

GRAZZIE

AROUND THE KITCHEN TABLE WITH OUTPOST NATURAL FOODS CO-OP

SEE YA 2020!
DELICIOUS
DISHES FOR
A SWANKY
NEW YEAR'S
SPREAD

PAGE 22

Holiday TRADITIONS

PAGE 14

OUTPOST
THANKSGIVING
FOODS MENU
LET US DO THE
COOKING

PAGE 12

PLU 3010
HOLIDAY 2020

FREE WITH ANY PURCHASE





CONTENTS.

HOLIDAY 2020

...features.

**HOLIDAY (2 WAYS)
MEAT FREE & FANCY**..... page 6

PARTY BITES
EASY & FESTIVE FIXES FOR ANY OCCASION.... page 10

OUR THANKSGIVING ORDERING MENU
LET US DO THE COOKING page 12

HOLIDAY FAMILY TRADITIONS
FROM OUR HOMES TO YOURS page 14

...in the aisles.

YOU'LL SWOON
OUR COLLECTION OF HOLIDAY GIFT IDEAS YOU'LL WANT
ALL FOR YOURSELF.....page 4

PASS THE PLANTS
OUR PERIODIC TABLE OF PLANT-BASED & VEGETARIAN
T-DAY ALTERNATIVES page 8

THE BIRD IS THE WORD
TALKING TURKEY—EVERYTHING YOU NEED TO KNOWpage 20

GOODBYE 2020
DELICIOUS DISHES FOR A SWANKY NEW YEAR'S SPREAD..... page 22

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



WANT MORE OUTPOST?

WWW.OUTPOST.COOP



6



10



14



22



DECEMBER 1-31, 2020

Holiday Gift Card Bonus!

Buy a \$100 gift card and receive a \$5 gift card—FREE! One for you and one for a friend. It's our Holiday Gift Card Bonus!

Our gift cards don't expire or lose value. Offer valid only on gift cards purchased in store, online purchases are not eligible. For every \$100 you spend on gift cards, you'll receive a \$5 gift card at no charge. Offer good only for \$100 increments purchased.

Hurry offer expires December 31, 2020.

GRAZE

A QUARTERLY PUBLICATION OF **OUTPOST NATURAL FOODS CO-OP**

OUR PUBLISHING STAFF.

DIRECTOR . LISA MALMAROWSKI
EDITOR . WRITER . PHOTOGRAPHY .
MICHAEL SORENSEN
DESIGN . PHOTOGRAPHY . CARA BERKEN
WRITER . MARGARET MITTELSTADT
WRITER . DIANA SCHMIDT
WRITER . MARI WOOD

WE'D LOVE TO HEAR FROM YOU!
SEND YOUR LETTERS TO –

GRAZE@OUTPOST.COOP

OUTPOST NATURAL FOODS/GRAZE
3200 SOUTH 3RD STREET
MILWAUKEE, WISCONSIN 53207

OUR STORES.

100 E CAPITOL DRIVE
MILWAUKEE, WI 53212
PHONE . 414 961 2597

7000 W STATE STREET
WAUWATOSA, WI 53213
PHONE . 414 778 2012

2826 S KINNICKINNIC AVENUE
MILWAUKEE, WI 53207
PHONE . 414 755 3202

7590 W MEQUON ROAD
MEQUON, WI 53092
PHONE . 262 242 0426

OUTPOST
NATURAL FOODS
WWW.OUTPOST.COOP

(you'll)

SWOON.

GIFTS FOR YOU

THINGS WE LOVE.



PRESTO ANTIPASTO

Everything you need to make an antipasto spread to remember is right here! From fancy stuffed olives to pickled delicacies made from a local hippie we've got you covered.



GETTING SAUCY

Whether it's impressing the neighbors with bold BBQ sauce or taking a culinary trip around the world these spectacular sauces are sure to impress.



DEEP FLAVOR DIVE

When you want to put your taste buds into overdrive, these are the full-bodied flavors that really pack a pleasant punch.





SWEET TOOTH

Fancy cherries, gluten-free cookies, local chocolates and more are on tap to satisfy those cravings when you want something a little decadent.



TEATIME

Cheers! Curl up with a proper spot of soothing tea and let your thoughts drift to your happy place with these calming concoctions.



SPA DAY

If there's ever been a year where it's OK to indulge in a little "me time" it's 2020 and we've got just the right stuff to help you unwind.

holiday

(two ways)

A MEAT FREE CELEBRATION

VEGAN POTATOES AU GRATIN *with* SEITAN BACON BITS

SERVES 4-6 Vegan • Gluten-free with substitutions

Folks of all stripes will love this super creamy vegan version of classic potatoes au gratin. Savory, rich, and "cheesy". Perfectly soul satisfying on a cold frosty day. The vegan cheese and bacon can be salty on their own, so go easy on adding additional salt to the recipe—adjust seasonings as you go. We kicked up the umami flavor profile by sprinkling on smoked paprika just before serving. This dish can be made a day in advance and kept in the fridge. Bring back to room temperature before baking.

- 4–5 slices seitan bacon*, chopped (we used Upton's)
- 3½ tablespoons olive oil or avocado oil, divided
- 2–3 cloves garlic, minced
- ¼ teaspoon each sea salt and black pepper (plus more to taste)
- 2½ tablespoons cornstarch or arrowroot
- 1½ cups unsweetened plain almond milk
- ½ cup vegetable broth
- ⅛ teaspoon ground nutmeg (optional)
- 4–5 tablespoons nutritional yeast
- 1½ pounds Yukon gold potatoes, very thinly sliced (about 2–3 medium potatoes)
- ½ cup vegan Parmesan cheese, shredded (we used Violife)
- ¼ teaspoon smoked paprika (optional)
- Fresh parsley (optional)

1. Preheat oven to 350 degrees. Heat 1 tablespoon of olive oil in a small skillet over medium heat. Add the seitan bacon and sauté until crispy. Remove from heat and set aside.
2. Heat a large skillet over medium heat. Add remaining olive oil, garlic, salt and pepper. Sauté for 1 minute, stirring frequently, until just lightly golden brown.
3. Add cornstarch or arrowroot and whisk to incorporate. Cook for 1 minute.
4. Slowly add almond milk a little at a time,

- whisking constantly to incorporate and avoid lumps. Then add vegetable broth.
5. Reduce heat to low. Simmer for 4–5 minutes to thicken, whisking frequently.
6. Turn off heat. Carefully transfer sauce to a blender and add nutmeg and nutritional yeast.
7. Blend on high until creamy and smooth. Adjust seasonings as needed, adding more salt, pepper, or nutritional yeast to taste. Mixture should be very rich, cheesy and savory in flavor.
8. Generously grease a baking dish with oil or vegan butter all the way up the sides.
9. Assemble the gratin by layering half the potatoes flat in the baking dish. Lightly sprinkle with salt and ground black pepper. Sprinkle ¼ cup vegan Parmesan cheese and half the bacon bits evenly over the potatoes.
10. Layer on top the remaining sliced potatoes. Gently pour the sauce over the potatoes, making sure they are completely covered. Sprinkle on the remaining cheese and bacon bits.
11. Cover with foil and bake on middle rack of the oven for 20 minutes. Remove foil and bake for another 40–45 minutes. Potatoes are done when tender and the top is golden brown and bubbly.
12. Remove from oven and let cool for 10 minutes before serving. Garnish the top with fresh parsley and a dash of smoked paprika for extra color and flavor, if desired. Leftovers will keep in the fridge for 2–3 days. You can also freeze any leftovers. Reheat in a hot oven and rehydrate with almond milk if needed.

