

SERVES 8

***This deconstructed sandwich turned dip is great for a St. Paddy's Day party.***

- 16 oz. Kowalski's Original Whipped Cream Cheese Spread (from the Dairy Department)
- 7 oz. chopped Boar's Head Corned Beef Round (from the Deli Department)
- 6 oz. well-drained sauerkraut
- $\frac{3}{8}$  cup shredded Swiss cheese
- $\frac{1}{2}$  cup Kowalski's Signature Fresh Thousand Island Salad Dressing (from the Produce Department)
- Kowalski's Extra Virgin Olive Oil Spray, as needed, for spraying the baking dish
- rye bread or crackers, for serving

### DIRECTIONS:

1. Preheat oven to 400°.
2. In a large mixing bowl, stir together first 5 ingredients (through dressing) until fully combined.
3. Scoop evenly into a glass baking dish sprayed lightly with oil (such as a 9x9" square baking dish or 9" round pie dish); bake in preheated oven until bubbly and dark golden-brown on top (15-20 min.).
4. Let stand for 10 min. before serving with crusty rye bread or crackers.



## MAKE-YOUR-OWN BAKED CHEESE DIP

SERVES 16

### ***A customizable party food mainstay.***

- 16 oz. Kowalski's Whipped Cream Cheese Spread, your choice of flavor (from the Dairy Department)
- 2 cups Kowalski's Cheese, shredded or crumbled (such as Sharp Cheddar, Mild Swiss, Blue, Gorgonzola, Monterey Jack or a combination)
- ½ cup mayonnaise
- your choice of stir-ins (find ideas on kowalskis.com)
- ¼ cup Kowalski's Shredded Mozzarella or Parmesan Cheese
- crackers or bread, for serving

### **DIRECTIONS:**

1. Preheat oven to 350°.
2. In a large mixing bowl, beat cream cheese until creamy and smooth.
3. Add 2 cups shredded or crumbled cheese, mayonnaise and your choice of stir-ins; stir until well blended.
4. Scoop mixture evenly into a 9" round glass baking dish sprayed lightly with cooking spray; sprinkle with ¼ cup mozzarella or Parmesan cheese.
5. Bake in preheated oven until bubbly, golden-brown and thoroughly hot (25-35 min.).
6. Let stand for 10 min. before serving with crackers or bread.

*A note about gluten: When gluten-free stir-ins are used and cheese dip is served with gluten-free crackers or bread, this recipe is gluten free.*



## AIR-FRIED CABBAGE STEAKS GF V VE DF

SERVES 4

***These are great as a side dish, but you can make them a meal when you top them with your favorite tomato sauce or Bolognese sauce.***

- 1 head green cabbage
- 6 tbsp. Kowalski's Extra Virgin Olive Oil, plus more for seasoning to taste
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste
- Kowalski's Balsamic Vinegar, to taste
- 2 tbsp. chopped fresh parsley

### DIRECTIONS:

1. Preheat air fryer to 390°.
2. Slice cabbage into  $\frac{3}{4}$ " thick "steaks."
3. Brush steaks evenly on both sides with oil; sprinkle evenly with salt and pepper on one side.
4. Working in batches, lay steaks flat in a single layer in preheated air fryer basket, being careful not to overcrowd; air-fry for 5 min. Flip steaks; continue to cook until dark golden and tender (about 5-7 min.).
5. Drizzle steaks with oil and vinegar to taste; season with salt and pepper to taste.
6. Garnish with parsley; serve immediately.



Sprinkle with grated Parmesan cheese halfway through cooking for added crispiness and a punch of umami flavor.



