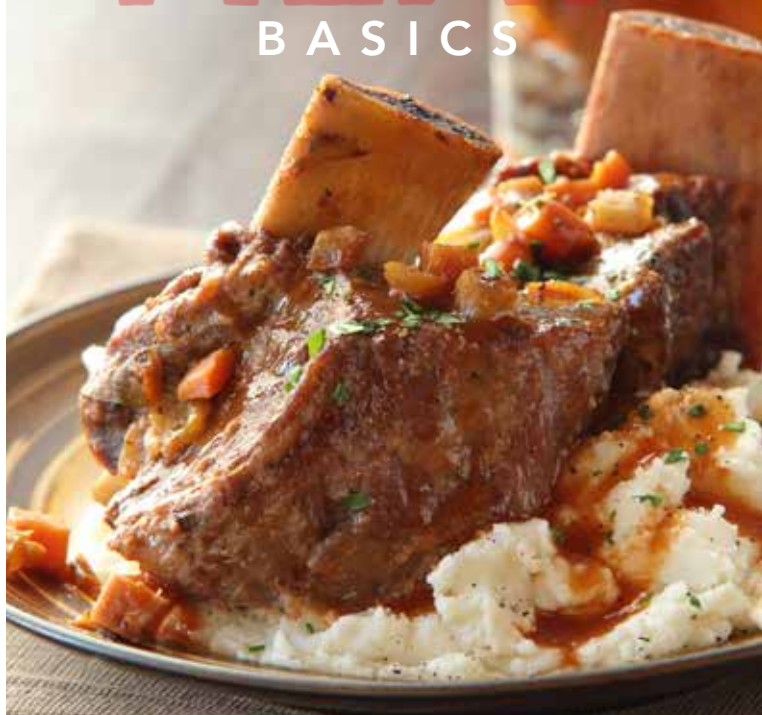




Cooking WITH
KOWALSKI'S

MEAT
BASICS



2022

SECTION GUIDE



Beef



Pork



Lamb



Turkey



Chicken

ANNOTATION GUIDE



GLUTEN FREE



DAIRY FREE



BALSAMIC-PEPPER SIRLOIN GF DF

SERVES 4

- 6 tbsp. Kowalski's Extra Virgin Olive Oil
- 2 tbsp. soy sauce or gluten-free tamari
- 4 ½ tsp. Kowalski's Pure Honey
- 1 tbsp. Kowalski's Balsamic Vinegar
- freshly ground Kowalski's Black Peppercorns, to taste
- 1 ½ lbs. Kowalski's Certified Humane USDA Prime Top Sirloin Steak(s)

In a medium mixing bowl, whisk together oil, soy sauce, honey and vinegar; season with pepper. Pour marinade over steak in a large zipper-closure food storage bag; allow to marinate for 3 hrs. to overnight. Remove steak from marinade and allow to come to room temperature; discard remaining marinade. Preheat grill or broiler to high; grill or broil to desired doneness (4-6 min. per side). Remove from heat and tent loosely with foil; let rest for at least 5 min. before serving.

A note about gluten: When a gluten-free tamari is used instead of soy sauce, this recipe is gluten free.



Try a cool-climate merlot with this steak.



BEEF BRISKET WITH RED WINE SAUCE DF

SERVES 4

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|---|---|
| ¾ tsp. kosher salt, plus more for seasoning the sauce | 2 sprigs fresh thyme, plus more for garnish |
| ½ tsp. freshly ground Kowalski's Black Peppercorns, plus more for seasoning the sauce | 2 sprigs fresh rosemary, plus more for garnish |
| 1 tbsp. very finely minced garlic | 2 bay leaves |
| 1 tbsp. cornstarch | ½ cup flour |
| 2 lb. Kowalski's Kobe-Style Akaushi Beef Brisket, fat trimmed to less than ¼" | 6 oz. canned tomato paste |
| 1 tbsp. Kowalski's Extra Virgin Olive Oil | 1 ½ cups dry red wine, divided |
| | ½ cup Kowalski's Beef Demi-Glace (from the Meat Department) |

In a small mixing bowl, whisk together salt, pepper, garlic and cornstarch; sprinkle evenly on all sides of brisket. In a large skillet, heat oil over medium heat; brown roast on all sides (about 15 min. total). Move brisket to a crockpot. Add thyme, rosemary and bay leaves to the pot. In a small mixing bowl, whisk together flour, tomato paste and 1 cup wine until smooth; pour into crockpot. Cover; cook on high for 5-6 hrs. or low for 10-12 hrs. Remove brisket from pot and tent loosely with foil; let rest for 15 min. Meanwhile, strain sauce into a medium saucepan over medium-high heat; whisk in demi-glace and remaining wine. Cook sauce until slightly thickened (about 5 min.); season with salt and pepper to taste. Slice meat thinly; serve drizzled with warm sauce.



This recipe pairs well with zinfandel.

**BEEF STEW** **GF** **DF**

SERVES 6

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| ¼ cup cornstarch | 1 tbsp. Kowalski's Extra Virgin Olive Oil |
| 2 cups low-sodium, gluten-free beef stock, divided | 1 tsp. chopped garlic |
| 1 lb. Kowalski's Certified Humane Beef Stew Meat (or boneless beef chuck, cut into 1" pieces) | 1 cup dry red wine |
| 1 ½ tsp. kosher salt, plus more for finishing the dish, if desired | 1 pkg. Kowalski's Pot Roast Mix (in the Prepared Produce Section) |
| ¼ tsp. freshly ground Kowalski's Black Peppercorns, plus more for finishing the dish, if desired | 2 tbsp. chopped fresh Italian parsley, plus more for garnish, if desired |
| | 2 tbsp. chopped fresh thyme, plus more for garnish, if desired |

In a glass measuring cup, whisk cornstarch into approx. 1 cup stock; set aside. Season beef with 1 ½ tsp. salt and ¼ tsp. pepper. Heat oil in a Dutch oven over medium heat; stir in beef and garlic. Cook until beef is browned and garlic is softened (2-3 min.). Stir in remaining stock and wine. Slowly whisk in cornstarch mixture; bring stew to a boil. Reduce heat to low; cover and simmer for 1 ½ hrs., stirring occasionally. Meanwhile, cut celery pieces from the vegetable mixture in half crosswise; cut potatoes into quarters. Stir vegetable mix and herbs into the pot; simmer, covered, until beef and vegetables are fork-tender (30-45 min. more). Adjust seasoning; garnish with herbs before serving, if desired.

Tasty Tip: If desired, substitute 4 quartered baby red potatoes, 1 peeled and chopped onion, 8 peeled and chopped carrots and 2 sliced stalks of celery for the Pot Roast Mix.