* Note: To make this gluten-free, choose a gluten-free vegan bacon or omit from recipe.



1ST way.

2ND way.



SAVORY MUSHROOM TART

SERVES 8 Vegetarian • Gluten-free with substitutions

This tart is a perfect alternative to other fallback vegetarian dishes you might find in a Thanksgiving spread; it's savory, rich and soul satisfying. It's equally great as an appetizer as it neatly slices into smaller wedges. Because the ingredients are so simple, buy the freshest and best you can find. We used award-winning Wisconsin cheeses because, well, Wisconsin!

For the crust

- 1 cup plus 2 tablespoons all-purpose flour
- ¼ cup finely ground cornmeal
- ¼ teaspoon salt
- 6 tablespoons unsalted butter, cold and cut into ½-inch pieces
- 1 large egg

For the filling

- ¼ cup dried porcini mushrooms
- 1 tablespoon olive oil
- 1 tablespoon unsalted butter
- 2 medium shallots, thinly sliced
- 1 clove garlic, minced
- 1 teaspoon fresh thyme, chopped
- ½ pound cremini mushrooms, de-stemmed and thinly sliced
- ½ pound assorted mushrooms, such as shiitake, oyster and portabella, chopped into small pieces
- 1 teaspoon salt, divided
- Freshly ground pepper, to taste
- ¼ cup mascarpone cheese, room temperature
- ¼ cup milk
- 2 large eggs
- ½ cup Gruyère cheese, freshly grated
- ¼ cup Parmesan cheese, freshly grated

Special equipment: 9-inch tart pan, food processor

Make the crust

1. Preheat the oven to 375 degrees.
2. Put flour, cornmeal and salt into the bowl of a food processor. Then add cubed butter. Pulse until butter is the size of tiny peas. Add egg and process until dough starts to come together (it will look crumbly like wet sand).
3. Remove from processor and place on a floured surface, lightly knead and form into a ball. Then, roll out dough into a 12-inch circle. It's helpful to use two pieces of plastic wrap so the dough doesn't stick.

4. Transfer the dough to tart pan and firmly press dough against the bottom and sides. Remove excess dough from the top. Place tart pan on a baking sheet and put in the freezer until firm, about 30 minutes.
5. Lightly butter one side of a 12-inch square of aluminum foil. Press the foil firmly against the bottom and sides of the crust, butter side down. Bake for 10 minutes. Carefully remove the foil and then bake for another 5–8 minutes, until lightly golden brown around the edges. Place on a wire rack to cool.

Make the filling

1. Reduce the oven temperature to 350 degrees.
2. Add dried porcini mushrooms to a cup of hot water. Cover and let steep until soft. Drain well, reserving water to flavor other recipes. Chop mushrooms and set aside.
3. Then, set a large skillet over medium heat. Add the olive oil and butter. When the butter is melted, add shallots. Cook, stirring occasionally, for about 2–3 minutes, until soft. Add garlic and thyme and cook for 30 seconds.
4. Increase the heat to medium-high and add in the mushrooms—they may not all fit at first—but will as the mixture cooks down. Cook about 10 minutes, stirring occasionally, until the mushrooms are soft and the liquid has evaporated. Stir in ½ teaspoon salt and pepper to taste. Transfer to a plate to cool.
5. In a medium bowl, add the mascarpone. Slowly pour in the milk and whisk until the mixture is smooth. Whisk in the eggs. Add in the Gruyère, Parmesan and remaining ½ teaspoon salt. Since mushroom sizes can vary, you'll need to use your judgment on how much of the mushroom mixture to add to the egg mixture, so fold in about three quarters of the cooled mushrooms to the egg and cheese mixture and stir to combine. Then, carefully pour the mixture into the pre-baked crust. You can add more mushrooms to fill the tart if needed.
6. Bake for 35–40 minutes, until slightly puffed and lightly golden brown on the top—if you insert the tip of a small knife into the center, it should not release any wet custard. Let the tart cool for at least 10 minutes before removing from the pan to serve. Serve warm or at room temperature.

(our table of) HOLIDAY ALTERNATIVES

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

Qr QUORN MEATLESS ROAST



LOVE IT. VEGETARIAN, GLUTEN & SOY FREE. CONTAINS EGGS & MILK. A SIMPLE, TAKE ON A CLASSIC HOLIDAY FAVORITE.

IN THE PAST, THANKSGIVING FOR VEGETARIANS MEANT LOOKING LONGINGLY AT THE SIDE DISHES AND PASSING ON THE MAIN EVENT. NOT SO ANYMORE! NOWADAYS, THERE ARE EXCEPTIONAL TURKEY ALTERNATIVES TO TANTALIZE THE TASTE BUDS. BRANDS LIKE TOFURKY, FIELD ROAST AND GARDEIN HAVE FAKED IT AND MADE IT BY TURNING OUT SOME GREAT MEAT-FREE ALTERNATIVES FOR THE TABLE.



Fc FIELD ROAST CELEBRATION ROAST



LOVE IT. VEGAN, CONTAINS WHEAT. FEATURES A TRADITIONAL BREAD STUFFING AND PORCINI MUSHROOM GRAVY.

Eh FIELD ROAST HAZELNUT CRANBERRY ROAST EN CROUTE



LOVE IT. VEGAN, CONTAINS WHEAT, HAZELNUT-INFUSED GRAIN-BASED SAUSAGE & APPLES – WRAPPED IN SAVORY PUFF PASTRY.

Gh GARDEIN HOLIDAY ROAST



LOVE IT. VEGAN, CONTAINS WHEAT & SOY. COMES WITH CRANBERRY & WILD RICE STUFFING.

Gt GARDEIN SAVORY STUFFED TURKEY



LOVE IT. VEGAN, CONTAINS WHEAT & SOY. MADE WITH CRANBERRY & WILD RICE STUFFING.

Tf TOFURKY HOLIDAY FEAST



LOVE IT. VEGAN, CONTAINS WHEAT, SOY & COCONUT. WITH A TRADITIONAL GRAVY & CHOCOLATE MOCHA CHEESECAKE.

Tr TOFURKY ROAST



LOVE IT. VEGAN, CONTAINS WHEAT & SOY. WITH WILD RICE AND BREAD-CRUMB STUFFING

Th TOFURKY HAM STYLE ROAST



LOVE IT. VEGAN, CONTAINS WHEAT & SOY. TENDER, SMOKEY FLAVOR, COMPLEMENTED BY A SWEET, TANGY GLAZE.

Tm TOFURKY MUSHROOM GIBLET GRAVY



LOVE IT. VEGAN, CONTAINS WHEAT & SOY. A TRADITIONAL HOLIDAY FAVORITE. POUR IT OVER EVERYTHING!

OLD-FASHIONED BROCCOLI CAULIFLOWER

SERVES 8 Vegetarian • Gluten-free with substitutions

This is simple comfort food—like macaroni and cheese with vegetables instead of pasta—and easy to make. You can make the whole casserole ahead of time and refrigerate until baking. Just allow the pan to come to room temperature before popping it into the oven. We used a stone baking dish, but a 10-inch square pan would work just as well. Great for leftovers!