## AROMATIC POACHED SEA BASS DF

SERVES 4

*The best-smelling fish recipe!*

3 tbsp. Kowalski's Extra Virgin Olive Oil (or more as needed)	14 oz. can petite diced tomatoes
4 cloves garlic, very thinly sliced	½ cup dry vermouth
¼ tsp. crushed red pepper flakes	½ cup water
½ red onion, thinly sliced	1 ½ lbs. boneless skinless sea bass fillets
1 small bulb fennel, trimmed, halved, cored and very thinly sliced crosswise	¼ tsp. freshly ground Kowalski's Black Peppercorns
½ tsp. kosher salt, divided, plus more for seasoning the sauce, if desired	½ oz. fresh basil, torn
	- crusty artisan bread or garlic toast, for serving

### DIRECTIONS:

1. In a large sauté pan, heat oil over medium-high heat until shimmering but not smoking.
2. Add garlic and crushed red pepper; cook, stirring frequently, until garlic softens and becomes fragrant (about 2 min.).
3. Add onion, fennel and ½ the salt; cook, stirring occasionally, until vegetables begin to soften (about 5 min.).
4. Add tomatoes, vermouth and water; bring to a boil.
5. Reduce heat to medium-low; simmer for 5 min.
6. Season fish with remaining salt and black pepper.
7. Add fish to the pan; cover and cook until fish is flaky and just opaque throughout (about 10 min.).
8. Adjust seasoning of sauce to taste; garnish with basil.
9. Serve immediately in shallow bowls with crusty bread or toasted garlic bread for dipping.

*A note about dairy:* When served with a dairy-free bread, this recipe is dairy free.



## BEER-BATTERED COD DF

SERVES 4

***Be sure to serve this with "chips" and a pint!***

- |  |  |
|--|--|
| - canola or peanut oil, for frying   | 1 tbs. Kowalski's Smoked Spanish Paprika                       |
| 2 lbs. wild-caught Alaskan cod (or similar fish), cut into 10-12 evenly sized portions | 2 tsp. seasoned salt   |
| 1 ½ tsp. kosher salt   | 1 egg, lightly beaten  |
| ½ tsp. freshly ground Kowalski's Black Peppercorns (or to taste)                       | 10 ½ oz. pale lager-style beer                                 |
| 1 cup flour  | - freshly ground Kowalski's California Sea Salt, for finishing |
| 1 tbs. garlic powder   | - lemon wedges and tartar sauce, for serving                   |

### DIRECTIONS:

1. Place a baking sheet fitted with a wire rack in the oven; preheat to 170°.
2. Meanwhile, heat 2-3" of oil in a large, deep pot over medium-high heat until oil reaches 375°.
3. Pat cod dry with paper towels. Season with kosher salt and black pepper; set fish aside.
4. In a medium mixing bowl, whisk together flour, garlic powder, paprika and seasoned salt; mix in egg, then slowly whisk in beer until batter is no longer lumpy.
5. Working one piece at a time, dip fish into batter, then carefully place in hot oil; cook until fish is golden-brown (3-4 min.). Carefully remove cooked fish from oil and place on paper towels or a wire rack to drain; sprinkle with sea salt. Transfer each piece of fish to the rack in the preheated oven as it's ready to keep it warm while frying the rest of the fish.
6. Serve with lemon wedges and tartar sauce.



## CHEESE TOASTIES V

MAKES 2

*An Irish take on a classic grilled cheese.*

4 slices dense, hearty bread

- unsalted Irish butter (such as Kerrygold brand), at room temperature

¼ cup shredded Irish Cheddar (such as Kerrygold Dubliner)

4 slices Boar's Head White American Cheese (from the Deli Department)

- mayonnaise, as needed

### DIRECTIONS:

1. Preheat a nonstick skillet or griddle over medium heat.
2. Butter one side of each bread slice; place ½ of the bread slices on a clean work surface, buttered side up.
3. Divide shredded cheese evenly between these bread slices; top each with a slice of American cheese.
4. Place remaining slices of bread on top, buttered side down. Spread mayo on one side of each sandwich.
5. Place sandwiches on preheated skillet or griddle, mayo side down; spread other side of sandwiches with mayo.
6. Grill sandwiches on first side until bottoms are dark golden-brown (about 2 min.); flip and repeat. If needed, reduce heat slightly and continue cooking, flipping occasionally, until cheese is melted and hot.
7. Cut each sandwich in half on the diagonal; serve immediately.





