

# GRAZZIE

AROUND THE KITCHEN TABLE WITH OUTPOST NATURAL FOODS CO-OP

## CABIN FEVER BUSTERS

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WE'RE  
SPILLING  
THE TEA

PAGE 10

ALPINAGE  
CHEESE'S  
ARTISAN  
RACLETTE

PAGE 12

PLU 3010  
WINTER 2024

FREE WITH ANY PURCHASE





Wisconsin Winter Hack – fake fur + beer!

TODAY I'M WATCHING IT SNOW. NOW THAT IT'S FINALLY FALLING, TURNING FROM WET SLUSH TO FAT SNOWFLAKES, AND COVERING THE PAVEMENT AND EVERY TREE LIKE A PAINTING, I'M FEELING HOPEFUL. NOT FOR SPRING, BUT INSTEAD THAT IT'S FINALLY SNOWING. THIS WINTER

HAS BEEN WEIRD TO TERRIFYING DEPENDING ON HOW MUCH READING YOU DO ABOUT OUR CHANGING CLIMATE. IN ALL THE DECADES I'VE BEEN ALIVE, THIS HAS BEEN THE FIRST TIME MY BIRTHDAY IN LATE NOVEMBER HASN'T BEEN DUSTED WITH SNOW. INSTEAD, WE'VE ALL ENDURED ENDLESS DAYS OF GRAY WITHOUT THE PROMISE OF SNOW FOLLOWED BY SPARKLING BLUE SKIES AND SUN. BUT TODAY IT FEELS LIKE WINTER!

Over the years I've learned to make peace with wintering because the snow and cold makes it easier to turn inward and burrow into domestic life. The click of the stove, the warmth from the oven and the rich scents filling the kitchen are standing in and standing by to lift my spirits as I cook my way towards spring.

I'm hopeful that you too can find your center and make peace with winter and a world that just feels weird these days, in a simple meal shared with family and friends or even just yourself. Let's cook our way to spring together.

LISA MALMAROWSKI  
Director of brand & store development

## 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 IS PUBLISHED QUARTERLY, WITH NEW ISSUES EACH SEASON.



## WHO IS GRAZE ?

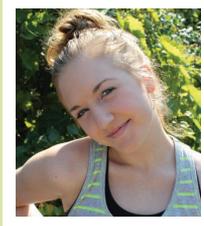


*i am* CARA BERKEN.

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

*i am* HANNAH EVANS.

*I've been making all things art since the day I picked up my first crayon. Growing up in a log cabin home that my parents built inspired me to communicate visually using different mediums like wood, textiles and nature. While I spend most of my time designing on the computer, I also live for inhaling chai tea lattes, watching Gilmore Girls on repeat and tackling as many DIY projects a weekend can hold.*



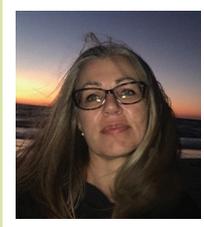
*i am* LISA MALMAROWSKI.

*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* MICHAEL SORENSEN.

*Born and raised Milwaukeean with two decades of Brooklynian (fuggedaboutit) thrown in for kicks. I love our city by the lake and it's called a "bubbler". When I'm not cooking I love to travel and eat what the locals eat and drink what the locals drink. I'll try any food once, as long as the person offering this mystery food up takes a bite with me, so let's do this together.*



*i am* MARI WOOD.

*Our community is filled with millions of stories. I love to hear the tales that intertwine and connect our gloriously messy and unpredictable lives. If I can capture a little of what makes us laugh, cry, love and hate in my writing, then I'd say I've done my job.*



# - GRAZE.

A QUARTERLY PUBLICATION OF  
OUTPOST NATURAL FOODS COOPERATIVE

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NATURAL FOODS



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*...features.*

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# WE'RE ROOTED IN



# COMMUNITY

**Outpost Owners:  
Join us for our  
Annual Meeting!**

**Sunday, March 3**

**1:00 – 4:00 p.m.**

**Enlightened  
Brewing Company**

2020 S. Allis Street  
in Bay View

FREE parking available

- Meet Outpost's new CEO & your board of directors
- Enjoy snacks, desserts & beverages
- Find out how your cooperative is doing
- Chat with fellow co-op owners

This event is FREE for current Outpost owners + one guest.

Light appetizers by  
Tall Guy & A Grill Catering

For event details and to RSVP,  
visit [www.outpost.coop/roots](http://www.outpost.coop/roots)



**WANT MORE OUTPOST?**

[WWW.OUTPOST.COOP](http://WWW.OUTPOST.COOP)



(you'll)

# SWOON!

THINGS WE LOVE.

## SAPPO HILL SOAP

SUDSATIONAL SOAPS FOR LESS THAN THREE BUCKS

This small, sudsy, fiercely independent biz has been crafting all natural, cruelty-free, organic soaps the old-fashioned way since 1971. Every one of Sappo Hill's expertly blended bars are created by hand (no machines here) to ensure only the highest quality. Made in small batches and cold-processed, results in long-lasting, exceptionally mild soap. Their care for our environment means zero plastic is used in packaging and keeps 9 tons of packaging out of landfills every year. From the invigorating scent of lavender to the zesty burst of citrus, there's a soap for every mood and preference and hey, each bar costs less than your average cup of herbal tea!