- 1 large head broccoli
- 1 head cauliflower
- 4 tablespoons butter
- ½ medium onion, diced
- 2 cloves garlic, minced
- ¼ cup flour
- 2½ cups low sodium chicken or vegetable broth
- 4 ounces cream cheese, softened
- ¼ teaspoon salt
- ½ teaspoon black pepper
- ¼ teaspoon seasoned salt, or more to taste
- ¼ teaspoon paprika plus more for dusting
- 1½ cups grated reduced-fat farmer's cheese or other mild cheese or more to taste
- 1 tablespoon butter, melted
- ⅓ cup whole wheat or gluten-free panko breadcrumbs

1. Preheat oven to 375 degrees.
2. Slice or break broccoli and cauliflower into small florets, discard thick stalks. Steam them for 3-4 minutes until the broccoli is bright green and remove them from the heat. Set aside.
3. In a large skillet, melt butter and sauté onion and garlic until the onion starts to turn translucent, about 3-4 minutes. Sprinkle flour over the top, whisk to combine and cook for another minute. Pour in broth, whisking constantly, then cook until the sauce thickens. Reduce heat to low and add the softened cream cheese, salt, pepper, seasoned salt and paprika. Stir to combine until smooth. Taste and adjust seasonings and keep warm.
4. In a small bowl, stir together the breadcrumbs and melted butter. Set aside.
5. Layer half the broccoli and cauliflower in the bottom of a small casserole dish. Pour on half the cream sauce, then sprinkle on half the cheese. Sprinkle a little paprika on the cheese, then repeat with another layer of broccoli, sauce and cheese. End with a sprinkling of breadcrumbs.
6. Bake for 25-30 minutes, until cheese is melted and bubbly and the breadcrumbs are golden brown. Serve warm.



SMASHED SWEET POTATOES *with* MAPLE & APRICOT

SERVES 8 Vegetarian • Gluten-free • Vegan with substitutions

The combination of maple syrup, sherry and apricots add complexity and a smoky sweetness to classic sweet potatoes without being cloying. To easily chop apricots without all the stickiness, we like using kitchen shears. These reheat beautifully as well.

- 3 pounds fresh sweet potatoes, peeled and cut into large chunks
 - 4 tablespoons unsalted butter
 - 3 tablespoons dark maple syrup
 - 2 tablespoons good quality sherry
 - ⅓ cup dried un-sulfured apricots, chopped
 - ¼ cup unsalted raw pecans, chopped
 - Salt and pepper to taste
1. Fill a large pot with salted water and add sweet potatoes, boil until soft—a knife should insert easily but they should not be falling apart. Drain and return to pan, cover to keep warm.

2. Toast pecans in a hot skillet until fragrant. Set aside.
3. Melt butter (or vegan alternative) in a saucepan over medium heat. When the butter is fully melted and bubbling, add maple syrup and sherry. Using a wooden spoon, stir well and keep stirring until sauce thickens and has a caramel like consistency. It will be bubbly and darken. Add chopped apricots and mix well, cook until apricots are just softened.
4. Carefully add the sauce—it will be really hot—to the cooked sweet potatoes and stir very well. This will 'smash up' the potatoes so they still have shape but also creaminess. Before serving, heat to desired temperature, place in serving bowl and garnish with roasted, chopped pecans.



PARTY BITES



BAKED CAMEMBERT *with* CRANBERRY CHUTNEY

SERVES 6-8

Brie cheese gets all the spotlight, but we think its earthier, more intense cousin, works great with a bold topping like this easy red onion and cranberry chutney that showcases one of the “go-to” fruits of Thanksgiving.

- 1 Camembert wheel
- 1 red onion, peeled and sliced in half moons
- ¼ cup fresh cranberries
- ¼ cup brown sugar
- 2 tablespoons red wine vinegar
- 1 sprig of thyme

1. Preheat oven to 325 degrees. Remove the lid and any plastic packaging from the Camembert but leave the bottom for baking. Place on a baking tray and make a few small slits in the top of the cheese. Bake for 15 minutes.
2. Meanwhile prepare the topping. Add all ingredients to a small saucepan over medium heat. Stir together and gently cook until everything is soft and has a jam like consistency, 15-20 minutes. Spoon chutney into the slits in the cheese and serve with crackers or toasted bread.



SMOKED OYSTER DIP

SERVES 6-8

It's just not a party without smoked oysters at some houses, so we fancied it up by turning them into a dip instead of the usual oysters on a toothpick. You still get that smoky, briny taste but a bit smoother with the cream cheese and the crunch of green onions.

- 1 8-ounce cream cheese
- 1-3 teaspoons milk (as needed)
- 4 tablespoons green onions, finely chopped white and some green parts
- 3 teaspoons Worcestershire sauce
- 2 teaspoons hot sauce, or to taste
- 1 clove garlic, finely chopped
- 1 tablespoon flat-leaf parsley, finely chopped
- 1 4-ounce can smoked oysters, drained and chopped
- Sea salt and freshly ground black pepper, to taste
- 1 baguette, sliced into thin rounds
- Butter

1. In a medium bowl, mix the cream cheese, milk, green onions, Worcestershire, hot sauce, garlic and parsley. Stir to combine. If the mixture seems too thick, thin it with a teaspoon or two more milk. (You want it thick but everything should be evenly blended.) Fold in the oysters. Season to taste with salt and pepper. Refrigerate until serving.
2. Spread butter, to taste, on one side of each baguette round. Place in a 400-degree oven until lightly toasted. Serve dip in bowl surrounded by toasted bread.



KIMCHI ROLLS

SERVES 8

These are not your typical party fare, but the Asian flavors cozy up well to nostalgic noshes. Kimchi is usually pretty spicy, but if you want the rolls even hotter, add ½ teaspoon red pepper flakes. You can also substitute rice noodles and make it gluten-free. These are best if made a few hours ahead and chilled so the flavors combine.

4 ounces uncooked soba noodles
 1 cup kimchi, very finely chopped
 1 tablespoon sesame oil
 ½ teaspoon soy or shoyu sauce
 Red pepper flakes, if desired
 Salt and freshly ground pepper to taste
 8-9 rice papers
 1-2 green onions, cut into 3-inch long pieces and thinly slivered
 ¼ cup cilantro leaves, chopped
 1-2 tablespoons sesame seeds, toasted
 Prepared chili sauce for dipping

1. Cook noodles according to package instructions and rinse with cold water. Drain well and cut the noodles using kitchen scissors.

2. While noodles are cooking, put chopped kimchi in a medium bowl and add sesame oil, soy sauces, red pepper flakes (if using) and salt and pepper to taste. Mix well and set aside.
3. Combine noodles and kimchi mixture well.
4. Soak a rice paper in warm water for about 5 seconds and place on flat surface. Add a small portion of the kimchi noodle mixture, a couple of green onion slivers, a sprinkling of chopped cilantro and sprinkling of toasted sesame seeds.
5. Roll the filling in the rice paper tightly and set aside in a non-stick pan. Repeat with the remaining portions of the kimchi noodle mixture and rice papers. Cover and chill.
6. Before serving, cut each roll into 3 pieces. Arrange on a serving platter and serve chilled or at room temperature with dipping sauce.



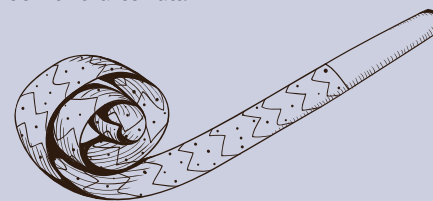
APPLE CIDER MIMOSAS

OVER-SERVES 2

When we came across this recipe we were like "Of course! Why should orange juice have all of the fun?" Adding champagne to everyone's favorite fall beverage is genius in its simplicity.