## COCONUT FISH BITES GF DF

SERVES 4

*It's coconut shrimp, without the shrimp!*

- ¾ cup cornstarch
- 1 tsp. kosher salt
- ¼ tsp. freshly ground Kowalski's Black Peppercorns
- 1 cup gluten-free panko-style breadcrumbs
- 1 cup sweetened shredded coconut
- 1 tbsp. canola oil
- 3 egg whites, lightly beaten, whisked with 1 tbsp. water in a shallow dish
- 1 lb. wild-caught Alaskan cod fillets, cut into 1" bite-sized pieces
- *Spicy Orange Dipping Sauce*, for serving

### SPICY ORANGE DIPPING SAUCE

MAKES ABOUT 1/4 CUP

Whisk ¼ cup sweet orange marmalade with 2-3 tbsp. Thai Kitchen Sweet Red Chili Sauce to taste.

### DIRECTIONS:

1. Preheat oven to 400°.
2. In a clean shallow dish, whisk cornstarch with salt and pepper; set aside.
3. On a rimmed baking sheet, mix breadcrumbs with coconut; spread out and bake in preheated oven until golden-brown (about 6 min.).
4. Transfer breadcrumbs to a shallow dish (keep oven heated to 400°); drizzle with oil and stir to combine.
5. Working in batches, coat fish in cornstarch mixture, shaking off excess. Dip coated fish in egg, then coat with panko-coconut mixture, pressing to adhere. Place fish on a wire rack; air-dry for 15 min.
6. On a baking sheet lined with parchment paper, bake fish bites in preheated oven until fish is golden-brown and cooked through (about 10 min.).
7. Serve with dipping sauce.



## CORNEB BEEF AND CABBAGE GF DF

SERVES 6

*A midwinter and St. Paddy's Day staple.*

- 2 lb. corned beef brisket
- 1 small onion, quartered
- 1 tsp. Kowalski's Whole Black Peppercorns
- 1 tsp. minced garlic
- 1 small head green cabbage, cut into 6 wedges
- prepared horseradish, for serving
- 8 new potatoes, quartered and boiled, for serving

### DIRECTIONS:

1. Arrange brisket in a Dutch oven; pour in water just to cover.
2. Add onion, peppercorns and garlic; bring to a boil over high heat.
3. Reduce heat to low; simmer, covered, until brisket is tender (about 2 hrs.).
4. Add cabbage wedges to the pot during the last 15-20 min. of cooking.
5. Thinly slice brisket against the grain; serve with horseradish and boiled potatoes.



## PEPPADEW PEPPER MAYO

MAKES ABOUT 1 CUP

In a small mixing bowl, combine  
½ cup drained chopped Peppadew  
peppers (look for them on the Olive  
Bar or with the packaged olives  
in the Deli Department) and  
½ cup mayonnaise;  
mix well.

## CRISPY FRIED CHICKEN SANDWICHES DF

SERVES 4

**No need to hit the drive-thru today.**

- |  |  |
|--|--|
| 1 cup flour  | 4 pieces boneless skinless chicken breast (3-4 oz. each), pounded ¼" thick   |
| 1 ½ tsp. kosher salt                               | 1 egg, lightly beaten, whisked with 2 tsp. water in a shallow dish   |
| 1 tsp. paprika                                     | - canola oil, for frying   |
| 1 tsp. freshly ground Kowalski's Black Peppercorns | 4 burger buns, lightly toasted   |
| 1 tsp. garlic powder                               | - toppings, to taste: Bibb lettuce, sliced tomatoes, sliced red onion, dill pickle chips and <i>Peppadew Pepper Mayo</i> |
| 1 tsp. poultry seasoning                           |  |
| ¼ tsp. cayenne pepper                              |  |
| 3 tbsp. water                                      |  |

### DIRECTIONS:

1. In a large mixing bowl, whisk together first 7 ingredients (through cayenne).
2. Sprinkle water over flour mixture; stir with fingers until uniformly clumpy.
3. Working in batches, coat chicken in flour mixture, followed by egg mixture, then flour mixture again, shaking off excess. Place chicken on a wire rack; air-dry for 15 min.
4. Meanwhile, heat 1 ½" of oil in a large, deep pot over medium heat until oil reaches 375°.
5. Fry chicken in oil until golden-brown (about 4 min.).
6. Remove from oil; drain chicken on paper towels until cool enough to eat (10 min.).
7. Serve on buns with desired toppings.

