

Compliments of Kowalski's

January – February 2022  
THE JOY OF GOOD FOOD

# KOWALSKI'S AT HOME

## THE SPICE ISSUE

ALL ABOUT  
**CURRY**

MEET OUR  
NEWLY CERTIFIED  
CHEESE PROS

**SPICE UP**  
YOUR VALENTINE'S DAY

*Thai-Inspired  
Sweet Yellow  
Curry (page 11)*

The Family Grocery Store with the Family Still in It

# Thoughts from the KOWALSKIS

Our Signature Products program is one we are particularly proud of. Unlike some stores that slap their name on anything they can, we only put our name on products we actually want to buy. We hold these items to a higher standard than the other products in their categories, and we aren't surprised that they're almost always the top sellers. We are proud to feature our Indian Simmer Sauce line on the facing page. These all-natural sauces are an easy dinner option with surprisingly accessible flavors that make for a perfectly comforting meal on a cold winter's day.

In this issue, we are also looking at the story of two of our local Gift Department partners, both founded by local couples with a passion for their products and a true commitment to excellence in their field. That these types of businesspeople make Kowalski's Gift Department incredibly unique is a huge understatement. Our gift program is driven in large part by our love of the products we carry. If you see us in the stores or around town, we're likely toting a handbag, wearing a sweater or lathering on hand cream we picked up on our way to the donut case! Turn to page 4 to meet these very extraordinary couples.

We like to believe that the secret ingredient in our stores is people, and on page 6, we introduce you to three such special stakeholders. These impressive women recently took a very tough exam to attain the country's premier professional designation for cheese experts, and we couldn't be more proud to have them in our Specialty Cheese Department.

Everywhere else in this year's first issue of *At Home*, Culinary & Branding Director Rachael Perron is bringing global creativity to your New Year's kitchen. Taking inspiration from some of our favorite Asian cuisines, she's offering a Minnesota-friendly way to incorporate the best of these flavors in everything from spaghetti to chicken noodle soup. As Sue Moores, M.S., R.D., shares in her column on page 10, boosting flavor could be the answer to spicing up more "ordinary" foods, which may not be as satisfying and can lead to overeating.

Welcome to 2022!

***Food matters! Truth matters!***

Mary Anne Kowalski and  
Kris Kowalski Christiansen



## Soup's On

AVAILABLE HOT & FRESH FROM OUR SOUP BAR...

Warm up with a cup of our Signature fresh soup on these chilly Minnesota days! Made locally from only all natural, premium-quality ingredients, Kowalski's Soup Bar in the Deli Department features soups ranging from traditional to trendy. Our exclusive recipes for Rotisserie Seasoned Chicken Noodle and Chicken Wild Rice with Bacon are bestsellers year-round and beloved by customers with a taste for the classics. They're available every day in every store both on the Hot Soup Bar and in the Deli Grab & Go case, so you can have your favorite flavors any time you want them. Look for a rotating menu of other recipes, including vegetarian, vegan, organic and gluten-free options.

AND READY TO HEAT & EAT FROM OUR GRAB & GO CASE

**KOWALSKI COMPANIES IDENTITY STATEMENT:** Kowalski Companies is a civic business. All stakeholders are obligated to organize, educate and set policy according to democratic principles and standards. We do this in partnership with other demonstrations of the Midwest Active Citizenship Initiative to renew and sustain democracy and to create a world that is abundant and just.

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SIGNATURE  
PRODUCT  
FOCUS

## KOWALSKI'S INDIAN SIMMER SAUCES

Kowalski's Indian Simmer Sauces are an easy way to enjoy popular curries at home and are as simple to use as pasta sauce. Just heat and eat!

- **Korma Simmer Sauce** – This mild, nutty sauce is often served with vegetables. It may also be used with chicken or beef.
- **Tikka Masala Sauce** – A mild and creamy curry sauce, this is best with chicken and vegetables.