BEEF STROGANOFF

SERVES 4

1 ½ tbsp. Kowalski's Extra Virgin Olive Oil, divided	1 tbsp. Kowalski's Butter
8 oz. sliced baby bella mushrooms	¼ cup finely minced shallots
1 lb. Kowalski's Kobe-Style Akaushi Beef Tenderloin, cut into thin slices	1 ½ tsp. brown sugar
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste	1 tsp. sun-dried tomato paste
1 cup Kowalski's Beef Demi-Glace (from the Meat Department)	1 tbsp. flour
	½ cup dry white wine
	⅓ cup sour cream or crème fraîche
	8 oz. egg noodles or short pasta
	- fresh snipped Italian parsley, for garnish

In a large sauté pan, heat 1 tbsp. oil over medium-high heat, swirling to coat pan. Add mushrooms; cook over high heat until lightly browned (about 4 min.). Transfer mushrooms to a medium bowl; set aside. Return sauté pan to high heat; add remaining ½ tbsp. oil, swirling to coat pan. Place tenderloin in pan in a single layer; cook until browned (2 min.). Flip tenderloin; continue cooking until browned on second side (about 1 min.). Season with salt and pepper; transfer to the bowl with the mushrooms and set aside. Add demi-glace to sauté pan, scraping up browned bits from bottom of pan. Simmer until broth is reduced by ½ (about 4 min.). Transfer to the bowl with the mushrooms and beef, scraping pan clean with a rubber spatula; set aside. Return pan to medium-low heat; add butter and heat until melted. Stir in shallots, brown sugar and tomato purée; cook, stirring frequently, until shallots are softened (about 2 min.). Stir in flour; gradually whisk in wine. Increase heat to medium-high; bring sauce to a boil, whisking constantly. Reduce heat to medium-low; simmer until thickened (about 2 min.). Adjust seasoning to taste. Whisk liquid from mushrooms and beef into sauce. In a small mixing bowl, stir ½ cup sauce into sour cream; stir sour cream mixture back into sauce. Add mushrooms and beef to the pan; heat through and keep warm while pasta cooks. Adjust seasoning to taste. Cook pasta according to pkg. directions; drain. Divide pasta among 4 dinner plates; spoon stroganoff over pasta. Garnish with parsley; serve immediately.



Pinot noir pairs perfectly with this dish.



BONELESS NEW YORK STRIP ROAST

SERVES 6

4 lb. Kowalski's Kobe-Style Akaushi Boneless New York Strip Roast
 2-3 tbsp. seasoning rub of your choice (such as Kowalski's Signature Northwoods Grill Seasoning or Classic Garlic & Herb Rub), to taste
 2 tbsp. Kowalski's Extra Virgin Olive Oil
 - Kowalski's English-Style Horseradish Sauce, for serving

Rub roast on all sides with seasoning. In a large oven-safe skillet, heat oil over medium-high heat until shimmering but not smoking. Sear roast in hot oil on all sides until well browned (about 1-2 min. per side), finishing fat side up. Move skillet to a preheated 350° oven; roast to desired doneness:

- Rare: 60-65 min. at 120-130°
- Medium-Rare: 70-75 min. at 130-140°
- Medium: 75-80 min. at 140-150°
- Medium-Well: 80-85 min. at 150-155°
- Well Done: 85-90 min. at 155-160°

Remove roast from oven and tent loosely with foil; let rest for 20 min. (roast will increase 5-10° as it rests). Slice and serve with horseradish sauce.



Enjoy with a cabernet sauvignon or syrah.



BRAISED BEEF SHORT RIBS

SERVES 4

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|--|--------------------------------------|
| 3-4 lbs. bone-in beef short ribs | 3 cloves garlic, minced |
| 2 tsp. kosher salt | 3 tbsp. tomato paste |
| 1 tsp. freshly ground Kowalski's
Black Peppercorns | $\frac{3}{4}$ tsp. Hungarian paprika |
| $\frac{1}{2}$ cup flour | $\frac{1}{2}$ tsp. dried thyme |
| 1 tbsp. Kowalski's Extra Virgin Olive
Oil | 1 bay leaf |
| 1 $\frac{1}{2}$ cups Kowalski's Fresh Soup Mix
or Mirepoix (from the Prepared
Produce Section) | $\frac{3}{4}$ cup red wine |
| | $\frac{1}{2}$ cup beef broth |
| | - mashed potatoes, for serving |
| | - fresh Italian parsley, chopped |

Season ribs with salt and pepper; dredge in flour until evenly coated, shaking off excess. In a Dutch oven over medium-high heat, heat oil until hot but not smoking. Add ribs; cook, turning frequently, until browned on all sides (about 10 min.). Transfer ribs to a platter; set aside. Reduce heat to medium; add soup mix and cook, stirring occasionally, until very soft (7-8 min.). Add garlic; cook for 1 min. Stir in tomato paste, paprika, thyme and bay leaf. Add wine and broth; bring to a simmer. Return meat to the pan. Cover and cook in a preheated 350° oven until meat is very tender (about 75 min. per lb.). Divide ribs between plates of mashed potatoes; sprinkle each with parsley.

Tasty Tip: If you don't have a Dutch oven, you can use any oven-safe covered pot.



CROCK POT ROAST

SERVES 6

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| 1 ½ tbsp. paprika | 1 tbsp. Kowalski's Extra Virgin Olive Oil |
| 1 tbsp. cornstarch | 1 cup diced onion |
| 1 tbsp. minced garlic | 1 cup diced carrot |
| 1 tbsp. dried parsley | 1 cup diced celery |
| ¾ tsp. kosher salt | 2 tbsp. water |
| ½ tsp. freshly ground Kowalski's Black Peppercorns | ½ cup flour |
| ½ tsp. dried mustard | 6 oz. can tomato paste |
| 3 lbs. Kowalski's Kobe-Style Boneless Akaushi Beef Chuck Shoulder Pot Roast | ½ cup dry red wine |
| | ½ cup beef stock |

In a small mixing bowl, whisk together first 7 ingredients (through mustard); sprinkle evenly on all sides of roast. In a large skillet, heat oil over medium heat; brown roast on all sides (about 15 min. total). Remove roast from pan; arrange in a slow cooker. Add vegetables and water to the skillet used to brown the roast; sauté for about 5 min., stirring to loosen browned bits from bottom of pan. Pour vegetables over meat in crockpot. In a small mixing bowl, whisk together flour, tomato paste, wine and stock until smooth; pour over vegetables and meat in slow cooker. Cover; cook on high for 5-6 hrs. or low for 10-12 hrs.

Tasty Tip: You can substitute a 16 oz. container of Kowalski's Mirepoix (from the Prepared Produce Section) for the onion, carrot and celery.



EASIEST STANDING RIB ROAST GF DF

SERVES 8

5 lb. Kowalski's Certified Humane USDA Prime Standing Rib Roast

1 tbsp. kosher salt

½ tsp. freshly ground Kowalski's Black Peppercorns

½ tsp. granulated garlic (not garlic salt)

Allow roast to stand at room temperature for 1 hr. In a small dish, mix salt, pepper and garlic; rub mixture evenly onto all sides of roast. Place roast on a rack in a roasting pan, rib side down; roast in a preheated 375° oven, uncovered, for 1 hr. Turn off oven, but do not open oven door; leave roast in the oven for 3 hrs. more. Without opening oven door, heat oven to 375°; roast for 45 min. Internal temperature of roast should measure at least 125° (rare) at this point. Remove from oven and tent loosely with foil; let stand for at least 15 min. before serving.



Try this dish with a well-balanced, fruity cabernet sauvignon.



