



Cooking WITH
KOWALSKI'S

citrus
season

JANUARY-FEBRUARY 2025

SECTION GUIDE



Soups & Salads



Main Dishes



Sauces & Sides



Drinks



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ANNOTATION GUIDE



GLUTEN FREE



VEGETARIAN



VEGAN



DAIRY FREE

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CITRUS CRAB SALAD GF DF

SERVES 4

- 5 oz. Taylor Farms 50/50 Blend Baby Spinach & Baby Lettuces
- 1 ½ lbs. fully cooked king crab legs, split, crab meat removed and cut into chunks
- 8 oz. Kowalski's Sliced Mango, diced
- 2 oz. Kowalski's Jicama Sticks
- 4 oz. Kowalski's Stoplight Peppers
- 1 bunch green onions, sliced
- ¼ cup sliced almonds, toasted
- Salad Girl Fresh Organic Citrus Splash Vinaigrette & Marinade, to taste

DIRECTIONS:

1. In a large salad or mixing bowl, toss all ingredients except dressing.
2. Drizzle with dressing; toss lightly and serve immediately.

FIND IT!

- Find Kowalski's Sliced Mango, Jicama Sticks and multicolored "Stoplight" Peppers in the Prepared Produce Section.
- Find Salad Girl Fresh Organic Citrus Splash Vinaigrette & Marinade in the Produce Department.

TASTY TIP Canned crab meat, imitation crab, grilled shrimp or grilled chicken can be substituted for the king crab in this salad.



LEMON CHICKEN SOUP WITH ROSEMARY BROTH

GF DF

SERVES 4

- 4 tsp. Kowalski's Extra Virgin Olive Oil, divided, plus more for finishing the soup
- ¼ cup finely diced onion
- 1 tsp. minced garlic
- 2 sprigs fresh rosemary, plus a few small sprigs for garnish
- 1 qt. low-sodium vegetable broth
- ½ cup finely diced carrot
- ½ cup finely diced celery
- 1 oz. (1-2 big handfuls) chopped fresh dinosaur kale, stems removed
- pinch crushed red pepper flakes
- ¼ cup Israeli couscous
- 30 mini *Chicken Meatballs* (½ recipe)*, thawed overnight in the refrigerator
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste
- freshly grated zest of 1 lemon
- 2 tbsp. (or more to taste) Kowalski's Freshly Squeezed Lemon Juice (from the Produce Department)
- thinly sliced lemon, for garnish

DIRECTIONS:

1. In a medium saucepan, heat 2 tsp. oil over medium heat. Add onion and garlic; cook, stirring occasionally, until onion is softened and garlic is very fragrant (about 5 min.).
2. Add rosemary and broth; increase heat to high and bring to a boil.
3. Reduce heat to low (soup should barely bubble); cook for about 1 hr.
4. Strain onion, garlic and rosemary from broth; discard solids and set broth aside.
5. In a deep pot, heat remaining oil over medium heat. Add carrot and celery; cook until softened (about 5 min.).
6. Add kale and red pepper flakes; cook for 1 min., stirring to coat kale with oil.
7. Add rosemary broth; increase heat to medium-high and bring to a gentle boil.
8. Add couscous and meatballs; cook until couscous is tender (about 8 min.).
9. Season soup to taste with salt and black pepper.
10. Just before serving, stir in zest and lemon juice. Drizzle individual servings with a bit of oil; garnish with rosemary sprigs and lemon slices.

*Find a recipe for Chicken Meatballs on kowalskis.com.



LEMON CHICKEN ORZO DF

SERVES 4

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|---|---|
| 1 tbsp. plus 1 ½ tsp. Kowalski's Extra Virgin Olive Oil, divided | 2 tsp. freshly grated lemon zest (from about 1 lemon) |
| 1 cup orzo pasta, cooked according to pkg. directions, drained | 1 ½ tsp. very finely minced fresh rosemary |
| 8 oz. Gerber's Amish Farm Boneless Skinless Chicken Breast, cooked and cooled | 1 green onion, very thinly sliced |
| 2 tbsp. raw pepitas, very finely chopped | 2 tbsp. Kowalski's Freshly Squeezed Lemon Juice (from the Produce Department) |
| 1 tbsp. very finely minced fresh Italian parsley | ¼ tsp. kosher salt |
| | ¼ tsp. freshly ground Kowalski's Black Peppercorns |