*A note about dairy: When dairy-free buns are used and toasted with olive oil, this recipe is dairy free.*



**LAMB PORTERHOUSE WITH SALSA VERDE**  

SERVES 4

***A great alternative to a beef steak that's great for the season.***

- ½ cup fresh Italian parsley
- ½ cup fresh basil leaves
- 3 cloves garlic
- 2 anchovy fillets
- 2 tbsp. fresh mint leaves
- 2 tbsp. capers, drained and rinsed
- 1 tbsp. minced onion
- 1 cup Kowalski's Extra Virgin Olive Oil
- zest of 1 lemon
- juice of 1 lemon
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste
- 8 (5 oz.) porterhouse-cut lamb chops (1 ¼-1 ½" thick)
- 1 lemon, cut into 4 wedges

**DIRECTIONS:**

1. In a food processor, pulse first 7 ingredients (through onion) until finely chopped.
2. Scrape sides of food processor bowl; with processor running, slowly drizzle in oil until mixture is fairly smooth.
3. Add zest and juice; pulse a few times.
4. Season to taste with salt and pepper; set salsa aside.
5. Heat one side of a gas grill to high and the other side to medium-low.
6. Season lamb with salt and pepper; sear lamb over high heat, lid down (2-3 min.).
7. Turn chops; sear other side, lid down (2-3 min.).
8. Move chops to cooler side of grill; grill, lid down, until lamb reaches an internal temperature of 140° for medium-rare (3-4 min.).
9. Remove from grill; tent chops with foil and let rest for about 5 min.
10. Grill lemon wedges just until grill marks form, turning halfway through (2-3 min. total).
11. Serve lamb with salsa; garnish with grilled lemon.



## MUSSELS AND CLAMS

SERVES 4

***Don't skip the toast! You'll need it for sopping up all the delicious broth.***

- 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 Salted 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, to taste
- baguette loaf, toasted and sliced, for serving
- lemon wedges, for serving

### DIRECTIONS:

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

**Beer Pairing:** Meat & Seafood Director Troy Schmeling prefers a hoppy beer with this recipe.

### 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 the bulk of your shellfish.



## PAN-ROASTED STEAK GF DF

SERVES 2-3

***Perfect steak, made in your oven.***

- 1 lb. grass-fed sirloin or rib-eye steak
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste
- olive or canola oil or butter (or a combination)

### **DIRECTIONS:**

1. Let steak stand at room temperature for 30 min.
2. Preheat oven to 450°.
3. Season steak with salt and pepper to taste.
4. In a cast iron or other heavy oven-safe skillet, heat a small amount of oil or butter (enough to lightly coat the bottom of the pan) over high heat until it shimmers but does not smoke.
5. Add steak; cook on one side until a moderately dark crust forms and steak releases easily from the pan. Turn and cook until both sides are seared in this manner.
6. Move pan to preheated oven; roast steaks to desired doneness as measured with a thermometer.
7. Remove from oven; remove steak from pan and tent loosely with foil. Let rest for 5 min. or more before serving (larger steaks can rest longer).

*A note about dairy: When olive and/or canola oil are used instead of butter, this recipe is dairy free.*





## PERFECT LAMB CHOPS GF DF

SERVES 4

*The delicate, sweet flavor of lamb makes for a great spring supper.*

8 (1 ¼-1 ½" thick) lamb rib chops or bone-in lamb loin chops (about 3 ½ lbs. total)

- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste
- sauce (your choice), for serving

### DIRECTIONS:

1. Preheat a clean grill or grill pan to high.
2. Season chops with salt and pepper.
3. Arrange chops on preheated grill or grill pan; cook until slightly pink in the center and meat reaches an internal temperature of 140°, turning once when dark grill marks form and meat releases easily from grill grates (10-14 min. total).
4. Remove from heat; tent chops loosely with foil. Let rest for 10 min. before serving with sauce of your choice.



