



KOWALSKI'S
MARKETS

Cooking WITH
KOWALSKI'S



dinner WITH THE fam

.....
iconic family recipes from Kowalski's first 40 years

Thank You

.....
FOR 40 YEARS!
.....

SECTION GUIDE



Main Dishes



Sandwiches & Sides



Desserts

ANNOTATION GUIDE



GLUTEN FREE



VEGETARIAN



VEGAN



DAIRY FREE



AKAUSHI POT ROAST DF

SERVES 6

- | | |
|---|--|
| ¼ cup Kowalski's Signature Classic
Garlic & Herb Rub (from the Meat
Department) | 1 cup diced onion |
| 3 lbs. Kowalski's Kobe-Style Akaushi
Boneless Chuck Shoulder Pot Roast | 1 cup diced carrot |
| 1 tbsp. Kowalski's Extra Virgin Olive
Oil | 1 cup diced celery |
| | 2 tbsp. water |
| | ½ cup Kowalski's Beef Demi-Glace
(from the Meat Department) |

DIRECTIONS:

1. Sprinkle seasoning evenly on all sides of roast.
2. In a large skillet, heat oil over medium heat; brown roast on all sides (about 15 min. total).
3. Transfer roast to a slow cooker; set aside.
4. Add vegetables and water to the skillet used to brown the roast; sauté for about 5 min., stirring to loosen browned bits of roast from the pan.
5. Stir in demi-glace; pour vegetable mixture over meat in slow cooker.
6. Cover and cook on high for 5-6 hrs. or on low for 10-12 hrs.

TASTY TIP :: Substitute 16 oz. Kowalski's Mirepoix (from the Prepared Produce Section) for the onion, carrot and celery called for in this recipe.



Pinot Noir pairs perfectly with this dish.

BEEF STROGANOFF

SERVES 4

1 lb. Kowalski's Kobe-Style Akaushi Beef Tenderloin Steak	1 tbsp. Kowalski's Butter
1 ½ tbsp. Kowalski's Extra Virgin Olive Oil, divided	¼ cup finely minced shallots
8 oz. sliced baby bella mushrooms	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
	- freshly snipped Italian parsley, for garnish

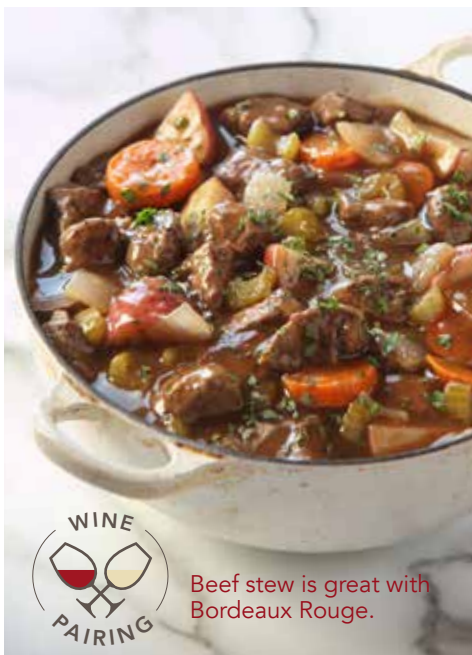
DIRECTIONS:

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

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

SERVES 6

- ¼ cup cornstarch
- 2 cups low-sodium beef stock, divided
- 1 lb. Kowalski's Certified Humane USDA Choice Extra-Lean Beef Stew Meat (or Boneless Beef Chuck, cut into 1" pieces)
- 1 ½ tsp. kosher salt, plus more for finishing the dish, if desired
- ¼ tsp. freshly ground Kowalski's Black Peppercorns, plus more for finishing the dish, if desired
- 1 tbsp. Kowalski's Extra Virgin Olive Oil
- 1 tsp. chopped garlic
- 1 cup dry red wine
- 4 baby red potatoes, quartered
- 1 onion, peeled and chopped
- 8 carrots, peeled and chopped
- 2 stalks celery, sliced



Beef stew is great with
Bordeaux Rouge.

- 2 tbsp. chopped fresh Italian parsley, plus more for garnish, if desired
- 2 tbsp. chopped fresh thyme, plus more for garnish, if desired

DIRECTIONS:

1. In a glass measuring cup, whisk cornstarch into approx. 1 cup stock; set aside.
2. Season beef with salt and pepper.
3. In a Dutch oven, heat oil over medium heat. Stir in beef and garlic; cook until beef is browned and garlic is softened (2-3 min.).
4. Stir in remaining stock and wine. Slowly whisk in cornstarch mixture; bring stew to a boil.
5. Reduce heat to low; cover and simmer for 1 ½ hrs., stirring occasionally.
6. Stir in vegetables and herbs; simmer, covered, until beef and vegetables are fork-tender (30-45 min.).
7. Adjust seasoning; garnish with herbs before serving, if desired.

