

GRAZZIE

AROUND THE KITCHEN TABLE WITH OUTPOST NATURAL FOODS

CURD APPEAL:
CLOCK
SHADOW'S
PIONEERING
CHEESE

PAGE 18

a Middle Eastern
BRUNCH



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A WORD FROM
THE EDITOR.



WHAT IS GRAZE ?

AUTHENTICALLY LOCAL

We're local and proud – happy to live in a city that values its unique identity. We'll celebrate the real flavors of our community and the surrounding area in every issue.

FRESH

It's simple – we believe that the tastiest flavors are tied to what's in season. Natural and honest food is our favorite food.

SMART

Sure we know our stuff, but we're right along side you on this food journey. We'll share what we know in a positive, expert way without a know-it-all attitude.

FUN

Roll up your sleeves, put your elbows on the table and slop the sauce on the tablecloth. Good food is messy and best shared with laughter and good friends.

GRAZE WILL BE
PUBLISHED QUARTERLY,
WITH NEW ISSUES
EACH SEASON.

DEAR READERS,

JUST BEFORE HEADING TO PRESS, WE LEARNED THAT MILWAUKEE'S ENTRY IN THE BLOOMBERG PHILANTHROPIES MAYORS CHALLENGE WAS NOT ONE OF THE WINNING SELECTIONS. THAT'S TOO BAD. MILWAUKEE'S HOME GR/OWN INITIATIVE WAS A THOUGHTFUL, MULTI-PRONGED APPROACH TO A MYRIAD OF PROBLEMS IN THE CITY – DECAYING AND ABANDONED LOTS, FORECLOSED HOMES, HIGH UNEMPLOYMENT AND FOOD DESERTS.

It makes great sense to us that food should be a worthwhile vehicle to power urban renewal. Food, after all, is central to life, and returning to a more intimate relationship with what we consume seems critical.

Modern technology, coupled with short-sighted federal policies, has made that relationship distant – figuratively, in that we lost a direct connection with the land and the people who grew our food, and literally, in that foods became commodities grown en masse and then shipped vast distances to reach our tables.

The outcomes are evident whether one travels to rural Wisconsin or central Milwaukee. In what was once farm country in the western part of the state, high unemployment and poverty abound in the wake of the collapse of family farms. In city neighborhoods, food deserts and weedy lots have replaced once vibrant neighborhoods.

What if those farmers had access to the residents of those food deserts? What if the unemployed had access to jobs growing or processing foods? What if the residents of the food deserts had choices beyond the corner store, with its packaged, convenient and overly-processed foods?

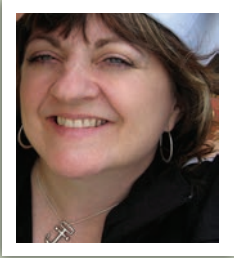
What if?

Judging from the Home Gr/own Initiative, the city of Milwaukee is still willing to ask that question. And so are we. It's central to our mission: a healthy, diverse and sustainable community.

MALCOLM MCDOWELL WOODS
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WHO IS GRAZE ?

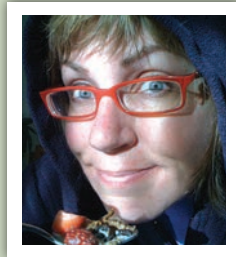


i am **LISA MALMAROWSKI.**

Marketing isn't a dirty word. It's my megaphone to talk about things that really matter, like preserving local food security and the best way to roast a beet. I've made it my mission to turn natural food doubters into evangelists. When I'm not busy turning people on to turnips, you'll find me creating mixed-media art, shopping for shoes or traveling.

i am **MARGARET MITTELSTADT.**

My childhood was filled with simple, honest meals, and it's with great humility that I approach cooking. Great Grandma's apron hangs in my kitchen like a sentry from the Old Country. Of course, like life, not everything I cook turns out as I expected, so I've learned to let go of outcomes and smile with the surprises.

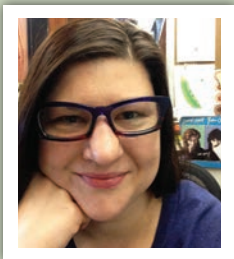


i am **PAUL SLOTH.**

I've been eating for decades. It's good to think about food, not only what we're eating, but about those who aren't eating. While some people today search the world over for the perfect truffle, others continue to go to bed hungry. That's crazy, but that's what's so awesome about food. It's a complex issue, one that is worth all the attention it gets.

i am **CARRIE ROWE.**

My Grandmother had a glorious garden. I'd spend hours eating sunshine-warm raspberries and often just sitting, listening to the buzz and hum of all the critters hard at work making all of this magic possible. To me food is magic. And sharing it with people who make me smile is about the nicest thing a girl could ask for.



i am **CARA BERKEN.**

I like making things better. It could be the arrangement of images and type, finding the perfect accent piece for a room, organizing my closet by season, color and sleeve length. My passions are laughing, traveling and sampling all of Milwaukee's newest restaurants.

Outpost Natural Foods is a founding member of Local First Milwaukee, an alliance that advocates for locally owned, independent businesses.



- GRAZE.

A QUARTERLY PUBLICATION OF
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GRAZE @ OUTPOST.COOP





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I (you'll)

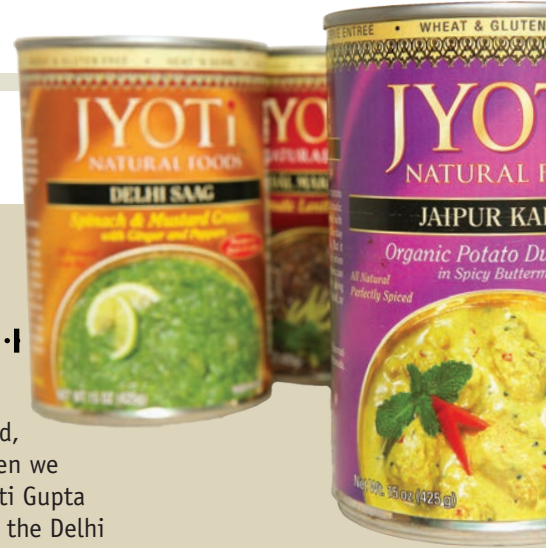
SWOON.

THINGS WE LOVE.

JYOTI INDIAN FOOD

HOMEMADE COMFORT FOOD IN A CONVENIENT CAN

Indian food is comfort food for us, but when we're hurried or stressed, taking the time to cook from scratch just isn't happening. That's when we turn to our 'Nani,' Jyoti. The recipes are authentic, developed by Jyoti Gupta herself, and perfectly spiced. In the mood for some greens? Then try the Delhi Saag with spinach and mustard greens. Feeling like only a dumpling will cure your blues? Then creamy Jaipur Karhi will do. Heck, keep one of each kind in your pantry so you're ready for any mood! Bonus – they're all gluten free.



NAVITAS NATURALS SMOOTHIE POWDERS

YOUR HUMDRUM SMOOTHIE JUST GOT GLAMOROUS

Frozen banana, check. Raspberries, check. Yogurt, check. Apple juice... yawn. Oh, wait! Wouldn't a flavor-packed, chock full of super foods, raw & vegan smoothie powder be JUST the thing to wake up your taste buds? Why, yes it would! Navitas has created 3 gems and we're wild about all of them, but the Superfood Blend with cacao gives a chocolate-sparkle to the dullest of drinks. Plus, any of these are just as delicious and nutrition-packed sprinkled over your morning porridge.



NOISY KETTLE HUMMUS

THESE ARE BEAN DIPS TO SHOUT ABOUT

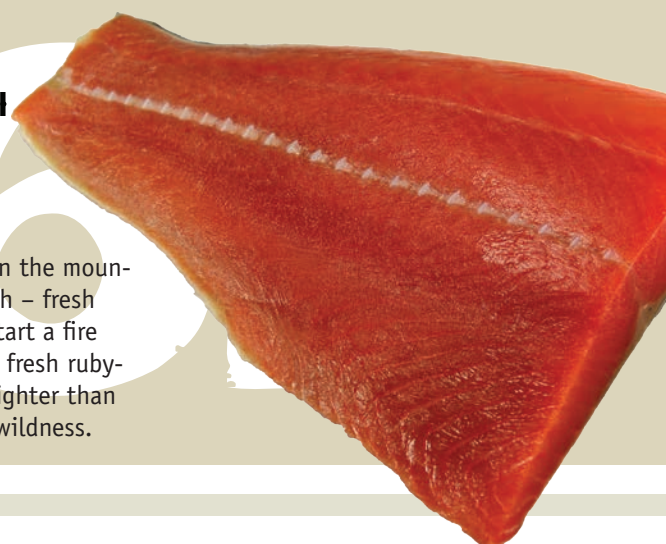
Here's a little behind the scenes info: We sample dozens of new products every week and none of us can remember being this excited over a dip in ages. These blew our skirts up, floated our boat and are better than all the tea in China. They're colorful, creamy, unique and they'll make you squeal in delight. We squealed – and immediately thought of a dozen ways to enjoy them. Edamame Hummus – Yes, please! Buffalo Wing Hummus – why butter does make it better! And Beet Hummus – can't be beat!