- **Tandoori Grill Sauce** – Use this as a marinade or simmer sauce. It has a medium spice level and a smokiness that is best paired with chicken.
- **Vindaloo Marinade** – A favorite of curry fans, this tangy, spicy and mildly sweet sauce may be used as a simmer sauce or marinade. It's good with chicken or beef.

Find these traditional flavors in the Global Foods Aisle.

CHICKEN TIKKA MASALA GF

SERVES 4

- 1 ½ cups basmati rice
- 1 tsp. ground turmeric
- 1 tbsp. Kowalski's Unsalted Butter
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste
- 2 tbsp. clarified butter (ghee) or canola oil
- 1 ½ lbs. boneless skinless chicken (breasts, thighs or a combination), cut into 1" pieces
- 12 oz. Kowalski's Tikka Masala Sauce
- freshly chopped cilantro leaves, to taste

Prepare rice according to pkg. directions, adding turmeric to the cooking liquid before cooking. Toss hot rice with unsalted butter; season with salt and pepper. Meanwhile, in a large skillet over medium heat, heat ghee or oil. Add chicken; cook and stir until browned on all sides (about 3 min.). Add sauce; cover pan and reduce heat to a low simmer. Cook until chicken is cooked through (about 8 min.). Garnish with cilantro; serve with rice.

**TASTY TIP**

Substitute rinsed and drained canned beans (such as garbanzo) or fresh vegetables (such as bell pepper strips, cauliflower or broccoli florets, onions and carrots) for some or all of the chicken.

# beautiful PARTNERSHIPS



Two of the many local partner lines offered in Kowalski's Gift Department are made by local couples with a passion for the beauty biz.

## rareESSENCE



When Sherri Jobelius and Brian Paulsen fell in love, their mutual adoration for flowers, plants and the natural world was an inspiring force for their connection. As artists and creators, they decided to share this passion with the world by founding rareESSENCE. The rest is history. Sherri and Brian travel the world to find and source the highest-quality essential oils and other ingredients as close to the growers and distillers as possible.

Harnessing the power of plant essences, their wish is to help you find peace, ease and beauty when you need it most.



rareESSENCE offers products that are safe, certified organic, vegan, cruelty free, and free of synthetics, phthalates, petroleum, parabens, sulfates and silicone. Handcrafted in their Minneapolis-based headquarters, Brian and Sherri maintain complete control over the purity and quality of every product they make. They are steadfast in their commitment to uncompromising environmental standards, from the sourcing of essential oils and waxes to the paper and glassware they use (Forest Stewardship Council certified paper and glassware made with recycled glass). Whether they are hand-pouring candles, blending oils for aromatherapeutic synergies or honoring the ancient principles of perfumery while decanting their perfumes, Sherri and Brian see everything they create as a rare and precious gift from nature.

Kowalski's is incredibly proud of our longstanding partnership with rareESSENCE and thrilled to have our Signature line of essential oil roll-ons, inhalers, candles and room mists produced for us by rareESSENCE.

## Sigma Beauty



Power couple Dr. Simone Xavier and Renee Xavier Filho of North Oaks, Minnesota (a molecular bacteriologist and civil engineer, respectively), launched Sigma Beauty in 2009 with a single makeup brush set. Their very first product instantly captured a cult following and quickly sold out. Made from a special metal alloy for unparalleled strength, these brushes feature ultra-soft, vegan, antimicrobial fibers that better hold, apply and blend a variety of makeup formulas. Sigma brushes just might be the best makeup brushes you'll ever own!

Sigma currently holds more than 100 worldwide patents, with more pending. It's no wonder they are the preferred tools of professional makeup artists around the world.

As symbolized by  $\Sigma$ , the Greek letter for a mathematical sum, Sigma Beauty defines their mission as "Quality + Function + Innovation." With superior materials, ingredients and state-of-the-art technology, Sigma offers premium beauty solutions made for your life. Every tool, texture, formula and color Sigma creates is a uniquely beautiful way to up your makeup game. From their headquarters in Mendota Heights, their local, impassioned team of more than 90% women sell Sigma products worldwide, including to upscale retailers like Nordstrom, Von Maur and Neiman Marcus.