1 bottle champagne
 2 cups apple cider (Patterson Orchards is our favorite)
 2 tablespoons sugar
 1 tablespoon ground cinnamon

On a small plate, combine sugar and cinnamon. Dip glasses in water to wet the rims, then dip in cinnamon sugar mixture. Fill champagne flutes ¼ full with apple cider, then top off with champagne. Or do it ¾ champagne and ¼ cider. We don't judge, it's 2020 after all.



Place orders by Nov. 21!

Outpost's Own THANKSGIVING FOODS MENU

- Made from scratch and chock-full of quality organic and local ingredients
- We never use any artificial flavors, colors or preservatives
- Our bakery is handmade from scratch by our talented bakers using delicious ingredients like organic butter, apples and pumpkin
- For our vegan bakery, we use only non-hydrogenated fats

• *While Supplies Last*

Place your order today!

Call the store pick-up location number below OR place order in store at the café counter.

Milwaukee

100 E. Capitol Drive
414.961.2597

Wauwatosa

7000 W. State Street
414.778.2012

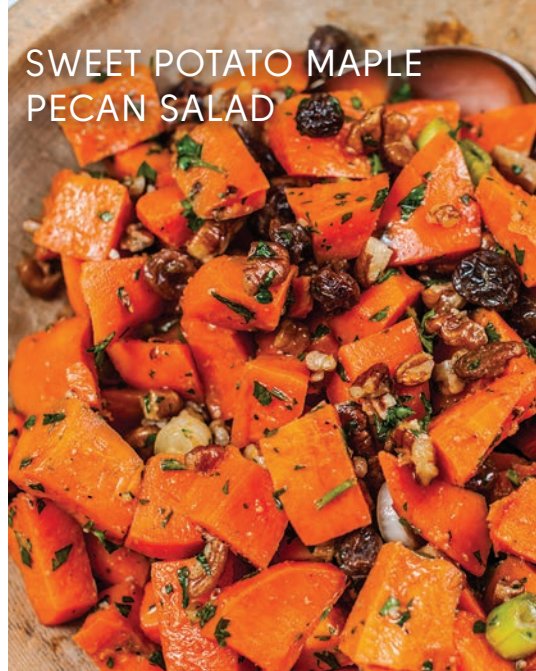
Bay View

2826 S. Kinnickinnic Avenue
414.755.3202

Mequon

7590 W. Mequon Road
262.242.0426

SWEET POTATO MAPLE
PECAN SALAD



CRANBERRY CHUTNEY



APPLE DOUBLE CRUST PIE



When ordering sides for your holiday meal, plan about ¼ pound per adult. Minimum order of 2 pounds for each side.



Leave the cooking to us.

Potato Sides (minimum 2 lb. order)

Berry Yam Bake 🌱.....\$7.59/lb.
An Outpost classic! Organic sweet potatoes with cranberries, honey, cinnamon and gluten-free rolled oats.

Classic Mashed Potatoes 🌱.....\$5.49/lb.
Satin mashed organic russet potatoes with organic milk and organic butter.

Smashed Asiago Red Potatoes 🌱.....\$5.49/lb.
Smashed organic red potatoes with aged asiago cheese, organic milk and organic butter.

Vegan Mashed Potatoes 🌱.....\$5.49/lb.
Velvety mashed organic russet potatoes with organic soy milk and vegan buttery sticks.

Stuffing (minimum 2 lb. order)

Leek Stuffing 🌱.....\$6.99/lb.
A savory combination of cubed bread, organic leeks, organic onions and organic celery seasoned with fresh thyme, sage and parsley.

Mushroom Stuffing 🌱.....\$9.99/lb.
A combination of cubed gluten-free bread, roasted organic portobello mushrooms, organic onions and organic celery seasoned with fresh thyme, sage and parsley.

Salads (minimum 1.5 lb. order)

Cranberry Chutney 🌱..... \$7.99/lb.
Our classic combination of organic raw cranberries, organic Granny Smith apples, mandarin oranges, pineapple and walnuts tossed with honey and a hint of cinnamon.

Sweet Potato Maple Pecan 🌱.....\$7.99/lb.
Organic sweet potatoes, with toasted pecans, organic raisins and organic scallions dressed with maple syrup dressing.

Grains (minimum 2 lb. order)

Brown & Wild Rice Pilaf 🌱.....\$4.99/lb.
Organic wild and brown basmati rice seasoned with organic tamari, organic scallions and organic garlic.

Rice & Mushroom Medley 🌱.....\$7.99/lb.
A flavorful combination of wild and white basmati rice, shiitake and cremini mushrooms, with dried cranberries.

Vegetables (minimum 2 lb. order)

Green Bean Mushroom Bake 🌱.....\$6.99/lb.
Organic green beans in a creamy sauce with organic mushrooms and organic onions.

Whipped Parsnips & Carrots 🌱.....\$7.99/lb.
A delicious combination of whipped organic parsnips and organic carrots with organic butter and a hint of nutmeg.

Autumn Roasted Root Vegetables 🌱.....\$7.99/lb.
A medley of organic sweet potatoes, organic golden beets, organic carrots, organic parsnips, organic turnips, organic red potatoes and organic red onions, roasted in a cider brown sugar vinaigrette.

Gravy (minimum 1.5 lb. order)

Turkey Gravy 🌱.....\$4.99/lb.
Made from rich turkey stock and simmered with fresh herbs and spices

Pie (serves 6-8)

Apple Double Crust.....\$12.99
A double crust of our handmade flaky pie dough filled with tart organic apples dusted with cinnamon and sugar.

Apple Cranberry Crumble Pie 🌱.....\$12.99
Our handmade flaky vegan dough filled with tart organic apples and fresh cranberries, topped with old fashioned vegan crumble.

Wheat-free Apple Crumble Pie 🌱.....\$14.99
Our handmade wheat-free dough filled with tart organic apples and topped with wheat-free crumble.

Classic Pumpkin Pie.....\$12.99
A classic made with organic pumpkin and topped with whipped cream.

Vegan Pumpkin Pie 🌱.....\$12.99
A traditional pumpkin pie made with organic pumpkin, organic soy milk, sugar and spices.

Wheat-free Pumpkin Pie 🌱.....\$14.99
Our traditional pumpkin pie made with wheat-free pie dough.

Cheesecake (serves 12)

Pumpkin Praline.....\$29.99
Our delicious homemade pumpkin cheesecake topped with caramel sauce and pecans for a delightful praline finish.

Turkey Dinners

Each dinner includes our from-scratch turkey in gravy and your choice of 3 side dishes. Just take home and reheat.

Dinner for Two.....\$39
Outpost roasted boneless turkey breast, thickly sliced, in gravy.

Dinner for Four.....\$75
Outpost roasted boneless turkey breast, thickly sliced, in gravy.

Smoked Whole Turkey (10-12 lbs.)...\$146
Serves 6-8. Ferndale Fresh Uncured Smoked Turkey. Allow 1-2 hours to reheat.

Whole Turkey (14-16 lbs.).....\$162
Serves 8-10. Plainville Traditionally Cooked Turkey. Allow 1-2 hours to reheat.