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



BUFFALO CHICKEN WINGS GF

SERVES 4

- 1 tbsp. Kowalski's Unsalted Butter
- 1 tbsp. Kowalski's Extra Virgin Olive Oil
- 24 party-style chicken wings
- ½ tsp. kosher salt
- freshly ground Kowalski's Black Peppercorns, to taste
- Buffalo wing sauce (such as Anchor Bar brand), to taste
- Kowalski's Signature Fresh Steakhouse Blue Salad Dressing (from the Produce Department), for serving
- carrot and celery sticks (from the Prepared Produce Section), for serving

DIRECTIONS:

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



CHICKEN SALTIMBOCCA

SERVES 4

- 4 boneless skinless chicken breasts, pounded to an even ¼" thickness
- 1 tsp. kosher salt
- ½ tsp. freshly ground Kowalski's Black Peppercorns
- ½ cup flour
- 8 tbsp. (1 stick) Kowalski's Unsalted Butter, divided
- ¼ cup shaved Kowalski's Parmesan Cheese (from the Specialty Cheese Case)
- 4 thin slices prosciutto di Parma
- 1 tbsp. chopped fresh sage, plus whole leaves for garnish
- 1 ⅓ cups dry white wine

DIRECTIONS:

1. Preheat oven to 400°.
2. Season chicken with salt and pepper; dredge in flour, shaking off excess.
3. In a large skillet, melt 4 tbsp. butter over medium-high heat.
4. Add chicken breasts; cook each side until dark golden-brown (about 3 min. per side).
5. Transfer chicken to a rimmed baking sheet; top evenly with cheese and prosciutto.
6. Bake chicken until cooked through (about 10 min.).
7. While chicken is baking, return skillet to medium-high heat; melt remaining butter in the skillet.
8. Add chopped sage; cook for 1 min.
9. Add wine; bring to a boil and cook until sauce is reduced to about ⅔ cup, scraping up browned bits from bottom of pan (about 6 min.).
10. Return chicken to the skillet; spoon sauce over chicken to coat.
11. Garnish with sage leaves; serve immediately.



CLASSIC CHICKEN SALAD **GF** **DF**

SERVES 4

- 1 ¼ cups shredded white meat from Kowalski's Signature Rotisserie Chicken (from the Deli Department), skin discarded
- ½ cup mayonnaise
- ½ cup diced celery
- ¼ cup finely diced red onion
- 1 tbsp. Kowalski's Freshly Squeezed Lemon Juice (from the Produce Department)
- ¾ tsp. kosher salt

DIRECTIONS:

1. Mix all ingredients in a medium mixing bowl.
2. Serve on your choice of bread, bun or wrap (or scoop into lettuce, tomato or melon cups).



CLASSIC COBB SALAD GF

SERVES 4

- | | |
|--|--|
| <p>1 lb. fully cooked Rosemary & Garlic Chicken Breasts (from the Deli Heat & Eat Case)</p> <p>1 large head Romaine lettuce, chopped</p> <p>- Kowalski's Signature Fresh Steakhouse Blue Salad Dressing (from the Produce Department), to taste</p> <p>1 pt. grape or cherry tomatoes, halved or quartered</p> | <p>4 hard-boiled eggs, peeled and quartered</p> <p>1 large avocado, peeled and sliced</p> <p>½ lb. Kowalski's Bacon, cooked and coarsely crumbled</p> <p>¼ red onion, thinly sliced</p> <p>- crumbled blue cheese, to taste</p> <p>- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste</p> |
|--|--|

DIRECTIONS:

1. Slice chicken breasts crosswise into ½" pieces; set aside.
2. Wash lettuce in ice-cold water; spin thoroughly dry in a salad spinner.
3. Toss lettuce with dressing to taste; transfer to a shallow salad bowl for serving.
4. Arrange tomatoes, eggs, avocado, bacon, onion and cheese in groups atop the dressed lettuce.
5. Season tomatoes, eggs and avocado with salt and pepper.
6. Serve salad with additional dressing at the table for passing.



CLASSIC SLOW COOKER BEEF BURGUNDY DF

SERVES 4-6

- | | |
|--|--|
| 8 pearl onions, blanched, skin removed | 2 tbsp. Kowalski's Extra Virgin Olive Oil |
| 1 cup beef broth | 8 oz. baby bella mushrooms, rinsed and quartered |
| 1 cup Burgundy wine | 1 oz. fresh Italian parsley, chopped |
| ¼ cup flour | 2 tsp. snipped fresh thyme |
| 1 ½ tsp. kosher salt, divided | 2 tsp. minced garlic |
| ½ tsp. freshly ground Kowalski's Black Peppercorns | 9 oz. pkg. Kowalski's Fresh Egg Fettuccine Pasta (from the Dairy Department) |
| 2 lbs. Kowalski's Certified Humane USDA Choice Extra-Lean Beef Stew Meat | |

DIRECTIONS:

1. Place onions in a slow cooker with broth and wine; set aside.
2. In a medium mixing bowl, combine flour, ½ tsp. salt and pepper; dredge beef in flour mixture, shaking off excess.
3. In a large skillet, heat oil over medium-high heat; add beef and cook until browned (8-10 min.), turning several times.
4. Transfer beef to slow cooker. Add mushrooms, herbs, garlic and 1 tsp. salt; thoroughly combine ingredients with broth and wine.
5. Cover slow cooker; cook on low for 4-6 hrs. or on high for 2-3 hrs.
6. Prepare pasta according to pkg. directions; drain.
7. Serve beef over pasta.



COMPANY'S COMING SALMON

SERVES 4

- 1 ½ lbs. salmon fillet(s)
- 1 tbsp. Kowalski's Extra Virgin Olive Oil
- ½ tsp. kosher salt
- freshly ground Kowalski's Black Peppercorns, to taste
- ½ cup Kowalski's Original Hummus (from the Deli Grab & Go Case)
- *Roasted Brussels Sprouts*
- 2 ripe sweet mangoes (such as Honey, Ataúlfo or Champagne variety), peeled and diced
- 1-2 red Fresno or jalapeño peppers, stemmed and thinly sliced (seeded, if desired)
- garnishes, to taste: balsamic glaze (such as Cucina Viva brand) and chopped Kowalski's Lightly Salted Cashews

DIRECTIONS:

1. Preheat a grill to medium-high heat; clean grill grates.
2. Cut salmon into 4 portions. Brush lightly with oil; season with salt and pepper.
3. Grill fish skin-side down until flaky and opaque throughout (10-15 min., depending on thickness of fish).
4. While fish grills, smear an equal amount of hummus on each of 4 serving plates.
5. When salmon is done, transfer a piece to each plate on top of hummus, leaving skin behind; scatter Brussels, mangoes and peppers evenly over fish.
6. Drizzle with balsamic glaze; garnish with nuts.