Sigma's product line includes an extensive list of safe, premium-quality, vegan products that are PETA-approved, cruelty free, and formulated without parabens, sulfates, phthalates, formaldehydes and more. In fact, Sigma color cosmetics and brush cleansers are free of more than 70 harsh chemicals commonly used by other brands.

Look for the Clean Beauty Seal on new-to-Kowalski's products from Sigma, which include lip oils, eyeshadows, blushes, highlighters and more, in the Gift Department.





Rachael Perron  
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## COOKING AT HOME: GOOD SOUP

At home, my husband asks for soup regularly from September until May. Me? I'm not really a fan. It's a point on which my son and I are in 100% alignment. Soup, as he likes to say, is just a watery dinner.

And chicken noodle? Nah. I'm not a fan. I get the idea of it. I do understand the appeal, but I find it, if not *bland*, at least a little bit *blah*. I prefer soup with heat, acidity, smokiness – *all the drama!* So, to pacify my soup-loving spouse, I made him this chicken noodle – with a few oh-so-me twists. Among other swaps and switch-ups, I added smoked chicken, lo mein noodles, sweet potatoes, broccolini and some SPICE! The resulting concoction may not be Minnesota nice, but it'll keep you warm on a cold winter's night – you betcha!

Warmly, *Rachael*

### CURRIED CHICKEN NOODLE SOUP GF

SERVES 4

- 1 bunch (about 5.5 oz.) broccolini
- 1 tbsp. Kowalski's Extra Virgin Olive Oil
- ½ lb. sweet potatoes, peeled, cut into ½" dice (or about ½ box sweet potato cubes from the Prepared Produce Section)
- 1 red bell pepper, cut into ¼" dice
- 1 small shallot, minced
- 2 tsp. minced garlic
- 1 tbsp. Kowalski's Organic Mild Curry Powder
- 1 tbsp. brown sugar
- 1 tsp. kosher salt
- 1 tsp. ground ginger
- 1 tsp. ground turmeric
- ½ tsp. crushed red pepper flakes
- ¼ tsp. freshly ground Kowalski's Black Peppercorns
- 4 tsp. Kowalski's Organic Roasted Chicken Broth Base, prepared with 4 cups hot water
- ½ lb. (approx.) Kowalski's Signature Lightly Smoked, Fully Cooked Pulled Chicken (from the Meat Department)
- 12 oz. can evaporated milk
- 6 oz. (approx.) dried noodles, such as Simply Asia Chinese-Style Lo Mein Noodles
- 1 tbsp. Kowalski's Freshly Squeezed Lime Juice (from the Produce Department)
- thinly sliced green onions and red Fresno pepper, lime wedges and fresh basil leaves, for garnish

Trim broccolini into 2" pieces; discard bottommost 2" or reserve for another use. Set trimmed broccolini aside. Heat oil in a deep pot over medium heat. Add potatoes, bell pepper and shallot; sauté in oil just until potatoes begin to soften (7-9 min.). Add garlic; cook for 1 min. Add curry powder, sugar, salt, ginger, turmeric, crushed red pepper flakes and black pepper; cook and stir for 2 min. Stir in prepared broth; bring to a boil. Reduce heat to medium-low; stir in chicken, milk, noodles and broccolini; cook until soup is thoroughly hot, broccolini is crisp-tender and noodles are al dente (about 6 min., or as directed on the pkg. of noodles). Remove from heat; stir in lime juice. Garnish individual bowls to taste.