Select 3 Side Dishes:

- Potato:** (choose 1)
- Berry Yam Bake
 - Classic Mashed Potatoes
 - Smashed Asiago Red Potatoes
 - Vegan Mashed Potatoes

- Vegetable:** (choose 1)
- Autumn Roasted Vegetables
 - Green Bean Mushroom Bake
 - Whipped Carrots & Parsnips

- Grain or Stuffing:** (choose 1)
- Brown & Wild Rice Pilaf
 - Leek Stuffing
 - Mushroom Stuffing

Order a WHOLE Turkey Dinner by Nov. 16 and we'll throw in a free pie!

Choose from Apple Double Crust, Apple Cranberry Crumble Top, Classic Pumpkin or Vegan Pumpkin Pie.

Sorry, no substitutions! \$12.99 value

PRE-ORDER DEADLINE

All pre-orders must be placed by **Saturday, November 21** and be paid for at time of order.

PICK-UP TIMES

Orders may be picked up **Monday, November 23 — Wednesday, November 25** during store hours

Please note – our stores are closed on Thanksgiving – Thursday, November 26.

HOLIDAY TRADITIONS

FROM OUR SHOPPERS & EMPLOYEES



THE AISLES OF OUR CO-OP ARE FILLED WITH A VARIETY OF FOODS FOR A REASON—OUR SHOPPERS REFLECT THE DIVERSITY OF THIS MELTING POT WE CALL THE UNITED STATES. WHEN WE ASKED FOLKS TO SHARE THEIR FAMILY'S HOLIDAY FOODS THEY RETURNED WITH A VARIETY OF DISHES THAT SPANNED THE COUNTRY AND GLOBE. HERE ARE JUST A FEW THAT WOULD BE AT HOME ON ANY HOLIDAY TABLE.



POZOLE VERDE **SERVES 8-10** from Gustavo Rojo, as told to Michael Sorenson

Gus Rojo and his wife Elizabeth may no longer be basking in the warm breezes of their native Mexico, but that doesn't mean the flavors of their birthplace didn't make the trip north with them. Gus, our exceptionally helpful Meat Coordinator at our Capitol Drive location for the past 10 years, was born in Jalisco and grew up with his mother's red pozole as the "go-to" dish at any large celebration or family gathering. "We had it all the time: New Year's. Christmas. People make it for birthdays, holidays. Any big get togethers. It's a staple," Gus tells me.

If you're unfamiliar with pozole, it's a traditional soup or stew in Mexican cuisine made with a meat (usually chicken or pork), red chiles or tomatillos, hominy, spices and garnished with everything from shredded lettuce or cabbage to onions, radishes, avocado, cilantro and limes.

Gus's mom was an expert in Pozole Rojo (or Red Pozole) which is usually made with pork and red chiles. But red transitioned to green when Gus met his wife, Elizabeth. "My wife is from Guanajuato and she started making the green version with the tomatillos and everybody in my family really liked it. In fact, they loved it."

Green pozole gets its color from the tomatillos and is usually made with a whole chicken. What could have been a "who makes the better pozole?" battle between wife and mother with Gus in the middle, instead became a new favorite for Gus' close-knit family.

"When my wife first made it, we took it to my mom's house when we all got together with my sisters. I have four sisters, so we always get together since we live next door to each other. We just took a big pot over there and people tasted it and they loved it so much that my wife is now in charge of making it every Christmas and New Year's," Gus explains. "This is great for my mom who was thinking she didn't want to eat that much pork anymore and thought chicken would be better for her. My wife cooks the chicken without the skin, which makes it a little healthier, but if you leave the skin on...that would be good too," Gus chuckles. "It just tastes a little cleaner without the skin."

Gus made a huge pot of the pozole for us to photograph for this article and we've got to say: This is one of the best soups we've tasted in a long time! Try it and see for yourself.

- 1 whole chicken cut into pieces (skin on or off)
- 1 large can (110 ounces) white hominy
- 1 large white onion, cut into rings
- 1 gallon of water
- 12 large tomatillos (canned tomatillos can be substituted)
- 2 serrano peppers
- ½ bunch of cilantro
- 2 pickled jalapeños and 3 tablespoons of the vinegar
- 2 large avocados, roughly chopped
- 1 tablespoon dry oregano
- 1 tablespoon granulated garlic
- 1 tablespoon Better than Bouillon Chicken Base
- Salt to taste

Toppings:

- Half cabbage, thinly shredded
- 2 tomatoes, cut into small cubes
- 1 large avocado, cut into cubes
- Fresh lime juice

1. In a large cooking pot over medium heat boil the water with the onion, oregano and granulated garlic. Once the water is boiling, add the chicken parts and hominy. Boil over medium heat for 20 minutes.
2. Once all the ingredients have boiled, take out 2 cups of the broth and put in a blender with the tomatillos, serrano peppers and pickled jalapeños. Blend the ingredients together and strain through a mesh strainer removing any solids.
3. Pour the blended mixture back into the blender and add the cilantro, avocados, vinegar from the pickled jalapeños and Better than Bouillon. Blend and add back to the soup pot, add salt to taste.
4. Simmer over low heat for about 45 minutes. Turn off heat and let it sit, covered, for another 30 minutes.
5. Serve in a bowl with some cabbage, tomato, avocado, diced onions, cilantro, fresh lime, and tortilla chips on the side.

(recipes continued)



OVEN BAKED WILD RICE

SERVES 4-6 from George Schofield as told to Lisa Malmarowski

Traditional family recipes are often “made by heart” and filled with splashes, handfuls and “until it looks right” instructions. This rice dish is no different. To my delight, I was pulled into a 3-way messenger conversation with George, my neighbor and shopper at Outpost, and his Auntie Barb. This rice dish is a standard on their family’s holiday tables but it’s never the same. It’s often made with what’s on hand (pot roast and the gravy work great according to Auntie Barb and she often uses carrots, celery and mushrooms in her versions). George, on the other hand, has morphed his version into one that works for everyone at the table, even if they don’t eat meat.

“The land south of Milwaukee was marshy and not great for living. But it was rich with ‘zhigaagawanzh’...Wild onions! The settlers adopted the Ojibwe word for the area and ta-da, ‘Chicago!’ The literal translation is ‘Skunk Root’. I have been told that during the winters, Ojibwe chefs would add dried maple syrup to add flavor. I have never tried this,” George explained. “All of the ingredients are indigenous to our area except for the peppers of course.”

Auntie Barb was George’s inspiration to add this wild rice dish to his holiday menu, and Auntie Barb was my inspiration to create a version that uses elk, but you could use any ground meat you’d like, including venison. So, go ahead and customize to your taste, but just remember the ration of 3 to 1; three parts liquid to one part wild rice.

