

GRAZZIE

AROUND THE KITCHEN TABLE WITH OUTPOST NATURAL FOODS

HOME COOK:
HANUKKAH
TRADITIONS

PAGE 12

A DISH TO PASS:
SIDES TO DIG INTO

PAGE 26

**A RUSTIC
THANKSGIVING:**
CASUAL CLASSICS
WITH A TWIST

PAGE 18

Throwing **SHADE**

OUR TABLE OF NIGHTSHADES

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FIRST WORD.



"OUR FOOD SYSTEM IS WORKING FOR PROFITS, NOT PEOPLE AND THERE IS A BETTER WAY — OWN YOUR GROCERY STORE." I READ THIS IN AN ADVERTISEMENT FOR ANOTHER CO-OP GROCERY STORE OUTSIDE OUR AREA.

You might be surprised how many people don't understand how our food system really works. I mean how BIG do farms need to be to supply all of those fruits and vegetables and chicken and eggs to the mega supermarkets? Are the workers who help supply this food treated fairly, legally, humanely?

How about the large corporate farms (CAFOs—concentrated animal feeding operations)? Do they really differ from larger privately owned farms? Does a family farmer, raising chickens for a large corporation, have the free will to set their own prices? In today's industrialized world of farming the answers to these questions aren't only surprising, some of them are actually shocking.

Many people are fooling themselves if they think that our conventional food system is built for the people it feeds. It's not. It's built purely for profit.

"Farm – To Here – To Table," one local ad reads. Not really. It's more like farm to auction, to warehouse, to distributor, to grocery store. All the produce from one farm is mixed together with produce from another farm at auction, so you don't really get them from just one farmer. And that industrialized chicken? In most cases the farmer owns the hen houses, but the poultry company delivers the chicks, supplies the feed and additives, and at the end of the growth period, the poultry company sets the price the farmer receives for all their hard work. And many of the private label poultry brands labeled "natural, humanely raised, or cage free," are simply using marketing terms to sell the product; there are no laws enforcing those claims. Our conventional food system is built for profit.

So what makes a co-op like Outpost different? At the heart of every co-op there lies a simple premise: "food for people, not for profit." We know that meeting the farmer and inspecting the farm and understanding the caretaking leads to a better product, which is why we work with smaller local farmers and vendors, as often as we can. To be honest, some of our organic supply also comes from large corporate-owned farms when it's not available in season from a local source. What we do differently is we tell you about it.

Our goal is to be as transparent as possible about our food supply so our shoppers can make informed choices.

While other stores in our market are engaged in a "race to the bottom"—to see who can sell something for the lowest price and still make the highest profit—at Outpost we price to be fair, never asking the farmer or vendor to give us more than they can afford to give. We believe that doing all of this work is important for our food system and we know that our job is to maintain a food system with integrity and trust.

There is a better way ... It's called a co-op.

PAM MEHNERT
general manager

GRAZE@OUTPOST.COOP

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.



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WHO IS GRAZE ?

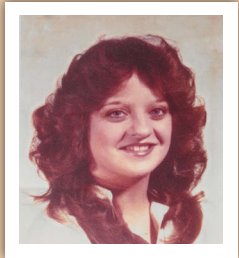
i am CARA BERKEN.

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 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.



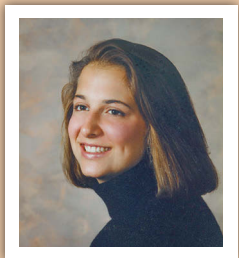
i am MARGARET MITTELSTADT.

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.



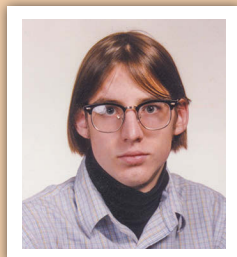
i am DIANA SCHMIDT.

I'm a recovering food snob, eating anything from watercress to tater tot casserole. My love of tasty vittles started as a child in my parents' garden and remains steadfast with the help of food-loving friends and a bit of butter. Of all the food I love to make, nothing makes me happier than canning pickles and squirreling away jars of jam.



i am PAUL SLOTH.

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



- GRAZE.

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OUTPOST
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CONTENTS.

FALL 2016

...features.

HOME COOK.

HANUKKAH TRADITIONS WITH OUR FRIENDS
NATALIE CHULEW AND TOM RUTKOWSKI page 12

FALL (2 WAYS).

BUCKWHEAT page 16

A RUSTIC THANKSGIVING.

CASUAL CLASSICS WITH A TWIST page 18

A DISH TO PASS.

SIDES TO DIG INTO..... page 26

CO-OP DIFFERENCE.

CHARITABLE FOOD PROGRAMS AT
OUTPOST NATURAL FOODS page 28

IN AN IDEAL WORLD..

THERE WOULD BE EQUITY AND SUPPORT
FOR ALL page 30

...in the aisles.

YOU'LL SWOON.

FROM MINI PEANUT BUTTER CUPS TO OUR HOMEMADE
MOCK CHICKEN LEGS – WE'RE IN LOVE.....page 6

SETTING AN EXAMPLE

FINDING INSPIRATION IN AN OLD FARMER'S LIFEpage 8

OUR TABLE OF NIGHTSHADES.....

page 10

PARTY SIZE IT!