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

# STAKEHOLDER SPOTLIGHT

# AT THE TOP OF THEIR

Kowalski's is extremely proud to announce that three of our Cheese Specialists recently became American Cheese Society Certified Cheese Professionals. **Claire Thul** from our Eagan Market, **Gabby Lasersmith** from the Excelsior Market and **Kelsey Pass** from the Grand Market join **Liz Nerud** of our Woodbury Market in this distinguished classification. This is an amazing step forward in the professional development of our cheese team. We have always been recognized for the strength of our cheese program, and having these three new ACS CCPs truly puts Kowalski's on the map as an international program of excellence.



The exam required to earn the ACS designation is extremely hard to pass. In fact, only about 60% of test-takers pass each sitting. The ACS Certified Cheese Professional® Exam encourages high standards of comprehensive cheese knowledge and service, offering professionals in the cheese industry the opportunity to earn the distinguished title of ACS Certified Cheese Professional®, or ACS CCP™. The letters ACS CCP signify that an individual has acquired thorough knowledge and the level of expertise that is demanded within the cheese industry. Attaining the CCP certificate is a true achievement that reflects a commitment to expertly caring for cheese and serving cheese lovers with passion. It evaluates candidates' skills in very specific job-related activities as well as their knowledge of cheese. They are truly the elite cheese professionals in the country.



Liz, Gabby and Claire

## HOP A FLIGHT TO DELICIOUS

One of our recently certified specialists, Kelsey Pass, is a key stakeholder in our increasingly popular cheese flight program. Kelsey works closely with Specialty Cheese Director Joe Moore to craft what she teasingly calls “grown-up Lunchables.” These flights feature seasonal cheeses and pairings in a family-friendly size that serves about four cheese lovers. Whether you're celebrating a special occasion like Valentine's Day or an everyday occasion like Tuesday, they're a fun way to try some new and new-to-you cheese choices. Look for a rotating selection of cheese flights in the Specialty Cheese Case at your local Kowalski's Market.



Kelsey

# GAME

*Look for a rotating selection of cheese flights in the Specialty Cheese Case daily. Multiple sizes are available, with flights that serve 2-6 people or more.*



Here Kelsey breaks down her thought process on pulling together a perfect cheese flight.

## ANATOMY OF A CHEESE FLIGHT



**Cheese choices:**

A selection of different textures and milks is a must for creating the variety that typifies a good flight. “Sometimes I like to choose a destination to focus on when putting a flight together. I will choose themes like ‘California’ or ‘Italy’ and choose only cheeses that come from that area.”

**A complementary**

**condiment:** Both for flavor and texture, a product like honey, jam or aged balsamic vinegar is a unifying note of distinction in Kelsey’s assortments. “Often, the condiment I choose will be the true anchor of the flight.”

**A brittle bite:**

A cracker, cookie or other crunchy or crispy element like nuts or seeds is a good counterpoint to soft-textured cheese.

**Something special:**

Always adding an element of surprise, Kelsey likes to include a fun “treat” of sorts to pair with the flavors of the cheeses in her flights. “The color pop, intensely sweet flavor and chewy texture of dried fruit make a huge difference in each flight I design. Most cheese is white. You have to make it sparkle!”