DIRECTIONS:

1. In a medium mixing bowl, drizzle 1 ½ tsp. oil over cooked orzo; toss to coat. Chill in the refrigerator, covered, until cold.
2. Chop chicken.
3. Add chopped chicken and next 5 ingredients (through green onion) to the mixing bowl with the orzo; toss to combine.
4. Drizzle remaining oil and lemon juice over salad; season with salt and pepper.
5. Toss salad; serve immediately or store in the refrigerator, covered, for up to 2 days.

NUTRITION NOTE: This lovely salad is a good source of iron, B vitamins and magnesium and is rich in vitamin K and selenium.

FIND IT!

Find marinated chicken breasts, such as Rosemary Garlic Chicken Breasts, in the Meat Department. Fully cooked, cooled breasts are also available in the Deli Heat & Eat Case.

SPRING GREENS **V** PENNE SALAD

SERVES 8

- 2 cups dried penne
rigate pasta
- 3 tbsp. Kowalski's
Freshly Squeezed
Lemon Juice (from the
Produce Department)
- 2 tsp. freshly grated
lemon zest
- 1 tsp. finely minced
garlic
- ¼ tsp. crushed red
pepper flakes
- ½ tsp. (approx.) kosher
salt, to taste
- ¼ tsp. freshly ground
Kowalski's Black
Peppercorns
- 3 tbsp. Kowalski's Extra
Virgin Olive Oil
- 1 cup finely shredded
Parmesan cheese
- ¾ cup rinsed and
drained canned
garbanzo beans
- 2 oz. fresh baby spinach
- 5 tsp. drained capers



DIRECTIONS:

1. Prepare pasta in unsalted water according to pkg. directions just until tender.
2. Drain and rinse pasta until cool; chill completely in the refrigerator for at least 30 min.
3. In a large salad or mixing bowl, combine lemon juice, zest, garlic, red pepper flakes, salt and black pepper; whisk to combine.
4. Slowly stream in oil, whisking to form an emulsion.
5. Add pasta, cheese, beans, spinach and capers to the bowl; stir to coat.
6. Serve immediately or cover with plastic wrap and chill for up to 12 hrs.

SWITCH/UP

Amp up the healthfulness of this salad when you use whole-grain or bean pasta.



WINTER CITRUS SALAD

SERVES 4

2 heads Bibb lettuce

4 oz. Kowalski's Jicama Sticks (from the Prepared Produce Section)

2 clementines, peeled, cut crosswise into ¼" slices and quartered

3 red onion slices, separated

⅓ cup pepitas, toasted

¼ cup chopped fresh cilantro

- shaved Kowalski's Parmesan Cheese, to taste

- Salad Girl Fresh Organic Citrus Splash Vinaigrette & Marinade (from the Produce Department), to taste

DIRECTIONS:

1. Rinse lettuce and spin thoroughly dry; tear into bite-size pieces.
2. In a large mixing bowl or salad bowl, combine lettuce with remaining ingredients except dressing.
3. Toss with dressing; serve immediately.



CREAMY LEMON PASTA V

SERVES 4

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|--|---|
| 1 lb. long-cut dried pasta (such as Kowalski's Imported Italian Mafaldine Pasta) | - juice and zest of 1 lemon, plus more for garnish |
| 6 tbsp. Kowalski's Unsalted Butter | - kosher salt and freshly ground Kowalski's Black Peppercorns, to taste |
| 1 cup heavy cream | - fresh Italian parsley, for garnish |
| 1 cup freshly grated Kowalski's Signature Parmesan Cheese, plus more for garnish | - lemon slices or wedges, for garnish (optional) |

DIRECTIONS:

1. In a large pot of heavily salted water, cook pasta according to pkg. directions until just al dente (do not overcook); about 3 min. before the end of cooking time, scoop 1 cup of pasta cooking water from the pot.
2. Pour reserved pasta water into an extra-large sauté pan over medium-high heat; add butter to the pan a bit at a time, whisking until melted. Pour in cream; heat through.
3. Sprinkle in cheese a bit at a time; stir and simmer until smooth and creamy (1-2 min.).
4. Reduce heat to medium. Use tongs to transfer cooked pasta from the pot to the sauté pan with the sauce. Add lemon juice and zest; stir and simmer until thickened (1-2 min.). If needed, scoop more hot pasta water from the pot and add to the sauté pan a bit at a time until dish reaches desired consistency.
5. Season with salt, if desired; top with more cheese and pepper to taste.
6. Garnish with parsley, lemon slices or wedges and/or more lemon zest; serve immediately.