ROASTED BRUSSELS SPROUTS

Preheat oven to 450°. Trim ½ lb. Brussels sprouts; cut in half lengthwise. Completely but lightly coat veggies with oil; season to taste with salt and pepper. Roast on a baking sheet lined with parchment paper until browned and tender when pierced with a fork (about 20 min.).



A Pinot Gris from Oregon is our choice for this guest-worthy meal.



CRISPY POLENTA CAPRESE GF V

SERVES 3

- 2 pt. (20 oz.) grape tomatoes
- 3 ½ tbsp. Kowalski's Extra Virgin Olive Oil, divided, plus extra for drizzling
- freshly ground Kowalski's Sea Salt and Black Peppercorns, to taste
- 18 oz. prepared polenta (such as Ancient Harvest brand)
- 6 oz. Kowalski's Signature Fresh Mozzarella Cheese (from the Specialty Cheese Case), chopped
- balsamic glaze (such as Cucina Viva brand), to taste
- ½ oz. fresh basil leaves, roughly chopped

DIRECTIONS:

1. Preheat oven to 450°.
2. Gently toss tomatoes with 1 ½ tbsp. of oil; season to taste with salt and pepper.
3. Arrange tomatoes on a large rimmed baking sheet lined with parchment paper; roast until tomatoes begin to burst (5-10 min.).
4. Slice polenta into 9 evenly thick rounds.
5. In an extra-large nonstick skillet or on a griddle, heat 2 tbsp. oil over medium-high heat.
6. Pan-fry polenta until golden and crisp on first side (about 5 min.); flip to fry other side.
7. Divide fried polenta among 3 dinner plates; season generously with salt.
8. Top hot polenta with cheese, then roasted tomatoes.
9. Drizzle with balsamic glaze; sprinkle with salt and pepper to taste.
10. Garnish with basil; serve immediately.



Bolognese pairs perfectly with Chianti Classico or Montepulciano d'Abruzzo.

EASY PENNE BOLOGNESE

SERVES 4

12 oz. dry penne pasta

16 oz. Kowalski's Signature Fresh Bolognese Sauce (from the Dairy Department)

½ cup freshly grated Kowalski's Signature Parmesan Cheese
- chopped fresh Italian parsley or basil leaves, to taste

DIRECTIONS:

1. In a large pot of salted water, cook pasta according to pkg. directions (do not overcook); near the end of cooking time, scoop approx. ½ cup of pasta cooking water from the pot and set aside.
2. While pasta cooks, heat sauce in the microwave or on the stovetop until very hot.
3. Drain pasta.
4. Combine pasta and sauce in an extra-large mixing bowl; add hot reserved pasta water a bit at a time as needed until sauce reaches desired consistency.
5. Serve immediately, garnishing individual servings with cheese and herbs.



FETTUCCINE CARBONARA WITH PANCETTA AND PEAS

SERVES 4

- | | |
|---|--|
| 3 oz. thinly sliced pancetta, cut into 1" wide strips | 1 cup frozen peas, thawed |
| 1 tsp. minced garlic | 9 oz. pkg. Kowalski's Fresh Egg Fettuccine Pasta (from the Dairy Department) |
| 1 cup heavy cream | - kosher salt and freshly ground Kowalski's Black Peppercorns, to taste |
| 3 egg yolks, beaten | |
| ½ cup freshly grated Kowalski's Parmesan Cheese, plus extra for serving | |

DIRECTIONS:

1. Bring a large pot of salted water to a boil.
2. Meanwhile, cook pancetta and garlic in a large sauté pan over medium heat until pancetta is browned and crisp (about 5 min.).
3. Using a slotted spoon, transfer pancetta to a plate lined with a paper towel; discard all but 2 tbsp. fat from skillet.
4. Add cream to the pan, scraping up browned bits from bottom of skillet; heat for 2 min.
5. Slowly whisk cream into a bowl of egg yolks; add Parmesan cheese.
6. Transfer mixture back to the pan; continue heating over low heat for 4 min., whisking constantly. Keep warm.
7. Add peas to the boiling water; cook just until tender (about 1 min.).
8. Using a slotted spoon, transfer peas to a small bowl; set aside.
9. Cook pasta in boiling water according to pkg. directions; drain.
10. Stir pasta, pancetta and peas into cream mixture, tossing to coat; season with salt and pepper.
11. Sprinkle with additional Parmesan cheese to taste; serve immediately.