## DESTINATION SPAIN CHEESE FLIGHT (PICTURED ABOVE)

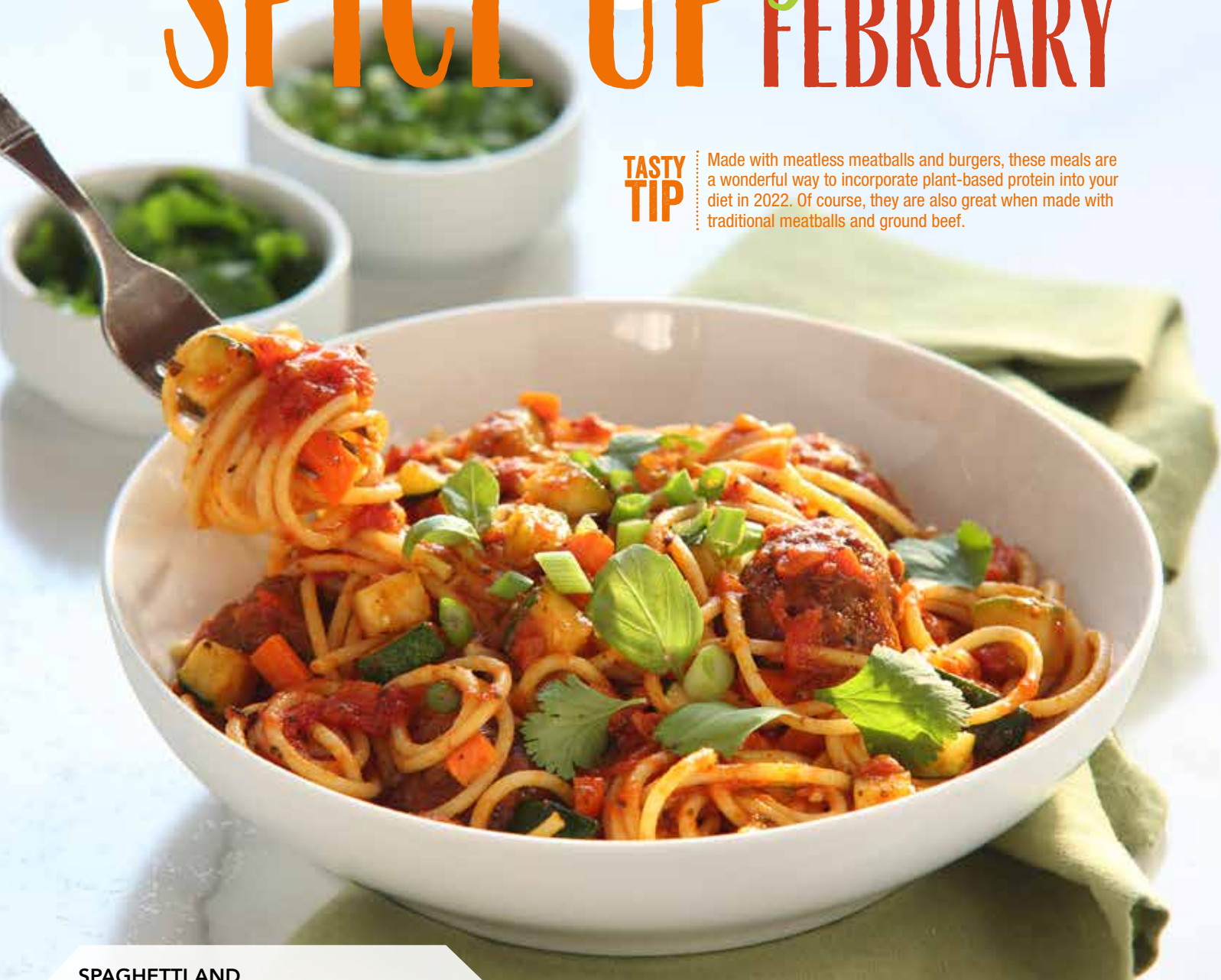
**Drunken Goat**  
**6-month Manchego**  
**Capricho de Cabra**  
**Dried peaches**

**Golden raisins**  
**Fresh rosemary**  
**Valencia Almonds with Fine Herbs**  
**Matiz Catalan Traditional Romesco Sauce**

# SPICE UP *your* FEBRUARY

**TASTY TIP**

Made with meatless meatballs and burgers, these meals are a wonderful way to incorporate plant-based protein into your diet in 2022. Of course, they are also great when made with traditional meatballs and ground beef.