CITRUS SALMON AND COUSCOUS DF

SERVES 4

- 1 cup plus 2 ½ tbsp. Kowalski's Signature Freshly Squeezed Orange Juice, divided
- 2 tbsp. walnut oil, plus more for drizzling the couscous
- 1 ½ tbsp. Kowalski's Freshly Squeezed Lemon Juice (from the Produce Department)
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste
- 1 lb. salmon fillet
- 2 tbsp. Kowalski's Extra Virgin Olive Oil
- 1 cup Israeli couscous
- ½ cup water
- 1 tbsp. (approx.) golden raisins, roughly chopped
- 1 tbsp. (approx.) dried currants
- 1 tbsp. finely chopped fresh Italian parsley, plus more sprigs for garnish
- 1 tbsp. finely chopped mint, plus more sprigs for garnish
- toasted chopped walnuts, to taste
- freshly grated orange and lemon zest, to taste
- lemon and orange slices, for garnish

DIRECTIONS:

1. In a medium mixing bowl, combine 2 ½ tbsp. orange juice with walnut oil, lemon juice, salt and pepper.
2. Add salmon; turn to coat. Cover with plastic wrap; refrigerate for 30 min.
3. Preheat a grill or grill pan to high heat.
4. Add olive oil to a medium saucepan; cook over medium-high heat until warm and fragrant (about 1 min.). Add couscous; cook and stir until lightly toasted and fragrant (about 2 min.).
5. Add remaining orange juice and water to the saucepan; bring to a boil. Reduce heat to low; cover and simmer until all liquid is absorbed (about 10 min.).
6. Drizzle cooked couscous with walnut oil; season with salt and pepper to taste. Stir in raisins and currants; keep warm until ready to serve.
7. Grill salmon skin-side down on preheated grill until interior of fish turns opaque (10 min. per inch of thickness, measured at the thickest part).
8. Toss couscous with chopped herbs, walnuts and zest. Serve fish with couscous; garnish dish with citrus slices and herb sprigs.

DUCK À L'ORANGE **GF**

SERVES 2

2 duck breasts, thawed completely in the refrigerator (if frozen)

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

½ cup dry white wine

½ cup Kowalski's Signature Freshly Squeezed Orange Juice

¼ cup low-sodium chicken broth

½ cup orange marmalade

2 tbsps. Kowalski's Unsalted Butter, cold



2 navel oranges (such as Sky Valley Heirloom Navel Oranges), supremed (see *Tasty Tip*)

DIRECTIONS:

1. Let duck breasts stand at room temperature for 30 min.
2. Slice through fat in a crosshatch pattern, with cuts ½" apart in two perpendicular directions; season with salt and pepper to taste.
3. Preheat oven to 400°.
4. Heat a large oven-safe skillet over high heat. Add duck, skin side down; cook on first side until a moderately dark crust forms and breasts release easily from the pan (about 5 min.).
5. Flip breasts; move pan to preheated oven. Cook until duck nearly reaches desired doneness (for medium-rare, cook for about 12 min. to an internal temperature of 125°; temperature will increase to 130° or more as it rests).
6. Remove pan from oven; transfer breasts to a cutting board. Tent loosely with foil; let rest for 10 min.
7. Pour as much fat as possible from the pan; strain and reserve for another use, if desired.
8. Place pan on the stovetop over high heat. Add wine, scraping up brown bits with a wooden spoon; cook for 1 min. Add juice and broth; bring to a boil.
9. Reduce heat to medium-high; cook until sauce is reduced by at least ½.
10. Strain sauce; return to the pan and heat just until boiling.
11. Remove pan from heat; season sauce with salt and pepper to taste.
12. Whisk in marmalade and butter until sauce is glossy and slightly thickened.
13. Slice duck breasts into ½" slices; arrange on a serving platter or individual serving plates with orange segments between slices. Spoon sauce over top.