## MATR BOOMIE CHIMES & BELLS

THESE MERRY MELODIES SING WITH MEANING & JOY

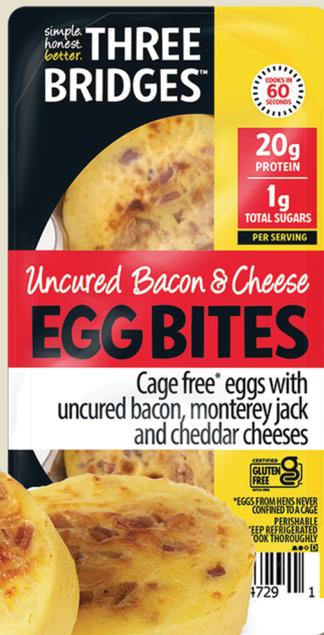
We've been a big fan of Matr Boomie's products for years and we love what they do for their workers just as much. Partnering with thousands of artisans across India (with more than half of those being women) Matr Boomie's partners get paid more than 25% over market wages and then that money is invested back into their communities. One of our favorites is their intricate and inventive bells and chimes which dance on the breeze to make a soothing symphony for the senses. Try hanging a jingly set of their small bells on a door handle for a gentle auditory tickle, or near open windows and breezeways. Or try their bigger chimes for special outdoor spaces, then sit back and relax, take a deep breath and let the joyful jingles help you unwind from your daily demands.



## THREE BRIDGES EGG BITES

BIG BREAKFAST DELIVERED IN A BITE

Hit the snooze button one too many times and are now facing a menacing morning on an empty stomach? If only there was something you could eat that's packed full of protein, free from "slow you down" gluten, and could be ready in sixty seconds...but wait! There is! Introducing a new line of savory, satisfying cage free egg bites from Three Bridges. These have become our "go-to" breakfast or snack when we need a healthy little something to get us going. The uncured bacon comes mixed with Monterey Jack and Cheddar cheese while the roasted mushroom is punched up by a sharp Asiago. And don't sleep on the country sausage and three cheese mix. We love to put an egg bite in-between an English Muffin for the perfect breakfast sandwich with no fuss and muss!



## FEEL GOOD FOODS GLUTEN-FREE PIZZA

NO MATTER HOW YOU SLICE IT - THIS 'ZA IS A GAME CHANGER

Buying a pizza sans gluten is like spinning the wheel in a game of chance. Thankfully, Feel Good Foods has become our ace in the hole - this pizza is a winner! We love a square pan pizza pie, and this, the first of its kind, delivers in spades. The delish gluten-free pizza crust has been specifically designed to bake up tender and fluffy in the center and deliciously crisp on the edges. The Margherita and Four Cheese pizzas takes their cue from the Motor City with a traditional Detroit-style presentation that puts the savory tomato sauce ON Top of the ingredients. The Truffle Mushroom pizza is topped with ricotta, mozzarella, mushrooms, caramelized onions and truffle oil. Just bake one up in its own tray for a perfectly crispy crust, then sit back, eat and enjoy your winnings...one of the best pizzas you'll taste!



## SOUTH RIVER MISO MACROBIOTIC MISO MEETS NEW ENGLAND

When you think about miso, maybe the first thing that comes to mind isn't Massachusetts, but that'll change once you sample a jar of South River Miso. For more than four decades, this artisanal miso producer has been hand-crafting wood fired, certified organic miso using centuries-old, Japanese farmhouse traditions. Founded in 1982 by Christian and Gaella Elwell, South River Miso is dedicated to traditional miso production and locally sourced ingredients. From fermentation to bottling, they do it all by hand to create a miso that boasts a complex depth of flavor that is rich and robust, with a nutritional profile that rivals the miso masters of Japan. This truly special miso is incredibly versatile and any of their carefully fermented varieties are wicked good as a marinade, in dips, in dressings, in soups and anything else where this umami-bomb of flavor can blast off to new heights.



## OUTPOST'S OWN CHOCOLATE INDULGENCE BROWNIE

A DESSERT BUILT TO SHARE, BUT WHY WOULD YOU?

We're really proud of these over-the-top chocolate brownies. They are big, bold and bodacious. They don't apologize and are, in fact, quite proud to be so delightfully decadent in their embrace of silky, rich, dark chocolate coupled with a buttery walnut crunch. Rich and cake-like with little studs of dark chocolate sprinkled throughout, they want to show what a real, chocolate dessert made from only the finest ingredients should taste like. They want you to blush when you talk about eating the whole, rich, sexy square even though you intended to share it. They want you to feel just a little naughty. Face it, you are powerless to their charms.

## OLDEN ORGANICS SLAW MIX CRUNCH HAPPENS

We've all been there. You bought that bag of "slaw mix" hoping it'll save you some time chopping and dicing, but when you open the bag you're hit with a stale refrigerator smell or worse, and don't get us started on the veggies in this mystery were grown! Olden Organics Coleslaw Mix, on the other hand, is sparkling fresh, crisp and sweet. And, since it's from a farmer we know personally - just down the road in the Fox Valley, we know every batch is going to be just what we ordered. Olden's keeps it simple by focusing on the crunch masters of green cabbage, red cabbage and carrots leaving it up to you if you want to doctor it up. Want to add some Asian flavorings, Mexican seasonings, or do it up traditional-style with some mayo and vinegar? It's all up to you. Think of this slaw as your canvas just waiting for inspiration.



# winter

*(two ways)*

## PORTER & STOUT BEERS

### CROCK POT BEEF & BLACK BEAN CHILI

SERVES 8

*Just the antidote for cabin fever and it couldn't be easier to make. A rich dark beer such as a stout or porter adds extra umami flavors and helps to balance the tomatoes, beef, and spices. Our meat expert, Jason Mitchell, says sirloin tip lends itself perfectly for crock pot recipes. It takes 8 hours to cook, so plan ahead. Once it's cooking, take a hike, read a book, organize your closets. The day is yours!*

- |  |   |
|--|---|
| 2 tablespoons vegetable oil  | 1 red bell pepper, chopped  |
| 2½ pounds sirloin tip chunks or cubes (budget friendly beef stew chunks work well, too)  | 4 garlic cloves, minced   |
| 3 15-ounce cans black beans, rinsed and drained  | 2 tablespoons chili powder  |
| 2 14-ounce cans chili-style diced tomatoes with green chilies, undrained (like Muir Glen Fire Roasted Tomatoes with Green Chilies) | 1 tablespoon ground cumin   |
| 1½ cups onion, chopped   | 1 teaspoon salt   |
|  | 1 teaspoon sugar  |
|  | 1 15-oz. can dark beer, like a porter or stout (we used Guinness Stout) |
|  | 2 tablespoons water   |
|  | 2 tablespoons cornstarch  |