## REUBEN SANDWICHES

MAKES 2

***For a Rachel Sandwich, substitute thinly sliced turkey for the corned beef.***

- Kowalski's Signature Fresh Thousand Island Salad Dressing (from the Produce Department), to taste
- 4 slices dark or marble rye bread
- ½ lb. thinly sliced Boar's Head Corned Beef Round (from the Deli Department)
- 4 oz. sauerkraut, well drained
- 2 slices Swiss cheese
- Kowalski's Unsalted Butter, at room temperature, to taste

### DIRECTIONS:

1. Preheat a nonstick skillet or griddle over medium heat.
2. Spread dressing on one side of each bread slice.
3. Place ½ of the bread slices on a clean work surface, dressing side up; divide corned beef, sauerkraut and cheese between these bread slices.
4. Place remaining bread slices on top, dressing side down.
5. Spread butter on one side of each sandwich.
6. Place sandwiches on preheated skillet or griddle, buttered side down; grill until bottoms are golden-brown (about 5 min.).
7. Butter top slices of bread; flip and continue grilling until bottoms are golden-brown and cheese is melted (about 5 min.).
8. Cut each sandwich in half on the diagonal; serve immediately.



**SAVOY CABBAGE ROLLS** **GF** *These can also be made with regular green cabbage leaves.*  
SERVES 4

- |  |  |
|--|--|
| 8 large savoy cabbage leaves                                     | ½ tsp. dried oregano   |
| 2 tbsp. Kowalski's Extra Virgin Olive Oil, plus more for serving | ¾ cup cooked basmati rice, cooled                            |
| ½ cup diced yellow onion   | - kosher salt and freshly ground black peppercorns, to taste |
| ½ lb. mild Italian sausage                                       | 1 egg, beaten  |
| ¼ tsp. crushed red pepper flakes                                 | 2 tbsp. Kowalski's Unsalted Butter                           |
| 2 tsp. finely minced fresh garlic                                | ½ cup gluten-free chicken broth                              |
| ¼ cup combination finely chopped fresh parsley and basil         | - Kowalski's Classic Marinara Sauce, warmed, for serving     |

**DIRECTIONS:**

1. Working in 2 batches, cook cabbage leaves in a large pot of boiling salted water until bright green and pliable (about 2 min. per batch).
2. Transfer leaves to a bowl of ice water to cool; drain leaves fully on paper towels.
3. Cut a V-shaped notch to remove the thickest part of the tough rib at the base of each leaf; set leaves aside.
4. In an extra-large saucepan, heat oil over medium-high heat.
5. Add onion to the pan; cook until very soft and dark golden (7-9 min.).
6. Add sausage; cook and crumble until golden-brown (about 4 min.).
7. Stir in red pepper flakes; cook for 1 min.
8. Stir in garlic; cook for 1 min.
9. Remove from heat; stir in parsley, basil and oregano.
10. Mix in rice; season mixture with salt and pepper to taste.
11. Let filling cool for 5 min.
12. Stir in egg.
13. Divide filling between cabbage leaves; roll each into a burrito shape.
14. Place rolls seam-side down in a medium to large saucepan; dot rolls with butter and pour broth into the bottom of the pan. Bring to a boil over medium-high heat.
15. Reduce to a low simmer; cover pot and continue cooking until leaves are tender (18-20 min.).
16. Drizzle rolls with oil; serve with warm marinara sauce.