ALASKAN MARINERS WILD CAUGHT SALMON

TASTE THE WILDERNESS IN EACH SUSTAINABLE BITE

Imagine the brisk wind and smell of sea spray. In the distance the sun glitters on the mountains, fresh with new fallen snow. Joe, your personal fisherman, reels in the catch – fresh salmon – and you dock your little fishing boat on the nearest bear-free island, start a fire and get ready to eat. Stop dreaming. Simply stop by one of our stores, pick up a fresh ruby-red salmon filet and fire up the grill yourself. Its robust, rich flavor shines far brighter than its pale, farmed cousins and you just saved a trip to Alaska to taste its sublime wildness.





EAST SIDE OVENS DUMPLINGS

SUCCULENT, SOFT AND SIGH-INDUCING

We're not exactly known as a doughnut shop, but these Danish-like dumplings make us think of Sunday mornings, the newspaper and strong coffee. Each soft, flaky vegan pastry is folded around a not-too-sweet filling of fresh-tasting fruit and drizzled with simple white icing. We love the cherry, a classic Wisconsin combination, but the apple is pure comfort, with just a touch a cinnamon and the love of a hundred grandmas rolled in.



PASQUALE'S TORTILLA CHIPS

MADISON RESTAURANT FLAVOR NOW ON YOUR MILWAUKEE TABLE

Admit it, you're flummoxed in the snack aisle when it comes to choosing the perfect corn chip. You want one chock full of corny goodness that's strong enough to stand up to dip, but not so thick it makes chewing a workout. And yeah, if the chip would also be dusted with just enough savory seasoning to stand on it's own next to a Negra Modelo, that would be a bonus. Look no further, Pasquale's finally heard you and packaged up their popular, crispy, not-too-salty mucho delicioso restaurant chips!



OUTPOST'S OWN PENNE PASTA SALAD

THIS QUIET CLASSIC WILL KNOCK YOUR SOCKS OFF!

Sure, it's hanging out in our deli cases looking all plain and casual, but what you don't know is that this pasta salad is a rock star and one of our best-selling salads of all time. Wonderful when cold, it's phenomenal warmed up and served with chicken or a tofu steak. The olive oil, Parmesan and pine nuts are perfectly balanced in this unconventional comfort food. Where have you penne all my life?





(really) REALLY GOOD.

THE NAME SAYS IT ALL.

..... | *story & photos by* PAUL SLOTH

YOU EAT BANANAS, IT'S BOUND TO HAPPEN TO YOU SOONER OR LATER – A BUNCH OF OVERRIPE BANANAS SITTING ON YOUR COUNTER AND YOU, DESPERATELY TRYING TO COME UP WITH SOMETHING TO DO WITH THEM.

Chris McDiarmid had an idea, and it turned into a business.

Chris started by drying the bananas. Then she added some nuts, blending them together into a snack she fed to her family. Eventually, she added raisins, and some different nuts, tweaking the recipe here and there until ...

“(I) got them crunchy and nutty and gnarly... a little sweet. This is what they are. I’m very happy with them,” Chris said.

The crunchy, nutty fruit creations to which she’s referring are Reallygoods, the product she and her husband, Steve, make in their commercial kitchen in Nashotah.

“Everybody used to say, ‘These are so good you ought to put them in a package,’ and so it finally happened,” Steve said.

What exactly is it, you ask? It is a raw, vegan snack. Chris spent 15 years perfecting the recipe. It’s crunchy like a cookie, though it isn’t baked. It’s dehydrated, and filled with fruit and nuts (raisins, macadamia nuts, pecans, bananas and a bit more). It could easily be mistaken for an energy bar, although it’s shaped like a cookie.

So, how do they make these “raw fruit and nut things,” as Steve and Chris are used to referring to them?

First, Chris mixes the batter – a combination of bananas, walnuts, pecans, macadamia nuts, raisins, two kinds of coconut, coconut nectar and a little sea salt ... all organic ingredients. After that, Steve and Chris form them by hand.

Then these “fruit and nut things” go into commercial dehydrators for three days at no higher than 118 degrees. The purpose is to try to preserve the enzymes and keep the nutrients in their natural state.

“So, when someone unwraps one and enjoys it, it’s like the new-age version of reaching for a handful of raw fruits and nuts,” Steve said.

In moving production of this snack from their home kitchen to a commercial kitchen, Steve and Chris had to learn how to source large quantities of the raw ingredients, like bananas. Fortunately, they’ve long been Outpost owners, which proved lucky when it came to getting a steady supply of organic bananas.



The best source for bananas, which are a critical element because they have to be at just the right ripeness when Chris starts to mix them up, turned out to be Outpost, Steve said.

Inevitably, Steve and Chris turn a few heads as they check out with groceries and a couple of cases of bananas.

"People in line go, 'Wow you must be feeding monkeys or something!' We also joke with the Outpost folks because we

come down and pick up the bananas and in four or five days we'll be bringing them back in a ReallyGood," Steve said. "It's truly making that cycle. Picking them up and then bringing them back in a different format to be sold again," Steve said.

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WHAT'S IN A NAME?

Imagine you're strolling through the aisles of a grocery store, like Outpost, deciding what you're going to buy. You have your favorite products. You grab them off the shelf and put them in your basket. Ever wonder about the story behind the names of some of those products?

Now, imagine you're Chris and Steve. You have this delicious little snack you can't wait to start selling. But you still haven't settled on a name. You've made these things for years. Your kids love them. Your friends love them. You haven't been selling them, so it never really mattered what you called them. Between themselves, Chris and Steve used to call them "rawies," not exactly a word that rolled off the tongue.

Finally ready to start getting them into stores, Chris and Steve really needed a name. They sought inspiration in a bottle of wine.

"We got together with Steve's sister. We put our feet up on the table. We were determined to come up with a name," Chris said. "(Steve's sister) said, 'You know they are really good. Why don't we just say they're ReallyGoods?' And I thought, ugh."

But that's what everyone said when they tried them. "These are really good." Simple as that. Truth in labeling.

(our) TABLE OF HERBS.

VARIETY IS THE SPICE OF LIFE VARIETY IS THE SPICE OF LIFE VARIETY IS THE SPICE OF LIFE VARIETY IS THE SPICE OF LIFE VARIETY IS THE SPICE OF LIFE VARIETY IS THE SPICE OF LIFE VARIETY IS THE SPICE OF LIFE VARIETY IS THE SPICE OF LIFE

Ba

BASIL



FLAVOR . VARIED - BRIGHT, CROSS OF PEPPER & MINT.

USE . ITALIAN DISHES, SUCH AS PESTO. SHARPER ASIAN BASILS USED IN SOUTHEAST ASIAN CUISINE.

Ch

CHIVES



FLAVOR . LIGHT ONION TASTE (IT'S FROM THE ALLIUM FAMILY).

USE . CHOPPED AS A GARNISH, OR AS AN ACCENT IN RICH CHEESE DISHES.

PARSLEY, SAGE, ROSEMARY AND THYME. DARE YOU TO READ THAT WITHOUT HEARING THE MELODY OF SCARBOROUGH FAIR. THE FOLK CLASSIC, BROUGHT TO LIFE BY SIMON AND GARFUNKEL, HIGHLIGHTED FOUR OF THE MOST POPULAR SEASONINGS USED IN COOKING. WE'VE COMPILED TEN OF OUR TOP HERBS HERE. IN GENERAL, THE LEAFY PARTS OF PLANTS ARE REFERRED TO AS HERBS; THE REST ARE GROUPED UNDER SPICES. CALL 'EM WHAT YOU WANT, THEY'LL MAKE YOUR DISHES SING.

Ci

CILANTRO



FLAVOR . BRIGHT & CITRUSY TO MOST; SOAPY TO SOME.

USE . MEXICAN AND ASIAN DISHES.

Mi

MINT



FLAVOR . VARIED - FROM MENTHOL-LIKE PEPPERMINT TO LIGHTER, SWEETER SPEARMINT.

USE . THAI FOOD, MIDDLE EASTERN CUISINE, IN DESSERTS AND DRINKS.

Or

OREGANO



FLAVOR . SWEET & SOMEWHAT SPICY.

USE . ITALIAN AND MEXICAN DISHES, SUCH AS PIZZA AND CHILI.