EASY CHIMICHURRI FLANK STEAK WITH GF DF TOMATO-AVOCADO SALAD

SERVES 4

- 1 lb. Kowalski's Certified Humane USDA Choice Flank Steak
- Kowalski's Extra Virgin Olive Oil
- ½ tsp. kosher salt (approx.), divided
- freshly ground Kowalski's Black Peppercorns, to taste
- 1 avocado
- 1 pt. grape tomatoes, halved
- 1-3 tsp. Kowalski's Freshly Squeezed Lime Juice, to taste
- chopped fresh Italian parsley
- Kowalski's Signature Chimichurri Sauce

Brush steak lightly with olive oil and season with salt and pepper; grill over direct heat on a grill preheated to high, lid down, until steak reaches 130°, turning once about halfway through cooking (about 10-12 min. total). Remove from the grill; let rest 10 min. While steak rests, dice avocado and combine with tomatoes in a medium mixing bowl; dress salad with about 1 tbsp. oil and lime juice to taste. Season with salt and pepper; garnish with parsley. Slice steak on the diagonal across the grain and top with chimichurri; serve alongside the salad.

FIND IT!

Find Kowalski's Freshly Squeezed Lime Juice in the Produce Department.

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



GRILLED RIB-EYE WITH GORGONZOLA BUTTER GF

SERVES 4

- 4 oz. Gorgonzola cheese, at room temperature
- 4 tbsp. Kowalski's Unsalted Butter, softened
- 4 Kowalski's Certified Humane USDA Prime Rib-Eye Steaks (1" thick)
- Kowalski's Signature Northwoods Grill Seasoning
(from the Meat Department)

In a food processor bowl, process cheese and butter until smooth. Use a piece of plastic wrap or waxed paper to roll and form butter into a log shape; seal tightly and refrigerate Gorgonzola butter until firm. Grill or broil steaks, covered, over medium-high heat to desired doneness, turning once just past the halfway point in the cooking time (6-8 min. total for rare; 8-10 min. for medium-rare; 10-12 min. for medium). Remove from the grill; season to taste with grill seasoning. Tent steaks loosely with foil; let rest for a few minutes. Top each steak with a slice of Gorgonzola butter; serve immediately.

Tasty Tip: You can also use a spatula to mash the butter and cheese together in a small bowl if you don't have a food processor.



HORSERADISH STEAK SANDWICHES

SERVES 4

1/3 cup plain Greek yogurt (not nonfat)	2 tbsp. Kowalski's Unsalted Butter
1/4 cup mayonnaise	2 cloves garlic, finely chopped
1 tbsp. buttermilk powder	1 1/2 lbs. sirloin steak, shaved or very thinly sliced on the diagonal
1 tbsp. Kowalski's Freshly Squeezed Lemon Juice (from the Produce Department)	1 tsp. kosher salt
1 tbsp. prepared horseradish	1 yellow onion, very thinly sliced
1 1/2 tsp. Worcestershire sauce	1 lb. mushrooms, cleaned and sliced (cremini, shiitake, baby portobella or a combination)
1 tsp. freshly ground Kowalski's Black Peppercorns, divided	1/4 cup finely chopped fresh Italian parsley
2 tbsp. Kowalski's Extra Virgin Olive Oil	4 demi baguettes, split horizontally
	2 cups mixed baby greens

In a small mixing bowl, whisk together first 6 ingredients (through Worcestershire) and 1/2 tsp. pepper; set aside. In a large nonstick skillet, add olive oil and butter; melt butter into olive oil over medium-high heat. Add garlic and beef; stir-fry until medium-rare (3-4 min.). Season beef with salt and remaining pepper. Remove beef and garlic from pan with a slotted spoon; set aside. Add onion and mushrooms to the pan; cook until onion is translucent and mushrooms are golden (3-5 min.). Stir in beef and parsley. Load buns with greens; top with warm steak mixture. Drizzle with dressing; serve immediately.



KILLER BURGER SAUCE

In a medium mixing bowl, whisk together $\frac{1}{2}$ cup mayonnaise, 2 tbsp. ketchup, 2 tbsp. dill pickle relish, 1 tbsp. Kowalski's Horseradish Pub Mustard, 1 clove finely minced garlic, $\frac{1}{2}$ tsp. soy sauce or tamarini and $\frac{1}{2}$ tsp. Kowalski's Pure Honey. Serve immediately or store, covered, in the refrigerator for up to 2 days.
Makes about $\frac{3}{4}$ cup.

KILLER BURGERS

SERVES 4

1 $\frac{1}{2}$ lbs. Kowalski's Kobe-Style Akaushi Ground Chuck

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

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

4 Kowalski's Pretzel Buns, split and toasted

- toppings, to taste: shredded lettuce, pickles, thinly sliced raw red onion and *Killer Burger Sauce*

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



PAN-ROASTED MEAT, FISH OR CHICKEN GF DF

- protein choice: thick pork or lamb chops, steaks or burgers; bone-in chicken; or thick fish fillets
- kosher salt and freshly ground Kowalski's Black Peppercorns, if desired
- Kowalski's Extra Virgin Olive Oil, canola oil, Kowalski's Butter or a combination

Let protein stand at room temperature for ½-1 hr., depending on size (larger pieces can stand longer). Season protein with salt and pepper to taste. In a cast iron or other heavy oven-safe skillet, add enough oil or butter to lightly coat the bottom of the pan; heat over high heat until shimmering but not smoking. Add protein; cook on one side until a moderately dark crust forms and protein releases easily from the pan. Turn and cook until all sides are seared in this manner. Move pan to a preheated 450° oven; cook until desired doneness is reached, as measured with a meat thermometer. Remove from oven; remove meat from pan. Tent meat loosely with foil; let rest for at least 5 min. before serving (larger pieces can rest longer).

A note about dairy: *When oil is used instead of butter, this recipe is dairy free.*



RIB ROAST WITH BALSAMIC GLAZE

SERVINGS VARY

- 1 boneless or bone-in beef rib roast, cut to size
- balsamic glaze (such as Cucina Viva brand), to taste
- Kowalski's Signature Classic Garlic & Herb Rub (from the Meat Department), to taste
- au jus or Kowalski's English-Style Horseradish Sauce (optional), for serving

Rub all sides of roast generously with balsamic glaze until well coated but not dripping; sprinkle generously with seasoning. Place roast on a drip rack over a sheet pan; roast in a preheated 450° oven until a dark crust forms on the outside of the roast. Before pan drippings get too dark or begin to smoke, pour 1 cup hot water into the roasting pan. Cook larger roasts (6-8 lbs.) for 20-30 min., smaller roasts (3-4 lbs.) for 15-20 min. Reduce oven temperature to 250° for medium-rare or 260° for medium; roast until beef reaches desired internal temperature (about 15-20 min. per lb. for medium-rare). Internal temperature should reach 125° for medium-rare or 135° for medium. Remove from oven; tent loosely with foil. Let roast stand for 20-30 min. (or longer for larger roasts), until internal temperature rises 10° (up to 135° for medium-rare or 145° for medium). Serve with au jus or horseradish sauce, if desired.

