



KOWALSKI'S
MARKETS

Cooking WITH
KOWALSKI'S



**welcome,
*everyone***

HOLIDAY RECIPES FOR SPECIAL DIETS

*A collection of seasonal recipes that are
gluten free, dairy free and vegan.*

SECTION GUIDE



Main Dishes



Side Dishes



Accompaniments



Sweets



Drinks

ANNOTATION GUIDE



GLUTEN FREE



VEGETARIAN



VEGAN



DAIRY FREE



GARLICKY MUSHROOM LINGUINE GF V VE DF

SERVES 2

3 tbsp. Kowalski's Extra Virgin Olive Oil, divided	¼ cup chopped onion
8 oz. sliced cremini mushrooms	4 cloves garlic, minced
1 tsp. kosher salt, plus more to taste	1 cup gluten-free vegetable stock
½ tsp. freshly ground Kowalski's Black Peppercorns, plus more to taste	1 cup unsweetened nondairy milk
9 oz. Kowalski's Fresh Gluten-Free Linguine (from the Dairy Department)	3 tbsp. water, cold
	2 tbsp. cornstarch
	2 tsp. fresh thyme leaves, plus a few sprigs for garnish

DIRECTIONS:

1. In an extra-large skillet, heat 2 tbsp. oil over medium-high heat.
2. Add mushrooms; cook, stirring frequently, until tender and dark on the edges (10-15 min.). Season mushrooms with salt and pepper to taste; remove from pan and set aside, covering to keep warm.
3. While mushrooms cook, cook pasta according to pkg. directions until just barely al dente; drain and keep warm.
4. In the skillet used to cook the mushrooms, heat remaining oil over medium heat.
5. Add onion; sauté until golden (about 5 min.).
6. Add garlic; cook and stir for 1 min.
7. Add stock and milk; increase heat to bring mixture to a boil.
8. Reduce heat to medium; add warm pasta to the skillet.
9. In a small dish, whisk water and cornstarch until smooth; add to the skillet and stir well.
10. Cook, stirring occasionally, until mixture reaches desired thickness (about 2 min.); season with 1 tsp. salt and ½ tsp. pepper.
11. Stir in mushrooms and thyme leaves; serve immediately with thyme sprigs and a generous amount of black pepper.



HEARTY HARVEST RISOTTO



SERVES 8

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| <p>2 tbsp. Kowalski's Extra Virgin Olive Oil</p> <p>2 cups Arborio rice</p> <p>1 large shallot, finely diced</p> <p>2 tbsp. chopped garlic</p> <p>1 cup dry white wine</p> <p>4 cups gluten-free vegetable stock</p> <p>¼ cup freshly chopped herbs (such as thyme, sage and rosemary)</p> | <p>2 tbsp. nutritional yeast (optional)</p> <p>- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste</p> <p>- roasted vegetables (see <i>Tasty Tip</i> below)</p> <p>- garnishes, to taste: dried cranberries, fresh herbs, roasted and salted pumpkin seeds (pepitas) and/or chopped toasted pecans</p> |
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DIRECTIONS:

1. In a large deep pan, heat oil over medium-high heat.
2. Add rice, shallot and garlic; sauté until shallot and rice are translucent and starting to brown (about 5 min.).
3. Stir in wine; cook for 1 min.
4. Add stock; bring to a boil.
5. Reduce heat to low; stir in chopped herbs.
6. Cover pan and simmer, stirring occasionally, until rice is al dente and liquid is nearly absorbed (about 20 min.). The mixture should be fairly loose and fluid.
7. Stir in nutritional yeast, if desired; season with salt and pepper to taste.
8. Transfer to a serving dish; top with roasted vegetables and desired garnishes.

TASTY TIP

See our recipe for *Basic Roasted Vegetables* or *Roasted Harvest Vegetables* on kowalskis.com. For this dish, we recommend roasting a combination of veggies together on 2 baking trays. We used 8 oz. each mushrooms, sweet potato, cauliflower and Brussels sprouts cut into approx. 1" pieces with 1 small bulb of fennel cut into ¼" slices (fronds removed and reserved for garnish). Tossed lightly with oil and seasoning, they cook together in about 25 min. in a 450° oven.