Pa

PARSLEY

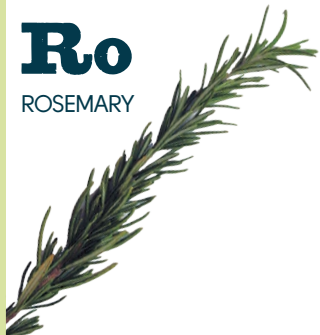


FLAVOR . CURLY VARIETY IS QUITE MILD; FLAT OR ITALIAN PARSLEY HAS A BOLDER, GRASSY TASTE.

USE . PASTA & EGG RECIPES, ESSENTIAL IN TABOULI, TRY IT IN A PESTO.

Ro

ROSEMARY



FLAVOR . STRONG PINE TASTE.

USE . MEDITERRANEAN COOKING, WITH POULTRY OR PORK.

Sa

SAGE



FLAVOR . EARTHY, SAVORY, ALMOST MUSTY.

USE . ROAST & POULTRY, POTATOES OR BEANS. STRONG - USE SPARINGLY .

Ta

TARRAGON



FLAVOR . SUBTLE ANISE FLAVOR.

USE . GREAT ON FISH AND WITH CHICKEN OR EGGS. ESSENTIAL TO FRENCH CUISINE.

Th

THYME



FLAVOR . LEMONY, SLIGHTLY PEPPERY.

USE . FRENCH, MIDDLE EASTERN & MEDITERRANEAN CUISINE.

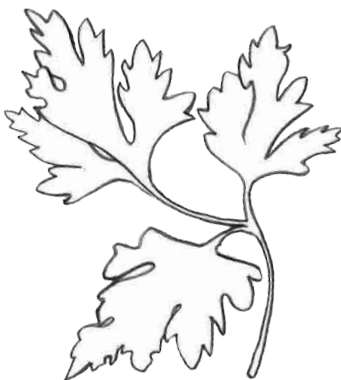
(a) RECIPE.

AMAZING GREEN SAUCE

MAKES ABOUT 1½ CUPS

This sauce is as versatile as a spring trench coat. It can dress up the simplest of vegetables or save a chop that's a tad overcooked. We love it drizzled on roasted or steamed carrots, dolloped on grilled tofu steaks and served on baked chicken. It keeps well in the fridge for up to two weeks.

- A large handful of fresh mint
- A large handful of flat-leaf parsley
- A large handful of cilantro
- 1 tablespoon capers
- 2 teaspoons Dijon mustard
- 1 teaspoon anchovy paste
- ½ cup extra virgin olive oil (or more depending on your taste)
- ¼ cup freshly squeezed lemon juice
- Sea salt and freshly ground black pepper



Put all the ingredients in a blender and process until smooth. It should be somewhat runny, but substantial. You can add more olive oil if you prefer a thinner sauce. Transfer to a sealable jar and refrigerate.



SAVING HERBS

There is nothing that'll perk up a meal quite as well as herbs fresh from the garden. That said, there are ways to preserve that magic to enjoy the rest of the year. Freezing fresh herbs or preserving them in cooking oil is a great way to bring a touch of summer to your winter meals. And dried herbs still pack plenty of flavor – in fact, dried herbs concentrate their power and are three to four times stronger than fresh.

FREEZING HERBS

Some leafy herbs freeze well. Simply rinse the leaves, dry them and store them in labeled airtight containers in your freezer. Try this approach with basil, chives, dill, mint, oregano, sage, savory, tarragon and thyme.

Another great approach is to make a paste of herbs and cooking oil which you can freeze for use all year long. Make the paste by mixing an herb or herb blend with cooking oil – we like one-third cup of cooking oil for every

two cups of fresh chopped herbs – in your blender until a thick paste has formed. Scoop into ice cube trays for perfect portions and cover with plastic wrap. This works well for basil, chervil, cilantro, dill, fennel, mint, parsley, rosemary, sage, savory and thyme.

DRYING HERBS

You don't need a fancy food dehydrator to dry herbs – you just need a warm, well-ventilated spot, and time. Parsley, rosemary, sage, summer savory and thyme can be rinsed in cool water, gently blotted and then tied in a small bundle and hung to dry.

A microwave can also be used to dry herbs. Arrange a layer of herbs between paper towels and microwave on high for two minutes. Check to see if the leaves are brittle; if not, microwave an additional twenty seconds at a time. Be careful — the leaves can dry out quickly. Cool the herbs and store in an airtight container.



Herb Blends

4

HERBS DE PROVENCE

This traditional French herb blend is potent – you won't need a lot to add great flavor to your dishes. Mix equal amounts basil, marjoram, savory, thyme, lavender, fennel seed.

FINES HERBES

Another great classic combo to spice up salads and egg dishes. Use equal amounts chervil, chives, parsley, tarragon.

ITALIAN HERB BLEND

Start with a base of equal amounts basil and oregano. Depending on your preference, add smaller amounts of thyme or rosemary, marjoram and/or fennel.

BOUQUET GARNI

A classic bouquet garni is a bundle of fresh herbs tied together and added to soups, stocks and stews (use kitchen twine or unwaxed floss). The bundle makes it easier to remove before serving. The base contains 8 parts parsley 1 part bay leaf and 1 part thyme. You can experiment and add other herbs, such as chives or savory.

SPRING.

(two ways)

by CARRIE ROWE • photos by PAUL SLOTH

ARUGULA

IN THE MIDDLE AGES, MONASTERIES WERE REPORTEDLY PROHIBITED FROM GROWING ARUGULA, ALSO KNOWN AS SALAD ROCKET, DUE TO ITS REPUTATION AS AN APHRODISIAC. TO BE HONEST, THOUGH, IT MAKES US THINK MORE OF LUNCH THAN LUST.

Arugula belongs to the Brassicaceae family and is thus related to broccoli, cabbage, turnips and radishes. Its leaves have a pungent, peppery taste – stronger in larger leaves and milder in smaller ones – and are a great source of fiber, calcium, iron, protein and numerous vitamins. Whether their intentions were romantic or nutritious, the Romans took to it in a big way, and arugula remains a common ingredient in Italian cooking to this day. Here we use it on an unusual pizza, as well as in a delicious soup that works hot or cold.

ARUGULA VICHYSOISE

SERVES 4

- 1 cup leek, finely chopped (white and light green parts)
- 2 tablespoons olive oil
- 1 tablespoon butter
- 3 cloves garlic, minced
- 5 small Yukon gold potatoes, peeled and grated or chopped into small pieces
- 4 cups chicken or vegetable broth
- 3 cups packed arugula, roughly chopped
- 1 cup packed spinach, roughly chopped
- ½ cup half and half
- Salt and pepper to taste
- Croutons and Parmesan cheese to garnish

1. In a heavy saucepan or Dutch oven, heat the olive oil and butter over medium heat. Add the leek with salt and pepper to taste and stir until it is softened. Add the garlic and potato and sauté another 5 minutes.
2. Add broth and simmer covered for 8 to 10 minutes or until the potato is very soft. Stir in the arugula and spinach, simmer covered, for 5 minutes. Remove from heat and stir in half and half.
3. Using an immersion blender, puree the soup until very smooth. Or divide into two batches and puree in a stand blender.
4. For true vichyssoise, allow soup to chill completely. Serve with croutons and Parmesan cheese. The soup is also delicious served hot.

1ST
way.



2ND way.

ARUGULA, SMOKED SALMON & GOAT CHEESE PIZZA

MAKES TWO 9-INCH PIZZAS

For the crust (or skip this step and use your favorite store- or bakery-bought dough):

½ cup warm water
2¼ teaspoons instant yeast
4 cups bread flour plus more for dusting
1½ teaspoons salt
1¼ cups water at room temperature
2 tablespoons olive oil

1. Combine the ½ cup warm water with yeast in a small bowl, stir gently and set aside.
2. In the bowl of a stand mixer fitted with paddle attachment, combine bread flour and salt. Add the 1¼ cups room temperature water to the yeast mixture and combine with the flour with the mixer on low speed. Add in olive oil.
3. Mix until a cohesive ball of dough is formed then switch to the dough hook. Knead on low speed until the dough looks smooth and elastic, about five minutes.
4. Transfer to a lightly oiled bowl, turning to coat with oil and cover with plastic wrap. Set aside in a warm corner of the kitchen until the dough has doubled in size, about 1½ to 2 hours.
5. With your fists, press down the expanded dough and transfer to a lightly floured work surface. Divide dough into two equal pieces and form each piece into a ball. Cover with a damp cloth and let sit for at least 10 minutes but no more than 30.
6. Preheat oven to 500° (yep, 500). Sprinkle work surface with cornmeal and shape dough with lightly floured hands, forming two roughly 9-inch circles. Brush outer edges with olive oil and bake until golden brown – once the toppings are on, the pizzas will only be baked for a few more minutes.