*Optional toppings: shredded cheddar cheese, sour cream, or plain yogurt, chopped fresh parsley, chopped green onions, pickled jalapeños*

1. Start by patting dry the beef cubes with a paper towel or tea towel to remove all excess moisture. This is important to keep the meat from steaming and ensure good contact with the skillet when browning, in the next step. Lightly season with salt and ground pepper.
2. Heat oil in a large skillet over high heat. Add meat, working in batches if necessary, and cook 3-4 minutes, stirring constantly, until browned.
3. Place browned meat in a 6-quart crock pot.
4. Add in beans, tomatoes, onion, bell pepper, garlic, chili powder, cumin, salt, and sugar.
5. Pour beer over the entire crock pot mixture.
6. Cover and cook on low heat for 8 hours.
7. When there is about 15 minutes left of cook time, in a small bowl whisk together water and cornstarch until cornstarch is completely dissolved. Add mixture to slow cooker and stir to combine. Increase to high, cover and cook for remaining 15 minutes.
8. Serve chili with your favorite toppings and a hunk of bread. Toast with a pint of Guinness. Sláinte!

1<sup>ST</sup> way.





## BREW CITY BUNDT CAKE

MAKES 1 CAKE

*Let's clink our mugs to beer in baking. This cake is reminiscent of molasses cookies with a zazzy caramel drizzle. Beer adds moisture while the carbonation helps to create a light and airy structure, as well as adding depth and complexity, depending on the type of cake and beer. You'll need a 10-inch Bundt cake pan for this recipe.*

- |   |   |
|---|---|
| 1½ cups porter, or other dark beer, divided (We used Untitled Art Pastry Stout) | ¾ teaspoon ground cinnamon  |
| 1 cup unsulfured molasses   | ½ teaspoon freshly grated nutmeg  |
| 1½ teaspoons baking soda  | ¼ teaspoon fine sea salt  |
| ¼ cup pure maple syrup  | ⅓ cup cocoa nibs (dark chocolate chips or bars chopped into small pieces works well, too) |
| 1½ sticks unsalted butter, softened, plus more for greasing                     | ½ cup packed light brown sugar  |
| 3 cups all-purpose flour, plus more for dusting                                 | ½ cup granulated sugar  |
| 1½ teaspoons baking powder  | 3 large eggs  |

**Caramel Sauce:** Heat 1½ cups store-bought caramel sauce, until smooth and silky. Add ¼ cup whiskey and stir to combine. Serve warm.



1. Preheat the oven to 350 degrees. In a large saucepan, slowly whisk one cup of the beer with the molasses and bring just to a boil. Remove from the heat, stir in the baking soda, and let cool completely. **IMPORTANT NOTE:** Use a large saucepan for this step as adding baking soda causes a reaction that will create a lot of foam. You want to capture all of it.
2. In a medium saucepan, slowly whisk the maple syrup with the remaining ½ cup of beer and bring to a boil. Reduce the heat and simmer, stirring occasionally, until reduced by half and syrupy, about 20 minutes. Set aside and let cool completely.
3. Meanwhile, grease the Bundt pan and dust with flour; tap and shake off any excess. In a large bowl, whisk the 3 cups of flour with the baking powder, cinnamon, nutmeg, salt, and cocoa nibs. In a stand mixer, beat the 1½ sticks of butter with the two sugars at medium speed until fluffy. Beat in the eggs, one at a time, until just incorporated. At low speed, beat in the cooled beer-molasses mixture, then gradually add in the dry ingredients. Mix until combined.
4. Scrape the batter into the prepared Bundt pan and smooth the surface. Bake in the center of the oven for about 50 minutes, or until a toothpick inserted in the center of the cake comes out clean. Let cool for 15 minutes. Invert the warm cake onto a wire baking rack and brush with the cooled beer-maple syrup mixture.
5. Transfer cake to a plate and pour on the caramel. Cut into wedges and serve with an extra drizzle of the warmed caramel sauce.

**2<sup>ND</sup>** way.

# (our) TABLE OF TEAS

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

**En**

ENGLISH  
BREAKFAST



**VARIETAL.** BLACK  
**FLAVOR.** BOLD, MALTY, RICH  
**NOTES.** GREAT WITH CREAM & SUGAR

**Ea**

EARL GREY



**VARIETAL.** BLACK  
**FLAVOR.** VERY FLORAL, LEMONY, ROBUST  
**NOTES.** CURED WITH BERGAMOT FLOWERS

**A** LOT OF WHAT WE CALL TEA ISN'T TECHNICALLY TEA. TEA IS A DRINK MADE FROM LEAVES OF THE TEA BUSH, CAMELLIA SINENSIS, WHICH HAVE BEEN DRIED, CURED, OXIDIZED, THEN CRUMBLED, CUT OR OTHERWISE PULVERIZED INTO SMALL BITS AND FINALLY STEEPED IN WATER JUST OFF THE BOIL. THAT'S TEA. AND MOST OF IT IS GROWN IN CHINA, INDIA, KENYA AND SRI LANKA, TOGETHER REPRESENTING 75% OF WORLD TEA PRODUCTION.