KOWALSKI'S CHICKEN ENCHILADAS

SERVES 6

- 32 oz. (2 jars) Kowalski's Enchilada Sauce, divided
- shredded meat from ½ of a Kowalski's Signature Rotisserie Chicken (from the Deli Department), skin discarded
 - 1 ½ cups shredded Kowalski's Monterey Jack Cheese, divided
 - 4 oz. can fire-roasted green chiles, drained
 - 12 corn tortillas (10 oz. pkg.)
 - toppings, your choice: shredded lettuce, shredded Kowalski's Monterey Jack Cheese, Kowalski's Fresh Pico de Gallo, diced avocado, roughly chopped fresh cilantro, lime wedges, sliced red onion and light sour cream

DIRECTIONS:

1. Preheat oven to 400°.
2. Spray the bottom of a 13x9" glass baking dish lightly with cooking spray; pour 1 jar of enchilada sauce into bottom of dish and set aside.
3. Pour remaining sauce into a microwave-safe bowl; warm slightly in the microwave.
4. In a medium mixing bowl, mix chicken with 1 cup cheese and chiles.
5. Dip one tortilla at a time into the bowl of warm sauce; top with filling, roll up and place seam-side down in the prepared baking dish.
6. Pour remaining sauce over enchiladas; sprinkle with remaining cheese.
7. Bake in preheated oven until cheese is melted and bubbly and enchiladas are heated through (about 20 min.).
8. Let stand for 10 min. before serving with desired toppings.

Variations:

- For *Beef Enchiladas*, substitute 1 lb. ground beef and ½ cup onion for the chicken. Cook until beef is no longer pink and onions are tender; drain.
- For *Cheese Enchiladas*, substitute 12 oz. finely shredded Cheddar and Monterey Jack cheeses for the chicken.



Our wine experts recommend a Spanish Verdejo with this seafood dish.

MEDITERRANEAN SEA BASS EN PAPILOTE GF DF

SERVES 4

- 4 sheets parchment paper, about 15" square
- 1 lb. sea bass fillet(s), skin removed, cut into 4 pieces
- 4 tsp. Kowalski's Extra Virgin Olive Oil
- 4 tsp. chopped fresh basil leaves
- 4 tsp. capers, rinsed
- 2 tsp. snipped fresh rosemary
- 2 tsp. chopped garlic
- 12 grape tomatoes, halved
- 1 tsp. kosher salt
- ¼ tsp. freshly ground Kowalski's Black Peppercorns
- balsamic glaze (such as Cucina Viva brand), to taste

DIRECTIONS:

1. Preheat oven to 400°.
2. Lay out parchment paper on a clean work surface; divide next 9 ingredients (through pepper) evenly among parchment sheets.
3. Using small folds, fold each parchment sheet into an individual packet.
4. Place packets on a rimmed baking sheet; bake in preheated oven until fish flakes easily with a fork (about 15 min.).
5. Place parchment packets on individual serving plates. To serve, open packets and drizzle fish with balsamic glaze.



PORK LOIN ROAST WITH SWEET ONIONS AND MADEIRA WINE SAUCE

SERVES 6

- | | |
|---|---------------------------------------|
| 3 tbsp. Kowalski's Butter | 1 cup Madeira wine |
| 1 large sweet onion, thinly sliced | 2 tbsp. chopped fresh Italian parsley |
| 1 $\frac{3}{4}$ lbs. boneless pork loin rib-eye roast | $\frac{1}{4}$ cup water |
| 2 tsp. Kowalski's Signature Northwoods Grill Seasoning (from the Meat Department) | 3 tbsp. flour |

DIRECTIONS:

1. In a medium skillet, melt butter over medium heat.
2. Add onions; sauté until soft (8-10 min.). Push onions to the side of the pan.
3. Rub roast with seasoning; place roast in the pan and brown on both sides (about 3 min. per side).
4. Transfer roast to a slow cooker; top with onions, wine and parsley. Cover and cook on low heat for 8 hrs.
5. Transfer pork and onions to a serving platter (leave juices in bottom of slow cooker); cover and let rest for 15 min.
6. In a small mixing bowl, combine water and flour; add to the slow cooker with the juices. Increase heat to high; cook until sauce is thickened (about 15 min.), stirring occasionally.
7. Break pork into 6 chunks; serve topped with onions and sauce.



PORK TENDERLOIN DIANE

SERVES 8

- 2 Kowalski's Naturally Raised Pork Tenderloins (about 2 lbs. total)
- 1 ½ tsp. soy sauce
- 1 ½ tsp. Kowalski's Extra Virgin Olive Oil
- 6 tbsp. Kowalski's Unsalted Butter, divided
- ¼ cup finely minced shallots
- ½ cup water
- ½ lb. (approx.) Kowalski's Beef Demi-Glace (from the Meat Department)
- 2 tbsp. chopped fresh Italian parsley, plus more for garnish
- 1 ½ tbsp. Dijon mustard
- 2 tsp. Worcestershire sauce
- 1 tsp. Kowalski's Freshly Squeezed Lemon Juice (from the Produce Department)
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste

DIRECTIONS:

1. Brush tenderloin with soy sauce and oil; cut into 16 medallions (about 2 oz. each).
2. In a large sauté pan, heat 3 tbsp. butter over high heat, swirling to coat pan.
3. Sauté medallions in butter until well browned on both sides (4-5 min. per side); transfer to a warm platter and cover with foil.
4. In the same sauté pan, add remaining butter and shallots; sauté until shallots are softened (about 1 min.).
5. Deglaze pan with water; stir in demi-glace.
6. Stir in parsley, mustard, Worcestershire and lemon juice; season to taste with salt and pepper.
7. Return medallions to pan; spoon sauce over pork to coat.
8. Garnish with parsley; serve immediately.