TASTY TIP

To supreme an orange, slice off the top and bottom ends of the fruit, exposing the brightly colored flesh; place one of these flat ends on a stable cutting board. Using a sharp knife, cut downward along the contour of the fruit to remove the peel and white pith from all sides. Hold the peeled fruit in one hand over a large bowl; use your other hand to carefully cut down into the fruit alongside the membranes to release the segments into the bowl.

ITALIAN STUFFED CHICKEN

SERVES 4

- ¼ cup jarred julienne-cut sun-dried tomatoes in oil, drained and blotted dry
- ¼ cup (about 1 oz.) freshly shredded Kowalski's Low-Moisture Part-Skim Mozzarella Cheese
- 4 oz. (about ½ cup) mascarpone cheese
- ¾ cup finely shredded Kowalski's Signature Parmigiano-Reggiano Cheese, divided
- 2 tsp. finely chopped fresh basil, plus more for garnish
- ¾ oz. finely chopped fresh Italian parsley, divided
- 3 cloves garlic, finely minced, divided
- ¼ cup Kowalski's Unsalted Butter
- 1 cup breadcrumbs
- ¼ cup Kowalski's Extra Virgin Olive Oil
- ⅓ cup dry white wine
- 1 ½ tsp. dried oregano
- ½ tsp. dried thyme
- ¼ tsp. crushed red pepper flakes



- 2 tsp. lemon zest, plus more for garnish
- 4 Gerber's Amish Farm Boneless Skinless Chicken Breasts (approx. 1 ½ lbs. total), pounded to an even ¼" thickness
- 1 tsp. kosher salt
- ¾ tsp. freshly ground Kowalski's Black Peppercorns
- 4 oz. orzo, prepared while chicken cooks

DIRECTIONS:

1. Preheat oven to 425°.
2. In a medium mixing bowl, combine tomatoes, mozzarella, mascarpone, ¼ cup Parmesan, basil, ½ of the parsley and ½ of the garlic; set aside.
3. In a medium microwave-safe dish, melt butter in the microwave. Stir in breadcrumbs and remaining Parmesan, parsley and garlic; set aside.
4. In an 8" or 9" glass baking dish, whisk together oil, wine, oregano, thyme, red pepper flakes and zest; set aside.
5. Sprinkle chicken on both sides with salt and black pepper; scoop an equal amount of tomato-cheese filling into the center of each chicken breast; roll up tightly.
6. Press breadcrumbs all over chicken; place in baking dish, seam side down. Bake in preheated oven until chicken is done and crust is dark golden-brown (about 20 min.).
7. Remove from oven; let stand, loosely covered with foil, for 10 min.
8. Serve stuffed chicken over orzo with pan juices, lemon zest and fresh basil on top.



LEMONY CHICKEN AND PARMESAN RISOTTO GF

SERVES 6

6 cups chicken broth	1 ½ cups shredded Kowalski's Signature Gerber's Amish Farm Rotisserie Chicken
1 ½ tbsp. Kowalski's Extra Virgin Olive Oil	⅓ cup frozen baby peas, thawed
2 cups risotto rice (such as Arborio or carnaroli)	1 cup grated Kowalski's Parmesan Cheese
1 cup chopped yellow onion	1 tbsp. chopped fresh thyme
2 cloves garlic, minced	1 tbsp. freshly grated lemon zest
1 cup dry white wine	

DIRECTIONS:

1. In a small saucepan, bring chicken broth to a simmer; keep warm but do not boil.
2. In a large saucepan, heat oil over medium heat. Add rice, onion and garlic; sauté for 5 min.
3. Add wine to the rice; cook until liquid evaporates.
4. Add 2 cups hot chicken broth to the rice; cook, stirring occasionally, until liquid is nearly absorbed (about 5 min.; if liquid takes much longer or much less than 5 min. to absorb, adjust heat up or down slightly).
5. Add another 1 cup broth to the rice; continue cooking, stirring occasionally, until liquid is almost gone again (5 min. more).
6. Continue adding broth 1 cup at a time, cooking until rice is tender (about 15 min. more).
7. Stir in remaining ingredients until cheese is melted and ingredients are evenly heated through.
8. Serve immediately while risotto is very hot.