For the toppings:

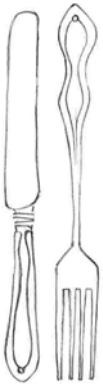
4 to 6 ounces Chevre, or your favorite soft goat cheese
4 ounce package smoked salmon lox
1 small red onion, sliced very thinly
1 to 2 small Roma tomatoes, sliced very thinly
2 cups arugula
2 tablespoons capers

1. Decrease your oven temperature to 350°. While pizza crusts are still warm, crumble the Chevre on top and spread over the crusts as the cheese warms and melts. Pop in the oven for a minute or two if needed.
2. Cut salmon into thin strips or ribbons and lay on top of Chevre-covered crusts. Do the same with the red onion and tomato slices. Pile arugula on top of pizzas and sprinkle capers over everything.
3. Pop back in the oven until arugula just starts to wilt, no more than 2 minutes.





by MALCOLM MCDOWELL WOODS
photos by PAUL SLOTH



EAT HERE!



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RESERVATIONS RECOMMENDED
MENU CHANGES WEEKLY

DINING TIPS

Cuisine is open from 11:30-1:00, Tuesday through Thursday, during the fall and spring semesters. The school has applied for a grant to construct a garden outside the kitchen, along North Sixth Street, where students will grow some herbs and greens for the restaurant. Reservations are recommended and can be made online at www.matc.edu/cuisine

IT'S AN HOUR BEFORE THE DOORS OPEN TO THE PUBLIC, AND THE RESTAURANT'S STAFF GATHERS IN THE KITCHEN. TEAM MEMBERS HAVE THEIR ASSIGNMENTS – THEY'LL WORK THESE POSITIONS ALL WEEK – AND THIS IS A CHANCE FOR A FEW LAST WORDS OF ENCOURAGEMENT, OR ADVICE, BEFORE THEY GET DOWN TO WORK.

Next, each one of the day's specials will get cooked and plated. Then everyone – the sous chef, the potager, the patissier, the gillardin, the legumier and the plongeur – will sample each item. As you may have guessed from the titles, this is not your average diner. If those French labels weren't enough of a clue, then surely the daily specials are: Veal Osso Buco, Butternut Squash Ravioli and Orange-Glazed Pork Belly, Fillet of Red Snapper and Hanger Steak with a Rosemary Demi Glace and Sauce Choron.

Actually, those specials will be on the lunch menu for several days at Cuisine, the stately restaurant found tucked away inside the Milwaukee Area Technical College's main building on Seventh and State streets. Cuisine is the pinnacle in the schools culinary arts program – a place for students to learn the best practices of the trade in a modern teaching kitchen before embarking on food careers. But for Milwaukee area diners, Cuisine is something else, a hidden gem featuring great local foods at well-below typical prices.

That Osso Buco, for example, served with risotto alla Milanese, glazed baby carrots and Hakurei turnips and gremolata, is a bargain at \$13. A fresh garden salad is just \$3. The low prices reflect the restaurant's true purpose as a teaching facility but belie the quality of the dishes that often feature locally-sourced foods.

Culinary Arts Instructor Robert Barton is one of several instructors who oversee Cuisine. "We want the students when they walk out of here to be extremely employable," he says, "with a complete set of skills." That means they'll learn a spectrum of ethnic foods, as well as the latest industry trends. And these days, the biggest trend is locally-sourced food, which explains the large bag of Pinehold Gardens carrots in a storage area. Jeff-Leen Farm, Pinehold, Wisconsin Meadows Grass-Fed Beef, Sweetwater and Yuppie Hill Poultry are just a few of the local suppliers that work with the school.

Barton says the restaurant also strives to be as sustainable as possible, with its eco-friendly kitchen and commitment to recycling. Food scraps are composted and sent to a local farm.

The program has supplied staff for many of the top area restaurants, but Cuisine has been a well-kept secret, Barton admits. That's changing, as the restaurant's newly constructed dining room on the first floor of MATC's main building – and its elaborate teaching kitchen, draw a crowd.

Diners come for great food served at affordable prices in pleasant surroundings. They may not be thinking about the restaurant's commitment to sustainability or local foods, or even how thoroughly handmade everything on the menu is – from soups and sauces, to pastas and smoked meats, to freshly baked breads and desserts, but that dedication flavors every bite.

TUSCAN BEAN SOUP.

as featured at CUISINE **MAKES 3 QUARTS**

8 ounces cannellini beans
8 ounces borlotti beans (can substitute kidney or pinto beans)
2 ounces olive oil
4 ounces onion, diced
4 ounces leeks, diced
4 ounces celery, diced
4 ounces carrots, diced
2 cloves garlic, minced
2½ quarts stock (chicken or vegetable)
Sachet of parsley, thyme, bay & rosemary
½ quart tomato concasse*
½ cup wheat berries
¼ teaspoon red chili flakes
Salt and pepper to taste

1. Soak the beans overnight in cold water.
2. Heat the olive oil in a heavy sauce pot over medium. Add vegetables and chili flakes and cook over low heat until almost tender, 3–4 minutes.
3. Add the stock, drained beans and wheat berries. Bring to a boil. Add the herb sachet.
4. Reduce heat, cover and simmer until the beans are tender (1–3 hours, depending on how dry the beans were).
5. Add the tomato concasse and simmer another 15 minutes. Remove the sachet.
6. Mash the beans lightly with a paddle or pass about one-fourth of the beans through a food mill. Add this purée back to the soup to thicken it.
7. If the soup is too thick, thin with a little additional stock.
8. Salt and pepper to taste.
9. Serve. Garnish with Parmesan cheese, drizzle of olive oil and fresh ground pepper, if desired.

* *Tomato concassé is diced tomato with the skin and seeds removed. To prepare, cut an X in the bottom of the tomatoes, an inch long. Place tomatoes in boiling water, and boil one minute. Remove and cool. Slide edge of knife blade under the flap of skin at the corners of the X and peel skin away. Once peeled, gently squeeze each tomato in half, forcing out the seeds. Finally, chop the tomatoes.*

OUTPOST'S

(secret recipe)

TURKEY ENCHILADAS

SERVES 14

WE MAKE THESE IN VERY LARGE BATCHES, SO SIZING AND ADAPTING THIS RECIPE FOR THE HOME COOK WAS QUITE A CHALLENGE. WE TOOK A FEW LIBERTIES WITH THE RECIPE BY USING REDUCED FAT CHEESE AND SPROUTED CORN TORTILLAS, BUT WE THINK YOU'LL LOVE IT. ONE OF THE SECRETS TO THE FLAVOR IS THE CHICKEN BASE – IT MAKES IT REALLY SAVORY. IF YOU WANT, SUBSTITUTE ONE CAN OF RINSED, BLACK BEANS FOR ONE POUND OF THE TURKEY TO KICK UP THE FIBER IN THIS CLASSIC COMFORT FOOD CASSEROLE.

Filling

- 12 ounces reduced-fat cheddar cheese, grated
- 4 ounces reduced-fat mozzarella cheese, grated
- 1 teaspoon canola oil
- $\frac{3}{4}$ pound zucchini, chopped
- 2 tablespoons canola oil
- 1 large yellow onion, chopped
- $\frac{3}{4}$ tablespoon chili powder
- $\frac{3}{4}$ tablespoon ground cumin
- 2 pounds ground turkey
- 2 tablespoons arrowroot
- $\frac{3}{4}$ teaspoon Better Than Bouillon Reduced Sodium Chicken Base
- $\frac{3}{4}$ cup water



Sauce

- 1 teaspoon canola oil
- 1 medium yellow onion, chopped
- 1 green pepper, chopped
- 2 jalapeño peppers, seeded and chopped
- $\frac{3}{4}$ teaspoon cumin
- $\frac{3}{4}$ teaspoon chili powder
- 1 teaspoon freshly ground black pepper
- $\frac{1}{4}$ cup tomato paste
- 1 15-ounce can no salt added tomato sauce
- 1 15-ounce can no salt added diced tomatoes
- Salt to taste

12 sprouted corn tortillas, cut in halves



Making the filling

1. Combine cheeses and reserve about a quarter of the cheese for the turkey mixture. Set aside.
2. Toss chopped zucchini with one teaspoon of canola oil, spread onto a baking sheet and roast in a 400° oven until crisp-tender, about 10 minutes. Cool.
3. Heat 2 tablespoons of canola oil in a large, deep-sided pan, add chopped onion, chili powder and cumin and sauté until onions start to brown. Then add turkey and continue cooking until turkey is cooked through.
4. In a small bowl, combine the chicken base, arrowroot and water and add to the turkey mixture. Cook until filling begins to thicken. Remove from heat and cool.
5. When turkey mixture is cooled, add reserved fourth of cheese (leaving a little extra for the top of the enchiladas) and cooled zucchini and mix well.