A COCKTAIL TO BRING OUT YOUR INNER 'SCONNIE..... page 24

SECRET RECIPE.

OUTPOST'S OWN GERMAN MEATBALLS WITH
HORSERADISH CREAM SAUCE..... page 25

Cover photo by Paul Sloth

14



18



26



30





&
present



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SWOON.

THINGS WE LOVE.



SUNRISE CREATIVE GOURMET PASTA THIS CENTENARIAN STILL ROCKS THE RIBBONS

For more than 100 years, the Forti family has been making Italian specialties in Minnesota. The fourth generation of the Forti family is keeping those traditions alive. Start with durum semolina wheat from North Dakota, the pasta is hand cut and made in small batches. The high quality wheat ensures a rich, nutty flavor. The family relies on a slow, air-drying technique to preserve the flavor. The pasta's "rough," artisan texture holds the sauce so the flat strands won't slip, slide, or sneak away from your pool of puttanesca. Available in plain or flavor-infused varieties, we love them best simply dressed with quality olive oil, a sprinkling of diced fresh squash or tomato, and a generous dash of freshly ground pecorino or Parmesan cheese.



OUTPOST'S OWN CHORIZO BURRITO THESE SPICY GIANTS ARE YOUR NEW SANDWICH

Are you bored with the same old burrito? Have your refried beans lost their luster? Is your tortilla tired? Never fear, chorizo is here! We've taken Outpost's Own made-from-scratch pork chorizo sausage and folded into one heck of a burrito. Each classic roll up is spicy, savory, and served up with, wait for it, made-from-scratch salsa. We DARE you to compare ours to any other grocery store or restaurant burrito and see how we stack up. Plus, they're big enough to share. Because we love you, we offer up an extra-spicy version in addition to the classic!



UDI'S GLUTEN FREE SIMPLE AU NATUREL GRANOLA

IT'S OKAY TO WEAR CLOTHES WHEN YOU EAT THIS

Do we have your attention? Good, because after 46 years it's not easy for a co-op to get excited about granola. Can we be frank? Granola had been done and then over done. That's why, when we tried this simple granola, we let out a big sigh of relief. Made from just 3 ingredients: wildflower honey, oats, and canola oil it's not only dairy, soy, egg and gluten free, it's the perfect base camp for a zillion mindful granola excursions. Try adding your favorite "focus fruit" and the granola will highlight its flavor with a wholesome crunchiness that never overwhelms. Then layer on the milk, yogurt, or ice cream and enjoy one of life's simple pleasures.



OUTPOST'S OWN MOCK CHICKEN LEGS

RELIEVE YOUR SCHOOL LUNCHES IN A MOST DELICIOUS WAY

Quick, name a dinner that the entire family can agree on and nope, pizza doesn't count. We've discovered that, whether you're five or 55, most folks agree that our mock chicken legs are legit. Our expert butchers start with ground pork and add a secret blend of spices, then simply roll the 'leg' (which looks nothing like a leg btw) in a signature breading blend. Ready to bake, they cook up quickly into a savory entrée that pairs well with mashed potatoes and gravy. Just add your favorite fresh vegetable and you have a gourmet version of a beloved lunchroom classic. Bonus: they're gluten-free!

REBBL ELIXIRS

ISN'T IT TIME TO DRINK LIKE A BOSS?

When we hear the word "elixir" we start looking for a huckster in a monocle and derby hat touting the benefits of his snake oil treatment. But what if we told you that the good folks at Rebbl have turned that moniker on its ear and created a roster of fresh, incredibly tasty beverages that taste as good as they are good for you. These sweet, spicy drinks are more satisfying and energizing than an afternoon coffee. Each variety is loaded with superherbs, plus they're organic and Fair Trade. We are obsessed with the Turmeric Golden Milk. It is spicy-sweet, unexpected, earthy tasting from the turmeric, and creamy from the coconut milk. But, by all means, try each unforgettable variety!