**Da**

DARJEELING



**VARIETAL.** BLACK  
**FLAVOR.** DELICATE, VEGETAL, MOSSY  
**NOTES.** PAIR WITH CREAMY DESSERTS

**Ir**

IRISH BREAKFAST



**VARIETAL.** BLACK  
**FLAVOR.** STRONG, BOLD, MALTY  
**NOTES.** DARK, REDDISH HUE

**Ge**

GENMAICHA



**VARIETAL.** GREEN  
**FLAVOR.** TOASTY, NUTTY, LIGHT FLORAL  
**NOTES.** MIXED WITH TOASTED RICE

**Ma**

MATCHA



**VARIETAL.** GREEN  
**FLAVOR.** RICH, EARTHY, NUTTY  
**NOTES.** BRIGHT GREEN

**Ce**

CEYLON



**VARIETAL.** BLACK  
**FLAVOR.** MILD, HONEY/PINE  
**NOTES.** BRIGHT & LIGHT

**As**

ASSAM



**VARIETAL.** BLACK  
**FLAVOR.** RICH, BOLD, CARAMEL  
**NOTES.** PAIR WITH CHOCOLATE

**Se**

SENCHA



**VARIETAL.** GREEN  
**FLAVOR.** FRESH, HERBAL, SOME BITTER  
**NOTES.** USE LOOSE LEAF FOR LESS BITTERNESS

**Ja**

JASMINE



**VARIETAL.** GREEN  
**FLAVOR.** FLORAL, FRAGRANT, DELICATE  
**NOTES.** PAIR WITH CITRUS, BERRIES, COCONUT

# (a) recipe

VARIETY IS THE SPICE  
S THE SPICE OF LIFE  
SPICE OF LIFE VARIET

Tea has several variations, which differ mostly in how the tea leaves have been dried and subjected to oxidation. Black teas undergo the greatest amount of oxidation, delivering strong, pungent flavors. Green and white teas are processed soon after the leaves and buds have withered, minimizing oxidation, which results in milder, more vegetal flavors. Oolong teas are black teas which undergo less fermentation, so they are often the mid-way between black and green.

Oo

OOLONG



**VARIETAL.** SEMI-FERMENTED  
**FLAVOR.** SWEET, NUTTY, FRUITY  
**NOTES.** PAIR WITH SOFT CHEESE,  
SEAFOOD

Gu

GUNPOWDER



**VARIETAL.** GREEN  
**FLAVOR.** SMOOTH, HEARTY,  
SMOKY  
**NOTES.** LEAVES ARE TIGHTLY  
ROLLED

## COUNTRY SCONES

MAKES 8

2 cups unbleached  
flour (Remove 2  
tablespoons flour  
and replace with 2  
tablespoons flax meal)  
3 tablespoons sugar  
2 teaspoons baking  
powder  
½ teaspoon salt  
½ teaspoon baking soda  
1 cup dried currants  
5 tablespoons butter  
8 ounces nonfat yogurt  
1 whole egg yolk, reserve  
egg white

1. Preheat oven to 425 degrees. In large mixing bowl combine flours, sugar, baking powder, salt and baking soda. Cut in butter until mixture resembles coarse crumbs. Add dried fruit and lightly mix.
2. Blend yogurt and egg yolk in a small bowl. Add to crumb mixture, stirring until dough clings together. Gently knead on lightly floured surface 10-12 strokes.
3. Pat or roll to 9-inch circle, about half-inch thick. Cut in to triangles with sharp knife. Separate and place on cooking sheet sprayed with cooking spray. Brush with slightly beaten reserved egg white.
4. Bake for 15 to 20 minutes until lightly browned.



## DEVONSHIRE CREAM

MAKES 1½ CUPS

*Devonshire cream is traditionally made by heating and straining fresh cream. Here's a much easier and just as luscious version.*

4 ounces mascarpone cheese  
1 cup heavy whipping cream  
1 teaspoon pure vanilla extract  
1 tablespoon granulated sugar

1. Place all ingredients in a large bowl and beat until mixture holds its shape and looks like softly whipped cream.
2. Use right away or refrigerate until serving.



# RACLETTE: WISCONSIN CHEESE *with a French flair*

**"**IT'S A VERY UNCOMMON CHEESE, ESPECIALLY HERE IN WISCONSIN, WHERE CHEDDAR IS KING," CHEESEMAKER ORPHEE PAILLOTIN TELLS ME. "RACLETTE CHEESE IS VERY POPULAR IN EUROPE. YOU CAN FIND IT EVERYWHERE THERE. SO WE THOUGHT, IF WE'RE GOING TO MAKE A CHEESE, LET'S MAKE IT A NICHE CHEESE THAT YOU CAN'T FIND HERE IN THE STATES."

Through chance, serendipity, or the alignment of powerful cosmic cheese forces, Orphee moved to The Dairy State from France in 2015 where he met Paula Heimerl, whose family once operated Saxon Creamery.

"My family retired and within weeks I met Orphee," Paula explains. "Coming from a family of cheesemakers was something that I was really proud of, and I missed it. It was something that Orphee and I kept talking about together, so we decided to take a big leap, quit our jobs, and try to make a cheese no-one else in the state was making."

Alpinage's Raclette differentiates itself from other local cheeses in a few important ways. First, this is a raw milk cheese. "It's so fresh it's still warm when we're making it," Paula says. The second difference is that it's a washed rind cheese.

"The general principle is the flavor is coming from the outside to the inside. So, we wash the 10-pound wheels with a brine of salt and cultures that soak into the heart of the cheese. We then age it in our modern cheese cave for about three months to really develop the flavor."

According to Paula the result is a very buttery cheese that has a nutty, almost sweet taste. "It's mellow, rich, and creamy. It's excellent melted on potatoes or a baguette, as is tradition in Europe. However, it also works well in pastas, on sandwiches, or simply as a delectable table cheese with crackers or a baguette."