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

TASTY TIP More or less cooking liquid may be required.



LIGHT CHICKEN PICCATA

SERVES 6

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| ¾ cup low-sodium chicken broth, divided | 1 tbsp. Kowalski's Extra Virgin Olive Oil |
| ½ cup flour, divided | ¼ cup finely chopped shallots |
| - kosher salt and freshly ground Kowalski's Black Peppercorn, to taste | 4 cloves garlic, thinly sliced |
| 1 ½ lbs. Gerber's Amish Farm Boneless Skinless Chicken Breasts, pounded to an even ½" thickness | ½ cup dry white wine |
| 2 ½ tbsp. Kowalski's Butter, divided | 2 tbsp. Kowalski's Freshly Squeezed Lemon Juice (from the Produce Department) |
| | 1 ½ tbsp. drained capers |
| | 3 tbsp. chopped fresh Italian parsley - lemon slices, for garnish |

DIRECTIONS:

1. Stir ¼ cup broth into 1 tsp. flour until smooth; set aside.
2. Combine remaining flour, salt and pepper in a shallow dish.
3. Dredge chicken in seasoned flour mixture; shake off excess.
4. In a large skillet, melt 1 tbsp. butter with oil over medium-high heat. Add chicken; sauté until chicken is dark golden-brown and cooked through (about 4 min. per side), turning once.
5. Transfer chicken to a warm platter; keep warm.
6. Add shallots to the pan used to cook the chicken; sauté for 3 min., stirring frequently.
7. Add garlic; sauté for 1 min., stirring constantly.
8. Add wine, scraping brown bits from bottom of pan; bring to a boil. Cook, stirring often, until liquid almost evaporates.
9. Add remaining broth to the pan; bring to a boil. Cook until reduced by ½ (about 5 min.).
10. Stir in flour-broth mixture; cook, stirring frequently, until slightly thickened (about 1 min.).
11. Remove sauce from heat; whisk in remaining butter, lemon juice and capers.
12. Drizzle sauce over chicken; sprinkle with parsley and garnish with lemon slices. Serve immediately.



ORANGE GINGER BEEF STIR FRY **GF** **DF**

SERVES 4

- 5 tbsp. low-sodium gluten-free tamari, divided
- 3 tbsp. sugar, divided
- 2 tbsp. cornstarch, divided
- ½ tsp. kosher salt
- freshly ground Kowalski's Black Peppercorns, to taste
- 1 lb. Kowalski's Certified Akaushi Top Sirloin Steak, sliced into strips
¼" wide x 4-6" long
- ½ cup Kowalski's Signature Freshly Squeezed Orange Juice
- freshly grated zest of 1 orange, plus more for garnish
- 2 tbsp. water, cold
- 2 tsp. rice vinegar
- 1 tsp. ground ginger
- 1 tsp. ginger purée or paste
- 2 tbsp. canola oil
- 2 red bell peppers, sliced into ¼" strips
- 1 small yellow onion, sliced ¼" thick, then crosswise into half-moon shapes
- 2 cloves garlic, finely minced
- prepared basmati rice, warm, for serving
- 4 green onions, thinly sliced, for garnish
- orange slices or wedges, for garnish

DIRECTIONS:

1. In a medium mixing bowl, whisk together 1 tbsp. tamari, ½ tsp. sugar, 1 ½ tsp. cornstarch, salt and pepper. Add beef; toss to coat. Set bowl aside for 15 min.
2. In a small mixing bowl, whisk together remaining tamari, sugar and cornstarch with orange juice, zest, water, vinegar, ground ginger and ginger purée; set sauce aside.
3. In a large skillet, heat oil over high heat. Add beef; cook and stir until beef is well browned but not quite cooked through (about 3 min.). Remove beef from skillet with a slotted spoon; set aside.
4. Reduce heat to medium-high. Add bell peppers and yellow onion to the skillet; cook and stir until vegetables are tender but still somewhat crisp (about 4 min.). Add garlic; cook and stir for 1 min.
5. Reduce heat to medium-low. Rewhisk sauce; add to skillet with reserved beef. Cook and stir until beef and vegetables are evenly coated and sauce is nicely thickened (about 2 min.).
6. Serve mixture on top of warm rice; garnish with green onions, zest and orange slices.