**SPAGHETTI AND "MEATBALLS" MASALA**

**V** **VE** **DF**

SERVES 4

- 1 lb. dry spaghetti
- 2 tbsp. Kowalski's Extra Virgin Olive Oil
- 4 cloves garlic, minced
- 1 shallot, minced
- 1 small zucchini, cut into ½" dice
- 1 carrot, peeled, cut into ¼" dice
- 2 tbsp. Kowalski's Organic Hot Curry Powder
- ½ tsp. ground ginger
- ¼ tsp. crushed red pepper flakes
- 16 oz. Kowalski's Signature Fresh Pomodoro Sauce
- 7.9 oz. pkg. frozen plant-based meatballs, thawed
- thinly sliced green onion, fresh cilantro and/or basil, for garnish

In a large pot of heavily salted water, cook spaghetti according to pkg. directions until just al dente (do not overcook); about 3 min. before the end of cooking time, scoop 1 cup pasta cooking water from the pot and set aside. Meanwhile, in an extra-large sauté pan, heat oil over medium heat. Add garlic and shallot; cook, stirring frequently, until shallot is softened and garlic is fragrant (2-3 min.). Add zucchini and carrot; cook and stir for 2 min. Add curry powder, ginger and red pepper flakes; cook and stir for 2 min. Add pomodoro sauce and meatballs; cook until sauce and meatballs are hot and vegetables are crisp-tender (about 2 min.). Using a slotted spoon, transfer cooked pasta to the sauté pan; stir and simmer until thickened (1-2 min.). Add hot pasta water a bit at a time, as needed, until dish reaches desired consistency. Garnish to taste; serve immediately.

**FIND IT!**

Find Kowalski's Signature Fresh Pomodoro Sauce in the Deli Grab & Go Case.





This year, the big game falls on February 13, the day before Valentine's Day. Accordingly, we're switching up two meals we often associate with these February special occasions by adding a bit of sweet heat. Here a romantic Valentine's Day classic (a la *Lady and the Tramp*) and a football lover's fave are infused with a dash of seasonal spice from one of the unique curry powder blends found in Kowalski's spice line.

Western curry powder doesn't exist in the places from which curry hails. The one you find in the spice aisle is a blend of some

of the more popular (and oftentimes milder) spices commonly found in curries. It's a convenient ingredient for anyone new to curried dishes. **Kowalski's Mild Curry Powder** gets its yellow hue from turmeric, mustard and ginger. It also tastes of coriander, pepper, fennel, bay leaves and cardamom. Our **Hot Curry Powder** also includes smoky cumin, fenugreek, cinnamon, allspice and fennel with added heat from red pepper. Of our recipe suggestions, one is made with hot curry powder and the other with the mild version, but you can use either one in either recipe to suit your personal taste.



### CURRY MAYO

In a small mixing bowl, whisk together ½ cup vegan mayonnaise (such as Sir Kensington's brand), 2 tsp. Kowalski's Organic Mild Curry Powder (or more to taste), Kowalski's Freshly Squeezed Lime Juice to taste, kosher salt to taste and freshly ground Kowalski's Black Peppercorns to taste.

### PLANT-BASED CURRY BURGER V VE DF

SERVES 4

- 1 tbsp. Kowalski's Extra Virgin Olive Oil
- 4 plant-based burgers
- 4 Kowalski's Wheat or Sprouted Burger Buns, split and lightly toasted
- toppings, to taste: *Curry Mayo*, mango chutney, shredded cabbage or coleslaw mix, and thinly sliced red onion

In a large nonstick skillet or griddle, heat oil over medium-high heat. Cook burgers until heated through (2-3 min. per side). Serve on buns with desired toppings.

#### FIND IT!

Find Kowalski's What or Sprouted Grain Hamburger Buns in the Bakery Department.

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



Susan Moores, M.S., R.D.  
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## SENSORY SATISFACTION

*The Better a Food, the  
Better Your Waistline?*

**D**elicious food can have a show-stopping effect in your body. Many chefs know it and strive for high pleasure impact through the scents, flavors and textures they create in their dishes. This sense of pleasure comes about in two ways: 1) the immediate feeling of enjoying a food when it's eaten, and 2) a longer-lasting sense of well-being afterward.