Making the sauce

1. Heat one teaspoon canola oil in large, deep sided pan and add chopped onion, chopped green pepper and chopped jalapeños. Cook until vegetables begin to soften, then add cumin, chili powder and pepper and sauté until fragrant.



2. Add tomato paste and cook until somewhat browned. Then add tomato sauce and diced tomatoes. Cook for 5 to 10 minutes until flavors combine. Remove from heat and pureé with hand/immersion blender until fairly smooth. Taste and season with salt as desired.

Building the enchiladas

1. Preheat oven to 400°.
2. Spray a 9 x 12 baking pan with cooking oil spray.
3. Dip each half tortilla in sauce and layer 8 halves on the bottom, top with ½ of the turkey filling. Repeat. It's all right if the tortillas don't completely cover the bottom of the pan.
4. Top final turkey layer with remaining eight dipped tortilla halves, then top with remaining sauce and reserved cheese.
5. Cover pan with aluminum foil and bake for 10 minutes. Remove foil and continue baking until bubbly and cheese starts to brown, about 10 to 20 minute more.

Note: the enchiladas can be assembled ahead of time and refrigerated for up to a day but you'll need to allow more time for baking them.



KIM NAMED OUTPOST OWNER OF THE YEAR 2012

One of the highlights of our annual owner meeting is always the presentation of our Owner of the Year Award. With upwards of 18,000 incredible owners to choose from, the choice is never easy, but always well deserved. This year, Outpost General Manager Pam Mehnert presented the award to Young Kim, executive director of the Fondy Market. The following is excerpted from Pam's introduction.

"Our owner of the year is always in five different places at once. He sits, or has sat, on just about every food-related committee in Metro Milwaukee and beyond. He organizes fantastic food events and is a busy advocate for Local First Milwaukee.

"If you've ever been to the Fondy Market on a warm and humid Saturday morning in July or a cool late September afternoon, most likely you've seen our owner of the year milling with the local farmers and producers there, their tables resplendent with the most gorgeous field-grown crops, jars of jam and baskets of baked goods. The market brims with color, music, voices and vibrancy.

"A second generation Korean American raised in the South, raising a family in a resurging rust-belt city in the North, building up local agriculture via mostly Hmong farmers and selling produce to a largely African-American community, our owner of the year wears many cultural hats seamlessly.

"Whether its walking the 80-acre Fondy farm in Port Washington, or advocating for a fair food policy in the halls of Washington, D.C., or guiding teenage youth on how to properly throw down a mean bunch of greens, he's walking his fields and tending the crops, a faithful servant to his community."

STRONGER TOGETHER

CREAM CITY'S BIG CHEESE.

CLOCK SHADOW'S SOUTHSIDE CREAMERY CUTS CHEESE DELIVERY TIMES, BRINGS SQUEAKY CURDS TO MILWAUKEE'S MASSES.

Istory & photos by PAUL SLOTH

IF YOU THINK ABOUT IT, THE WHOLE CHEESE-MAKING PROCESS IS QUITE SIMPLE. ALL IT TAKES IS A FEW INGREDIENTS. MOST IMPORTANTLY, YOU HAVE TO START WITH GOOD, HIGH-QUALITY MILK IF YOU WANT TO MAKE A GOOD CHEESE.

The second ingredient you need is a cheese culture — that's the healthy, good bacteria that is key to making cheese.

Next, an enzyme called rennet that coagulates the milk turns it from a fluid to a semi solid. This is an important step in the process. You have to separate the solids.

Once you've separated the solids from the liquid, you add the final ingredient, salt and voila ... cheese curds. You can eat them fresh or turn them into a wheel of cheese.

In many ways what happens inside Clock Shadow Creamery several days a week is not unlike what happens in creameries throughout Wisconsin.

What sets Clock Shadow Creamery apart is the simple fact that the creamery sits smack dab in the middle of Milwaukee. Technically, it might not be the middle of the city. The creamery is located in Walker's Point, just south of Downtown.

"The cheeses we make here for Clock Shadow Creamery are fresh cheeses. That's our goal. That's our business plan, to make fresh cheeses for the Milwaukee area," said Ron Henningfeld, manager and one of the creamery's two cheese makers.

Clock Shadow specializes in fresh cheese curds and a European-style quark — a fresh, creamy, soft cheese somewhere between ricotta and cream cheese in taste and texture.

"Both of these, the sooner you eat them, the better they are. So, we make these cheeses here in Milwaukee. Get them out to the consumers as quick as we can the same day so that they can also take advantage of the freshness of these products," Ron said.



AN IDEA

Juli Kaufmann didn't know the first thing about making cheese. She did, however, own the property at the corner of Bruce and Second streets in Walker's Point, the neighborhood where she lives and runs her business, Fix Development.

Her goal was to develop the site, a brownfield in the middle of the city, and bring in tenants who were committed to the values of the project — a "green" building occupied by companies with environmentally sound business practices.

At the suggestion of an investor, Juli thought that maybe one of the tenants could be a creamery, since there wasn't really a place in southeast Wisconsin (at least not near Milwaukee) where local cheesemakers could ply their trade. She started working with the now-defunct Dairy Business Innovation Center and through that organization met Bob Wills, owner of Cedar Grove Cheese in Plain, Wisconsin.

Bob provided technical assistance to Juli while she developed a business plan. Once the plan was in place, Juli needed someone to run it. She asked Bob. He embraced the idea wholeheartedly.

"It was very much serendipitous and a confluence of things. The creamery was not simply about dairy, but about the question of, 'how do we build food systems that work for communities?'" Juli said.

"By placing a creamery in the heart of the city, it was important to us to make that space visible. This is commitment to this neighborhood. It's very much a creamery for the people."



A MODEL CREAMERY

The creamery opened in the summer of 2012, but quickly built a reputation, not just for being one of the few creameries in the country that makes quark, but also for being the first cheese factory in Milwaukee. In case you're wondering, Ron's done the research to support the conclusion that Clock Shadow is indeed a pioneering business in the city.

It makes sense that there are only a few urban cheese factories, like Clock Shadow. In many ways, the story of particular foods, like cheese, is often a story of geography.

Historically, the milk produced by farms near cities was traditionally consumed as fluid milk — more people, less cheese (at least cheese produced locally). Not so in the country, where the goal was to find other ways to use and preserve the surplus milk.

Take a drive through rural Wisconsin and you'll notice the countryside dotted with cheese factories and creameries. Sure, there might not be as many as there used to be, but they're still an important part of the state's deep-rooted dairying culture.

"We want to be a model of urban cheese making, which I believe we are, we have people with interest coming to check it out for that aspect," Ron said. "Also, a model of green and environmentally conscious food production within an urban setting."

SCIENCE *of* the SQUEAK.

So, what makes a cheese curd a cheese curd? It could be that fresh, salty taste.

There's not a whole lot of flavor developed yet. Say you have a cheddar cheese curd. It doesn't taste like cheddar, not right away.

That comes with time. It takes at least a couple of weeks before you start to recognize that cheddar flavor. That will come in a cheddar cheese curd, too, if you store it for a couple of weeks. It will start to taste more like cheddar and less like a fresh cheese curd.

No, we all know that in the fresh cheese curd it's the squeak we love... gotta have the squeakiness. So why do fresh curds squeak?

Well, when the cheese is young, the protein bonds holding the cheese together are so strong that when you bite into them you're breaking the protein bonds with your teeth.





a Middle Eastern BRUNCH

THE ENGLISH MAY HAVE INVENTED THE CONCEPT OF BRUNCH, BUT PERHAPS NO ONE HAS EMBRACED IT MORE THAN AMERICANS. WE DESERVE IT. FORGET TOASTER PASTRIES, DOUGHNUTS AND CEREAL BOWLS, BRUNCH IS A LANGUID AND LUXURIOUS RETREAT FROM THE HUSTLE AND BUSTLE OF THE WORKWEEK. BRUNCH IS THE VERY EPITOME OF CIVILIZED LIFE, AND WHILE ONE COULD EASILY SERVE UP THE USUAL EGG BAKE AND FRUIT SALAD, WE CRAVED SOMETHING A LITTLE HEARTIER TO TAKE THE PLACE OF TWO MEALS.

Our search for an exotic menu befitting a vernal brunch took us to the very birthplace of civilization, for a meal influenced by the flavors of the Middle East. Bonus, everything on our brunch menu can be made ahead of time, which ensures that even the host or hostess will have a relaxing meal.

by LISA MALMAROWSKI • photos by PAUL SLOTH





ISRAELI COUSCOUS & ROASTED VEGETABLE SALAD

Israeli couscous is larger and cooks up like pasta. Like little pearl sponges, it readily soaks up the flavors of this simple, but satisfying vinaigrette. The vegetables, roasted here, are also good grilled. This is one of those salads that gets even better after it chills.