TASTY TIP : It's easier to cut the steak into thin strips if you place it in the freezer for 10 min. before slicing.



RACHAEL'S CHICKEN GF

SERVES 4

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| <p>½ cup Kowalski's Extra Virgin Olive Oil</p> <p>¼ cup brown sugar</p> <p>- freshly grated zest of 1 lemon</p> <p>2 tsp. Kowalski's Signature Classic Garlic & Herb Rub (from the Meat Department)</p> | <p>1 ½ lbs. (approx.) Gerber's Amish Farm Boneless Skinless Chicken Thighs</p> <p>1 lemon, sliced</p> <p>- <i>Lemon Butter Sauce</i> (recipe below), warm</p> <p>- prepared pasta or rice, warm, for serving</p> |
|---|--|

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 loosely 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.

LEMON BUTTER SAUCE: In a medium saucepan over medium-high heat, combine ¾ cup Kowalski's Freshly Squeezed Lemon Juice (from the Produce Department), ½ cup dry white wine, and 2 tsp. rice vinegar or Champagne wine vinegar; bring to a boil. Cook until reduced to about ¼ cup (about 15 min.). Whisk in 2 tsp. heavy cream. Reduce heat to low; whisk in ¼ cup (½ 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. *Makes about ⅔ cup.*



ROASTED LEMON CHICKEN GF DF

SERVES 4

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| ¼ cup dry white wine | ½ tsp. dried thyme |
| 3 tbsp. Kowalski's Extra Virgin Olive Oil | 1 tsp. kosher salt, divided |
| 3 tbsp. Kowalski's Freshly Squeezed Lemon Juice (from the Produce Department) | ¼ tsp. crushed red pepper flakes |
| 7 cloves garlic, finely minced | 4 Gerber's Amish Farm Bone-In Skin-On Chicken Breasts |
| 2 ½ tsp. freshly grated lemon zest | ¼ tsp. freshly ground Kowalski's Black Peppercorns |
| 1 ½ tsp. dried oregano | 1 lemon, cut into 6 wedges |

DIRECTIONS:

1. Preheat oven to 400°.
2. In a 9x13" glass baking dish, whisk together wine, oil and lemon juice; stir in garlic, zest, oregano, thyme, ½ tsp. salt and red pepper flakes.
3. Sprinkle chicken on both sides with remaining salt and black pepper. Place chicken skin-side up in the baking dish; add lemon wedges to the dish.
4. Bake in preheated oven until chicken is done and skin is golden-brown (30-40 min.).
5. Remove from oven; cover dish with foil and let rest for 10 min.
6. Spoon pan sauce onto a rimmed serving platter; place breasts on top and serve immediately.



CITRUS BUTTER SAUCE GF V

MAKES ABOUT ½ CUP

- ¾ cup Kowalski's Freshly Squeezed Orange, Lemon, Lime or Grapefruit Juice (from the Produce Department)
- ½ cup dry white wine
- 2 tbsp. Champagne vinegar
- 2 tbsp. heavy cream
- 4 tbsp. Kowalski's Unsalted Butter, cold, cut into 16 cubes
- 1 tsp. (approx.) fresh herbs, such as finely minced rosemary, tarragon, parsley or cilantro (optional)
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste

DIRECTIONS:

1. In a medium saucepan, combine juice, wine and vinegar over medium-high heat; bring to a boil. Cook until reduced to about ¼ cup (about 15 min.).
2. Whisk in cream. Reduce heat to low; whisk in butter a little at a time until melted.
3. Season sauce to taste with herbs, salt and pepper.
4. Serve immediately over grilled, roasted, sautéed or steamed fish or vegetables.

TASTY TIP

You can keep the sauce warm for up to 15 min. by pouring hot sauce into a spouted 2-cup glass measuring cup and placing it in a hot water bath (a 1 qt. baking dish or medium-sized heat-safe glass mixing bowl filled with very hot but not boiling water). The water should reach above the sauce line but below the top of the measuring glass.