Tasty Tip: You will need about 2 tbsp. glaze and 2 tsp. seasoning for a 3 lb. roast.



ROASTED OR GRILLED BEEF TENDERLOIN GF DF

ALLOW 4-6 OZ. PER PERSON

- 2-4 lb. Kowalski's Certified Humane USDA Prime Whole Beef Tenderloin
- Kowalski's Extra Virgin Olive Oil
- kosher salt and freshly ground Kowalski's Black Peppercorns
- *Dijon Aioli* (recipe below), for serving (optional)

Rub tenderloin with olive oil; season generously with salt and pepper. Tie "tail" under for uniform thickness and even cooking. Roast in a preheated 425° oven or grill directly over high heat, lid down, 35-40 min. for rare (130° internal temperature) or 40-50 min. for medium (150° internal temperature). (If grilling, turn meat when grill marks form and meat releases easily from grates; grill until dark on all sides. Adjust heat down to medium-high if needed to prevent excess browning in last 20 min. or so.) Remove from heat and tent loosely with foil; let rest for 10-15 min. before slicing.

DIJON AIOLI: In a small mixing bowl, combine ½ cup mayonnaise, ½ cup gluten-free Dijon mustard and 1 tsp. minced garlic; season to taste with kosher salt and freshly ground Kowalski's Black Peppercorns. Refrigerate, covered, until ready to use. *Makes 1 cup.*



STEAK DIANE GF

SERVES 4

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| 3 tsp. Kowalski's Extra Virgin Olive Oil, divided | 1 tsp. kosher salt |
| 8 oz. small mushrooms, cut into ¼" thick slices | ½ tsp. freshly ground Kowalski's Black Peppercorns |
| 2 tbsp. finely chopped shallots or onion | 2 tbsp. brandy |
| 1 lb. beef shoulder tender medallions, cut into 4 pieces about ¾" thick | ½ cup heavy cream |
| | 2 tsp. Worcestershire sauce |
| | - fresh parsley, chopped, to taste |

In a large nonstick skillet, heat 1 tsp. oil over medium heat until hot. Add mushrooms and shallots; cook and stir for 3 min. or until tender. Remove mushroom mixture from skillet; set aside. Wipe skillet with a paper towel. Sprinkle beef medallions on both sides with salt and pepper. Heat 1 tsp. oil in the same skillet over medium-high heat until hot. Add ½ of beef to skillet; cook until desired doneness (5-6 min. for medium-rare to medium), turning once. Transfer cooked beef to a warm platter to rest; keep warm. Repeat with remaining 1 tsp. oil and beef; transfer cooked beef to the platter to rest. Add brandy to skillet; cook and stir over medium heat until browned bits attached to the pan are dissolved. Stir in cream and Worcestershire sauce. Add mushroom mixture to skillet; cook and stir until sauce is slightly thickened. Return beef to the pan; stir to coat with sauce. Sprinkle with parsley as desired.

SURF AND TURF WITH MUSHROOM RED WINE SAUCE

SERVES 4

- 1 cup hot water
- 1 cup Kowalski's Beef Demi-Glace (from the Meat Department)
- 2 tbsp. Kowalski's Extra Virgin Olive Oil, divided
- 4 (6 oz. each) Kowalski's Certified Humane USDA Prime Beef Tenderloin Steaks
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste
- 2 tbsp. Kowalski's Unsalted Butter
- ½ cup minced shallots
- 8 oz. sliced button mushrooms
- 3 tbsp. flour
- 2 tbsp. tomato paste
- 1 ½ cups red wine
- 1 tbsp. Dijon mustard
- 4 large sea scallops (about ½ lb. total)
- mashed potatoes, for serving
- 1 tbsp. finely chopped fresh Italian parsley



In a 2-cup measuring glass, whisk hot water and demi-glace until dissolved; set aside. Heat an ovenproof skillet over medium-high heat for 5 min.; add 1 tbsp. olive oil. Season steaks with salt and pepper; sear in oil on first side until a deep brown crust forms (4-5 min.). Flip steaks; season cooked side with more salt and pepper. Move pan to a preheated 425° oven; roast to desired doneness (5 min. for rare, 7 min. for medium-rare or 9 min. for medium). When done, remove from oven and let rest for 5 min.; keep warm. Meanwhile, while steaks roast, melt butter in a large skillet over medium heat. Add shallots; sauté until tender (about 5 min.). Add mushrooms; sauté until mushrooms are tender (8-10 min.). Stir in flour and tomato paste; cook for 3 min., stirring constantly. Slowly stir in demi-glace and wine; boil and stir until thickened (about 1 min.). Stir in mustard; season sauce with salt and pepper. Reduce heat to low; keep sauce warm. Heat remaining oil in a large nonstick skillet over medium-high heat. Season scallops with salt and pepper; add scallops to the hot skillet and cook until golden and just opaque in the center (1-2 min. per side), turning only once. Place each steak on a plate of mashed potatoes; top each with a scallop. Spoon sauce over dish; sprinkle with parsley. Serve immediately.



THE PERFECT WINTER STEAK GF DF

SERVES 4

- 1 lb. steak(s), such as rib-eye, porterhouse, sirloin, strip or filet
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste
- Kowalski's Extra Virgin Olive Oil, canola oil, Kowalski's Butter or a combination

Let steak stand at room temp. for 30 min.; season with salt and pepper to taste. In a cast iron or other heavy oven-safe skillet, add enough oil or butter to lightly coat the bottom of the pan; heat over high heat until shimmering but not smoking. 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. Move pan to a preheated 450° oven; cook until desired doneness is reached, as measured with a meat thermometer. Remove from oven; remove steak from pan. Tent loosely with foil; let steak rest for at least 5 min. before serving (larger steaks can rest longer).

A note about dairy: When oil is used instead of butter, this recipe is dairy free.



TUSCAN MEATLOAF

SERVES 6

1 ½ lbs. Kowalski's Certified Humane USDA Choice 93% Lean Ground Beef

1 cup Italian-style dry breadcrumbs

1 cup finely torn kale (leaves only, stems discarded)

2.8 oz. tube sun-dried tomato paste, such as Gia brand

½ cup finely chopped onion

¼ cup julienne-cut sun-dried tomatoes in olive oil, drained, blotted dry

¼ cup Kowalski's Shredded Parmesan Cheese

¼ cup chopped fresh basil

1 egg, slightly beaten

1 tbsp. minced garlic

¼ tsp. freshly ground Kowalski's Black Peppercorns

In a large mixing bowl, combine all ingredients. Shape ground beef mixture into 2 loaves; place on a parchment-lined baking sheet. Bake in a preheated 350° oven until a meat thermometer inserted in the center of each loaf reaches 160° (about 1 hr.). Remove from oven and tent loosely with foil; let rest for 5 min. Cut into 1" thick slices for serving.