**LEMON BUTTER SAUCE** MAKES ABOUT $\frac{3}{4}$ CUP

In a medium saucepan over medium-high heat, combine $\frac{3}{4}$ cup Kowalski's Freshly Squeezed Lemon Juice (from the Produce Department), $\frac{1}{2}$ cup dry white wine, and 2 tbsp. rice or Champagne wine vinegar; bring to a boil. Cook until reduced to about $\frac{1}{4}$ cup (about 15 min.). Whisk in 2 tbsp. heavy cream. Reduce heat to low; whisk in $\frac{1}{4}$ cup ($\frac{1}{2}$ stick) cold Kowalski's Unsalted Butter a little at a time until melted. Season sauce to taste with freshly ground Kowalski's Sea Salt and Black Peppercorns.

RACHAEL'S CHICKEN

SERVES 4

½ cup Kowalski's Extra Virgin Olive Oil

¼ cup brown sugar

- freshly grated zest of 1 lemon

2 tbsp. Kowalski's Signature Classic Garlic & Herb Rub (from the Meat Department)

1 ½ lbs. (approx.) boneless skinless chicken thighs

1 lemon, sliced

- *Lemon Butter Sauce*, warm

- prepared pasta or rice, warm, for serving

DIRECTIONS:

1. In a large mixing bowl, whisk together oil, sugar, zest and rub.
2. Add chicken to the bowl; toss to coat with marinade. Refrigerate, covered, for 30 min. to 2 hrs.
3. Preheat a grill or grill pan to high heat.
4. Grill chicken over direct heat, lid down, until cooked through (about 8 min.), turning once.
5. Remove chicken from grill; tent with foil and let rest for 5 min.
6. While chicken rests, grill lemon slices until grill marks form (1-2 min. per side).
7. Plate chicken with grilled lemon slices; drizzle with warm sauce.
8. Serve with warm pasta or rice.

A note about gluten: When served with gluten-free pasta or rice, this recipe is gluten free.



Serve over a whole-wheat or bean-flour pasta or over brown rice to get extra fiber and vitamins.



A crisp Pinot Grigio is perfect for this meal.

RED, WHITE AND GREEN RIGATONI

SERVES 4

- 1 lb. dry rigatoni pasta
- ¼ cup Kowalski's Extra Virgin Olive Oil
- 4 cloves garlic, very thinly sliced
- 28 oz. can peeled whole tomatoes, drained and chopped
 - kosher salt and freshly ground Kowalski's Black Peppercorns, to taste
- 7 oz. Kowalski's Signature Fresh Mozzarella Cheese (from the Specialty Cheese Case), cut into ½" dice
- 5 oz. baby arugula
- 3 oz. thinly sliced pancetta, cooked crisp
 - grated Pecorino Romano (from the Specialty Cheese Case), to taste

DIRECTIONS:

1. In a pot of salted boiling water, prepare pasta according to pkg. directions; drain.
2. While pasta cooks, heat oil in a large sauté pan over medium-low heat.
3. Add garlic; sauté until slightly golden (1-2 min.).
4. Add tomatoes; increase heat to medium and cook for 10 min., stirring occasionally.
5. Season with salt and pepper to taste.
6. In a large serving bowl, toss hot drained pasta with warm sauce.
7. Add mozzarella and arugula; toss gently.
8. Garnish with pancetta, pecorino and pepper; serve immediately.

TASTY TIPS

- Cook pancetta in a nonstick skillet over medium-low heat, just as you would bacon; drain on paper towels.
- This may seem like a lot of oil in which to cook this amount of garlic and tomatoes, but don't worry. You need this much to coat the noodles and arugula.

SWITCH/UP

Recipes with pasta are healthier when you use a whole-wheat or bean-flour pasta. You'll gain extra B vitamins, minerals and fiber.



SALT-ROASTED SALMON GF DF

SERVES 3

½ tsp. kosher salt, plus more for the pan

1 lb. salmon fillet, cut into 3 portions

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

¼ tsp. freshly ground Kowalski's Black Peppercorns

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

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

DIRECTIONS:

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

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



STEAK DIANE GF

SERVES 4

- | | |
|---|--|
| 3 tsp. Kowalski's Extra Virgin Olive Oil, divided | 1 tsp. kosher salt |
| 8 oz. small mushrooms, sliced ¼" thick | 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. gluten-free Worcestershire sauce |
| | - chopped fresh parsley, to taste |

DIRECTIONS:

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



MANGO COULIS

MAKES ABOUT 1 CUP

In a blender or food processor, purée 12 oz. jarred mangoes in extra-light syrup (including ½ of syrup); process until smooth. In a small sauté pan, melt ½ cup Kowalski's Unsalted Butter over medium heat (2-3 min.); stir in mango purée, 1 tsp. freshly grated lime zest, 1 tsp. freshly squeezed lime juice and ¼ tsp. kosher salt.



We recommend a dry South African Chenin Blanc with this seafood dish.

TROPICAL HALIBUT

SERVES 4

- 1 cup panko breadcrumbs
- 3 oz. dry-roasted macadamia nuts, finely chopped
- 2 tbsp. chopped fresh Italian parsley
- ¼ tsp. kosher salt
- 1 egg, beaten
- 2 tbsp. milk
- 1 ½ lbs. skinless halibut fillet(s)
- 2 tbsp. Kowalski's Extra Virgin Olive Oil
- *Mango Coulis*, for serving

DIRECTIONS:

1. In a shallow pan, combine panko, nuts, parsley and salt; set aside.
2. In a shallow bowl, mix egg and milk with a wire whisk.
3. Dip fillets in egg mixture, then in panko mixture, coating both sides.
4. In a large sauté pan, heat oil over medium heat; sauté fillets until fish flakes easily with a fork and coating is brown and crisp (2-3 min. per side).
5. Divide coulis evenly among 4 dinner plates; arrange fillets over coulis. Serve immediately.