- 1 small eggplant, chopped
- 1 small zucchini, chopped
- 1 small yellow squash, chopped
- 1 red pepper, chopped, seeds removed
- 1 small red onion, chopped
- 3 cloves garlic
- 2 tablespoons olive oil
- Salt and pepper
- 1½ cups cooked Israeli couscous
- 3 tablespoons fresh flat leaf parsley, chopped
- 3 tablespoons fresh basil, chopped
- 5 ounces fresh spinach, chopped
- 1 cup small grape or cherry tomatoes, sliced in half

Dressing

- 3 tablespoons balsamic vinegar
- 1 tablespoon Dijon mustard
- 1 garlic clove, minced
- ⅓ cup olive oil
- ½ teaspoon salt
- Freshly ground pepper to taste

1. Preheat oven to 400°. Toss the eggplant, zucchini, squash, red pepper, onion and garlic with 2 tablespoons of olive oil and salt and pepper to taste. Spread evenly in a single layer on a large roasting pan and bake for 15 - 20 minutes, until vegetables are softened. Set aside to cool.
2. Mix dressing.
3. In a large bowl, add cooked vegetables, couscous, parsley, basil and spinach and then add dressing. Mix well.
4. Gently fold in sliced tomatoes. Chill and serve.

FUL MEDAMES

These stewed fava beans are commonly eaten for breakfast atop grilled flat bread throughout Syria. They are delicious topped with chopped onions as well as yogurt sauce, fresh arugula, tahini sauce and chopped, hard-boiled eggs.

- 2 15-ounce cans fava beans, drained and rinsed
- Water
- ¼ cup fresh lemon juice
- ¼ cup olive oil, plus more to garnish
- 2 teaspoons ground cumin
- ¼ teaspoon cayenne
- 4 cloves garlic, peeled and mashed
- Salt and freshly ground black pepper to taste
- 2 hard-boiled eggs, cut into 6 wedges each
- 2 tablespoon parsley, finely chopped
- Grilled flat bread

1. Place beans in a 2-quart saucepan and cover with an inch of water. Place over medium heat and bring to a boil; cook until beans are tender, about 8 minutes.
2. Drain beans, reserving cooking liquid, and transfer to a bowl; add juice, oil, cumin, cayenne, garlic, salt and pepper. Stir until beans are lightly broken up. Add more cooking liquid until the bean mixture is 'creamy.' Transfer to a serving platter, and surround with egg wedges; drizzle with more oil and sprinkle with parsley before serving with grilled flat bread.

TOMATO CUCUMBER FETA SALAD

This classic salad is crisp and fresh. This may be the one recipe you want to make the morning of your brunch so it doesn't get soggy.

- 5 scallions, white and green parts, thinly sliced
- 1 pound ripe tomatoes, seeded, cored and diced
- 1 cucumber, halved lengthwise, seeded and diced
- 1 14-ounce can chickpeas, rinsed and drained
- ⅓ cup fresh parsley, chopped
- ⅓ cup fresh mint leaves, chopped
- ⅓ cup fresh basil leaves, julienned
- ½ cup freshly squeezed lemon juice (2 - 4 lemons)
- 1 tablespoon minced garlic (3 cloves)
- Kosher salt and freshly ground black pepper
- ½ cup olive oil
- 8 ounces good feta cheese, diced

1. Place the scallions, tomatoes, cucumber, chickpeas, parsley, mint and basil in a large salad bowl. Toss to combine.
2. In a small bowl or measuring cup, whisk together the lemon juice, garlic and salt and pepper to taste. Slowly whisk in the olive oil to make an emulsion. Pour the dressing over the salad, tossing gently to coat all the vegetables. Add the feta, sprinkle with more salt and pepper, and toss gently.

(our) MENU

- FUL MEDAMES
- SWISS CHARD DOLMAS
- TOMATO CUCUMBER FETA SALAD
- ISRAELI COUSCOUS & ROASTED VEGETABLE SALAD
- LAMB KEFTA WITH GRILLED FLAT BREAD AND YOGURT SAUCE
- PISTACHIO CAKE WITH ROSE WHIPPED CREAM
- POMEGRANATE JUICE + PROSECCO
- APRICOT JUICE AND COFFEE



LAMB KEFTA

These are basically flattened meatballs, but the combination of spices make them irresistible. You can make these in a grill pan on your stove, but for a more authentic flavor, fire up the grill and cook them like little hamburgers over the flames.

- 1 pound ground lamb
- 1 teaspoon paprika
- ½ teaspoon ground cinnamon
- 1 teaspoon ground coriander
- 1½ teaspoons ground cumin
- ¼ teaspoon ground cloves
- ¼ teaspoon ground nutmeg
- ⅛ teaspoon cayenne
- 2 tablespoons fresh mint, finely chopped
- 1 large egg
- ½ onion, grated on the large holes of a box grater (about ½ cup)
- 1 garlic clove, minced
- ⅓ cup fresh flat-leaf parsley, finely chopped
- 1½ teaspoons coarse salt
- 1 tablespoon olive oil

1. In a large bowl, combine all the ingredients except the oil. Mix thoroughly. Form mixture into 1½-inch balls, and flatten the balls into ovals or football shapes, about ¼-inch thick.
2. In a large nonstick skillet, heat ½ tablespoon of the oil over medium-high heat. Add half of the lamb patties. Cook until the first side is golden brown, about 3 minutes; flip the patties and cook 2 minutes more. Transfer to a paper-towel-lined plate.
3. Wipe the skillet with a paper towel; heat the remaining ½ tablespoon oil. Repeat the process with the remaining lamb patties. Can be served warm or at room temperature.



SWISS CHARD DOLMAS

SERVES 6

When you see dolmas, it's easy to think 'grape leaves' when in fact any soft leaf can surround this savory rice filling. Chard is especially convenient, since fresh leaves are easy to find year-round in our area.

- 1 tablespoon olive oil
- 1 onion, minced
- $\frac{3}{4}$ cups basmati rice
- $1\frac{1}{2}$ cups low-sodium vegetable or mushroom broth, heated
- 2 tablespoons dried currants
- 2 tablespoons pine nuts, toasted
- $\frac{1}{2}$ cup of chopped, fresh mint
- $\frac{1}{2}$ cup chopped, fresh dill
- $\frac{3}{4}$ teaspoon salt
- Freshly ground pepper to taste
- $\frac{3}{4}$ cup fresh lemon juice, divided
- 3 tablespoons olive oil
- 1 large bunch chard (Swiss, Red or Rainbow), cleaned and trimmed of stalks and tough stems – you'll need about 20 usable leaves

1. Heat oil in a medium saucepan over medium heat. Sauté onions until tender. Then, stir in rice and warmed broth to cover. Cover and simmer until rice is half cooked, about 10 minutes.
2. Meanwhile, prepare chard. Bring a large pot of salted water to boil. Blanch chard for 2 – 3 minutes, enough to soften slightly. Drain and set aside.
3. Remove rice from heat and stir in currants, pine nuts, cinnamon, dill, mint, salt, pepper and half of the lemon juice. Let cool.
4. Prepare a large pot for steaming by placing metal vegetable steamer in the bottom.
5. Assemble dolmas by placing about 1 teaspoon cooled rice mixture in the center of a leaf. Fold in the sides and then roll into a cigar shape. Place in prepared pot. Repeat with remaining ingredients. You can layer the dolmas.
6. Pour in just enough warm water to reach the bottom of the first layer of dolmas. Cover and simmer over low heat until rice is totally cooked. You'll need to start checking at 20 minutes, but it could take as many as 40 minutes. Check the water level often and add more as necessary. Set aside to cool
7. Whisk together remaining lemon juice and 3 tablespoons of olive oil. Drizzle on dolmas and serve.

SPECIAL THANKS TO OUR MODELS, *Molly, Kai River, Levi, Royal and Olivia.*

Royal Brevväxling is a writer, editor and freelance teacher. As a photo essayist, he also likes to tell stories with pictures. In his writing, Royal focuses on the people who make Milwaukee an inviting, interesting and inspiring place to live.

Molly Snyder is a senior writer for OnMilwaukee.com. She's written for a variety of publications, from USA Today to The Sun, but always enjoys sharing Milwaukee-flavored stories the most.

PISTACHIO CAKE *with* ROSE WHIPPED CREAM

There is something both delicate and hearty about this humble cake. It's not too sweet and the subtle perfume of rosewater in the whipped cream is magical when combined with pistachios.