BULK MINI PEANUT BUTTER CUPS

FORGET A CUPPA' JOE, THERE'S A NEW CUP IN TOWN

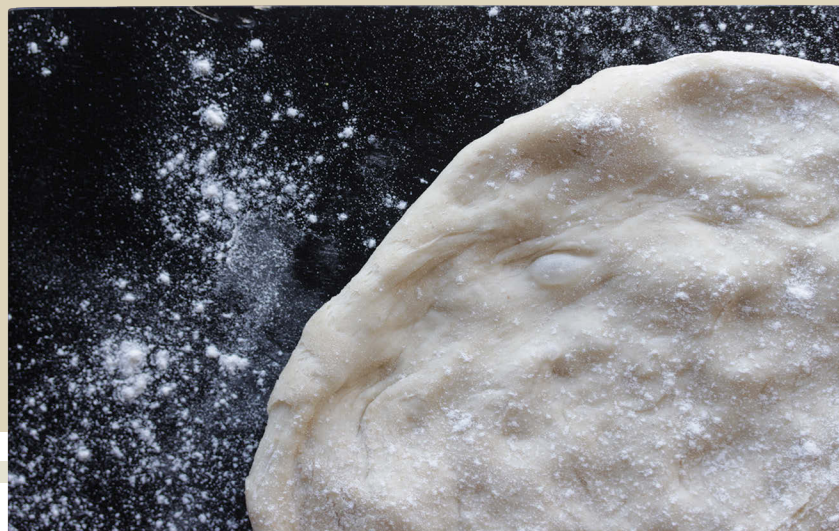
We want to meet the wizard who first figured out the magic of pairing slightly salty peanut butter with creamy chocolate. That classic pairing gets even better when you shrink down the size and boost the quality of the ingredients. There's a lot to love about these bulk chocolate treats. First, there's no pesky foil to unwrap, which makes them perfect for holiday cookie baking as well as noshing. And the taste, we dare say the peanut butter is creamier and smoother than their orange-labeled counterparts. The chocolate is rich, velvety, and we'll just say it ... dreamy! Full of natural "peanutbutteryness" we can't be blamed if you buy these as gifts and find you've eaten them all yourself.



OUTPOST'S OWN PIZZA DOUGH

DON'T BE HATIN', JUST GET ROLLIN' WITH THIS DOUGH

You can blame us: blame us when your family begs you to make your "special" homemade pizzas; blame us when friends ask you for your secret dough recipe; blame us when you find yourself trolling Pinterest for pizza topping ideas instead of finishing that report at work. Our handmade pizza dough is the same one we use to make our ready-to-bake pizzas, but we package it so you can be the pizza master. It's ready to use and easy to handle. It's light texture and flavor pairs perfectly with any topping and never overpowers, even the most delicate flavors. It even works great folded into a calzone or made into breadsticks. We know we've ruined your life for all other pizza dough. Sorry, not sorry.





SETTING *an* EXAMPLE.

WISCONSIN USED TO BE FILLED WITH DELMAR ZENTNERS; OLD FARMERS WHO DIDN'T DO A LOT OF TALKING, BUT PASSED ALONG A LOT OF WISDOM JUST THE SAME. WHILE HE DIDN'T INSPIRE HIS GRANDKIDS TO TAKE UP FARMING, DELMAR ZENTNER SET AN EXAMPLE BY HIS INDEPENDENCE AND HIS WORK ETHIC. COUSINS KYLE LAFOND AND ANNA LANDMARK, BOTH LOCAL ARTISANS, REFLECT ON THE MAN WHO INSPIRED THEM TO STRIKE OUT ON THEIR OWN.

Anna Landmark gets emotional as she walks through her grandpa Delmar's old dairy barn. She can still read the names

of the cows written on little plaques that hang above the stalls. It doesn't take much to conjure up a memory of her childhood here. The Mount Horeb farm isn't far from the converted creamery where Anna grew up.

Anna has farming in her blood, but she never took to farming. After college, her education took her to Washington D.C., where she worked in politics. She eventually got burned out and returned home to Wisconsin, where she took up cheesemaking as a creative outlet.

Anna grew up watching her grandpa farm. Delmar loved dairy farming.

"He was so proud of his stewardship. He felt such a strong connection to the land. He loved his cows," said Anna, who owns Landmark Creamery, where she makes small batch artisanal cheeses.

AMERICAN PROVENANCE
MOUNT HOREB, WI
WWW.AMERICANPROVENANCE.COM



AMERICAN PROVENANCE

Kyle LaFond started out making his own personal care products. It was a conscious choice to quit using the standard, run-of-the-mill deodorants and body sprays that are filled with countless chemicals, additives, and other nasty stuff. He knew he could do better. After hearing how good he smelled—over and over again—he figured maybe he could help others smell good too. Kyle and his team work crafting small batches of all-natural personal care products for men and women, including deodorants, body sprays, balms, and salves. Some of our favorite scents: Daggers & Diamonds for women and Horseshoes & Hand Grenades for men.

Her grandpa Delmar, who passed away in 2014 at the age of 91, grew up on a farm in Legler Valley, just outside New Glarus. He was a traditional Swiss dairy farmer: proud, fiercely independent, someone who rarely asked for help.

Anna's cousin, Kyle LaFond, didn't take up farming either, but he sure appreciated the independence that farming afforded his grandpa. Kyle spent more time in his 20s and 30s with his grandpa Delmar just absorbing as much as he could.

"Grandpa and I would talk about legacy. He wondered if I wanted to farm," Kyle said. "That got me thinking about what I wanted to do."

After college, Kyle taught science in New Glarus and nearby Belleville. That's where he got started making deodorant. It began as an assignment he'd given his students. One thing led to another and Kyle eventually turned that assignment

LANDMARK CREAMERY
ALBANY, WI
WWW.LANDMARKCREAMERY.COM



LANDMARK CREAMERY

An interest in agriculture and sustainability sent Anna Landmark down the path to becoming a cheesemaker; that and sheep's milk. As milk goes, sheep's milk produces some of the creamiest cheeses there are. The milk is sweeter because of the extra fat and protein and since there's no beta-carotene, like in cow's milk, cheeses stay snow white. Anna sources milk from local farmers to make two kinds of sheep's milk cheese that you'll find at Outpost: Petite Nuage, a French-style soft cheese similar to chèvre, that pairs well with crackers and sparkling wine or hard cider; and Pipit, a hard cheese perfect for sandwiches and melting.

into a business idea. Kyle started making all-natural body care products. He named the company American Provenance, and runs the business off the same land where his grandpa farmed for so many years.