CITRUS SCENTED RICE GF V VE DF

SERVES 4

- 1 cup basmati rice
- 2 tbsp. Kowalski's Extra Virgin Olive Oil
- freshly grated zest of 1 orange
- freshly grated zest of 1 lime
- 2 tbsp. Kowalski's Freshly Squeezed Lemon Juice (from the Produce Department)
- 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. When rice is done, fluff with a fork; drizzle with oil.
3. Fold in zests and juice; season to taste with salt and pepper.

TASTY TIPS

- You can substitute another medium- to long-grain rice or brown rice in this recipe. Try other grains and blends as well!
- You can also use frozen rice; prepare it according to pkg. directions before adding oil and other mix-ins.
- If desired, you can use gluten-free chicken or vegetable broth to cook the rice instead of water. You can also try mixtures of stock and water.



DEHYDRATED CITRUS SLICES GF V VE DF

- fresh citrus (such as lemons, limes, oranges or tangerines)

DIRECTIONS:

1. Preheat oven to 170°.
2. Slice fruits no more than ¼" thick; discard pithy end slices. Blot well on both sides with paper towels to remove excess moisture.
3. Place sliced fruits on a wire cooling rack; place the rack on the center oven rack. Bake for 6-8 hrs., flipping slices every 2 hrs. or so, until fruit is completely dry, fairly brittle and no longer sticky to the touch in the middle.
4. Let slices cool completely to room temperature. Store in an airtight container at room temperature for up to a year.
5. Use as a garnish for desserts, cocktails or mocktails.



LEMON PEPPER RANCH **GF** **V**

MAKES ABOUT 1 CUP

- 1 cup Kowalski's Signature Fresh Buttermilk Ranch or Classic Ranch Salad Dressing (from the Produce Department)
- 4 ½ tsp. lemon pepper (such as Meat Church brand from the Meat Department)

DIRECTIONS:

1. In a small mixing bowl, whisk lemon pepper into dressing.
2. Use immediately or store in the refrigerator, covered, for up to 5 days.



MINTED CITRUS COOLERS GF V VE DF

SERVES 4

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| 1 cup pineapple juice | ½ cup Kowalski's Lime Simple Syrup |
| 1 cup Kowalski's Signature Freshly Squeezed Orange Juice | - handful fresh mint leaves, plus more for garnish |
| 3 tbsp. Kowalski's Freshly Squeezed Lemon Juice | - ice |
| 2 tbsp. Kowalski's Freshly Squeezed Lime Juice | - orange, lemon and lime slices, for garnish |
| | 16 oz. ginger ale, cold |

DIRECTIONS:

1. In a large measuring glass, combine juices, syrup and mint leaves; cover and chill in the refrigerator for 4-8 hrs.
2. Fill 4 pint glasses with ice, more fresh mint leaves and citrus slices; strain and pour juice mixture evenly into glasses.
3. Top evenly with ginger ale.

TASTY TIP

Rinse fresh herbs in plenty of cool water before using. We love using a salad spinner to get herbs both clean and dry.



FROZEN LEMON SOUFFLÉS GF V

SERVES 6

- | | |
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| 6 pasteurized eggs, separated, at room temperature | 2 cups heavy cream |
| $\frac{2}{3}$ cup sugar | 6 oz. canned frozen lemonade concentrate, thawed |
| $\frac{1}{4}$ cup Kowalski's Freshly Squeezed Lemon Juice (from the Produce Department) | - whipped cream or whipped topping and lemon zest curls (see <i>Tasty Tip</i>), for garnish |
| - freshly grated zest of 2 lemons | |

DIRECTIONS:

1. Using parchment paper, make a collar around 6 (4 oz.) ramekins so that each collar stands about 1" above the top of each dish; secure well with tape.
2. In a large mixing bowl, use an electric mixer to beat egg whites to stiff peaks (3-4 min.); set aside.
3. In another large mixing bowl, use an electric mixer to beat yolks, sugar, lemon juice and zest until very light and fluffy (about 2 min.).
4. Add heavy cream to egg yolk mixture; beat until soft peaks form.
5. Gently stir in lemonade concentrate (lemon mixture will soften).
6. Gently fold in egg whites, taking care to keep as much air/volume in the mixture as possible.
7. Divide mixture evenly among ramekins; place in freezer for at least 8 hrs. or overnight.
8. About 10 min. before serving, remove ramekins from freezer to thaw slightly.
9. Remove paper collars; garnish with whipped cream and lemon zest curls.