Fascinating research suggests that people will eat less if food serves up more pleasure when eating it (think quality vs. quantity). Conventional wisdom has it that we overeat because foods are so tasty, making it difficult for us to stop eating. But scientists in Copenhagen, Denmark, wondered if the opposite might be true. They believed overeating would more likely occur when eating ordinary-flavored food because, biologically, we're wired to keep eating until we achieve a certain level of pleasure, satisfaction or satiety from it.

The act of eating is driven by reward. We eat to achieve that sense of pleasure and will continue to eat until reward centers in our brain are satisfied. The researchers for this study wished to learn if high-quality, flavor-rich foods deliver a more potent punch to our senses and reward center and whether they do so more quickly than lesser-quality picks.



From their research using soup, the answer was yes. Eating a tasty soup provided more sensory pleasure than the blander version. Additional research suggests that the way foods taste to us may also affect how we metabolize and absorb their nutrients. The belief is that the more we enjoy the taste of a particular food, the better our body will absorb its nutrients. That's a win.

In part, our sense of pleasure and satisfaction from food is affected by our expectations of what we'll be eating. Teeing up desirable-sounding foods primes our appetite. If foods deliver great taste, our sense of satiety can be achieved more quickly, a greater sense of well-being is experienced afterward, and the risk for overeating is reduced. Layer in factors such as wholesomeness and healthfulness (for improved nutrient absorption) and you have the trifecta of goodness. Bon appétit!

*References for this article may be found in the online edition at kowalskis.com.*

# CRAWLING CURRY



If you're at all unsure whether or not curry is for you, chances are you might not know what curry actually is! To be fair, the dishes we call curries aren't even called curries in the parts of the world where they originated. *Curry* as a term for a style of dish from South Asia probably came from early 19th century Great Britain, where the word *kari* (meaning "sauce") was used by Indian workers living in Britain to describe this type of dish.

Two of the more popular types of curry are Thai and Indian. Both are saucy or soupy, perhaps with a gravy-like consistency, and are typically served with rice, noodles or bread. They may include meat, poultry, seafood and/or vegetables, but that's where most of their likenesses end.

### THAI-INSPIRED SPICY GREEN CURRY GF V VE DF

SERVES 4

- 1 tbsp. Kowalski's Extra Virgin Olive Oil
- 1 red bell pepper, thinly sliced
- 4 oz. fresh haricots verts, trimmed
- 1 cup (approx.) broccoli florets, cut into evenly sized 1" pieces
- 2-3 tbsp. green curry paste (or more to taste)
- 13-14 oz. can unsweetened coconut milk
- ¼ cup (approx.) frozen green peas
  - steamed jasmine rice, for serving
  - fresh bean sprouts, cilantro leaves, lime wedges and french-fried onions, for garnish

In a large saucepan, heat oil over medium-high heat. Add red pepper, haricots verts and broccoli; cook and stir until vegetables are crisp-tender (4-5 min.). Reduce heat to medium. Add curry paste; cook and stir for 2 min. Add coconut milk and peas; bring to a simmer and cook, stirring occasionally, until sauce is slightly thickened (4-5 min.) and peas are hot. Serve over warm rice with desired garnishes.

*A note about gluten: When you skip the fried onion garnish, this dish is gluten free.*



### THAI CURRY

- **Thai curries are often made with curry paste. They're known for their light, fresh taste and are commonly punctuated with citrus and herbs.**
- **Thai curries incorporate ingredients like fresh chiles, ginger, lemongrass, lime, shrimp paste, garlic and shallots and are often made with coconut milk.**
- **Thai curries are also known for their vibrant colors. Green is usually the spiciest. Red curry is less spicy and more textured. Yellow is mild and sweet.**
- **Thai curry is typically served with jasmine rice or rice noodles.**