HOLIDAY WILD RICE SOUP GF V VE DF

SERVES 4

- 2 tbsp. Kowalski's Extra Virgin Olive Oil
- 1 onion, peeled and diced
- 8 oz. button mushrooms, sliced
- 4 cloves garlic, finely minced
- 2 carrots, peeled, sliced ¼" thick
- 2 ribs celery, leaves and tough stem ends removed, sliced ¼" thick
- 1 dried bay leaf
- 4 tsp. Old Bay Seasoning
- 6 cups gluten-free vegetable stock
- 1 large sweet potato, peeled, cut into ½" dice
- 1 cup uncooked Kowalski's Wild Rice
- 15 oz. canned cannellini beans (or another white bean, such as Great Northern or butter beans), rinsed and drained
- 14 oz. canned unsweetened coconut milk
- 2 large handfuls kale, thick stems removed, roughly chopped
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste

DIRECTIONS:

1. In a large pot, heat oil over medium-high heat.
2. Add onion and mushrooms; sauté until golden (about 15 min.).
3. Add garlic; cook until fragrant (1-2 min.).
4. Stir in carrots, celery, bay leaf and seasoning.
5. Add stock, sweet potato and rice; cover and simmer, stirring occasionally, until potatoes and rice are almost tender (about 30 min.).
6. Stir in beans, coconut milk and kale; season to taste with salt and pepper.
7. Simmer, uncovered, until beans are tender and kale reaches preferred tenderness (5-10 min.).



ROASTED CAULIFLOWER STEAKS

SERVES 4

- ¼ oz. fresh thyme
- 3 tbsp. Kowalski's Extra Virgin Olive Oil
- 3 cloves garlic, finely minced
- 2 tsp. Kowalski's Bold Italian Seasoning
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste
- 1 head cauliflower, sliced lengthwise through the core into 4 steaks
- *Caper-Pine Nut Vinaigrette*, for serving



DIRECTIONS:

1. Preheat oven to 450°.
2. Remove leaves from thyme stems; discard stems.
3. In a small mixing bowl, whisk together thyme leaves, oil, garlic, seasoning, salt and pepper.
4. Place cauliflower steaks on a parchment-lined baking sheet; brush generously on all sides with seasoned garlic oil.
5. Roast in preheated oven until steaks are dark golden-brown on the bottom and cooked through (15-20 min.).
6. Drizzle with dressing to taste; serve immediately.

CAPER-PINE NUT VINAIGRETTE (MAKES ABOUT ½ CUP)

In a small mixing bowl, whisk together 2 tbsp. freshly squeezed lemon juice, 1 tbsp. drained capers, 1 tbsp. golden raisins, 1 tbsp. toasted pine nuts, 2 tsp. agave syrup and ½ tsp. freshly grated lemon zest. Slowly whisk in 2 tbsp. Kowalski's Extra Virgin Olive Oil; season to taste with salt and pepper.

TASTY TIPS

- To toast pine nuts, heat in a dry sauté pan over medium heat or in a preheated 350° oven until fragrant and golden, stirring occasionally (3-5 min.).
- Nonvegans can substitute an equal amount of honey for the agave syrup.
- Prepared cauliflower steaks are available seasonally in the Prepared Produce Section.



BERRY BREAD STUFFING WITH SQUASH AND PEPITAS

GF V VE DF

SERVES 12

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| 1 loaf hearty gluten-free bread, cut into ½" cubes (about 9 cups) | 1 Granny Smith apple, peeled and cored, cut into ¼" dice (1 ½ cups) |
| 1 tbsp. Kowalski's Extra Virgin Olive Oil | 1 cup gluten-free vegetable stock |
| 1 cup chopped yellow onion | ½ cup Kowalski's Dried Cranberries |
| 2 ribs celery, diced | ½ cup raw pepitas, toasted |
| 1 ½ lb. butternut squash, peeled, halved and seeded, cut into ½" dice (3 cups) | 1 tbsp. snipped fresh sage |
| | 1 tsp. kosher salt |
| | ¼ tsp. freshly ground Kowalski's Black Peppercorns |