- 1 cup shelled, unsalted natural pistachios
- 1 cup all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon ground cardamom
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ cup whole milk
- $\frac{1}{4}$ teaspoon vanilla
- 1 stick ($\frac{1}{2}$ cup) unsalted butter, softened
- 1 cup sugar
- 3 large eggs

For whipped cream

- $\frac{1}{2}$ cup fresh whipping cream
- $\frac{1}{2}$ teaspoon rosewater
- 1 tablespoon powdered sugar or to taste

1. Preheat oven to 350°. Butter a 13 x 9 inch metal cake pan, then line bottom with wax paper. Butter paper and dust pan with some flour, knocking out excess. This seems excessive, but the cake will stick without it.
2. Pulse pistachios in a food processor until chopped being careful not to over process into a paste.
3. Add flour, baking powder, cardamom and salt and pulse once or twice to mix.
4. Combine milk and vanilla in a measuring cup.
5. Beat together butter and sugar in a large bowl with an electric mixer until pale and fluffy. Add eggs 1 at a time, beating well after each addition.
6. Then, add pistachio flour mixture and milk in batches, beginning and ending with flour, and mix at low speed until just combined.
7. Spread batter evenly into pan and bake in middle of oven until a tester comes out clean, about 20 minutes. Cool in pan on a rack 10 minutes, then run a thin knife around sides of cake and invert onto cooling rack.
8. For rose whipped cream add rosewater and powdered sugar to whipping cream and beat until desired consistency. Top slices of cake with a dollop of cream and garnish with chopped pistachios.

additional content online





(super simple) SMOOTHIES.

NOTHING SUPERCHARGES YOUR MORNING QUITE LIKE A GOOD SMOOTHIE AND WHIPPING UP ONE OF THESE POWERHOUSE BLENDS COULDN'T BE MUCH EASIER. FOLLOW THE SIMPLE RECIPE BELOW FOR AN INVIGORATING VANILLA SMOOTHIE, OR SUB IN A FEW INGREDIENTS TO CREATE ONE OF THE THREE COLORFUL OPTIONS TO THE RIGHT.

by CARRIE ROWE • photos by PAUL SLOTH

(the basic) RECIPE.

VANILLA SMOOTHIE MAKES ABOUT 4 CUPS

- 2 cups milk or milk alternative
- 1 banana
- 1 cup plain non-fat yogurt
- 1 scoop plain or vanilla protein powder
- ¼ cup cold water
- A few ice cubes

|| *Start with our basic vanilla smoothie recipe, then mix it up with these add ins for delicious, and easy, variations.*

+ (add ins)



GREEN SMOOTHIE

- 1 whole avocado (minus the peel and pit of course)
- 1-2 kale leaves, middle stem removed and torn into pieces
- 1 handful spinach leaves



- 1 BERRY SMOOTHIE**
1 cup frozen strawberries or mixed berries
- 2**
- 3 CHOCO-NUT SMOOTHIE**
1 heaping spoonful of your favorite nut butter
Use chocolate protein powder instead of plain or vanilla powder

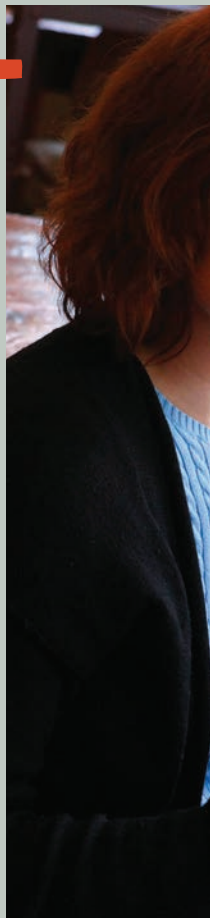
TABLE TALK.

NUMEROUS MILWAUKEE NEIGHBORHOODS ARE HUNGRY FOR HEALTHY FOOD. COULD FOOD HUBS HELP OUR CITY'S FOOD DESERTS BLOOM?

by MALCOLM MCDOWELL WOODS photos by PAUL SLOTH



Above (from left): Kristi Luzar, Greg Lawless (back to camera), Tim McCollow, Lanie Wasserman and Margaret Mittelstadt.





HOW TO FEED THE HUNGRY, REJUVENATE BROKEN NEIGHBORHOODS AND REVIVE CENTRAL CITY ECONOMIES? FOOD MIGHT BE ONE OF THE SUREST PATHS OUT OF THOSE INTERCONNECTED PROBLEMS AND THE CONCEPT OF A FOOD HUB HAS BEEN SUGGESTED AS A POTENTIAL SOLUTION. WHILE THE TERM IS A BIT AMBIGUOUS – A FOOD HUB COULD MEAN ANYTHING FROM A FARM STAND LOCATED ON A STREET CORNER TO A FOOD PROCESSING KITCHEN FACILITY AVAILABLE FOR HOURLY RENTAL BY FOOD ENTREPRENEURS – THE IDEA HAS SOLID APPEAL.

The topic received attention recently when the city of Milwaukee was named one of the finalists in the Bloomberg Philanthropies' Mayors Challenge. While Milwaukee's Home Gr/Own proposal wasn't one of the winning entries, Mayor Tom Barrett has said he remains committed to the vision outlined in the proposal, which aims to transform abandoned and foreclosed lots in the city in large part through urban agriculture and food production.

In early March, before the Mayors Challenge results had been announced, we gathered some local advocates working on the food hub issue at the new home of Stone Creek Coffee, in a gloriously transformed century old building around the corner from Milwaukee's Intermodal Station. With us were Tim McCollow, grants monitor for the City of Milwaukee's Office of Environmental Sustainability; Kristi Luzar, program manager at the Urban Economic Development Association of Wisconsin; Greg Lawless, senior outreach specialist for agricultural business initiatives at UW-Extension; and Lanie Wasserman, director of lending for IFF Wisconsin, a nonprofit community development financial institution. Outpost's Margaret Mittelstadt moderated the discussion.

Margaret Mittelstadt So, let's start with the basics. What does a regional food hub look like in Milwaukee?

Tim McCollow I had originally envisioned the Soviet-style, very large, centralized singular food hub for Milwaukee where regional growers could come in and sell their food to the food hub ... but as we've talked I think it's better just to start small and essentially create one or more smaller geographically defined food hubs which will try to create a local marketplace on a Monday through Sunday basis where the demand side of the market knows they can purchase local food any day of the week – as opposed to the farmers markets which have taken care of the weekend. My vision is thus smaller and nimbler: let's get one off the ground earlier instead of waiting for the large one.

Lanie Wasserman My idea is very much in alignment with yours. I think the one thing that would be great is if people from all walks of life can have access to healthy food which in turn would lead to more healthy lifestyles and outcomes. If there was a way for lots of different populations to access healthy food, that would be ideal.

Kristi Luzar And I would add that people have realized there is a demand for local food, people are interested in it and to me a regional food hub would be a great way to harness all that work that is going on in this region. There are so many unique and interesting ways people are getting local food into the marketplace and you see that with the explosions of farmers markets. A food hub would really harness that so you increase access to local and healthy foods for different neighborhoods and different populations.

Greg Lawless I've sort of followed the same trajectory as Tim in thinking of multiple food hubs. Milwaukee is big enough place that it could support

several and wherever the first one pops up is going to be great news. No two food hubs in the country and no two hubs in Milwaukee are going to be the same. They're going to reflect whatever is needed in that area and whatever buildings or facilities will accommodate. So the trick is just finding where we can get some traction, get some local leadership to get behind it.

Margaret And how do we find that local leadership? How do we find the local people who are going to make that happen?

Lanie Well I think about all that's been happening here, with Growing Power and some of the other large organizations that have been focused on urban agriculture and now the Bloomberg piece, so it seems there is already some leadership in this area. How we can tie it all together is key, but it isn't like this is coming from out of nowhere, there has been preliminary groundwork done.

Kristi And I would say by having conversations like these. A lot of it is information gathering. Improving that understanding might help some of these smaller multiple hubs off the ground, because they might realize they have a mutual interest in partnering together, even if it's on a smaller scale.

Tim I think the issue is really finding the first dollar and that's probably the main thing holding this up. Obviously there are food safety and training issues, but really it's the search for the first dollar. Food hubs as a business model are somewhat tested and somewhat untested.

I'm not 100 percent sure the first dollar is going to come from private capital and we've built that into

(continued)



the Home Gr/Own Initiative. Strengthening the food supply chain – that’s all code for creating food hubs and essentially creating a local supply chain. My goal has always been to make it as easy as possible for the local demand to find the local supply. There’s strong local demand for local food. That part’s taken care of. Now we just have to deal with how to get supply to market.

Lanie Another key piece about this, a lot of times a market study is critical. When you talked about dollars, that’s what we need: dollars are needed for a market study. What would a food hub look like? I think conceptually, we have sort of the big picture idea, but how would it be broken down and look like here. Would there be kitchen incubators, would there be a retail component? What would the local economy support?