Vegan Option

1 cup wild rice, rinsed well
 3 cups hot vegetable broth
 1/3 cup yellow onion, chopped
 1/3 cup red bell pepper, chopped
 1/3 cup yellow bell pepper, chopped
 1/3 cup orange bell pepper, chopped
 4 tablespoons butter (1/2 stick)
 Handful of chopped walnuts
 Handful of dried cranberries
 Salt and pepper to taste

Meat Option

1 cup wild rice, rinsed well
 3 cups hot beef broth
 1/3 cup yellow onion, chopped
 1 medium carrot, diced
 1 stalk celery, diced
 4–6 ounces fresh mushrooms, chopped
 1 pound ground elk or bison
 4 tablespoons butter (1/2 stick)
 Handful of chopped walnuts
 Handful of dried cranberries
 Salt and pepper to taste

1. Heat a sauté pan over medium heat, add butter until melted, then for vegan option, add onions and peppers and sauté until softened. For meat option, add onion, carrot, celery, mushrooms and ground meat, and sauté until vegetables are softened and meat is browned.
2. Stir in rinsed wild rice and sauté for 5 minutes.
3. Add walnuts and cranberries, salt and pepper to taste and mix well.
4. Transfer to a glass or metal pan/casserole dish and add hot broth. Broth should be very hot. Mix well.
4. Cover with foil and bake for a minimum of 90 minutes or until most liquid is absorbed. Note, it may take longer, so be sure to plan ahead.



NEW YEAR'S GREENS

SERVES 6-8 from Michael Sorenson

Back when my wife and I used to live in Brooklyn, we were lucky enough to live across the street from the Fort Green Flea Market. Every Saturday, our neighborhood would be overrun with tourists and hipsters looking for vintage dresses and distressed dressers.

But just outside the gates of the Flea, with its artisanal hot dogs and curated mozzarella, was a little old lady named Miss Scott. Every weekend, Miss Scott would set up her hot trays of food on a little folding table in front of Cadman Memorial Church, where she would dish out vittles at a price the fancy food stalls at the Flea couldn't compete with.

I'd always hang out with her for a little bit since I loved her cooking so much. She told me she'd start preparing food in her tiny Brooklyn apartment at 4 a.m., so she could start selling by noon. Besides her "fall off the bone" smothered pork chops (my fave), she'd have smoked turkey legs, candied yams, baked chicken, ribs, green beans, banana pudding (if you got there early enough) and her spectacular collard greens—all steaming in the aluminum trays waiting to be dished out to hungry customers. For years I'd tried to make my greens as good as hers, and after much trial and error, I think I've perfected the recipe.

I'll make it at least a couple times a year, but I always make sure to have it every New Year's (along with black-eyed peas and cornbread), since according to Southern tradition, eating it will bring good fortune and wealth in the new year. I think Miss Scott would say I got the flavors right.

- 2 tablespoons olive oil
- 3 pounds collard greens or kale, washed and chopped (thick stems removed and finely chopped)
- 1 smoked ham shank
- 2 cups good chicken stock (homemade if you've got it)
- 6 garlic cloves, minced
- 1 yellow onion, thinly sliced in half moons
- 2 tablespoons apple cider vinegar
- Salt and pepper to taste

1. Add olive oil and ham shank to the largest soup pot you've got and sauté the meat over medium-high heat for a few minutes. You want the smokiness of the meat to infuse the oil a bit.
2. Remove meat and set aside. Add sliced onions and cook about 5 minutes, being sure not to brown them. Add garlic and sauté for another 2-3 minutes.
3. Add cider vinegar and chicken stock. Stir greens into pot in batches so they have room to wilt down. Add pepper to taste. Hold off on the salt until serving, since the smoked meat can add enough salt all on its own.
4. Add ham shank back to the pot. Cover and cook on low for at least 2 hours. You'll know when it's done when the meat falls off the bone.
5. Remove the shank and pull off any meat. Discard the bone and add the meat back into the greens. Serve with a little hot sauce if desired.

(recipes continued)



CHICKEN SOUP *with* MATZO BALLS

SERVES 6-8 from Natalie Chulew

For Hanukkah, Natalie usually makes matzo ball soup and potato latkes, recipes she learned growing up in Kenosha. She recalls a story about her Aunt Esther Chulew. Everyone would ask Esther how she got her matzo balls so light and fluffy. "I use the mix," she explained to everyone's astonishment. The story got a good laugh. Natalie continues that tradition. She makes almost everything from scratch, but not matzo balls.

- 2 teaspoons olive oil
- 4-5 cloves garlic
- 1-inch piece of ginger (optional)
- 3-4 pounds of chicken (whole or legs and thighs)
- 6 or more carrots, peeled and cut into chunks
- 6 or more parsnips, peeled and cut into chunks
- 6 celery stalks including leaves, cut into half
- 1-2 yellow onions, skin on, rinsed and sliced in halves
- 2 teaspoons peppercorns
- Handful of fresh parsley and dill
- 2 bay leaves
- Kosher salt and pepper

1. Chop a few cloves of garlic and grate the ginger. Sauté in large pot. Add the chicken and just cover with water.

2. Add the carrots, parsnips, celery, onion, plus the remaining whole garlic cloves, some parsley and dill, 1 teaspoon salt and peppercorns to the pot. Bring to a boil then skim off the foam that floats to the top.
3. Turn down heat to simmer for 60-90 minutes. Remove chicken and vegetables and strain broth with mesh strainer. Discard celery and onion. Add more salt to taste. (You can add a teaspoon of Better than Bullion Chicken Base to kick up the flavor.)
4. Carrots, parsnips, and chopped chicken can be put back in strained broth.
5. If you have time to let the broth cool, skim off the fat that rises to the top.

MATZO BALLS

SERVES 4-6

I find the packaged matzo ball mix works well. Just add 2 eggs, 1 tablespoon oil, and mix. Refrigerate dough for 15 minutes. Break off enough dough to form 1- to 1½-inch matzo balls and drop into pot of boiling water. Cover and simmer 15 minutes. Then add to soup and simmer, being careful not to bring soup to a boil. Add more fresh parsley and dill when serving. Enjoy!



HOLIDAY FRUIT CAKE

MAKES 2 CAKES from Margaret Mittlestadt

Love 'em or hate 'em, fruitcakes can bring a festive flair to the holiday table when made with delicious, wholesome ingredients. My mom, Rita Bert, played the role of Mrs. Santa Claus for 30 years for the City of Cedarburg. Befitting this North Pole ambassador, it was her tradition to make multiple cakes to give as gifts. This recipe is a slight variation from Mom's, though I think she'd approve. Fruitcake can be enjoyed right away, but aging imparts a deep, rich flavor and brings forward the complex fruit and citrus notes. The alcohol keeps the cake from drying out during the aging process. Serve on its own or spread with a small amount of sweet butter, cream cheese or chocolate hazelnut spread.

Soaked fruit mixture:

- 1¼ cups dark raisins
- 1¼ cups golden raisins
- 2 cups mixed unsweetened dried fruit, chopped (like apricots, blueberries, apples, etc.)
- 1 cup dried unsweetened black figs, chopped
- 1 cup dried unsweetened tart cherries, chopped
- ¾ cup dried unsweetened plums, chopped
- ¾ cup (6 ounces) dark rum

Cake ingredients:

- 1½ cups unbleached all-purpose flour
- ½ teaspoon baking powder
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- ¼ teaspoon ground nutmeg
- 1 teaspoon salt
- 1 stick unsalted butter, softened
- ¾ cup packed light brown sugar
- 5 large eggs, room temperature
- 1 tablespoon lemon zest, freshly grated
- 1 tablespoon orange zest, freshly grated
- ½ cup freshly squeezed orange juice
- 1 Granny Smith apple, peeled, and coarsely grated
- ¾ cup slivered almonds, chopped pecans or chopped walnuts
- 3 tablespoons crystallized ginger, finely diced
- One batch of soaked fruit mixture

Storage and aging:

- Medium sherry, triple sec, brandy, bourbon or rum
- 2 large pieces of unbleached cheesecloth, for wrapping

Decorative glazing (optional):

- ¼ cup apricot preserves
- ¼ cup water
- Whole pecans, for garnishing

Day before baking: Combine the dried fruit in a large mixing bowl. Add the dark rum, stir to incorporate, cover

and allow the mixture to soak at room temperature for a minimum of 12 hours prior to preparing the cakes. Stir occasionally to ensure the liquor evenly incorporates with all of the fruit.