"Anna was the inspiration, the catalyst," Kyle said. "I wanted to do something as cool as she did."

Now, the cousins lean on each other, sharing ideas and experiences as they both work to grow their businesses. In addition to that, Kyle's taking care of the land his grandpa farmed and Anna has found a way to continue her grandpa's agricultural legacy. Whether he realized it or not, Delmar's lessons took root deep down inside both Kyle and Anna.

"He'd be super proud," Anna said. "And he'd be super worried that we weren't making any money yet."

(our) TABLE OF NIGHTSHADES

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

Po POTATOES



ORIGIN . PERU & BOLIVIA
 FLAVOR . VARIES—SWEET, DRY TO CREAMY, STARCHY.
 BENEFITS . POTASSIUM, VIT. C, FIBER, PROTEIN.

Sp SWEET PEPPERS



ORIGIN . CENTRAL & SOUTH AMERICA.
 FLAVOR . VARIES—SWEET, JUICY, FRUITY.
 BENEFITS . ANTIOXIDANT, VIT. C, VIT. A.

THE NIGHTSHADE, OR SOLANACEAE, FAMILY OF FRUITS AND VEGETABLES GETS A LOT OF PRESS. THEY ARE SOME OF OUR MOST BELOVED FOODS. IT'S HARD TO IMAGINE PIZZA WITHOUT THE RICH FLAVOR OF SLOW-COOKED TOMATO SAUCE OR A SAVORY HUNGARIAN STEW WITHOUT THE SIGNATURE FLAVOR OF PAPRIKA.

Nightshades are amazing sources of antioxidants, nutritional compounds that are believed to lower the risk of heart disease and cancer. Hot peppers have anti-bacterial properties, and all nightshades are high in vitamin C and fiber. It's no wonder the Mediterranean diet is touted for its health and taste benefits!

Eg EGGPLANT



ORIGIN . SOUTHEAST ASIA.
 FLAVOR . NEUTRAL, SLIGHTLY SWEET, VEGETAL.
 BENEFITS . VIT. B1, MANGANESE, FIBER.

To TOMATO




ORIGIN . PERU & BOLIVIA.
 FLAVOR . VARIES—SWEET, MEATY, JUICY, BRIGHT.
 BENEFITS . ANTIOXIDANT, VIT. C, BIOTIN.

Tm TOMATILLO



ORIGIN . MEXICO.
 FLAVOR . VARIES—TART, DRY, SLIGHTLY SWEET.
 BENEFITS . FIBER, VIT. C, VIT. A.

Hp HOT PEPPERS



ORIGIN . CENTRAL & SOUTH AMERICA.
 FLAVOR . VARIES BY VARIETY, HOT.
 BENEFITS . ANTI-INFLAMMATORY, VIT. C, VIT. E.

Cp CAYENNE PEPPER, GROUND



ORIGIN . CENTRAL & SOUTH AMERICA.
 FLAVOR . VARIES—SWEET, HOT.
 BENEFITS . ANTI-INFLAMMATORY, VIT. C, VIT. E.

Pa PAPRIKA, GROUND



ORIGIN . SOUTHERN MEXICO.
 FLAVOR . VARIES—SWEET TO SPICY, FRUITY, SMOKY.
 BENEFITS . ANTIOXIDANT, VIT. A, VIT. E.

Aw ASHWAGANDHA



ORIGIN . ASIA.
 FLAVOR . FRESH, LIGHT, EARTHY.
 BENEFITS . ADAPTOGEN, STRESS RELIEF.

Gj GOJI BERRIES



ORIGIN . CHINA.
 FLAVOR . VARIES—STRONG, BITTERSWEET.
 BENEFITS . VIT. C, IRON, PROTEIN.

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

There is another more controversial side to this family of plants: some people may be sensitive to the alkaloid, solanine, found in nightshades. The good news is that there are simple ways to reduce exposure to this alkaloid. Potatoes have traditionally had the highest concentration. Nowadays, modern potatoes have much lower concentrations; most of it is found in the inedible leaves and stems and in the skin. So, peeling helps as does avoiding green-skinned potatoes. Contrary to popular opinion, the green skin is not harmful; it just signals that the potato contains more alkaloids. You may also wish to avoid green tomatoes for the same reason. Cooking also helps reduce alkaloids in all varieties of nightshades.

With any food, and we mean any, it's best to eat a variety and "eat the rainbow." A diet bursting with the fresh fruits and vegetables is the best way to ensure you're getting a variety of nutrients and flavors!



(a) RECIPE.