## SHARP CHEDDAR BEER CHEESE SOUP

SERVES 8

*We love this wintry soup with a warm baked pretzel.*

- 2 ½ tbsp. Kowalski's Unsalted Butter
- 2 tbsp. Kowalski's Extra Virgin Olive Oil
- ½ cup chopped onion
- 3 tbsp. minced garlic
- 2 ½ tbsp. cornstarch
- ½ tsp. smoked paprika, plus more for garnish, if desired
- ½ tsp. mustard powder
- ¼ tsp. chipotle chile powder or cayenne pepper (optional)
- 1 tbsp. Kowalski's Organic Seasoned Vegetable Broth Base, prepared with 3 cups hot water
- 1 cup heavy cream
- 8 oz. Kowalski's Garden Vegetable (or Original) Whipped Cream Cheese Spread (from the Dairy Department)
- 8 oz. Kowalski's Sharp Cheddar Cheese, shredded
- 12 oz. beer (such as an IPA or Pilsner)
- 2 tsp. Worcestershire sauce
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste
- sliced green onions, to taste, for garnish (optional)

### DIRECTIONS:

1. In a large saucepan, heat butter and oil over medium heat.
2. Add onion and garlic; sauté until softened (about 10 min.).
3. Stir in cornstarch, paprika, mustard powder and pepper powder; cook for 1 min.
4. Add broth gradually, whisking continuously to avoid lumps.
5. Add cream; allow to just come to a boil.
6. Reduce heat to a simmer; gradually add cream cheese and Cheddar, whisking until melted.
7. Whisk in beer and Worcestershire sauce; allow soup to simmer until completely thickened (about 15 min.).
8. Season to taste with salt and pepper; garnish with green onions and paprika.

### TASTY TIPS

- For extra sharpness, try making this soup with a well-aged Cheddar from our Specialty Cheese Department, such as Widmer's Cheese Cellars 4 or 15 Year Cheddar.
- Beer cheese soup is usually made with an IPA or Pilsner. For a bolder depth of flavor, try amber lager, brown ale, porter or stout beer.
- This soup is great topped with popcorn or croutons, but dipping toasted pretzel bites in it is out of this world!



## SMOKED SAUSAGE AND CABBAGE SKILLET GF DF

SERVES 6

***Tangy honey mustard is the perfect flavor accent for the smoked sausage in this one-pan meal.***

- 2 tbsp. Kowalski's Extra Virgin Olive Oil
- 1 cup diced red bell pepper
- ½ cup chopped onion
- 3 tbsp. minced garlic
- 1 pkg. Market Sausages Smoked & Uncured Sausages (your choice of flavor), sliced into coins
- ½ tsp. paprika
- ½ tsp. Kowalski's Signature Classic Garlic & Herb Rub (from the Meat Department)
- ¼ tsp. crushed red pepper flakes (optional)
- 12 oz. shaved Brussels sprouts (from the Prepared Produce Section)
- 6 oz. Kowalski's Signature Fresh Honey Mustard Salad Dressing (from the Produce Department)
- 1 tbsp. red wine vinegar
- 12 oz. tricolor coleslaw blend (such as Taylor Farms brand)
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste
- 3 tbsp. chopped fresh parsley
- 2 tbsp. chopped fresh chives

### DIRECTIONS:

1. In a large saucepan, heat oil over medium-high heat.
2. Add bell pepper, onion and garlic to the pan; sauté until vegetables are softened (about 10 min.).
3. Mix in next 4 ingredients (through red pepper flakes).
4. Add Brussels sprouts; cook for 5 min., stirring occasionally.
5. Add dressing and vinegar; stir to coat.
6. Reduce heat to low. Gradually add coleslaw blend to the pan, allowing cabbage to cook down a bit before adding the entire amount; continue cooking until tender (about 5 min.).
7. Season with salt and pepper.
8. Garnish with chopped parsley and chives; serve immediately.

*A note about gluten and dairy: When a dairy-free, gluten-free sausage is used, this recipe is dairy and gluten free.*



Thinly sliced green cabbage can be used as an alternative to the convenient tricolor coleslaw blend and shaved Brussels sprouts in this recipe.