TASTY TIP

To make lemon zest curls: Working around the width of the lemon (rather than top to bottom), use a vegetable peeler to remove long, thin strips of lemon peel, leaving behind as much of the bitter white pith as possible. Use a sharp knife to slice strips lengthwise to desired width. Trim to desired length, if needed. Tightly wind strips around a chopstick or straw; wrap securely with plastic wrap and let rest for 30 min. before unwinding curls.

LEMON CURD COOKIES 

MAKES ABOUT 2 DOZEN

- 1 cup (2 sticks) Kowalski's Unsalted Butter, at room temperature
- 1 cup confectioners' sugar, plus more for dusting the cookies
- 2 egg yolks
- 1 ½ tsp. Kowalski's Organic Madagascar Vanilla Extract
- finely grated zest of 2 lemons
- 2 ¼ cups flour, plus more for working the dough
- ¾ tsp. kosher salt
- 10 oz. jar Kowalski's Lemon Curd
- edible dried flowers, dehydrated lemon slices, whipped cream or other garnishes, as desired (optional)

DIRECTIONS:

1. In a medium mixing bowl, use an electric mixer to beat butter and sugar together until light and fluffy.
2. Mix in egg yolks, vanilla and zest.
3. In a separate small mixing bowl, mix together flour and salt; add to the bowl with the butter mixture and mix until no traces of flour remain.
4. Divide dough in half; shape each half into a rough disc shape. Wrap tightly in plastic wrap; refrigerate for 1 hr. or until firm.
5. Preheat oven to 350°.
6. On a cold work surface sprinkled lightly with flour, use a rolling pin dusted lightly with flour to quickly roll out 1 disc of dough to an even ⅛" thickness (keep remaining dough refrigerated until ready to roll).
7. Cut dough with cookie cutters, rerolling scraps; place 1" apart on parchment-lined baking sheets.
8. Roll and cut remaining disc of dough.
9. Bake in preheated oven until edges are lightly browned (10-12 min.), rotating and turning pans halfway through.
10. Remove from oven; let cookies rest on sheet pans for 2 min., then transfer to a wire rack to cool completely.
11. Unfilled cookies may be stored in an airtight container in the refrigerator for up to 5 days. When ready to serve, dust cookies with confectioners' sugar. Spread curd on the bottom of half the cookies, spreading it lightly at the edges; top with remaining cookies, bottoms down. Garnish as desired.

TASTY TIPS

- The yield on this recipe depends on the size and shape of the cookie cutter(s) used. A cutter roughly 2" wide will yield approx. 2 dozen cookies.
- If dough is made well in advance and is fully chilled, bring to room temperature for 1 hr. before rolling.
- If dough gets too warm, it may be a good idea to put the cut cookies into the fridge for 20-25 min. before baking.





LEMON CLOUD PIE

SERVES 6

2 egg whites

$\frac{2}{3}$ cup sugar

1 cup heavy cream

$\frac{1}{4}$ cup Kowalski's Freshly Squeezed

Lemon Juice (from the Produce

Department)

2 tsp. freshly grated lemon zest

1 (9-10") prepared graham cracker
pie crust

$\frac{1}{2}$ cup Kowalski's Lemon Curd

- garnishes, your choice: fresh
berries, fresh mint and lemon
slices

DIRECTIONS:

1. Place egg whites and sugar in the bowl of an electric mixer; using the mixer's whisk attachment, beat on high until stiff peaks form.
2. Transfer beaten egg white mixture to a medium mixing bowl; set aside.
3. Add heavy cream to the mixer bowl; beat until stiff peaks form.
4. Fold whipped cream into egg mixture along with $\frac{1}{4}$ cup lemon juice and zest.
5. Pour mixture into crust; refrigerate for 6-8 hrs. or overnight.
6. To serve, spoon some lemon curd onto one side of each serving plate; drag the bowl of the spoon through the curd to the other side of the plate, creating a curved teardrop design. Place slices of pie on top; garnish as desired.