DIRECTIONS:

1. Preheat oven to 250°.
2. Spread bread cubes on a rimmed baking sheet; bake in preheated oven until dry (about 30 min.), stirring once.
3. Remove bread cubes from the oven and set aside; increase oven temperature to 350°.
4. In a large sauté pan, heat olive oil over medium heat. Stir in onion, celery, squash and apple; cook, stirring constantly, until onion softens (4-5 min.).
5. Stir in bread cubes, stock, cranberries, pepitas, sage, salt and pepper.
6. Spray a 13x9" glass baking dish with nonstick cooking spray; add stuffing. Bake, covered, until heated through (40-45 min.).

SWITCH/UP

Select a bread made with gluten-free whole grains (such as brown rice or whole-grain sorghum) to add more fiber, minerals and phytonutrients to your stuffing.



CRISPY SMASHED POTATOES GF V VE DF

SERVES 4

- 1 lb. baby potatoes, scrubbed and dried
- Kowalski's Extra Virgin Olive Oil, as needed
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste
- garnishes, to taste: chopped fresh chives, rosemary, Italian parsley, thyme or a combination

DIRECTIONS:

1. Place potatoes in a large, deep pot; cover with cold salted water. Bring to a boil over high heat; cook until potatoes are barely tender (15-20 min.).
2. Drain; set aside to air-dry and cool at room temperature until cool enough to handle.
3. Preheat oven to 400°.
4. Add enough oil to thoroughly cover the bottom of a 12" cast iron skillet; add par-cooked potatoes to the pan.
5. Using a drinking glass or potato masher, smash potatoes just until they burst and are somewhat flattened.
6. Drizzle with oil; season with salt and pepper.
7. Roast in preheated oven until crispy and dark golden-brown (about 20 min.).
8. Move to a serving dish; garnish with fresh herbs and serve warm.

TASTY TIP : This recipe works best with waxy potatoes (like baby reds or fingerlings) or hybrid potatoes (like Yukon Gold).



EVERYONE'S FAVORITE MASHED POTATOES GF V VE DF

MAKES 6 (½ CUP) SERVINGS

- 1 ½ lbs. Yukon Gold potatoes, quartered
- 4 cloves garlic, peeled
- 1 tsp. salt, plus more to taste, if desired
- ¼ cup unsweetened nondairy milk, hot
- 2 tbsp. vegan butter
- 1 tbsp. snipped fresh chives

DIRECTIONS:

1. Arrange potatoes and garlic cloves in a large saucepan; add cold water to cover.
2. Sprinkle with salt; bring to a boil over high heat.
3. Reduce heat to medium; cover and continue cooking until potatoes are tender when pierced with a fork (15-20 min.).
4. Drain; reduce heat to low and continue cooking just until excess moisture in pan evaporates (1-2 min.).
5. Mash potatoes and garlic by hand with a potato masher until no lumps remain.
6. Stir in milk, butter and chives until potatoes reach desired consistency.
7. Adjust seasoning to taste; serve immediately.



GREMOLATA RICE



SERVES 4

- 1 cup long-grain basmati rice
- 4 tbsp. Kowalski's Extra Virgin Olive Oil, divided
- 2 tbsp. Italian parsley
- 1 tbsp. freshly grated lemon zest
- 2 cloves garlic, finely minced
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste

DIRECTIONS:

1. Cook rice on the stovetop according to pkg. directions or in a rice cooker according to manufacturer's instructions.
2. While rice cooks, combine 2 tbsp. oil with Italian parsley, lemon zest and garlic in a food processor; process until very finely minced.
3. Season gremolata with salt and pepper to taste; set aside.
4. When rice is done cooking, fluff with a fork; drizzle with remaining oil and stir in gremolata.