CHICKPEA STEW

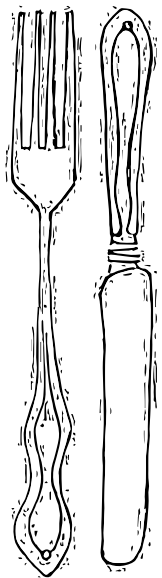
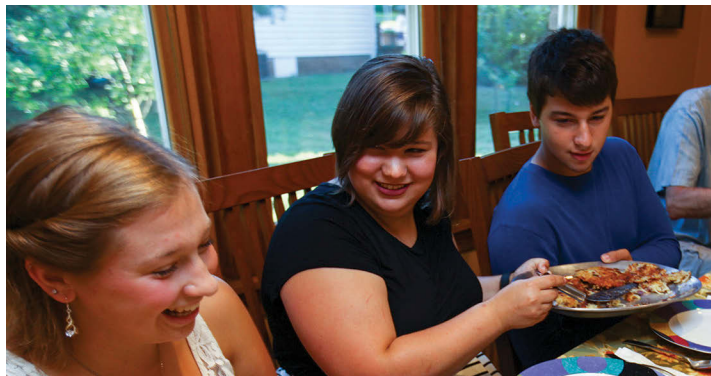
SERVES 6

Vegan • Gluten-free

You'll find plenty of recipes celebrating the flavors of nightshades, but we like this one because it's a perfect fall dish and a snap to make. Harissa, a spicy and aromatic chili paste (available packaged in our grocery department), lends layered flavors and zing to this simple stew.

- | | |
|---|---|
| 1 large eggplant, stems removed, cut into 1-inch cubes | 1 cup water |
| 6 tablespoons olive oil, divided | 1 can (15-ounce) chickpeas, drained |
| 1 large onion, chopped into 1-inch pieces | 1 teaspoon salt |
| 1 large bell pepper, stemmed, seeded, and cut into strips | Freshly ground pepper to taste |
| 2 zucchini, cut into 1-inch thick rounds | Handful of cilantro, chopped |
| 1½ teaspoons paprika | Handful of Italian (flat leaf) parsley, chopped |
| ¾ teaspoon turmeric | Harissa to taste |
| 2 garlic cloves, minced | Cooked rice |
| 1 cup tomato sauce | |

1. Pour 4 tablespoons of the olive oil into a large skillet set over high heat. Just as it starts to smoke, add the eggplant cubes. Immediately, reduce heat to medium, and stir well. Cook until eggplant pieces are golden and tender, about 10 minutes. When done, turn off heat and set aside.
2. Meanwhile, in a large Dutch oven, heat the remaining two tablespoons of oil over medium-high heat. When oil is shimmering, add the onion, bell pepper, and zucchini. Cook, stirring often, until onion starts to brown around the edges, 8 to 10 minutes.
3. Add paprika, turmeric, and garlic. Stir well, and cook until fragrant, about 15 seconds. Then add tomato sauce and water. Mix well. Add the eggplant, chickpeas, salt and pepper to taste. Bring to a boil over high heat, and then reduce heat to a simmer, cover, and cook until all the vegetables are tender, about 20 minutes.
4. Turn off the heat and stir in cilantro and parsley.
5. Serve over cooked rice and garnish with a dollop of harissa.



HANUKKAH
TRADITIONS

HOME COOK.

story & photos by PAUL SLOTH



IN LIFE, IT'S OFTEN HARD TO FIND CONSTANTS. THINGS CHANGE ALL THE TIME ... HOLIDAYS, FAMILIES, RECIPES, ALL ARE SUBJECT TO CHANGE WITHOUT NOTICE. BUT TRADITIONS, THAT'S A DIFFERENT STORY. TRADITIONS, WHILE ADAPTABLE, CAN BE A SOURCE OF COMFORT. WHEN THERE'S FOOD INVOLVED, THOSE TRADITIONS ARE HARD TO BEAT. THAT'S WHY WE FIND TRADITIONS AT THE HEART OF MANY HOLIDAY MEALS.

We're celebrating Hanukkah in August. Let's just get that out of the way. I asked my friends, Natalie Chulew and Tom Rutkowski, to help me with this Home Cook feature and, well, I asked them to recreate their Hanukkah tradition. The first time they invited my family over was for a Hanukkah celebration a few years back. So, this seemed appropriate.

So there we were, gathered in the kitchen of their Racine home, watching Natalie prepare matzo balls to drop into a pot of boiling water. And just like that, Natalie started sharing 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.

The house smells as it would if it were December. There's a pot of chicken soup warming on the stove and a cast iron pan with hot oil and potato latkes frying. Oil is an important symbol during Hanukkah. So, every meal includes something fried in oil, usually donuts or latkes.

Slowly, friends began to arrive. As they did, they started catching up, swapping stories and memories. Some of the children were home from college. There was talk of sports. Seriously, if not for the green leaves on the trees outside and the comfortably cool breeze blowing in through the windows, you'd have a hard time believing this wasn't really the holiday season.

As Natalie explained it, Hanukkah wasn't really a big holiday for her parents' generation; it certainly wasn't as significant, religiously speaking, as Passover.

"Hanukkah wasn't really an important holiday, but it became one in the 1950s, I think. It was kind of a way to assimilate," Natalie said.