Making the cake:

1. Preheat the oven to 300 degrees with a rack in the center position. Grease two 8x4-inch loaf pans. Line the bottoms with parchment paper and set aside.
2. In a medium mixing bowl, whisk together the flour, baking powder, spices and salt. Set aside.
3. Using a stand mixer, cream the softened butter and light brown sugar together over medium-high speed for 3 minutes, or until light and fluffy.
4. Reduce speed to medium and add the eggs one at a time, beating just until each egg is incorporated. The mixture will look slightly broken which is normal.
5. Over low speed, slowly add the flour mixture until just absorbed. Remove the bowl from the stand mixer. Add the lemon zest, orange zest, fresh orange juice, grated apple, nuts, candied ginger and soaked dried fruit mixture (including any unabsorbed liquids). This is a very thick and heavy mixture so stir with a large spatula until all ingredients are incorporated, scraping the edges and bottom of the bowl along the way.
6. Divide the batter evenly among the prepared loaf pans. Using the back of a spoon, press the batter in the pans and smooth the tops. Set the loaf pans on the center rack, several inches apart from one another. Bake for 1 hour and 15 minutes to 1 hour and 30 minutes, rotating the pans halfway, or until the cakes have set. Remove from the oven and place on a rack to cool completely before removing from the pans. Carefully run a knife around the edges and gently shake out the cake.

Storing and Aging: Wrap each of the cooled cakes in a large piece of cheesecloth soaked in the liquor. They should be damp but not soaking wet. Wrap each cake tightly. Wrap loafs with wax paper and then aluminum foil before transferring to a large airtight bag or container. Store in the refrigerator for a minimum of 2 weeks and up to 2 months. Depending on the length of the aging, once a week unwrap, re-soak the cheesecloth and re-wrap the cakes.

Optional garnishing before serving: Combine the apricot preserves and water in a small saucepan. Bring to a light simmer, stirring until the glaze is shiny and thin. If it is too thin for glazing, reduce to desired consistency. If it becomes too thick, add a teaspoon of water. Brush the tops of the fruitcakes with apricot glaze and finish with a row of whole pecans down the center.

TALKING TURKEY

EVERYTHING YOU NEED TO KNOW ABOUT TURKEY.



THANKSGIVING IS NO TIME TO WING IT, ESPECIALLY WHEN IT COMES TO ROASTING A TURKEY. EVEN THOUGH YOU'VE COOKED A BIRD DOZENS OF TIMES, YOU FIND YOURSELF CHECKING AND DOUBLE-CHECKING THE CHARTS TO CHECK YOUR MATH. FROM DETERMINING THE SIZE YOU'LL NEED, TO HOW LONG THAWING WILL TAKE, AND HOW LONG TO KEEP IT IN THE OVEN, THESE CHARTS AND GUIDELINES WILL TAKE THE PANIC OUT OF COOKING YOUR TURKEY FOR THANKSGIVING.

THAWING YOUR TURKEY

We strongly recommend thawing frozen turkeys in the refrigerator to avoid bacteria that can occur from room tempera-

ture thawing. Whether you've chosen a fresh or frozen turkey, keep it wrapped and place on a pan, on the lowest shelf in your refrigerator to prevent cross contamination.

COOKING YOUR TURKEY

To test for doneness, use a meat thermometer. Perfectly cooked breast temperature is 170 degrees, thigh meat should register at 180 degrees.

1. Preheat oven to 350 degrees. Set oven rack to lowest position.
2. Unwrap turkey and remove the giblets and neck from the body. Refrigerate or set aside for further use (optional).
3. Place turkey breast side up on a rack in a roasting pan. (Note: You can roast the bird with the breast side down until the last hour. This makes the white meat juicier, but less golden in color.)
4. Cover the breast tightly with aluminum foil before roasting. The foil slows the cooking process so the white and dark meat will cook at the same rate.
5. Baste the turkey every half hour, adding more hot water to the pan if the drippings evaporate.
6. For the last 45 minutes, increase the heat to 400 degrees, remove the foil from the breast and baste every 10 to 15 minutes.
7. Test for doneness. If meat is to proper temperature, remove the roasting pan from the oven. Tent the turkey with foil and let rest for 20 minutes before carving. This allows the juices to be reabsorbed, yielding juicier breast meat.
8. Reserve pan drippings for gravy, if desired.

flash sale

Ferndale Farms Frozen Turkey



while supplies last • no pre-orders

\$1.69/LB.

(with \$100 purchase)

FOR EVERYONE!

November 4-10 ONLY

COOKING RATIOS & TIMES

# OF GUESTS (1-1½ lb. per person, plus leftovers)	SIZE OF TURKEY	THAWING TIME (based on thawing in a refrigerator)	COOKING TIME (cooking times approximate)
4	4-8 lb.	1-2 days	2-3 hours
6	8-12 lb.	2 days	2-3 hours
8	12-14 lb.	2-3 days	3 hours
10	15-16 lb.	2-3 days	3.5 hours
12	18-20 lb.	3-4 days	4 hours
14	21-22 lb.	4-5 days	4.5 hours
16	24 lb.	4-5 days	4.75 hours

PLEASE NOTE:

ALL OUTPOST LOCATIONS ARE CLOSED ON THANKSGIVING—THURSDAY, NOVEMBER 26.

Quantities may be limited!

Outpost Turkeys

YOU'LL GOBBLE 'EM UP!

All turkeys sold at Outpost come from reputable Midwest family farms where the birds have free-range access to the outdoors, are raised sustainably or organically, are never given antibiotics, and are not processed using fillers, flavorings or other ingredients.

LARRY SCHULTZ FARM.....\$3.89/lb.

OWATONNA, MINNESOTA

- USDA Certified Organic
- Frozen
- Available Friday, Oct. 30



FERNDALE FARMS TURKEY....\$2.49/lb.

CANNON FALLS, MINNESOTA

- Naturally raised
- Fresh, never frozen
- Available Saturday, Nov. 21



HERITAGE BREED TURKEYS

Our heritage turkeys are a breed-apart from the rest of the flock. These birds are Wisconsin pasture raised and grain supplemented in very small flocks. It takes a lot of work to raise turkeys in this manner in order to achieve market weight within a shorter upper Midwest growing season, so the price reflects this effort. However, birds raised on pasture have a richer turkey flavor and texture.

KELLNER BACK ACRE GARDEN....\$9.99/lb

DENMARK, WI

- Narragansett & Red Bourbon breeds (mix)
- Organically raised
- Fresh
- Available Sunday, Nov. 22



DELECTABLE DISHES FOR A SPARKLING NEW YEAR

Just because most of us won't be heading out for a holiday bash this year doesn't mean we can't celebrate. Dust off your good china, change out of your sweats and set the scene for a swanky dinner with these simple, yet sophisticated savory dishes. And don't forget the bubbly!