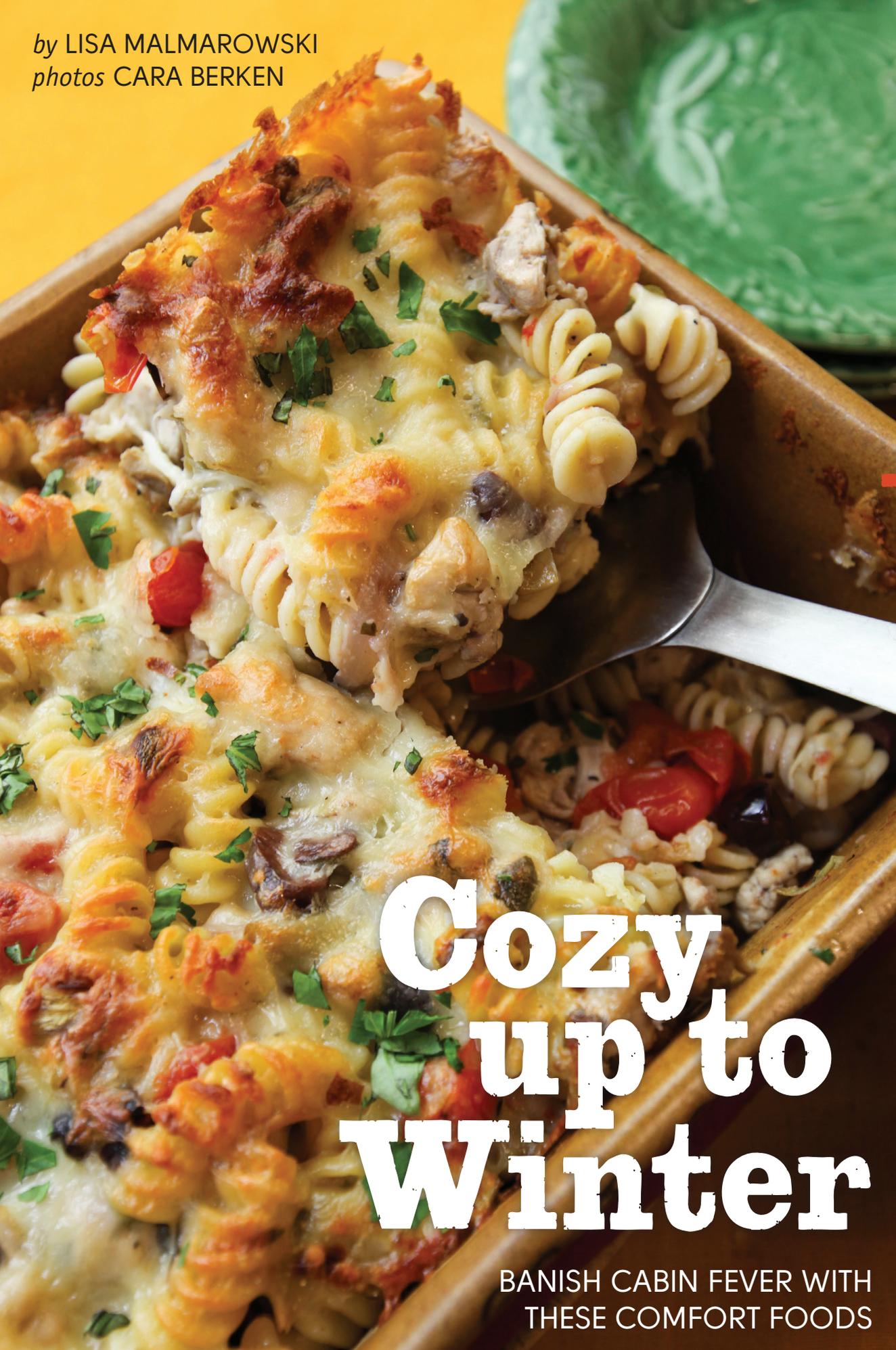
Alpinage must have the right recipe since, after selling their first wedge in 2021, Orphee and Paula won First Place in its category at the 2022 Dairy Expo in Madison. An award that put them on the cheese map and has cheese buyers coast-to-coast calling for cheese wheels.

"They don't even ask for a number. They just say, 'give us whatever you have,'" Orphee says.

But, not to worry, cheese heads. One of the benefits of being a Wisconsinite is first dibs on all the great cheeses of The Dairy State and the more people interested in Alpinage's Raclette means a bigger business for this local success story.



by LISA MALMAROWSKI  
photos CARA BERKEN



# Cozy up to Winter

BANISH CABIN FEVER WITH  
THESE COMFORT FOODS



**S**URE, THE DAYS ARE GETTING LONGER, BUT WINTER STILL HAS ITS CLAWS IN THE UPPER MIDWEST. HEAVY, GRAY WEEKENDS ARE THE PERFECT TIME TO FIRE UP THE OVEN OR STOVE AND COOK SIMPLE BUT HEARTY FOODS. HERE ARE THREE OF OUR FAVORITE RECIPES THAT TASTE LIKE YOU SPENT HOURS COOKING, BUT ARE EASY AND PRETTY DARN QUICK TO MAKE.

## CHICKEN & WHITE BEAN PASTA BAKE

4-6 SERVINGS

*Vegetarian & gluten-free with substitutions*

*This hearty Mediterranean-inspired pasta dish will lift your usual pasta dinner to new heights. Plus, it's very customizable. Don't have mozzarella on hand? Try feta or a creamy goat cheese instead. Skip the chicken and double up on beans – just marinate them first and sauté before adding to the casserole to build flavor. You get the idea! Serve with a side salad or fresh garlic bread. Carb on carb? Sure!*

- 1 pound fusilli pasta – regular or whole wheat
- 1 small red onion, thinly sliced
- 1 pint grape or cherry tomatoes, whole
- Olive oil
- Salt & pepper to taste
- 1, 7-8 ounce jar of marinated artichoke hearts, roughly chopped, reserve liquid
- ½ cup canned white beans, rinsed & drained (like cannellini or Great Northern)
- ½ cup Kalamata olives, roughly chopped
- ⅓ cup parsley and basil leaves, roughly chopped
- 2–3 handfuls of part-skim shredded mozzarella