SWITCH/UP

Use brown basmati rice to ramp up the healthfulness of this dish. You'll get extra fiber, minerals and phytonutrients.



HERBED ROASTED MUSHROOMS GF V VE DF

SERVES 6

- 1 ¾ lbs. shiitake, baby portobella, oyster or cremini mushrooms (or a combination), stemmed, cut into 1 ½" pieces
- 2 sprigs fresh rosemary, cut into ½" pieces
- 5 cloves garlic, thinly sliced
- ½ cup Kowalski's Extra Virgin Olive Oil
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste
- 2 tbsp. chopped fresh Italian parsley

DIRECTIONS:

1. Preheat oven to 450°.
2. In a large mixing bowl, toss mushrooms, rosemary and garlic with oil; sprinkle with salt and pepper.
3. Divide mushrooms between 2 parchment-lined baking sheets; roast in preheated oven until dark brown (about 25 min.), stirring occasionally.
4. Remove rosemary stems; adjust seasonings and garnish with parsley.



HONEYCRISP APPLE SPINACH SALAD GF V VE DF

SERVES 6

¼ cup Kowalski's Pure Maple Syrup	1 Honeycrisp apple, cored, thinly sliced
2 tbsp. white wine vinegar	5 oz. baby spinach
2 tbsp. Kowalski's Signature Freshly Squeezed Orange Juice	1 cup halved red grape
1 tbsp. walnut oil	1 shallot, thinly sliced
1 tbsp. Dijon mustard	½ cup coarsely chopped cinnamon spiced almonds or pecans
¼ tsp. kosher salt	

DIRECTIONS:

1. In a large salad bowl, whisk together first 6 ingredients (through salt).
2. Add apples; toss to coat.
3. Lightly toss remaining ingredients with apples and dressing.
4. Serve immediately.



MUSHROOM-WILD RICE PILAF GF V VE DF

SERVES 12

- Kowalski's Extra Virgin Olive Oil, as needed
- 12 oz. chopped mushrooms (any variety or blend)
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste
- 1 ½ cups chopped celery
- 1 cup chopped yellow onion
- 1 cup Kowalski's Wild Rice
- 2 cloves garlic, finely minced
- 4 cups gluten-free vegetable stock
- 1 ½ tbsp. julienned fresh sage
- 1 cup brown basmati rice
- ¼ cup sliced almonds, toasted
- fresh Italian parsley, chopped, to taste
- thinly sliced green onion, to taste

DIRECTIONS:

1. In an extra-large skillet over medium-high heat, heat enough oil to lightly coat pan.
2. Add mushrooms; cook, stirring frequently, until tender and dark on the edges.
3. Remove from heat; season to taste with salt and pepper. Set sautéed mushrooms aside.
4. In a 6 qt. saucepan, heat 1 tbsp. oil over medium-high heat.
5. Add celery, yellow onion, wild rice and garlic to the pan; sauté until vegetables are nearly translucent and rice is softened slightly (about 4 min.).
6. Add broth and sage; bring to a boil.
7. Reduce heat; cover and simmer for 10 min.
8. Stir in basmati rice; increase heat to bring pot to a boil.
9. Reduce heat; simmer, covered, until liquid is absorbed (about 45 min.).
10. Remove from heat; let stand, covered, for 10 min.
11. Drizzle with 1 tbsp. oil; stir in sautéed mushrooms, almonds, parsley and green onion.

TASTY TIP : We recommend Kowalski's Cultivated Long-Grain Wild Rice for this recipe, but our Cracked Wild Rice will also work.



POMEGRANATE ROASTED CARROTS GF V VE DF

- carrots, scrubbed and dried, peeled if desired
- Kowalski's Extra Virgin Olive Oil
- freshly ground Kowalski's Sea Salt and Black Peppercorns, to taste
- pomegranate seeds, to taste
- pomegranate molasses, to taste
- fresh Italian parsley, chopped, to taste

DIRECTIONS:

1. Preheat oven to 450°.
2. Cut carrots into 1" pieces.
3. Completely but lightly coat carrots with Kowalski's Extra Virgin Olive Oil; season to taste with salt and pepper.
4. Spread carrots out on a baking sheet lined with parchment paper; roast in preheated oven until browned and tender when pierced with a fork (18-20 min.).
5. Toss cooked carrots with fresh pomegranate seeds to taste; drizzle to taste with pomegranate molasses.
6. Season with additional salt and pepper to taste; serve garnished with chopped Italian parsley.