BBQ GRILLED PORK CHOPS GF DF

SERVES 4

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| 2 cups very cold water, divided | - freshly ground Kowalski's Black Peppercorns, to taste |
| 1 tbsp. salt | ½ cup Kowalski's Signature BBQ Sauce |
| 1 tbsp. sugar | |
| 4 (1" thick) Kowalski's Naturally Raised Bone-In Pork Chops (about 2 lbs. total) | |

Microwave ½ cup water with salt and sugar until water is very hot but not boiling; stir until water is clear and solids are dissolved. Add hot water to cold water in a large spouted measuring glass; set brine aside. Make 1-2 cuts in the fat around the edge of each pork chop to prevent curling during grilling. Put 2 chops in each of 2 large zipper-closure food storage bags; pour ½ the brine into each bag. Seal bags; refrigerate for 1-6 hrs. Remove chops from brine and bring to room temperature (about 30 min.); discard brine and bags. Dry chops with paper towels; season with pepper. On a clean grill preheated to high, cook chops over direct heat until dark grill marks form and meat releases easily from grill grates. Flip chops; move away from direct heat and continue grilling on opposite side just until slightly pink in center and meat reaches an internal temperature of 140° (10-14 min. total). Remove chops from heat and tent loosely with foil; let rest for 10 min. (internal temperature should increase to 145° as chops rest). Toss hot chops with sauce to coat; serve immediately with extra sauce on the side for dipping.



CARNITAS

SERVES 10

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| 3-4 lbs. pork shoulder roast | 1 ½ cups Mexican lager-style beer |
| 2 tsp. kosher salt | ½ cup Kowalski's Signature Freshly Squeezed Orange Juice (from the Produce Department) |
| 1 tsp. freshly ground Kowalski's Black Peppercorns | 1 tbsp. dried oregano |
| ¼ cup Kowalski's Extra Virgin Olive Oil | - for serving: corn or flour tortillas, chopped onion, chopped fresh cilantro and lime wedges |
| 1 onion, finely chopped | |
| 2 cloves garlic, minced | |

Season pork with salt and pepper. In a Dutch oven, heat oil over medium-high heat until hot but not smoking. Add pork; cook, turning frequently, until browned on all sides (about 10 min.). Transfer pork to a platter; set aside. Add onion and garlic to the Dutch oven; sauté until softened (1-2 min.). Add beer, scraping browned bits from the bottom of the pot. Return meat to the pot; add orange juice and oregano. Cook in a preheated 350° oven, covered, until pork is very tender (about 45 min. per lb.). Remove pork from the pot; let rest on a carving board, covered with foil, for 10-20 min. Coarsely chop or shred pork into bite-sized pieces; moisten pork slightly with cooking juices. Serve immediately in tortillas with onion, cilantro and lime wedges.

Tasty Tips:

- If you don't have a Dutch oven, you can use any oven-safe covered pot.
- You can also transfer the seared pork, onions and beer to a slow cooker with the juice; cook for about 5 hrs. on high or 10 hrs. on low.



EASY ROASTED RACK OF PORK GF DF

SERVES 8

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| 1 cup apricot preserves | ¼ cup Kowalski's Extra Virgin Olive Oil |
| ¼ cup gluten-free Dijon mustard | 1 tbsp. kosher salt |
| 2 tbsp. rice wine vinegar | 2 tsp. minced garlic |
| 1 tbsp. soy sauce or gluten-free tamari | 3-4 lbs. Kowalski's Naturally Raised Prime Rib of Pork (8 ribs per rack) |
| ¼ cup chopped fresh rosemary | |

In a small mixing bowl, whisk together first 4 ingredients (through soy sauce); set glaze aside. In a second small mixing bowl, combine next 4 ingredients (through garlic). Place pork skin-side up in a roasting pan; spread rosemary 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 glaze during the last 15 min. of roasting time. Let rest, covered, for about 10 min. Cut into individual chops.

A note about gluten: When a gluten-free tamari is used instead of soy sauce, this recipe is gluten free.



GLAZED OR DRY RUBBED PORK RIBS GF DF

SERVES 6

6 lbs. Kowalski's Naturally Raised Pork Loin Back Ribs

- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste
- your choice pork rub (such as Kowalski's Signature BBQ Rubs), as needed, or 14 oz. bottle Kowalski's Signature BBQ Sauce, divided

Place a double layer of foil on a rimmed baking sheet. Place ribs on top of foil; season generously with salt and pepper. Season generously with rub or brush with sauce on both sides. Wrap ribs with 1 layer of foil and place back on prepared baking sheet; bake in a preheated 275° oven for 2 hrs. Remove outer layer of foil; brush sauced ribs liberally with more sauce. Continue cooking until meat is fork-tender and starting to pull away from the bones (about 1 hr. more). Turn on broiler; broil ribs until slightly charred on the edges (3-5 min.). Remove ribs from the oven; let rest for 10 min. Slice ribs into individual rib pieces; serve with additional sauce at the table, if desired.



Our wine choice for this dish is zinfandel.



GRILLED PORK RIBS **GF** **DF**

SERVES 6

6 lbs. Kowalski's Naturally Raised Pork Loin Back Ribs

- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste
- your choice pork rub (such as Kowalski's Signature BBQ Rubs), as needed, or 14 oz. bottle Kowalski's Signature BBQ Sauce, divided

Place ribs on a double layer of foil on a rimmed baking sheet; season generously with salt and pepper. Season generously with rub or brush with sauce on both sides. Wrap ribs with 1 layer of foil. Heat gas or charcoal grill to medium; turn half of the grill off (or move the coals to one side). Grill foil-wrapped ribs over unheated side of grill, lid down, for 2 hrs. Unwrap outer layer of foil; brush sauced ribs liberally with more sauce. Continue cooking, lid down, until meat is fork-tender and starting to pull away from the bones (about 1 hr. more). Move ribs off the foil and cook directly over the coals or heat until slightly charred on the edges (about 5 min.). Remove ribs from the grill; let rest for 10 min. Slice ribs into individual rib pieces; serve with additional sauce at the table, if desired.



INSTANT POT ASIAN STICKY SPARERIBS DF

SERVES 4-6

½ cup Kowalski's Kickin' Kalbi Sauce	3 tbsp. Kowalski's Kalbi Rub
½ cup Kowalski's Pure Honey	2 tbsp. cornstarch
½ cup Kowalski's Balsamic Vinegar	2 tbsp. water
6 tbsp. light or dark brown sugar	- garnishes, to taste: toasted
2 racks (about 5 lbs.) Kowalski's	sesame seeds and thinly sliced
Naturally Raised Spareribs (or	green onions
Baby Back Ribs)	

In a medium mixing bowl, stir together sauce, honey, vinegar and brown sugar; set aside. Cut racks between the ribs into 3-4 evenly sized pieces; sprinkle evenly with rub on both sides. Place ribs in a pressure cooker; pour in sauce and cook on high for 30 min. Use a natural pressure release for 30 min.; manually vent remaining pressure. Remove ribs from the cooker and place meaty-side up on a foil-lined sheet pan. Brush some sauce from the cooker on top of the ribs; broil in the oven under a preheated broiler until the edges start to look crisp (about 2 min.). Tent ribs with foil; set aside. While ribs rest, turn on the sauté function of the pressure cooker; bring remaining sauce to a boil. In a small mixing bowl, combine cornstarch and water; whisk into hot sauce to thicken. Cut ribs into individual rib pieces; place on a platter. Drizzle ribs with sauce; garnish with seeds and onion. Serve remaining sauce on the side for dipping.