- ¼ cup shredded Parmesan
- Garnish – a handful of fresh parsley & fresh basil leaves, chopped

### Marinade

- 1½ pounds boneless, skinless chicken thighs, cut into bite-sized pieces
- 2 garlic cloves, thinly sliced
- Reserved liquid from the jar of marinated artichoke hearts
- 4 sprigs of fresh oregano, leaves stripped
- Olive oil
- Red wine vinegar

1. In a large bowl add chicken, reserved liquid from artichokes, garlic, and oregano leaves. Drizzle with olive oil, add a splash of red wine vinegar, and mix well to coat. Marinate for at least 1 to 3 hours.
2. Cook pasta in boiling salted water according to package directions or until al dente. Drain and set aside. Preheat oven to 425 degrees.
3. In an ovenproof casserole dish, add sliced onion and tomatoes and toss with olive oil, salt and pepper. Place in oven and cook, stirring occasionally, until the onions are soft, and the tomatoes begin to burst, about 15 to 20 minutes.
4. Meanwhile, in a large skillet warm 1 teaspoon of olive oil over medium heat. Remove the chicken from the marinade, pat dry, and season with salt and pepper. Working in batches, brown the chicken on both sides. It will be slightly undercooked.
5. Remove the casserole dish from the oven. Add the cooked pasta, chicken, artichoke hearts, beans, olives, and chopped herbs and mix well to combine. Then top with cheese and bake for an additional 5 to 7 minutes until chicken is cooked through and the cheese is brown and bubbling.
6. Garnish with additional chopped fresh parsley and basil before serving.

*(continued)*

## STOVE TOP VEGETABLE BIRYANI

SERVES 8

**Vegan • Gluten-free**

*If you love Indian flavors but are intimidated by the long ingredient list, toasting spices, and tempering oils, this is your new starter dish. It's easy to make, really, all you need is a Dutch oven with a tight-fitting lid. Plus, the flavors will slake your spicy cravings. This recipe is also customizable to what you love or have on hand... switch out the peas for any canned bean, use broccoli instead of cauliflower, or skip the bell pepper and use green beans instead. This makes a lot so it's a great budget meal or bountiful side dish for parties. Store any leftovers covered in the fridge – it reheats well on the stove top or microwave.*

2 cups basmati rice	1 cup cauliflower florets
3 tablespoons olive oil	2 teaspoons Kosher salt
1 medium yellow onion, chopped into ½-inch dice	¼ teaspoon cayenne pepper
1 tablespoon garlic, minced	½ teaspoon ground black pepper
1 tablespoon ginger, minced	2 teaspoons ground garam masala
1 Roma tomato, finely minced	1 teaspoon ground coriander
½ cup water	½ teaspoon ground turmeric
1 tablespoon tomato paste	1 teaspoon ground cumin
½ cup peas	½ teaspoon ground cinnamon
1 carrot, sliced into thin coins	4 cups vegetable broth
2 russet potatoes, peeled and chopped	Handful of chopped cilantro or parsley for garnish
1 green or red bell pepper, sliced into thin ribbons	Handful of chopped nuts like cashews or almonds
2 stalks celery, thinly sliced	

1. Rinse basmati rice until water runs clean, then drain well. Set aside.
2. Add olive oil in a large Dutch oven over medium-high heat and add onion. Sauté until translucent, about 3 to 4 minutes. Then add garlic, ginger, tomatoes, ½ cup water and bring to a simmer. Cook until the water has evaporated, about 10 minutes.
3. Add tomato paste and sauté for a minute or two until slightly browned.
4. Add peas, carrot, potato, bell pepper, celery and cauliflower and stir well. Then add salt, cayenne, black pepper, garam masala, turmeric, cumin and cinnamon, and stir again.
5. Add vegetable broth, stir to incorporate browned bits and bring to a boil.
6. When mixture boils, add basmati rice and reduce to low heat and cook (covered) for 18 to 20 minutes. Turn off the heat and let sit, covered, for five minutes before opening and serving.
7. To serve, garnish with freshly chopped cilantro or parsley and chopped nuts if desired.





## MINI VEGGIE POT PIES

MAKES 8 MINI PIES OR A SMALL CASSEROLE • SERVES 4

### Vegetarian

*We love this recipe because all the ingredients can be hanging around your pantry and fridge just waiting to turn into tiny pies of joy or a simple, small-sized casserole. We tried it both ways and each was delicious. Use fresh vegetables if you like, just be sure to dice them small and allow them to soften before baking the pies.*

- |                                       |  |
|---------------------------------------|--|
| 3 tablespoons butter                  | Freshly cracked black pepper to taste                                    |
| 1 medium yellow or white onion, diced | 1 cup low sodium vegetable broth   |
| 3 tablespoons all-purpose flour       | 1 pound frozen mixed vegetables  |
| 1 cup whole milk                      | 1 can of Immaculate Baking Biscuits (8 count)                            |
| ½ teaspoon dried thyme                | 6 ounces grated cheese (like cheddar, Colby jack, etc...) if making pies |
| ¼ teaspoon garlic powder              |  |
| ¼ teaspoon onion powder               |  |
| ½ teaspoon salt                       |  |



### For Pie Filling –

1. Dice the onion and add it to a deep skillet with 3 tablespoons butter. Sauté the onions over medium heat until soft and transparent. Add flour and continue to sauté for about two minutes. Whisk in milk until no lumps remain. Add the salt, thyme, garlic powder, and some freshly cracked pepper. Allow the mixture to come up to a simmer, whisking often, until it thickens.
2. Whisk in the vegetable broth and allow it to come up to a simmer again until a thick, creamy sauce comes together. Add the frozen vegetables (no need to thaw) and stir to combine. Turn the heat down to low and allow the mixture to heat through, stirring occasionally, while you prepare the biscuits.