### INDIAN CURRY

- **Indian curries are thicker than Thai curries. They're often made with a base of tomatoes and onions that are sautéed until soft and blended to create a gravy-like sauce.**
- **Indian curries are frequently flavored with dry spices like cumin, turmeric, coriander, red chiles and cinnamon and are commonly made with cream, butter or yogurt.**
- **Indian curries are usually thicker and richer than Thai curries. They're considered very warming and comforting and are typically served with basmati rice or naan.**



### THAI-INSPIRED SWEET YELLOW CURRY GF V VE DF

(pictured on cover)

SERVES 4

- 1 tbsp. Kowalski's Extra Virgin Olive Oil
- 1 orange bell pepper, cut into ¼" dice
- 14 oz. can Kowalski's Garbanzo Beans, rinsed and drained
- 8 oz. small baby bella mushrooms, quartered
- 1 small shallot, minced
- 2 tsp. minced garlic
- 1 tbsp. Kowalski's Organic Mild Curry Powder
- 1 tbsp. brown sugar
- 1 tsp. kosher salt
- 1 tsp. ground ginger
- 1 tsp. ground turmeric
- ½ tsp. crushed red pepper flakes
- ¼ tsp. freshly ground Kowalski's Black Peppercorns
- 13-14 oz. can unsweetened coconut milk
- 4 oz. fresh snap peas or snow peas, cut on the diagonal into 1" pieces
  - steamed jasmine rice, for serving
  - lime wedges, thinly sliced jalapeño peppers, thinly sliced green onions and fresh basil leaves, for garnish

In a large saucepan, heat oil over medium-high heat. Sauté bell pepper, beans, mushrooms and shallot in oil just until peppers begin to soften (7-9 min.). Add garlic; cook for 1 min. Add curry powder, sugar, salt, ginger, turmeric, red pepper flakes and black pepper; cook and stir for 2 min. Add coconut milk and peas; bring to a simmer and cook, stirring occasionally, until peas are slightly crisp-tender and sauce is slightly thickened (about 4 min.). Serve over warm rice with desired garnishes.

# SEASONAL SUPPER

This incredibly quick dinner is full of flavor and comes together in a flash. You can easily adjust the heat level up or down with more or less Fresno peppers. Whatever you do, don't skip the cabbage on the side! Not only is it the perfect crunchy element to pair with this creamy, sweet curry, but it's also cold and bracingly sour, bringing beautiful balance to every sweetly spiced bite.

## CURRIED PORK WITH SALTED CABBAGE GF

SERVES 4

- 1 medium head napa cabbage, cored and thinly sliced
- 2 tsp. rice vinegar
- 1 tsp. toasted sesame oil
- ½ tsp. kosher salt, plus more to taste
- 2 tbsp. Kowalski's Extra Virgin Olive Oil
- 1 lb. Kowalski's Naturally Raised Ground Pork
- 2 Fresno chile peppers, stemmed and thinly sliced
- 6-7 cloves garlic (to taste), finely minced
- 1 tbsp. ginger purée (from the Prepared Produce Section)
- 2 tsp. ground turmeric
- 1 ¼ cups evaporated milk
- 4 tsp. brown sugar
- freshly ground Kowalski's Black Peppercorns, to taste
- steamed basmati rice, for serving
- lime wedges, thinly sliced green onion and cilantro leaves, for garnish

In a medium mixing bowl, toss cabbage with vinegar, sesame oil and ½ tsp. salt; set aside (cabbage will wilt slightly while curry cooks). In a large saucepan, heat oil over medium-high heat. Add pork; cook and crumble until well-browned but not completely cooked through (about 4 min.). Reduce heat to medium. Add chiles, garlic, ginger and turmeric; cook until peppers and garlic are slightly softened and fragrant (about 2 min.). Add milk and sugar; bring to a simmer and cook, stirring occasionally, until slightly thickened (about 5 min.). Season with salt and pepper to taste. Serve curry mixture over warm rice with cabbage on the side. Garnish dish with limes, green onion and cilantro.

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