Tasty Tip: You can also cook these ribs in a slow cooker for 8 hrs. on low. Broil as directed. Pour the remaining sauce from the slow cooker into a saucepan; thicken on the stovetop over medium-high heat as directed above.

ROASTED PORK SHOULDER WITH SAUTÉED APPLES **GF**

SERVES 8

- 2 tbsp. Kowalski's Signature Northwoods Grill Seasoning
- ¼ cup gluten-free Dijon mustard, divided
- 2 tbsp. extra virgin olive oil
- 3-4 lb. pork shoulder roast
- 1 cup dry white wine, divided
- 1 cup Stonewall Kitchen Roasted Apple Grille Sauce (from the Deli Department)
- finely chopped fresh rosemary, sage and thyme, to taste
- *Sautéed Apples* (recipe below)
- fresh pomegranate seeds
- *Fried Sage* (recipe below)



In a small mixing bowl, stir together seasoning and 3 tbsp. mustard; rub mixture evenly over pork. Place in an extra-large bowl; cover and refrigerate for 8-24 hrs. In a Dutch oven, heat oil over medium-high heat until hot but not smoking. Add pork; cook, turning frequently, until browned on all sides (about 10 min.). Add ½ of the wine to the pan; cook, covered, in a preheated 350° oven until pork is very tender (about 45 min. per lb.). Remove pork from the pan; let rest on a carving board, covered with foil. Place the pan on the stovetop over medium-high heat; add remaining wine and mustard. Bring to a boil, scraping up brown bits from the bottom of the pan. Strain sauce and return to pan; add grille sauce and cook until mixture is reduced by ½. Remove pan from the heat; season with fresh herbs to taste. Coarsely chop or pull pork into large hunks. Place sautéed apples on a serving platter next to hunks of pork. Drizzle pork with sauce from the pan; garnish platter with pomegranate seeds and fried sage.

SAUTÉED APPLES: Peel and core 4 Fuji apples; cut into about 8 wedges each. In a large sauté pan, melt 3 tbsp. Kowalski's Unsalted Butter over medium heat; stir in apples, ⅓ cup brown sugar, 1 pinch cinnamon and 1 pinch salt. Cook for 10 min., stirring occasionally. Add ½ cup apple cider; continue cooking until liquid is reduced by ½ (about 5 min.).

FRIED SAGE: Gently drop dry fresh sage leaves into hot oil (about 350°); fry until slightly translucent (30-45 sec.). Carefully remove leaves from oil with a slotted spoon; drain on paper towels before serving.



SMOKED HAM WITH MAPLE HONEY GF DF MUSTARD GLAZE

SERVES 8-12

7-9 lb. smoked bone-in ham	½ cup Kowalski's Maple Syrup
1 cup water	½ cup Dijon mustard
1 cup Kowalski's Signature Freshly Squeezed Orange Juice (from the Produce Department), divided	1 tsp. crushed red pepper flakes
1 ½ cups Kowalski's Pure Honey	1 tsp. freshly ground Kowalski's Black Peppercorns

Score ham diagonally, making ¼" deep cuts; score in opposite direction to form a diamond pattern. Arrange ham fat-side up on a rack set in a roasting pan; add water. Bake in a preheated 350° oven for 30 min.; remove ham from oven. Pour ½ cup orange juice into roasting pan. In a small mixing bowl, combine remaining juice with syrup, mustard, red pepper flakes and black pepper; brush ½ of honey mixture over ham. Continue baking, basting frequently with pan juices and brushing with remaining honey mixture, until internal temperature registers 140° (1-1 ½ hrs.). Let rest for 15 min. before slicing, basting frequently with pan juices.

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



CITRUS-ROSEMARY LEG OF LAMB GF DF

SERVES 8

5-7 lb. leg of lamb, trimmed and tied

1 ½ cups dry white wine

½ cup Kowalski's Signature Freshly Squeezed Orange Juice
(from the Produce Department)

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 zipper-closure food storage 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 a rack set in 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 for 1 hr. more, basting with marinade every 15 min. until lamb reaches an internal temperature of 130-135°. Remove from oven and tent loosely with foil; let rest for 15-20 min. or until internal temperature reaches 145°.



HERB BALSAMIC LAMB CHOPS GF DF

SERVES 4

½ cup Kowalski's Extra Virgin
Olive Oil

¼ cup aged balsamic vinegar
2 cloves garlic, minced

1 tbsp. Kowalski's Pure Honey
2 tsp. Dijon mustard

1 tbsp. fresh oregano (or 1 tsp. dried)

¼ tsp. sea salt

¼ tsp. freshly ground Kowalski's Black
Peppercorns

8 Kowalski's Naturally Raised Lamb
Rib Chops

In a small mixing bowl, whisk together all ingredients except chops. Place chops in a baking dish; pour marinade over chops, turning chops to thoroughly coat with marinade. Cover; refrigerate for 1 hr., turning chops occasionally. Remove chops from marinade; discard marinade. On a grill preheated to medium-high, grill chops over direct heat to desired doneness (about 5 min. per side for medium-rare). Remove chops from grill and tent loosely with foil; let rest for 5 min. before serving.

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

Recipe courtesy of vomFASS and Chef Susan Denzer.



BASIC ROASTED TURKEY GF

SERVES 8-10

- 10-12 lb. turkey
- salt
- ½ cup (1 stick) Kowalski's Butter, melted

Remove neck and giblets from turkey cavities; season cavity of turkey with salt. Fold wings across back with tips touching. Tuck drumsticks under skin at tail. Place turkey breast-side up on a rack set in a shallow roasting pan; brush skin with melted butter. Roast in a 325° oven until juices run clear and a meat thermometer registers 165° using the timetable below (insert the thermometer into the thickest part of the thigh muscle, not touching bone). If necessary, loosely tent with foil to prevent excessive browning. Let rest for at least 20 min., covered, for easier carving.

TIMETABLE IN A 325° OVEN (Fresh or Thawed Turkey – Unstuffed)

8-12 lbs.	2 ½ - 3 hrs.
12-14 lbs.	3 - 3 ½ hrs.
14-18 lbs.	3 ½ - 4 hrs.
18-20 lbs.	3 ¾ - 4 ½ hrs.
20-24 lbs.	4 ¼ - 4 ¾ hrs.

Tasty Tips:

- Timings are approximate and should be verified with a meat thermometer.
- Placing dressing in the cavity of the turkey is not recommended. For food safety, we suggest roasting at 325° in a covered casserole dish until heated to 165°.



BUTTERMILK BRINED TURKEY BREAST GF

SERVES 6

- 3 cups buttermilk, divided
- ¼ cup hot sauce (optional)
- 2 tbsp. kosher salt
- 4 ½ tsp. freshly ground Kowalski's Black Peppercorns
- 1 tbsp. garlic powder
- 1 tsp. cayenne pepper (optional)
- 2 ½-3 lb. bone-in skin-on turkey breast

In a medium microwave-safe mixing bowl, gently warm 1 cup buttermilk in the microwave, but do not boil. Whisk in next 5 ingredients (through cayenne pepper) until salt is dissolved. Add remaining buttermilk; stir until well combined. If necessary, place in refrigerator until mixture is thoroughly cool. Place turkey in a large mixing bowl; cover with brine. Cover bowl and refrigerate for 12-24 hrs. Remove turkey breast from brine; discard brine. Drain well and pat dry with paper towels. Bake turkey in a preheated 325° oven for 75 min. Increase heat to 400°; cook until a meat thermometer registers an internal temperature of 155° and skin is dark golden-brown (10-15 min. more). Remove turkey from oven and cover with foil; let rest for 10-15 min. before carving (temperature will increase to 165° as turkey rests).