FAMILY FAVORITE TENDERLOIN SLIDERS

SERVES 4

2 lbs. Kowalski's Kobe-Style Akaushi Beef Tenderloin Steak

8 slider pretzel buns, split horizontally

- Kowalski's Butter, at room temperature, as needed for toasting the buns

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

- Kowalski's Extra Virgin Olive Oil, as needed

2 handfuls (approx.) baby arugula

- Kowalski's Balsamic Vinegar, to taste

½ cup (approx.) Kowalski's Signature Salsa di Parma Spread (from the Deli Grab & Go Case)

DIRECTIONS:

1. Cut tenderloin into 16 evenly sized slices (about 2 oz. each); set aside.
2. On a stovetop or grill, preheat a cast iron skillet over medium-high heat.
3. Spread cut sides of buns with butter; toast in skillet cut-side down until golden-brown (about 2 min.). Set toasted buns aside.
4. Working in batches, place steak pieces between a couple pieces of parchment or waxed paper; use a meat mallet or heavy rolling pin to gently pound each piece less than ½" thick.
5. Season steaks with salt and pepper on all sides.
6. Heat a bit of oil in the skillet used to toast the buns; add steaks to the skillet and cook to desired doneness (1-3 min.), turning occasionally.
7. Remove steaks from heat; set aside.
8. While steaks rest, place arugula in a medium mixing bowl; drizzle with oil and vinegar to taste. Season with salt and pepper; set salad aside.
9. Place 2 pieces of steak on each bottom bun.
10. Divide Salsa di Parma evenly between sandwiches; top evenly with salad.
11. Cover salad with top halves of buns; serve immediately.



JUDGE'S CHOICE BURGERS

SERVES 4

- 1 ½ lbs. Kowalski's Kobe-Style Akaushi Ground Chuck
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste
- 8 slices American cheese (such as Bongards or Boar's Head brand)
- 4 brioche buns, split and lightly toasted
- toppings, to taste: shredded Romaine lettuce and *Smoky Bacon Aioli*

DIRECTIONS:

1. Preheat a griddle to high heat.
2. Using clean hands, press and form beef into 8 thin hamburger patties; season with salt and pepper.
3. Grill patties on preheated griddle for 2-3 min. on first side.
4. Flip patties; top each with 1 slice of cheese.
5. Cover griddle with a lid or loose piece of foil; melt cheese while burgers finish cooking on second side (2-3 min.).
6. Serve 2 patties on each toasted bun with toppings to taste.

SMOKY BACON AIOLI

MAKES ABOUT 1 CUP

In a small mixing bowl, mix together 1 cup mayonnaise, 4 slices crisp cooked and finely crumbled Kowalski's Bacon, 1 tbsp. Kowalski's Freshly Squeezed Lemon Juice (from the Produce Department), 3 cloves finely minced garlic, 1 tsp. smoked paprika, 1 tsp. freshly ground Kowalski's Black Peppercorns and ½ tsp. kosher salt. Store in the refrigerator, covered, for up to 5 days.



You can also find pre-portioned balls of Akaushi ground chuck in the Meat Department, ready for smashing!

SWITCH/UP

Swap in a healthier bun. Select a whole-wheat or whole-grain bun to get a boost of fiber and B vitamins.



GRILLED PORTOBELLA MUSHROOM SANDWICHES V

MAKES 4

4 whole portobella mushroom caps, gills and stems removed

$\frac{2}{3}$ cup Kowalski's Signature Balsamic Vinaigrette Salad Dressing (from the Grocery Department)

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

2 handfuls (approx.) baby arugula and/or microgreens

- Kowalski's Extra Virgin Olive Oil, to taste

- Kowalski's Balsamic Vinegar, to taste

4 Kowalski's Butter Burger Buns (from the Bakery Department), split and toasted

$\frac{1}{2}$ lb. (approx.) Kowalski's Signature Fresh Mozzarella Cheese (from the Specialty Cheese Case), thinly sliced

- Kowalski's Signature Fresh Creamy Italian Dressing (from the Produce Department), to taste

DIRECTIONS:

1. In a large mixing bowl, combine mushrooms and vinaigrette; gently toss to coat. Let mushrooms stand at room temperature for 15 min.
2. Preheat grill to high heat; clean grill grates.
3. Grill mushrooms over direct heat until crisp-tender (8-10 min.), turning occasionally; season with salt and pepper to taste.
4. While mushrooms cook, place arugula in a medium mixing bowl. Drizzle with oil and vinegar; season with salt and pepper. Set salad aside.
5. Preheat a broiler.
6. Place bottom halves of buns on a baking sheet; top evenly with cheese. Broil 6-10" from the preheated broiler until cheese is just melty.
7. Top each bottom bun with a mushroom cap; top evenly with salad.
8. Spread a bit of Italian dressing on top halves of buns; cover salad with top buns and serve immediately.