It became an important tradition for Natalie and Tom and friends, like Debra Karp and her husband, John Smiley and Sharon Erwin and her husband, John Champion. The couples, and their children, have been getting together like this for more than 15 years.

Natalie and Debra are the only two who grew up in the Jewish faith. For everyone else, Hanukkah became a not entirely religious celebration of family and friends; and at the heart of every gathering there has always been food. Tom and Natalie have a reputation for breaking bread with friends old and new. That's just one of the things I like about them.

For Hanukkah, Natalie usually makes matzo ball soup and potato latkes, recipes she learned growing up in Kenosha. She has adapted them and made them her own. Debra, who grew up in New York, makes challah bread and rugelach, recipes she learned from her mother. Hanukkah became a bond for Natalie and Debra as they had families of their own.

As she reflected on the holiday and the traditions they've kept, Debra remembered how she'd always wanted to involve her children when they were little; but tiny hands and the somewhat tricky-to-make rugelach don't necessarily mix. Now that her children are grown, they can help and the tradition continues.

"Isn't that what it's all about, tradition?" Debra said.

(recipes following)

CHICKEN SOUP

SERVES 6-8

- 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. (Sometimes I add a tsp. of chicken Better than Bullion.)
4. Carrots, parsnips, and chopped chicken can be put back in strained broth. (Or use chicken for enchiladas, salad, etc.)
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!



POTATO LATKES

SERVES 4-6

- 3 pounds of Yukon Gold potatoes
- 1 large red onion, finely chopped
- ¾ cup matzo meal or bread crumbs
- 2 eggs, beaten
- Canola, peanut, or grape seed oil
- 1 teaspoon salt
- ½ teaspoon pepper
- 1 tablespoon potato starch (optional)

1. Peel and cut the potatoes into large chunks and shred using a food processor or hand grater.
2. Place potatoes in colander, add salt, and let sit for 10-15 min. Squeeze out liquid with your hands; you can also use cheesecloth.
3. Place in large bowl and add chopped onions and matzo meal. Mix well and add 2 tablespoons oil, beaten eggs, and salt and pepper to taste.
4. Make small patties and fry in hot oil in electric skillets; in a cast iron pan on the stove; on baking sheets in the oven at 400 degrees or a combination of the three.
5. They are best served hot within 10-15 minutes of frying/baking.

Note: If the latkes aren't holding together, you can add potato starch or more egg, as needed.



GRANDMA FLO'S RUGELACH

MAKES 75-100 COOKIES

1 package (8 oz.) cream cheese
2 sticks of butter
2 cups white flour

Fillings:

Raisins
Cinnamon/sugar mixture
Chopped walnuts or almonds (optional)
Prune, raspberry, peach, or apricot preserves (optional)

Preheat oven to 350 degrees.

1. To make dough: blend cream cheese and butter with a wooden spoon. Add in flour and roll into a ball and knead. Refrigerate dough for 20 minutes.
2. Break dough into smaller balls approximately 4 inches in diameter. Spread flour on surface and roll first ball into a large circle approximately 1/8 inch thick. Spread cinnamon/sugar over the entire surface.
3. Starting at center of circle, cut to the edge repeatedly making triangles that are 2 inches at their widest point.
4. Place several raisins and nuts at the wide end of each triangle. Roll each triangle towards the center taking care to press tightly when rolling. Each rugelach should look like a mini-crescent roll.
5. Dip the cookie in cinnamon/sugar and place on cookie sheet. Repeat. Bake for 25-30 minutes or until golden brown on the bottoms.

Note: You can use the dough to make cookies filled with preserves. Roll out circle as described above and cut out with round cookie cutter. Place a 1/2 teaspoon of preserves on each circle and pinch the dough tightly at in the center. Place on cookie sheet. Bake for 15-20 minutes or until golden brown.

BREAD MACHINE CHALLAH

MAKES ONE LARGE LOAF; SERVES 10-12

1 1/3 cups warm water
3 eggs (one, separated)
2 2/3 tablespoons vegetable oil
4 tablespoons sugar or honey
2 teaspoons salt
4 cups bread flour
2 1/2 teaspoons yeast

Preheat oven to 350 degrees.

1. Put water in bread machine. Add 2 eggs plus one yolk. Save egg white from one egg. Add remaining ingredients.
2. When dough is ready, remove from machine and spread flour on surface. Cut dough into three equal sections.
3. Roll into three long ropes approximately 18 inches long. Braid the ropes and pinch the ends under. Place on baking sheet.
4. Allow dough to sit and rise for about 30 minutes. Brush egg white on surface of braided dough. Bake for 25-30 minutes or until golden brown.

HANUKKAH:

Also known as the Festival of Lights, Hanukkah is an eight-day commemoration of the rededication of the Temple by the Maccabees after their victory over the Syrians. This year, Hanukkah will be celebrated from sundown December 24 through January 1. The two major traditions associated with the holiday are the lighting of the menorah and playing the game dreidel.

FALL.