FIND IT!

- Find ready-to-eat pomegranate seeds seasonally in the Prepared Produce Section.
- Find pomegranate molasses in the Grocery Aisle near the maple syrup.



ROASTED BUTTERNUT SQUASH GF V VE DF

MAKES ABOUT 2 CUPS

- 14 oz. raw butternut squash, peeled and seeded, cut into $\frac{3}{4}$ " cubes
- Kowalski's Extra Virgin Olive Oil, as needed
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste

DIRECTIONS:

1. Preheat oven to 450°.
2. Toss squash with oil until lightly coated; season with salt and pepper.
3. Roast squash on a parchment-lined baking sheet in preheated oven until edges are browned and squash is tender (about 25 min.), turning once.



SAUTÉED MUSHROOMS GF V VE DF

MAKES ABOUT 1 $\frac{1}{2}$ CUPS

- Kowalski's Extra Virgin Olive Oil, as needed
- 12 oz. mushrooms (any variety or blend), chopped
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste

DIRECTIONS:

1. In an extra-large skillet over medium-high heat, heat enough oil to lightly coat pan.
2. Add mushrooms; cook, stirring frequently, until tender and dark on the edges.
3. Remove from heat; season to taste with salt and pepper. Serve immediately.



TURKEY DAY QUINOA GF V VE DF

SERVES 4

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| 1 cup uncooked tricolor quinoa | ½ cup chopped dried cranberries |
| 14 oz. butternut squash, cut into ½" dice | ¼ cup chopped raw pepitas |
| ¼ cup Kowalski's Extra Virgin Olive Oil, divided | ½ Granny Smith apple, peeled, cut into ½" dice |
| 1 tsp. kosher salt, divided | ¼ oz. fresh sage leaves, finely minced |
| ½ tsp. freshly ground Kowalski's Black Peppercorns, divided | ¼ oz. fresh Italian parsley leaves, finely chopped |
| 2 tbsp. freshly squeezed lemon juice | 1 tsp. minced fresh rosemary leaves |
| | 1 tbsp. freshly grated lemon zest |

DIRECTIONS:

1. Cook quinoa according to pkg. directions; chill completely.
2. Preheat oven to 450°.
3. In a large mixing bowl, drizzle squash with about ½ of the oil; season with ½ of the salt and pepper.
4. Roast squash on a parchment-lined baking sheet in the preheated oven until squash is just tender and dark golden-brown on the edges (about 15 min.), turning once.
5. Remove squash from oven; cool completely to room temperature.
6. In an extra-large mixing or serving bowl, drizzle cold quinoa with remaining oil and lemon juice; season with remaining salt and pepper.
7. Add cooled squash, cranberries, pepitas, apple, herbs and zest to the bowl; gently toss.
8. Adjust seasoning, if needed.

TASTY TIP Meat eaters can make this a hearty main-dish salad by adding in ½ lb. finely diced Boar's Head Tuscan Brand Roasted Turkey (or leftover roasted Thanksgiving turkey) with the cranberries, pepitas and apples.