KALBI BEEF SANDWICHES

SERVES 4

- | | |
|--|---|
| 1 lb. boneless sirloin steak or skirt steak, cut into very thin slices on the diagonal | 2 tbsp. Kowalski's Unsalted Butter |
| 1 sweet yellow onion, thinly sliced | 2 tbsp. Kowalski's Extra Virgin Olive Oil |
| 1 small green bell pepper, cored, seeded and sliced | 8 Kowalski's Take & Bake Ciabatta Rolls, baked as directed and split in half horizontally |
| 14 oz. jar Kowalski's Signature Original Kalbi Marinade | 4 oz. Gruyère cheese, thinly sliced |

DIRECTIONS:

1. In a medium mixing bowl, combine steak, onion and bell pepper with marinade; toss to coat. Cover and refrigerate for 2-24 hrs.
2. Drain marinade into a small saucepan; bring to a boil over high heat. Keep warm until sandwiches are ready to serve.
3. Preheat broiler.
4. In a large nonstick skillet, melt butter with oil over medium-high heat.
5. Add beef and vegetables; sauté until beef is medium-rare (3-4 min.).
6. Place bottom halves of rolls on a baking sheet; top evenly with beef mixture.
7. Top evenly with cheese.
8. Place baking sheet 6-10" from the preheated broiler; broil until cheese is melted and dark around the edges (1-2 min.).
9. Cover cheese with top halves of rolls; serve immediately with reserved marinade for dipping.



KALBI CHICKEN LETTUCE WRAPS DF

SERVES 4

½ cup Kowalski's Signature Original Kalbi Marinade, plus more for serving
1-1 ¼ lbs. boneless skinless chicken breast tenders

1 ½ tsp. canola oil

½ cup fresh bean sprouts, rinsed

½ cup matchstick-cut carrots

½ cup thinly sliced red bell pepper strips (about 1 small pepper)

1 head Bibb or iceberg lettuce, rinsed and drained, leaves separated

- garnishes, to taste: toasted sesame seeds, thinly sliced green onions and finely chopped fresh cilantro

DIRECTIONS:

1. In a medium mixing bowl, combine marinade and chicken, turning to coat; marinate in refrigerator for 30 min.
2. Preheat a grill to medium-high heat; clean grill grates.
3. Grill chicken, covered, until no longer pink (about 4 min. per side), turning once.
4. Remove chicken from heat; let rest for 3-5 min.
5. While chicken rests, heat oil in a medium nonstick skillet over medium-high heat. Add sprouts, carrots and bell pepper; cook and stir until crisp-tender (about 3 min.).
6. Coarsely chop chicken.
7. To serve, scoop chicken into lettuce leaves; top with veggies. Drizzle with marinade to taste and garnish as desired.



Try a Belgian or golden ale, or even a hoppy Pilsner.

KICKIN' SLOPPY JOES

SERVES 6

- | | |
|--|--|
| 1 tbsp. Kowalski's Extra Virgin Olive Oil | ½ cup low-sodium beef broth |
| ½ cup finely diced bell pepper | ½ cup Kowalski's Signature Kickin' Kalbi Sauce |
| ¼ cup finely diced onion | 4 oz. can tomato paste |
| 1 ½ lbs. Kowalski's Certified Humane USDA Choice 93% Lean Ground Sirloin | 6 Kowalski's Butter Burger Buns (from the Bakery Department) |
| - kosher salt and freshly ground | - cooking spray, for toasting the buns |
| Kowalski's Black Peppercorns, to taste | - yellow mustard, for serving (optional) |

DIRECTIONS:

1. In a large skillet, heat oil over medium-high heat; sauté bell pepper and onion in oil until tender (about 5 min.).
2. Add beef; cook and crumble beef until meat is no longer pink (10-12 min.).
3. Season with salt and pepper. Stir in broth, kalbi sauce and tomato paste; bring mixture to a boil.
4. Reduce heat to medium-low; cook until sauce reaches desired thickness (2-3 min.), stirring frequently. Set aside; keep warm.
5. Spray cut sides of buns with cooking spray; toast cut-side down on a griddle over medium heat until golden-brown (3-4 min.).
6. Serve warm meat mixture on toasted buns with mustard, if desired.



KOWALSKI'S EASY CHICKEN FAJITAS DF

SERVES 4

- 2 boneless skinless marinated chicken breasts (about 10 oz. total), such as Kowalski's Smoky Jalapeño & Tequila Marinated Chicken Breasts
 8 (6") Kowalski's Flour Tortillas
 - toppings, your choice: Kowalski's Salsa, shredded Kowalski's Mexican Blend Cheese, shredded lettuce, sliced red onion, sliced avocado, roughly chopped fresh cilantro, lime wedges and light sour cream

DIRECTIONS:

1. Preheat a grill to high; clean grill grates.
2. Grill chicken on preheated grill, covered, until done (about 9 min.), turning once.
3. Remove chicken from grill; tent with foil and let rest for 5 min.
4. Slice chicken into thin strips.
5. Wrap tortillas in slightly damp paper towels; heat in the microwave until very warm (up to 45 sec.).
6. Divide chicken among warm tortillas; add toppings to taste and serve immediately.

A note about dairy: When served without cheese, this recipe is dairy free.



MEATBALL SUBS

SERVES 4

- 12 oz. Kowalski's Fresh Artisan-Style Italian Meatballs
- 16 oz. Kowalski's Signature Pomodoro Sauce (from the Dairy Department)
- 4 Kowalski's Hoagie Rolls (from the Bakery Department)
- 4 slices Kowalski's Provolone Cheese
- fresh basil leaves and freshly grated Kowalski's Parmesan Cheese, for garnish

DIRECTIONS:

1. Preheat oven to 400°.
2. Arrange meatballs on a baking sheet lined with parchment paper; bake until done (about 25 min.).
3. Remove meatballs from oven; preheat broiler.
4. While broiler preheats, combine sauce and cooked meatballs in a large mixing bowl; toss to coat.
5. Using a serrated knife, split hoagie rolls $\frac{3}{4}$ of the way through; press open on a clean baking sheet.
6. Spread inside of rolls with sauce from the bowl as desired; top evenly with meatballs, more sauce to taste and provolone cheese.
7. Place baking sheet 6-10" from the preheated broiler; broil until cheese is melted and edges of rolls start to turn dark golden-brown and toasty (1-2 min.).
8. Garnish with torn basil leaves and Parmesan cheese; serve hot.