(two ways)

BUCKWHEAT

BUCKWHEAT ISN'T WHEAT! IT'S ACTUALLY A FRUIT SEED THAT'S RELATED TO RHUBARB AND SORREL AND IS A GREAT GLUTEN-FREE SUBSTITUTE FOR WHEAT OR OTHER GRAINS THAT CONTAIN GLUTEN. IT'S A GOOD SOURCE OF FIBER AND PROTEIN, AND IT'S NUTTY, ROBUST TASTE IS BEST WHEN MIXED WITH OTHER GRAINS OR GLUTEN-FREE FLOURS.

PEANUTTIER PEANUT BUTTER CUP COOKIES

MAKES 30 – 36 COOKIES

A peanut butter cookie wrapped around a peanut butter cup ... say no more! Treat yourself with Outpost's all-natural mini-peanut butter cups, made with real milk chocolate and real peanut butter. You'll find them in snack bags or plastic tubs.

- | | |
|------------------------------------|--------------------------|
| ½ cup softened butter (1 stick) | ½ teaspoon baking powder |
| ½ cup peanut butter | 1 egg |
| ½ cup granulated sugar | ½ teaspoon vanilla |
| ½ cup packed brown sugar | ¾ cup all-purpose flour |
| ½ teaspoon baking soda | ½ cup buckwheat flour |

1. In a large mixing bowl beat butter and peanut butter.
2. In a separate bowl, thoroughly mix together sugars, baking soda, and baking powder. Gradually add to butter, beat until combined.
3. Mix in the egg and vanilla. Add flour. Beat until combined.
4. Cover and chill dough about 1 hour.
5. Preheat oven to 375 degrees.
6. Remove dough from refrigerator. Hand-roll into 1" balls. Place one ball into a muffin cup of a non-greased mini-muffin pan. Press peanut butter cup into each dough ball. Dough will push up around the sides.
7. Bake for 10 – 12 minutes, or until the tops are lightly browned. Let cool completely on rack before removing from pan.

Note: To avoid a sticky mess, before measuring peanut butter, spray the measuring cup with a baking spray. The peanut butter will slide right out!



1ST
way.





2ND way.