### For Pies –

1. Heat the oven to 350 degrees. While the oven is heating, spray 10 (2½-inch) muffin-pan cups with vegetable cooking spray.
2. Roll or pat the biscuits to flatten slightly. Press the biscuits into the bottoms and up the sides of standard size muffin-pan cups.
3. Spoon 1-2 tablespoons of cooked vegetable mixture into each biscuit cup and lightly press mixture down so it's level and then top each pie with a sprinkling of grated cheese. The biscuit "crusts" will rise so the pies may pop over.
4. Then, bake for 15 minutes or until the biscuits are golden brown and the cheese is melted. You'll need to watch them, as oven temperatures will vary and depending on how much filling is packed in, they may take a bit longer to bake. Allow pot pies to cool in the pan on a wire rack for 5 minutes.

### For Casserole –

1. Start with an 8x8-inch baking pan or small Corningware-style casserole. Spray or lightly oil pan with vegetable oil. Layer in the filling then top with individual biscuits. You may need to cut some in half to fit, but no need to have them all touching as they will raise and spread when cooking. We didn't use cheese for this version, but hey - add a layer under the biscuits if you like!
2. Bake for 15 to 20 minutes until biscuits are golden brown and the filling is hot.





# SAVE THE SOY



story & photos by MICHAEL SORENSEN

[WWW.SIMPLESOYMAN.COM](http://WWW.SIMPLESOYMAN.COM)



**A** BELOVED MILWAUKEE FOOD INSTITUTION, AND A BUSINESS THAT HAS GROWN ALONG WITH OUTPOST ITSELF, MIGHT SOON BE SOAKING ITS LAST SOYBEAN. R JAY AND BARBARA GRUENWALD, THE HEART AND SOUL OF THE SIMPLE SOYMAN, ARE HANGING UP THEIR APRONS, LEAVING DEVOTED FANS WONDERING WHERE TO FIND THEIR FIRM TOFU IN THE FUTURE.

"It's a physical job," Barbara tells me. "We've been doing this over forty years and the hours are getting really long. We're not spring chickens anymore."

You wouldn't know that from watching R Jay work though. When I recently visited the Soyman's bustling tofu factory on the city's north side, he was moving at a swift, smooth pace that would inspire anyone whose joints creak and crinkle at half his age.

"He's got it down to a dance," Barbara admiringly admits. "He takes the same steps; he moves the same way. It's an art form for him. Sure, it's a lot of work, but he likes doing it because he feels like he's really creating something special, you know?"

From hoisting five-gallon buckets filled with water-soaked soybeans to skillfully stirring massive vats of boiling liquid with what could best be described as a boat oar, R Jay shows no hint of slowing down. After four decades dedicated to turning raw beans into tofu, he's simply looking to direct that energy elsewhere.

"I find that a lot of the stuff I do, all the extra things, are always related to the business. I'm so far behind on other things in our life, like putting up doors on the cabinets in the house we built. Everything takes a back seat to the business," R Jay confesses over the constant hiss and clang of machines that he repairs himself.

While the Gruenwald's feel now is the time to move on, they don't want to see their business close its doors forever, which is why they are actively looking for someone to pass the tofu baton to after they're gone.

"We're looking for someone to come in here and feel as passionate about this as we do, not just someone who wants to make a quick buck. This is hard work. It's rewarding work, but it's a commitment," Barbara explains.

If you're unfamiliar with The Simple Soyman's origins, you could say that Outpost played matchmaker, bringing them together during the eighties when they were friends volunteering at our community meals. R Jay,

at the time, worked part-time at The Magic Bean (a Milwaukee tofu business now long gone) where he learned to make tofu and was looking for a business path of his own.

"We started it all before we even got married," Barbara says. "We were just a couple of friends doing this. Maybe a couple of days a month, making our tofu Saucy Jo and delivering it around the city. And then one thing led to another and here we are."

The Simple Soyman expanded rapidly from those beginnings, creating all the products we love like their fresh and herbed tofu, tempeh and sesame circles just to name a few. You can also find their tofu as an ingredient in so many of the products we make ourselves (shout out to our stupendous Red Curry Tofu!) but they think the time is ripe for more expansion with a new owner.

"For us, right now," Barbara explains, "we're comfortable slowing down. We did our expansion decades ago, but there's an opportunity for growth. There's an opportunity for more tofu products, more stores, more people eating soy-based foods and helping the planet. We want to find someone who wants to take that next step and grow this business and keep it going."

If you happen to be that someone, Barbara and R Jay would love to talk and keep these doors open for another four decades.

# Outpost's Banana Flaxseed Bread.....



**O**UR BANANA BREAD IS A CONSISTANT BEST-SELLER WHICH IS WHY WE MAKE IT SIX OUT OF SEVEN DAYS A WEEK. BAKED FRESH IN OUR CENTRAL KITCHEN TUCKED INTO THE BACK OF OUR BAY VIEW STORE, WE THOUGHT WE WOULD SHARE ITS JOURNEY FROM THE JUNGLE TO YOUR MOUTH AND SHOW WHAT MAKES IT SO AP-PEALING.

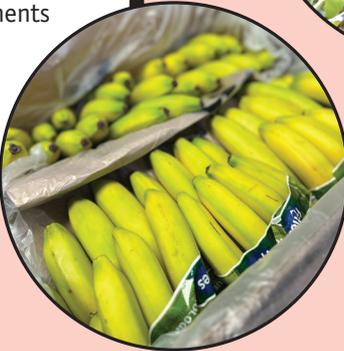
## ONE

Our organic bananas come from Fyffes, a company that has been in business since 1888. They harvest their bananas from Central American countries like Costa Rica, Belize, Columbia, and the Dominican Republic. It takes about a year for one banana plant to mature and each stem can produce 100-200 bananas!



## TWO

Banana shipments come in daily since people go bananas for bananas.