WILD MUSHROOM AND SAUSAGE SOUP

SERVES 6

- 1 oz. dried porcini mushrooms
- 1 lb. mild Italian sausage
- 1 cup finely minced onion
- ½ cup flour
- 4 cups chicken broth
- 1 ½ cups cooked Kowalski's Wild Rice
- 1 ½ tsp. minced fresh thyme leaves, plus a few sprigs for garnish
- 1 ½ tsp. minced fresh oregano leaves
- ½ tsp. kosher salt, plus more for seasoning
- 2 tbsp. Kowalski's Unsalted Butter
- 8 oz. chopped fresh mushrooms (any variety or blend)
- freshly ground Kowalski's Black Peppercorns, to taste
- 1 cup half-and-half

DIRECTIONS:

1. Rehydrate porcini mushrooms according to pkg. directions; reserve liquid and set mushrooms aside.
2. In a medium stockpot, brown sausage and onion over medium heat, breaking sausage into small pieces.
3. Stir flour into browned sausage; gradually add chicken broth. Cook, stirring constantly, until mixture comes to a boil; boil and stir for 1 min.
4. Stir in porcini mushrooms and liquid, rice, thyme, oregano and ½ tsp. salt; simmer for about 5 min.
5. While soup simmers, heat butter in a large skillet over medium-high heat. Add chopped mushrooms; cook, stirring frequently, until tender and dark on the edges (about 5 min.). Season with salt and pepper; remove from heat and set sautéed mushrooms aside.
6. Blend half-and-half into soup; heat to serving temperature.
7. Season soup with salt and pepper to taste; serve immediately, topping individual bowls with sautéed mushrooms and thyme sprigs.



Our wine experts recommend a Spanish Tempranillo with this soup.



NUT GOODIE BARS

MAKES 48 (APPROX. 2" SQUARE) BARS

- 1 jar (16 oz.) Kowalski's Organic Creamy Peanut Butter
(from the Grocery Department)
- 12 oz. milk chocolate chips
- 12 oz. semisweet chocolate chips
- 24 oz. white chocolate chips
- 14 oz. sweetened condensed milk
- 1 cup dark brown sugar
- ¼ cup (½ stick) Kowalski's Salted Butter
- ¼ cup Kowalski's Pure Maple Syrup
- 2 tsp. maple extract
- 16 oz. Spanish peanuts or Kowalski's Classic Peanuts

DIRECTIONS:

1. In an extra-large microwave-safe mixing bowl, add peanut butter, milk chocolate chips and semisweet chocolate chips. Microwave for 2 min. at 50% power; stir.
2. Microwave mixture for 1 min. more at 50% power; stir again.
3. Continue microwaving at 50% power in 30 sec. increments until mixture is completely smooth.
4. Spread ½ of mixture in the bottom of a greased 10x15" rimmed baking sheet lined with parchment paper; refrigerate until firm (about 30 min.). Set remaining peanut butter mixture aside.
5. In another extra-large microwave-safe mixing bowl, melt white chocolate chips with condensed milk, brown sugar, butter and syrup in the same fashion as the peanut butter mixture.
6. Stir in maple extract.
7. Spread mixture evenly over peanut butter layer in baking sheet; top evenly with nuts, pressing in gently.
8. Refrigerate until maple layer is firm (about 30 min.).
9. Microwave reserved peanut butter mixture at 50% power in 30 sec. increments until warm and fairly fluid; spread mixture evenly over maple layer; refrigerate until firm (about 2 hrs.).
10. Cut into 2" squares; store bars in the refrigerator, covered, until ready to serve.



PEARS FOSTER GF V

SERVES 4

2 tbsp. Kowalski's Butter
 4 ripe Bosc pears, peeled, halved
 and cored
 ¼ cup brown sugar

¼ tsp. Kowalski's Ground Cinnamon
 ½ cup dark rum
 1 tbsp. brandy
 - vanilla bean ice cream, for serving

DIRECTIONS:

1. In a large skillet, melt butter over low heat.
2. Add pears; cook until tender when pierced with a fork (8-10 min.), turning to brown both sides.
3. Stir in brown sugar and cinnamon.
4. Place cooked pears in a large dish; cover to keep warm and set aside.
5. Off the heat, add rum and brandy to the skillet; warm over medium heat.
6. When hot, ignite with a long wooden match or long lighter tool; continue cooking until flame goes out.
7. Arrange 2 pear halves in each of 4 individual serving bowls; top with ice cream.
8. Drizzle evenly with warm sauce; serve immediately.



SAUTÉED APPLES WITH GRANOLA **GF** **V**

SERVES 4

1 ½ tbsp. Kowalski's Butter

1 lb. (about 2) Granny Smith apples, peeled and sliced

¼ cup brown sugar

¼ tsp. Kowalski's Ground Cinnamon

- Kowalski's Cranberry Cinnamon Snack Granola (from the Bakery Department)

- vanilla ice cream, for serving (optional)

DIRECTIONS:

1. In a large skillet, melt butter over medium-high heat.
2. Add apples; sauté until just tender (8-10 min.).
3. Stir in sugar and cinnamon; cook until sugar melts (about 1 min.).
4. Top with granola; serve with ice cream, if desired.

socialize with us!



@KowalskisMarkets



@kowalskis_markets



@KowalskisMarkets



@kowalskismarket



@kowalskismarket