CRANBERRY PINEAPPLE SAUCE GF V VE DF

SERVES 12

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| 1 ½ cup sugar | 1 Granny Smith apple, cored,
diced small |
| ½ cup water | 1 Comice or Bartlett pear, cored,
diced small |
| 1 cinnamon stick | ¼ cup Kowalski's Freshly Squeezed
Lemon Juice (from the Produce
Department) |
| 2 whole cloves | 1 tbsp. freshly grated orange zest |
| 20 oz. canned crushed pineapple,
drained | |
| 12 oz. fresh or frozen cranberries | |
| 1 Red Delicious apple, cored,
diced small | |

DIRECTIONS:

1. In a medium saucepan, dissolve sugar in water over medium-high heat.
2. Add cinnamon stick and cloves. Reduce heat to low; simmer for 30 min.
3. Using a slotted spoon, remove cinnamon stick and cloves from the pan.
4. Add fruit and juice; increase heat to medium-low and simmer until about ½ of the cranberries have popped and the red coloring has permeated the mixture.
5. Remove from heat; stir in zest.
6. Cool completely to room temperature.
7. Serve or refrigerate, covered, for up to 5 days.



CRANBERRY-RAISIN COMPOTE GF V VE DF

SERVES 4-6

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|-------------------------|------------------------------------|
| 2 oz. dried cranberries | 1 sprig fresh thyme |
| 2 oz. golden raisins | - Kowalski's Fig Balsamic Vinegar, |
| 2 oz. raisins | to cover |

DIRECTIONS:

1. In a small mixing bowl, combine dried fruits and thyme.
2. Cover with vinegar; let stand at room temperature for 6 hrs. to overnight.
3. Remove thyme before serving.

TASTY TIP : To speed up the process, put all the ingredients in a small saucepan with a splash of water. Simmer over medium-low heat until fruit is plump (about 20 min.). Cool to room temperature before serving.

GF V VE DF

FRESH CRANBERRY RELISH

SERVES 8

- 3 cups fresh cranberries
- $\frac{2}{3}$ cup sugar
- zest and juice of 1 orange

DIRECTIONS:

1. Process all ingredients in a food processor until desired texture is achieved.
2. Store in the refrigerator, covered, for up to 7 days until ready to use.





GRAVY FOR ALL GF V VE DF

SERVES 8

- 2 tbsp. Kowalski's Extra Virgin Olive Oil
- 4 tsp. (approx.) cornstarch
- ½ tsp. onion powder
- ½ tsp. garlic powder
- 2 ¼ cups (approx.) gluten-free vegetable stock, divided
- 2 tsp. gluten-free tamari
- ¼ tsp. freshly ground Kowalski's Black Peppercorns, plus more for garnish
- kosher salt, to taste
- freshly snipped chives, for garnish

DIRECTIONS:

1. In a medium saucepan, heat oil over medium-high heat.
2. A bit at a time, sprinkle cornstarch evenly over oil and whisk, using just enough cornstarch to form a loose paste (it should not look dry).
3. Reduce heat to medium. Add onion powder and garlic powder; simmer, whisking constantly, until mixture begins to turn brown (about 2 min.).
4. Whisk in most of the stock.
5. Add tamari; cook, whisking often, until gravy is thick and bubbly (about 3 min.).
6. Add additional stock as needed to reach desired consistency. Cook, stirring often, until gravy reaches desired thickness (about 3-8 min.).
7. Season with ¼ tsp. pepper and salt to taste; garnish with more pepper and chives.



PUMPKIN "PIE" PARFAITS



SERVES 8

8 oz. nondairy cream cheese substitute (such as Philadelphia Plant-Based Original Spread)

2 tbsp. powdered sugar

1 box (4 oz.) South & Spoon Salted Brown Sugar Pudding Mix

1 cup pumpkin purée (not pumpkin pie filling), such as Libby's brand

1 tsp. Kowalski's Ground Cinnamon

½ tsp. Kowalski's Pumpkin Pie Spice

¼ tsp. Kowalski's Ground Nutmeg

2 pkgs. (9 oz. each) dairy-free whipped topping (such as So Delicious Cocowhip), thawed, divided

16 (approx.) gluten-free gingersnap cookies (such as MI-DEL brand), crushed

- garnishes, to taste: flaky sea salt, roasted and salted pumpkin seeds (pepitas), fresh cranberries or pomegranate seeds, and fresh mint sprigs

DIRECTIONS:

1. In a large mixing bowl, combine spread and sugar; mix together with an electric mixer until completely smooth and somewhat fluffy (5 min. or more, depending on how cold the spread is).
2. Stir in pudding mix, pumpkin and spices until combined.
3. Fold in ½ of the whipped topping to form a mousse, being careful not to deflate the mixture.
4. Divide alternating layers of mousse, remaining whipped topping and cookie crumbs between 8 serving glasses (8-12 oz. in size); garnish to taste.