SHRIMP & CORN CAKES *with* HORSERADISH CREAM

SERVES 2 AS AN ENTRÉE *Gluten-free with substitutions*

These are both simple and elegant, and one of those dishes that are greater than the sum of its parts. They easily fill in as a main course or even lunch served atop a salad. We also love them as an unexpected accompaniment to a grilled steak for a celebration-worthy surf and turf meal.

- 6 ounces raw, peeled and deveined shrimp, minced well
- 1 heaping cup of frozen corn, thawed
- 2 tablespoons fresh chives, minced
- 1 teaspoon tarragon or flat-leaf parsley, minced, plus extra for garnish
- 2 eggs, beaten
- 2 tablespoon flour

- Salt and pepper to taste
- 2 tablespoons butter

Horseradish Cream Sauce

- ½ cup sour cream
- 2 teaspoons white horseradish
- 1½ tablespoons ketchup
- A few generous dashes of Worcestershire sauce

1. Prepare Horseradish Cream by adding all sauce ingredients to a small bowl, mixing well and refrigerating until serving.
2. In bowl, stir together shrimp, corn, chives, eggs, flour, salt and pepper. Then add most of the tarragon or parsley, reserving a bit to garnish later.
3. Melt butter over medium heat in a 12-inch skillet. Using half the batter, drop batter by heaping tablespoons into skillet to form 4 cakes. Cook 2-4 minutes per side until golden. Repeat process with remaining batter.
4. Serve warm with dipping sauce on the side and garnish with reserved tarragon or parsley. These can also be served chilled.

DECONSTRUCTED BEET SALAD *with* PICKLED CARROTS & PISTACHIO SOIL

SERVES 2 *Vegetarian • Gluten-free • Vegan with substitutions*

This is a party-worthy salad. Carefully cooking each ingredient then plating them like a painting somehow makes each bite more delicious and allows for the enjoyment of the subtle flavor differences between the beet varieties, carrots and pistachio "soil." This dish does have a lot of steps but they're easy, and all components can be made ahead of time or while you're cooking other things.

- 4 small to medium golden beets, washed
- 4 small to medium red beets, washed
- 3 medium carrots, peeled and sliced thinly into sticks
- ½ cup apple cider vinegar
- ⅛ cup sugar
- 1 tablespoon kosher salt
- ½ tablespoon black peppercorns
- ½ tablespoon mustard seeds
- ½ cup water
- 1 cup balsamic vinegar
- ⅓ cup salted pistachios, chopped very fine into a meal-like texture
- 1 tablespoon butter or cooking oil
- 4 ounces chèvre-style goat cheese OR creamy style vegan cheese
- A handful of microgreens or baby arugula

WIXTER SEAFOOD

WILD-CAUGHT • CERTIFIED SUSTAINABLE • FROZEN & READY TO COOK

American Shrimp

Fresh from the Gulf of Mexico and flash-frozen, these delicate and tender shrimp are ready to cook in all your favorite dishes.



American Scallops

Fresh from the Northwest Atlantic these are plump, sweet and cook up quickly.





1. Preheat oven to 400 degrees.
2. Make beets: Place golden beets in one pan and red beets in separate pan. You don't want the red to stain the golden beets. Add about ¼-inch of water to each pan and cover pans tightly with aluminum foil. Bake for about 30 minutes or until beets are tender when pierced with a sharp knife. Remove from oven, cool slightly, then slip or peel skins off of beets. Set aside.
3. Make carrots: While beets are roasting, place carrots in a heatproof resealable container or jar. Combine apple cider vinegar, sugar, salt, peppercorns, mustard seeds, and ½-cup water in a small pot. Bring to a boil over high heat, stirring occasionally. Immediately pour over carrots. Let cool to room temperature, then cover and refrigerate at least 2 hours before serving.
4. Make balsamic reduction: Pour balsamic vinegar into a small saucepan and heat over medium high heat until boiling. Once boiling, reduce to simmer and let simmer for about 10 minutes or so until vinegar has reduced down by about half. Stir occasionally but keep an eye on it so it doesn't scorch. When it coats the back of a spoon, it's done. Remove from heat and cool.
5. Make pistachio soil: Heat a small skillet over medium heat and add butter or cooking oil, then add pistachio meal. Cook, stirring frequently until fragrant and medium-browned. Remove from heat, put meal into a heat safe dish and cool.
6. To assemble: Smear a base of the chevre or vegan cheese on a pretty plate or platter. Cut beets into large, flat bottomed chunks and arrange over cheese being careful not to let the colors run or bleed into each other, then add pickled carrots (note, you will have more than you need, but they make great side dish or sandwich topping). Sprinkle the pistachio "soil" over the top, drizzle with desired amount of the balsamic reduction and garnish with microgreens or baby arugula.

CHARD CAKES *with* ARUGULA SAUCE

SERVES 4 Vegetarian • Gluten-free with substitutions

These savory, earthy cakes are hearty enough for a main course, but are lovely as an appetizer too. The sauce and cakes can be prepared ahead of time and cooked just before you're ready to serve. And if you have any of the arugula sauce left, it's great as a salad dressing or a sandwich topper.

- | | |
|------------------------------------|--|
| 3 cups arugula | ⅓ cup pine nuts |
| ½ cup Greek-style plain yogurt | 4 ounces pecorino cheese,
coarsely grated |
| 1 garlic clove, crushed | 1 large egg |
| 3 tablespoons olive oil | ⅓ cup lower-sodium
breadcrumbs |
| ½ teaspoon Dijon mustard | Olive oil |
| Salt and pepper to taste | |
| 1¼ pounds Swiss chard, any variety | |

1. Make the sauce: In a food processor or a blender, place arugula, yogurt, garlic, 2 tablespoons olive oil, mustard and salt to taste; process until it is bright green. Taste and add salt, if desired. Refrigerate until needed.
2. Cut woody stalks from chard leaves. Bring a large pan of water to boil. Add the stalks and simmer for 4 minutes. Then add the leaves, stir and continue simmering for 3 minutes. Drain the chard and allow to cool slightly. Once cool enough to handle, squeeze out as much water as possible. Roughly chop leaves and stalks and put in a medium bowl.
3. In a small skillet, sauté pine nuts in 1 tablespoon olive oil for 1 minute, or until light brown. Set aside.
4. Add nuts and oil to the chard, followed by the cheese, egg, breadcrumbs and pepper to taste. If mixture is very soft and sticky, add more crumbs.
5. Pour enough oil into a large skillet to come ¼-inch up the sides. Shape chard mixture into eight patties roughly 2 inches in diameter and 5/8-inch thick. Fry them for about 3 minutes on each side, or until golden brown. Place on paper towels to absorb oil. Serve warm or at room temperature, with sauce on the side.

OUTPOST

NATURAL FOODS

For more information about
Buy A Bag or to donate online, visit
WWW.OUTPOST.COOP/BUY_A_BAG



November 1 — December 31

For \$20 Outpost purchases \$40 worth
of natural and organic foods for those
in need, including fresh produce!

A TYPICAL BUY A BAG INCLUDES:

- 1 can of Native Forest mandarin oranges
- 1 package of Nature's Path granola
- 2 lb. bag of Lundberg brown basmati rice
- 1 box of Field Day mixed berry cereal bars
- 1 jar of Field Day mixed berry fruit spread
- 1 can of Eden no salt black beans
- 1 lb. fresh organic carrots
- 3 lb. fresh organic Gala apples
- 5 lb. fresh organic russet potatoes

The items depicted represent the kinds of food typically donated in a Buy a Bag. Varieties and brands may vary.