Kristi I used to think to myself that the first step was to get Tim’s food hub out of his head and onto paper, which we did, and that was really instrumental in getting people to conceptualize what a food hub would look like. Like Greg said, no two food hubs are alike. And then we realized you could really go big with a massive physical and economic investment. But is that something that is really necessary here? I think the group felt there was already so much going on here, maybe there’s a way to achieve a food hub without searching for the big dollars required for that major sort of investment.

Greg I think what’s most needed in Milwaukee is processing capacity. Creating spaces where entrepreneurs can come in and create products that don’t currently exist. Those products can find retail places, they can go into Outpost, they can go into cafés, they can go into El Rey, but the thing that’s really missing here is not just the processing, but the technical assistance that would support it. And we have models all over Wisconsin, increasingly, of that model.

Kristi And we know there are lots of people with food ideas. If you think about the growth of smaller food-based businesses – that’s been another angle we’ve been focused on. It’s just the question of getting them the technical assistance they need, maybe it’s making sure they have commercial kitchen space and making sure they have a supply of local food. And then you’re creating local markets and local economic multipliers. From an economic development perspective, that’s a really important piece to this, too.

Margaret Is securing that larger customer, like a hospital or Milwaukee Public Schools, is that a viable option at this point?

Greg MPS at least a few years back was very interested in buying chopped carrots. It’s a low-margin, high-volume kind of an order. But it’s a market. It’s the higher-value niche markets that are a lot more enticing. A processing facility can maybe chop carrots in the evening when it’s not charging a higher rent for the folks who have higher-margin products. It can help cash flow that facility.

Lanie But it’s a good point: If they were a couple major customers out there, it could give us the impetus to try to attract farmers who may be a little skeptical. If there were people out there who said, yes, we will buy your produce, it could give us the beginnings of the food hub that we were looking for.

Kristi I know the sort of thing Tim has spoken about is the idea that there is a place where some of these smaller farmers could bring whatever smaller batches of produce and then it’s aggregated. Then you can maybe meet the demand of that larger institutional buyer and then those farmers have a little bit more an income stream. It’s a way to provide living wages for the farmers.

Greg I’m not as worried about the family farm right now. They have markets. They’re selling their produce. What I’m more concerned about is jobs in Milwaukee. Whether it’s chopping carrots on a conveyor belt, which would probably be very low wage, or an entrepreneurial company making high-end carrot juice and selling it into coffee shops, either of those can be employing people in Milwaukee.

Tim In terms of markets, there is a niche for local food in the restaurants, but I also like the institutions – they’re big elephants. It’s easier to hunt elephants than mice. But what I ask of the demand side is a little patience. They’re not going to be able to buy local food exactly like they do all their other food. It might be an additional step, another process, another food to buy. But I’m hoping they can be pulled into it. It may be a little more work for them in the start but I’m hoping that demand for local food pulls them in and makes up for the fact it may be a little harder initially.

Kristi It does seem there is an openness. I think the institutions are more willing to reconsider how things have been done. But for them it has to be efficient and it has to be cost-effective.



Lanie We also can't forget the low-income component. There has to be a job creation aspect to this and also that all different types of people will be able to access food. This isn't just about processing, distribution, retail, it's also about access.

Margaret Well, that ties in well to the Home Grown project. There's a community aspect that comes from the Home Gr/Own project that's really intriguing.

Tim Healthy food access is really one of the cores behind Home Gr/own. We're tackling food access in multiple directions. The food hub itself is really a job generation vehicle – we're helping to commercialize urban agriculture, which is really important to me in terms of income generation and job creation.

When we get down to the residential market, it may be as simple as the city allowing a farm stand on the block. To me, it's making it as easy as possible for people to do things. And part of that is exposure as well. If we're converting vacant lots into food production and putting up some hoop houses or we've converting a foreclosed home into a small commercial kitchen, we're creating points of interest in these neighborhoods. There's a real place making aspect to Home Gr/Own. Essentially, it's about pulling people into a conversation about food, even people who don't even know each other. It's creating a neighborhood conversation about food and generating income from food.

Kristi That's why I think Milwaukee is such an exciting place to be. The Home Gr/Own idea would be leveraging some of the really great work that's being done by grass roots efforts here – like Alice's Garden, and the Victory Garden Initiative. There's already so much great work going on at the neighborhood level.

Tim Home Gr/Own was really designed to build on that great capacity we have here in Milwaukee ... To me, what's missing is the big chunk of dollars.

Margaret I don't know how much it takes in terms of finances to start a small agricultural enterprise here in Milwaukee, but it can't be a lot, as long as there's some guidance there.

Greg In terms of a processing kitchen, I'm told for about \$10,000, you can get a room with floor drains, three sinks and washable walls, and each piece of equipment is going to add another \$3,000 or \$5,000. And there are plenty of rooms with all of those things

now in Milwaukee. It's finding them. There's probably 50 of them in Milwaukee right now.

Lanie Going back to what you were saying about financing. At IFF, what we do is we provide loans to non-profits and we also work with for profits and if there was an opportunity like that where maybe they needed some equipment or space to get something started, we'd be interested in financing that.

Kristi That's where the business plan component comes in. Our work group is trying to find some resources so we can work with somebody to help put together a business model and then we'd have an idea about what kind of capital is required. But it's hard when you have this nebulous idea of what a food hub is.

Greg To me, it's unleashing the existing food entrepreneurs to do things they can't do now. You could have an advisory committee, you bring them in once a month, you give them free samples and they advise the entrepreneurs, you know, steer them towards healthier food.

Lanie Outpost was really a pioneer in this type of work. As an organization you were doing this way before this whole concept of healthy food and access was invoked. You've been doing this a long time. And I think it's great you want to be involved.

Margaret Well, we've seen the market for local and healthy foods grow at an incredible rate. When you consider the role local foods can have in improving the health of a body, the health of a neighborhood and even the health of a city, who wouldn't want to be involved?



MILWAUKEE'S HOME GR/OWN INITIATIVE

Though Milwaukee's entry was not a winner in Bloomberg Philanthropies' Mayors Challenge, Milwaukee Mayor Tom Barrett has stated his intent to continue to develop the project. For more information the city of Milwaukee's Home Gr/Own initiative, check the city's web site:

[HTTP://CITY.MILWAUKEE.GOV/SUSTAINABILITY/HOMEGR/OWN.HTM](http://CITY.MILWAUKEE.GOV/SUSTAINABILITY/HOMEGR/OWN.HTM)

IN AN IDEAL WORLD...

by MARGARET MITTELSTADT

... KEEP(ING) GREATER MILWAUKEE BEAUTIFUL.



photos courtesy of Keep Greater Milwaukee Beautiful

WE ARE PROFOUNDLY CONNECTED TO OUR PLACES. AND THE PLACE WE CALL HOME IS RICH. RICH BECAUSE OF LAKE MICHIGAN AND ITS WATERSHED – CREEKS, RIVERS, PONDS AND LAKES. OUR LUSH URBAN OPEN SPACES AND AWARD-WINNING PARKS ARE THE ENVY OF MUCH LARGER CITIES. AND OUR VIBRANT NEIGHBORHOODS ARE RESPLENDENT IN THEIR ETHNIC JOIE DE VIVRE. WE ARE BLESSED WITH A PLACE TEEMING WITH NATURAL AND CIVIC TREASURES.

Keeping that place beautiful is important work.

One local organization seeks to strengthen urban life through the lens of environmental education and community improvement projects. Keep Greater Milwaukee Beautiful (KGMB), a local non-profit, set down its roots in 1983, hoping to rein in the litter and waste strewn about our streets and natural places. Today, KGMB is recognized as a leader within all the Keep America Beautiful affiliates.

Public and private partnerships strengthen the collaborative spirit fostered by KGMB. “We provide the tools and resources to Milwaukee area residents to clean, beautify and strengthen communities. We focus on environmental education through topics such as waste and recycling, water, energy and wellness,” explains Elizabeth Arnold, education program assistant,

to inspire people to “make a change, no matter how big or small.”

With a staff of three, KGMB depends almost entirely on a volunteer support network topping 55,000 annually. “We actually have the largest volunteer network in the city. We also partner with local high schools, colleges and universities to provide interns and service learners.” The organization accepts any level of time commitment one can give. “There’s something for everyone!”

Refuse continues to be one of the most pressing issues within the Milwaukee community. Litter of all sorts and sizes discourages residents from using and enjoying the outdoors. Even large items like refrigerators and other appliances, motorcycles and bicycles clutter our natural spaces.

Arnold stresses, however, that residents do care and are actively taking back their communities. “It’s especially wonderful when students get that aha moment during a class or activity and decide to become active stewards of the environment, right then and there.”

Because of the efforts of KGMB, the course for the future remains true. For Arnold, in an ideal world, “we wouldn’t have to struggle to keep our communities clean and neighborhoods wouldn’t lack access to safe green space to play.”

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