A note about gluten: When gluten-free spices are used, this recipe is gluten free.



KOWALSKI'S BRINED ROAST TURKEY **GF**

SERVES 10

- 10-12 lb. turkey
- 8 qts. water, divided
- 2 cups kosher salt
- 1 cup sugar
- ½ cup (1 stick) Kowalski's Butter, melted

Remove neck and giblets from turkey cavities. In a large stockpot, combine 2 qts. water with salt and sugar. Bring to a boil over high heat; remove from heat. Stir in remaining water; cool completely. Put brine and turkey into a container or brining bag large enough to completely cover turkey; refrigerate for 8 hrs. or overnight. Remove turkey from brine; pat dry, but do not rinse. Discard brine. Place turkey breast-side up on a rack set in a roasting pan; tuck wings under body and tie legs together with butcher's twine. Brush turkey with butter; roast in a preheated 325° oven, basting every 30 min., until deep golden-brown and a meat thermometer inserted in the thickest part of the thigh registers 165° (2 ½-3 hrs. or 15 min. per lb.). Remove turkey from oven and cover with foil; let rest for 20 min. before carving.



MAPLE BACON-WRAPPED ROAST TURKEY BREAST GF

SERVES 6

3 lb. bone-in skin-on turkey breast

¼ cup (½ stick) Kowalski's Unsalted Butter, at room temperature

1 tbsp. finely minced fresh sage leaves

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

¼ cup Kowalski's Pure Maple Syrup

1 tbsp. hot water

8 strips Kowalski's Applewood Smoked Bacon

Place breast on a rack set in a roasting pan, rib side down; allow it to dry and come to room temperature (about 1 hr.). In a small mixing bowl, mix butter and sage until well combined; season with salt and pepper. Liberally sprinkle the breast on all sides with salt and pepper. Slide your fingers under the skin to lift it away from the meat; use your hands to smear a thin layer of butter under and over the skin. In a second small mixing bowl, mix together syrup and hot water; brush a thin layer evenly onto turkey and reserve the remainder for basting. Roast turkey in a preheated 350° oven for 1 hr., basting with syrup mixture every 15 min. Remove turkey from the oven; wrap overlapping strips of bacon over and around the breast. Return to the oven for about 30 min., basting with syrup every 15 min. If the bacon is done or the turkey gets too dark before it reaches temperature, shield it with foil and continue cooking until the turkey registers an internal temperature of 160°. Remove turkey from oven and tent loosely with foil; let rest for 10-15 min. before carving (temperature will increase to 165° as turkey rests).



SUMMER SLOW COOKER TURKEY SANDWICHES

SERVES 8

- | | |
|--|--|
| 2-3 lb. bone-in skin-on turkey breast | 8 Kowalski's Whole Wheat Burger Buns |
| 2 tsp. kosher salt, plus extra for seasoning | - Kowalski's Unsalted Butter, softened |
| 1 tsp. freshly ground Kowalski's Black Peppercorns, plus extra for seasoning | - garnishes and toppings, as desired: Kowalski's Cider Slaw with Kowalski's Signature Coleslaw Dressing or lettuce, sliced tomatoes and fresh cilantro with Kowalski's Clásico Guacamole |
| 2 cups low-sodium chicken stock | |

Season turkey with salt and pepper; place in a slow cooker. Add chicken stock; cook on high for 5-6 hrs. or low for 7-8 hrs. Remove turkey from the cooker; discard skin and bones. Strain cooking liquid to remove small fragments of bone; return liquid to the pot. Shred turkey and return to the pot; adjust salt and pepper to taste. Spread cut side of each bun with a small amount of butter. On a nonstick griddle heated to medium, cook buns cut-side down until golden and lightly toasted. Serve warm turkey on buns with desired toppings.

FIND IT!

Find Kowalski's Cider Slaw in the Deli Department.

Find Kowalski's Clásico Guacamole in the Produce Department.



BAKED GARLIC DILL MUSTARD CHICKEN TENDERS

SERVES 4

½ cup Kowalski's Garlic Dill Mustard

½ cup Kowalski's Pure Honey

1 tbsp. Kowalski's Extra Virgin Olive Oil

2 tsp. mustard seeds (optional)

1 ½ lbs. boneless skinless chicken tenders

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

- fresh dill sprigs, for garnish (optional)

In a large mixing bowl, combine mustard, honey, oil and mustard seeds; whisk to combine and set aside. Season chicken with salt and pepper. Add chicken to bowl with mustard mixture; toss to coat. Place chicken and sauce mixture in a 3 qt. glass baking dish sprayed lightly with cooking spray, ensuring a little space between pieces of chicken. Bake in a preheated 400° oven until chicken reaches an internal temperature of 165° (about 20 min.). Garnish with fresh dill; serve immediately.



Barbera is recommended with this dish.



BEST-EVER GRILLED CHICKEN GF DF

SERVES 6

2 ½ lbs. bone-in skin-on Gerber's Amish Farm Chicken, your choice of breasts, drumsticks or thighs

- prepared poultry brine, packaged or homemade (see *Tasty Tip* below)
- canola oil or Kowalski's Extra Virgin Olive Oil
- freshly ground Kowalski's Black Peppercorns, to taste
- dry rub, such as our recipe for *Rosemary Rub* (optional)
- deep disposable foil pan (approx. 17x12x3")
- sauce or glaze, such as our recipe for *Fast Orange Glaze* (optional)

Submerge chicken in brine; let soak in the refrigerator, covered, for 20 min. to 1 hr. Pat chicken thoroughly dry with paper towels. Very lightly brush chicken with oil; season with pepper. Sprinkle chicken with dry rub, if desired. Preheat both sides of a gas or charcoal grill to high heat; clean grill grates. Grill chicken skin-side down, lid down, until dark grill marks form and chicken releases easily from the grates (about 4 min.). Flip chicken; cook for 4-5 min. more until opposite side is dark as well (turn legs and wings more to brown all sides). Turn one side of grill off (or move coals to one side). Move all chicken to the unlit side of the grill, as close to the heated side as possible but not directly over the flame (chicken pieces may touch; place ends of drumsticks and thin sides of breasts on top of thicker pieces to prevent overcooking). Place foil pan over both the chicken and the hot side of the grill to create a gentle convective heat over the chicken. Cook chicken with lid down, turning occasionally, until it reaches an internal temperature of 160° (20-25 min.). Remove from heat; toss hot chicken with sauce or glaze, if desired. Tent chicken loosely with foil; let rest for 5-10 min. before serving (chicken should reach 165° during this rest).