SPICED POACHED PEARS

GF V VE DF

SERVES 6

4 cups water

2 cups brown sugar

½ cup Kowalski's Freshly

Squeezed Lemon Juice (or the
juice of about 2 lemons)

½ cup freshly squeezed no-pulp
orange juice

5 whole cloves

5 whole peppercorns

3 whole allspice berries

2 cinnamon sticks, plus more for
garnish, if desired

- pinch kosher salt

6 pears, peeled, cored and halved

- star anise, for garnish (optional)

DIRECTIONS:

1. In a large saucepan, combine water, sugar, juices, spices and salt over medium-high heat; bring to a boil, stirring to dissolve sugar.
2. Reduce to a low simmer; add pears. Cook, turning fruit occasionally, until easily pierced with the tip of a paring knife but not falling apart (15-20 min.).
3. Transfer pears to a large bowl; set aside. Increase heat to high; boil for about 15 min. until liquid is reduced to a syrup (about 1 ½ cups).
4. Strain liquid to remove spices; cool syrup for 15 min. at room temperature.
5. Pour syrup over pears; refrigerate to chill completely.

TASTY TIPS

- Replace up to 3 cups of water with a fruity red wine, such as a Zinfandel, or a sweet dessert wine, such as Moscato.
- Try adding a bay leaf, split vanilla bean or whole nutmeg with or in place of other spices.
- Pears may also be poached whole. Just remove the cores and increase cooking time slightly upward.
- Bartlett or Bosc pears are generally better for cooking than Anjou.
- Leftover syrup is great for making cocktails. Strain and store in the refrigerator, covered, for up to 3 weeks.



APPLE TARRAGON FIZZ GF V VE DF

SERVES 4

- ½ oz. (a generous handful) fresh tarragon, plus a few sprigs for garnish
- 16 oz. (2 cups) Minnesota Grown apple cider
- 8 oz. bourbon, gin or Cognac
- ice
- 8 oz. sparkling wine or tonic water, cold
- fresh apple slices, for garnish

DIRECTIONS:

1. Place tarragon in a 2 qt. glass pitcher; use a wooden spoon to bruise the leaves and release essential oils.
2. Add cider and bourbon to the pitcher; stir until well combined.
3. Refrigerate mixture for 2-3 hrs.
4. Strain cocktail mixture; discard tarragon pieces.
5. Fill 4 highball glasses with ice; pour cocktail mixture evenly into ice-filled glasses.
6. Top each glass evenly with wine or tonic; stir gently.
7. Garnish each glass with a tarragon sprig and apple slices.

FIND IT!

Find Minnesota Grown apple cider seasonally in the Produce Department.



SIDECARS GF V VE DF

MAKES 2

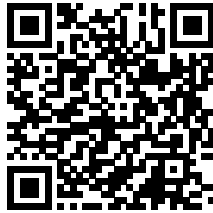
- granulated or turbinado sugar, for rimming the glasses (optional)
- 1 orange wedge, for rimming the glasses (optional)
- ice
- 3 oz. Cognac
- 1 ½ oz. orange liqueur (such as Cointreau)
- 3 tbsp. Kowalski's Freshly Squeezed Lemon Juice (from the Produce Department)
- 2 orange twists, for garnish

DIRECTIONS:

1. If desired, pour sugar onto a flat rimmed dish. Moisten the rims of 2 coupe glasses with the orange wedge; dip rims in sugar and set glasses aside.
2. Fill a cocktail shaker halfway with ice.
3. Add Cognac, orange liqueur and lemon juice; shake until mixture is very cold (about 30 sec.).
4. Strain evenly into prepared glasses; garnish each glass with an orange twist.

our *holiday* **RECIPES**

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