## CIDER SLAW GF V VE DF

SERVES 12

***This is one of our most popular (and healthy) deli salads ever!***

14 oz. bag Dole Classic Coleslaw	¼ cup Dijon mustard
10 oz. bag Dole Shredded Red Cabbage	3 tbsps. Kowalski's Extra Virgin Olive Oil
10 oz. bag Dole Shredded Carrots	½ tsp. celery seeds
1 Granny Smith apple, peeled and cored, diced	¼ tsp. kosher salt
1 bunch green onions, thinly sliced	¼ tsp. freshly ground Kowalski's Black Peppercorns
½ cup dried cranberries	½ oz. fresh Italian parsley, thick stems removed
½ cup apple cider vinegar	1 tbsps. finely chopped fresh dill
½ cup sugar	

### DIRECTIONS:

1. In a large mixing bowl, toss together first 6 ingredients (through cranberries); set salad aside.
2. In a food processor, process remaining ingredients until sugar is dissolved and dressing is slightly thickened.
3. Pour a little more than ½ the dressing over salad; toss to coat.
4. Cover bowl; refrigerate for 1-4 hrs. to allow flavors to develop.
5. Just before serving, add additional dressing as desired.

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





## KFC-STYLE COLESLAW GF V

SERVES 12

*Our take on the fast-food classic.*

8 cups finely chopped green cabbage	1 ½ tbsp. white vinegar
½ cup mayonnaise	½ tsp. salt
⅓ cup sugar	⅛ tsp. freshly ground Kowalski's Black Peppercorns
¼ cup milk	¼ cup shredded carrot
¼ cup buttermilk	2 tbsp. minced onion
2 ½ tbsp. Kowalski's Freshly Squeezed Lemon Juice (from the Produce Department)	

### DIRECTIONS:

1. Cut cabbage through the core into quarters; cut each quarter into ¼" slices. Cut across each slice every ¼" to make very small squarish pieces; set aside.
2. In a small mixing bowl, whisk together next 8 ingredients (through pepper); set dressing aside.
3. In a large salad or serving bowl, mix cabbage with carrot and onion; toss with dressing.
4. Cover and chill for 2 hrs. before serving.



### SAUTÉED APPLE

In a small nonstick skillet, combine 1 peeled, cored and diced Granny Smith apple with 1 ½ tsp. Kowalski's Unsalted Butter and 1 ½ tsp. sugar; sauté over medium heat until apple is slightly tender but not mushy (about 4 min.). Cool to room temperature before use.

## HAM, CHEDDAR AND APPLE SCONES

MAKES 8-9

*These savory scones, with their hint of tangy-sweet apple, are delicious any time of day.*

- 2 cups flour
- 4 tsp. baking powder
- ½ tsp. kosher salt
- ½ tsp. cream of tartar
- 3 tbsp. sugar
- ½ cup Kowalski's Unsalted Butter, very cold, cut into ½" chunks
- 1 *Sautéed Apple*
- ½ lb. thickly sliced Boar's Head Tavern Ham, cut into small pieces
- 6 oz. Kowalski's Vermont White Cheddar Cheese, shredded (about 1 ½ cups), divided
- 1 egg, lightly beaten
- ½ cup heavy cream, divided, plus more for brushing the scones

### DIRECTIONS:

1. Preheat oven to 450°.
2. In a medium mixing bowl, sift together first 5 ingredients (through sugar).
3. Using a food processor or pastry cutter, cut butter into flour mixture until butter is in pea-sized pieces; stir in sautéed apple, ham and all but ¼ cup cheese.
4. In a small dish, whisk egg with 2 tbsp. cream; pour egg mixture into dry ingredients.
5. Using a fork, stir remaining cream into dough a little at a time as needed until dough is uniformly moist and soft but not sticky (there will be lumps).
6. Move dough to a large sheet of waxed paper; using a second sheet of waxed paper (not your hands), pat dough into a rough square shape about 9" wide, taking care not overwork the dough (sprinkle a bit of flour on the waxed paper if dough is very sticky).
7. Brush dough with a little bit of cream to moisten.
8. Using a sharp knife or bench scraper, cut dough into 9 squares; place 1 ½" apart on a parchment-lined baking sheet.
9. Sprinkle reserved cheese over scones; bake in preheated oven until scones are golden-brown (10-12 min.).
10. Remove baked scones from oven; cool on a wire rack.

### TASTY TIP

For wedge-shaped scones, pat dough into a 9" circle and cut into 8 wedges. A biscuit cutter of any shape or size can also be used to shape your scones; collect and reroll scraps very lightly.

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