Tasty Tips:

- Make a brine by combining 2 qts. water, ½ cup kosher salt and ½ cup sugar. You can warm some of the water to help dissolve the salt and sugar, but be sure to completely chill brine before using.
- Find recipes for our *Rosemary Rub* and *Fast Orange Glaze* at kowalskis.com.



BUFFALO CHICKEN CUTLETS

SERVES 3-4

- | | |
|--|---|
| ½ cup flour | 3 boneless skinless chicken breasts, pounded to ¼" thickness, cut in half crosswise |
| 1 tsp. smoked paprika | |
| 1 tsp. ancho chile powder | |
| 1 tsp. dried oregano | ½ cup (1 stick) Kowalski's Unsalted Butter, divided |
| 1 tsp. dried basil | 2 tbsp. Kowalski's Extra Virgin Olive Oil |
| 1 tsp. onion powder | ¼ cup Tabasco sauce |
| 1 tsp. garlic powder | 1 tbsp. Kowalski's Pure Honey |
| 1 tsp. freshly ground Kowalski's Black Peppercorns | 1 tsp. garlic powder |
| ½ tsp. kosher salt | ½ cup Kowalski's Crumbled Blue Cheese |
| ¼ tsp. cayenne pepper | ½ cup (about 1 ½ stalks) thinly sliced celery, including leaves |
| 2 eggs, lightly beaten | |
| ½ cup plain breadcrumbs | |

In a shallow dish, whisk together first 10 ingredients (through cayenne pepper); set aside. Pour eggs into a second shallow dish; set aside. Pour crumbs into a third shallow dish. Dredge chicken in seasoned flour; dip in eggs, then coat in breadcrumbs. Set coated chicken on a wire rack set on a small-rimmed baking sheet; refrigerate until coating is dry (10-30 min.). In a large sauté pan over medium-high heat, add ½ cup butter and 2 tbsp. oil; heat until butter shimmers but does not smoke. Add chicken; sauté on both sides, turning once, until chicken is dark golden-brown and cooked through (6-8 min. total). Move chicken to a warm platter; set aside. Reduce heat to medium-low; add remaining butter, Tabasco sauce, honey and garlic powder to the pan. Cook until butter is melted and sauce is well blended (1-2 min.); spoon hot sauce over chicken. Sprinkle Buffalo chicken with cheese and celery; serve immediately.

EASY BRAISED CHICKEN IN WINE (COQ AU VIN) **GF** **DF**

SERVES 4

- 4 slices Kowalski's Smoked Bacon, cut into 1" pieces
- 2 tbsp. Kowalski's Extra Virgin Olive Oil, divided
- 8 oz. Kowalski's Gourmet Blend Mushrooms
- 1 yellow onion, cut into 1" chunks
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste
- 4 fresh chicken drumsticks
- 4 fresh chicken thighs
- 2 cups Kowalski's Fresh Soup Mix or Mirepoix
- 4 cloves garlic, minced
- 1 tsp. finely chopped fresh thyme
- 2 bay leaves

- 1 tbsp. tomato paste
- 750 mL bottle red wine
- 2 cups low-sodium, gluten-free chicken broth
- ¼ cup chopped fresh Italian parsley

In a large deep skillet, cook bacon over medium heat until crisp; remove from pan and set aside. Add 1 tbsp. olive oil to bacon pan; swirl to coat. Add mushrooms and onion; sprinkle with pepper. Cook, stirring occasionally, until golden (about 10 min.). Remove mushroom mixture from pan; set aside. Add remaining oil to pan; heat over medium heat. Sprinkle chicken liberally with salt and pepper; add to hot pan. Cook chicken, turning several times to evenly brown (5-7 min.). Remove chicken from pan. Add mirepoix, garlic, thyme and bay leaves; cook for 5 min. Add tomato paste; cook for 1 min. Stir in wine; bring to a boil. Cook, stirring occasionally, until reduced by ½ (about 10 min.). Return chicken to pan, skin side down. Add broth; bring to a simmer. Cover and simmer for 20 min. Turn chicken; cook until done (about 15 min.). Remove chicken from pan; bring liquid to a boil. Cook until reduced by ½ (about 10 min.); discard bay leaves. Stir in mushroom mixture. Return chicken to pan; cook until chicken is hot. Sprinkle with parsley and bacon; serve immediately.



FIND IT!

Find Kowalski's Fresh Soup Mix and Mirepoix in the Prepared Produce Section. You can also substitute the same amount of finely chopped mixed vegetables, such as carrots, celery and onions.



MAPLE-MUSTARD CHICKEN

SERVES 4

- | | |
|---|---|
| 1 tbsp. Kowalski's Extra Virgin Olive Oil | 2 tbsp. Kowalski's Garlic Dill Mustard |
| 4 boneless skinless chicken breasts - kosher salt and freshly ground Kowalski's Black Peppercorns, to taste | 1 tbsp. Kowalski's Balsamic Vinegar |
| 2 cloves garlic, thinly sliced | 2 tsp. mustard seeds |
| ¼ cup chicken broth | 2 tbsp. cold Kowalski's Unsalted Butter |
| ¼ cup Kowalski's Pure Maple Syrup | - fresh thyme, chopped |
| | - warm roasted sweet potatoes, for serving (optional) |

Heat oil in a large ovenproof skillet over medium-high heat. Season chicken liberally with salt and pepper. Add chicken to the pan; sauté until well browned on both sides (about 2 min. per side). Remove chicken from pan; set aside. Reduce heat to medium and add garlic; cook, stirring frequently, until garlic is fragrant (2-3 min.). Add broth and syrup to the pan; bring to a boil, whisking pan to loosen browned bits. Cook for 2 min., stirring frequently. Add mustard, vinegar and mustard seeds; cook and stir for 1 min. Return chicken to pan; spoon mustard mixture over chicken. Move pan to a preheated 400° oven; bake until chicken is done (about 10 min.). Remove chicken from pan and tent loosely with foil; let stand for 5 min. Place pan with remaining sauce over medium heat; cook and stir until slightly thickened. Remove sauce from heat; whisk in butter. Adjust salt and pepper, if needed; stir in thyme. Drizzle chicken with warm sauce; serve with sweet potatoes, if desired.



ROASTED CHICKEN WINGS

SERVES 4

1 tbsp. Kowalski's Butter

1 tbsp. Kowalski's Extra Virgin Olive Oil

24 chicken wing drumettes

½ tsp. kosher salt

- freshly ground Kowalski's Black Peppercorns, to taste

- your choice prepared glaze or wing sauce: *Angry Sauce*, *Garlic Pepper Glaze*, *Sriracha Glaze* or *Sticky Soy Glaze*

(recipes available at kowalskis.com)

In a large skillet over medium-high heat, melt butter with olive oil. Sprinkle chicken with salt and pepper; add to skillet. Cook, turning occasionally, until browned on all sides (about 10 min.). Transfer chicken to a baking sheet lined with parchment paper; bake in a preheated 425° oven until chicken reaches an internal temperature of 165° (about 20 min.), turning once. Working in batches, transfer chicken to a large mixing bowl; toss with sauce or glaze to coat. Serve immediately.

11 Twin Cities Locations



kowalskis.com