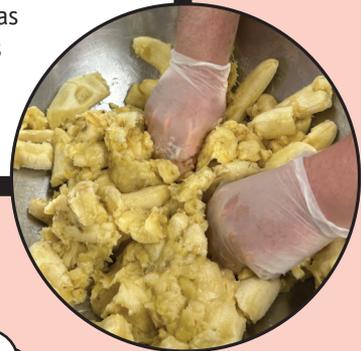
## THREE

First up is peeling the bananas. Our Central Kitchen staff does it all by hand. No futuristic banana peeling machines here!



## SIX

Now it's time to show the bananas who's boss with some vigorous mashing.



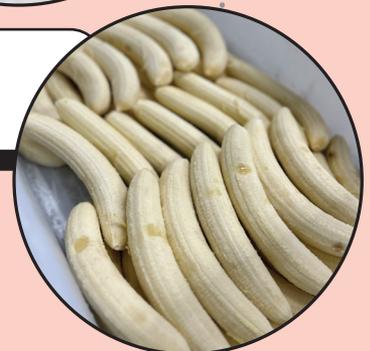
## FIVE

All of those peels go right into our compost bins. Outpost has composted over three million pounds of food scraps since we began our compost program in 2014.



## FOUR

Naked bananas!



# a day in the life



## SEVEN

Berry in our central kitchen oversees the mix of bananas, butter, flour, flax seeds and more in our 60-quart mixer (just a bit bigger than your KitchenAid at home)!



## TWELVE

Our beautiful Banana Flax Seed Bread ready to tantalize your taste buds.



## EIGHT

Once mixed the fresh batter is measured out into loaf pans ready for the oven.



## ELEVEN

Besides the loaves we transport to each of our store locations, our wholesale drivers (like Jimi here) deliver our banana bread, as well as other snacks, to Froedtert (seen here), St. Luke's, Aurora Sinai and Aurora Grafton Hospitals as well as the Schlitz Audubon Nature Center. Check them out for some quick, healthy bites.



## NINE

Beautifully brown baked banana bread is ready!



## TEN

Deonte cuts our loaves down to size to send out to our wholesale accounts. Full loaves are sent directly to each Outpost café where our café staff will cut them up for sale in our bakery.





# FOOD *is our* LOVE LANGUAGE

by MARGARET MITTELSTADT

**A**CCORDING TO THE NATIONAL INSTITUTES OF HEALTH, CARDIOMETABOLIC DISEASE SUCH AS HEART DISEASE, STROKE, AND TYPE 2 DIABETES RESULTING FROM POOR DIET AND UNHEALTHY EATING HABITS COST THE AMERICAN HEALTHCARE SYSTEM ON AVERAGE \$50 BILLION A YEAR AND ACCOUNT FOR UP TO 45% OF ALL CARDIOMETABOLIC RELATED DEATHS. IN WISCONSIN, NEARLY 65% OF RESIDENTS ARE DIAGNOSED WITH DIABETES RELATED TO POOR DIET. ZOOM-IN, AREAS IN MILWAUKEE AND MILWAUKEE COUNTY HAVE A NINE TIMES HIGHER PREVALENCE OF DIET RELATED DISEASE, DEPENDING ON THE ZIP CODE A PERSON LIVES IN.

One Milwaukee-based organization, Food for Health, is looking to be a positive disruptor and changemaker within the dark narrative of diet-related disease. They offer a plan to facilitate healthy and lasting changes through good food and wellness. At the heart of this organization beats a comprehensive twelve month medically tailored meal program designed specifically for individual's living with diet related disease such as diabetes and hypertension. The program is inclusive of fresh, locally prepared, meals delivered to doorsteps weekly, biometrics, and personal coaching. "You can almost see the concentric rings that wrap around the individual through our programming and through us as a community-based organization. Call it our ripple effect," says Kathy Koshgarian, President and CEO. This is a collective approach to wellness with lasting results, especially for the most vulnerable people in our community. The key difference is in providing the additional support that addresses not only healthcare, but quality of life.

Food for Health has ancestral roots connected to the Dohmen Company, an entity with 160 years in the pharmaceutical industry. Realizing that drug therapy alone is not the only answer, Dohmen now operates entirely as a Foundation. "Dohmen really has come from the cloth of social innovation and civic activation, and with that touched nearly every aspect of the healthcare and pharmaceutical industry," Koshgarian adds. The Foundation's north star is a focus on food as wellness through the lens of prevention.

Now a stand-alone 501c3 non-profit, Food for Health sees their goal in the next five years "...of improving the health and well-being of 50,000 individuals," says Rayna Andrews, Executive Director of Advancement and Engagement. "In Wisconsin, preventable disease causes 35% of deaths annually and is the leading cause of death in the state. Diet related disease is preventable and reversible through positive changes to our diet and lifestyle, and we show people exactly how to do that" by building a healthy relationship with food and wellness. "We can achieve this!"

From their website, eating delicious, lovingly prepared whole food...should be accessible to all. It's time for us to normalize food as medicine with insurers, providers, funders, policy makers, and most of all, with every member of our community. We couldn't agree more.



FOOD FOR HEALTH™



Connect with their free Be3 Community Health Hub Classes: BeFueled, BeFit, BeFocused. Look for some of their easy healthy and delicious recipes in store, too. You can also contribute to their mission monetarily, in-kind, and as a volunteer online at [foodforhealth.org](http://foodforhealth.org).

FOOD FOR HEALTH  
2007 N. DR. MARTIN LUTHER KING, JR. DRIVE

# GRAZE.

## CHECKOUT



**WHAT .** Community Dinner

**WHERE .** Outpost Co-op, 100 E. Capitol Drive, Milwaukee

**WHEN .** December 6, 2023

(watch for more events like this – coming soon!)



# Organics you can trust.

With the largest selection of certified organic produce in town,  
we've made it easy for you to harvest healthy choices every day!

*Better taste • Better for you • Better for our planet*

**OUTPOST**  
NATURAL FOODS

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