BUCKWHEAT SWEET POTATO BURGERS

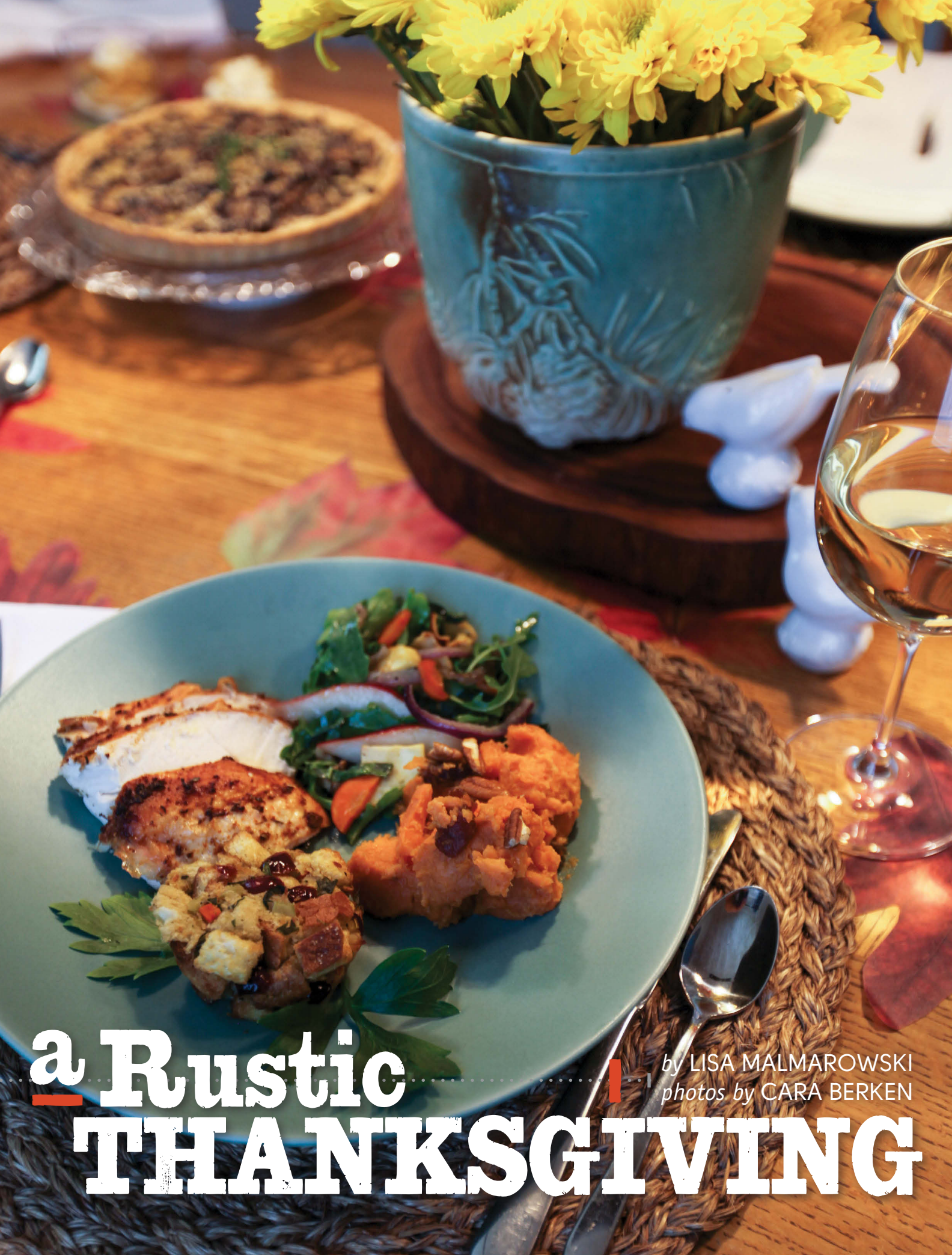
MAKES 12, 4" BURGERS

Vegan • Gluten-free with substitutions

A flavorful burger that won't weigh you down! This recipe makes a lot and is budget friendly. Freeze extra patties, separated by waxed paper, in a plastic freezer bag. Thaw before baking.

- 3 cups water
- 1 teaspoon sea salt
- 1½ cups dry buckwheat groats
- 4 tablespoons toasted sesame oil or extra virgin olive oil, divided
- 1 large onion, finely chopped
- 1 celery stalk, finely chopped
- 1 large carrot, grated
- 2 to 3 leaves of kale
- 2 large sweet potatoes, cubed, steamed or boiled until tender, and mashed
- ¼ cup almond butter or tahini
- 3 tablespoons tamari or soy sauce

1. Preheat oven to 350 degrees.
2. Dry roast the buckwheat in a pot for 5 minutes, stirring occasionally.
3. Bring water and salt to a boil. Add buckwheat to the water and bring back to a boil. Reduce heat to low, cover and cook until water is absorbed and buckwheat is soft, about 15 minutes.
4. Meanwhile, sauté onion in 1 tablespoon of oil over medium heat until softened. Add celery and carrots and cook for an additional 3 minutes. Add kale, cook for additional 5 minutes.
5. In a large mixing bowl, thoroughly combine buckwheat, sautéed vegetables, almond butter, tamari and remaining sesame oil.
6. Wet fingers and form into 4" patties. Place on parchment paper lined cookie sheet.
7. Bake burgers for 20 minutes on one side, remove from oven, and turn over. Bake for another 20 minutes until lightly browned and slightly firm.
8. Assemble with your favorite burger accompaniments.



a Rustic
THANKSGIVING

by LISA MALMAROWSKI
photos by CARA BERKEN

IT'S NO SURPRISE THAT FOLKS ARE CHOOSING A MORE CASUAL APPROACH TO CELEBRATING EVEN AN ICONIC HOLIDAY LIKE THANKSGIVING. WE LOVE THIS SIMPLE, RUSTIC MENU BECAUSE IT'S EASILY SCALABLE AND IS ALSO PERFECT FOR ANY FALL MEAL— THERE'S NO NEED TO WAIT UNTIL NOVEMBER! WE ALSO LEFT ROOM FOR YOU TO ADD THE TRADITIONAL DISHES YOU, YOUR FAMILY, AND FRIENDS LOVE.

(our) MENU

- CAST IRON ROASTED CHICKEN
- SMASHED SWEET POTATOES WITH MAPLE AND APRICOT
- SAVORY MUSHROOM TART STUFFINS
- ROASTED ROOTS SALAD
- PUMPKIN TIRAMISU PARFAITS

CAST IRON ROASTED CHICKEN

SERVES 4

Dairy-free • Gluten-free

There's some kind of magic that happens when you simply roast a chicken with the right spices. The trick to this simple dish is to fire up a well-seasoned cast iron skillet then put the prepared chicken in the hot pan to roast. We recommend a 10-inch skillet because it fits a chicken perfectly, but a slightly larger skillet should work too. If you're feeding a larger group, you'll have to make two chickens. If you're like us, you'll want to save the bones; the combination of spices and slow roasting are the perfect starters for tasty chicken stock.

- | | |
|--|--------------------------------|
| 1 tablespoon garlic powder | 1 teaspoon celery seed |
| 1 tablespoon onion powder | 1 teaspoon sea salt |
| 2 tablespoons paprika | 1 teaspoon ground black pepper |
| 1 tablespoon dried oregano | 2 tablespoons olive oil |
| ½ teaspoon cayenne pepper, or to taste | 1 large roasting chicken |
| 2 teaspoons rubbed sage | 1 bunch fresh parsley |
| 2 teaspoons dried thyme leaves | 6 cloves garlic, crushed |
| 1 teaspoon ground coriander | 1 onion, quartered |

Special equipment: 10-inch, well-seasoned cast iron skillet

Preheat the oven to 450 degrees. Put skillet in the oven to heat.

1. In a small bowl, mix all spices together, add olive oil and combine into a paste.
2. Rub spice paste inside the chicken, under the skin where you can and all over the outside. Tuck garlic cloves, onion, and fresh parsley inside the chicken.
3. Carefully remove the hot skillet from the oven and place on a metal rack. Put the chicken in the skillet and return to the oven.
4. Reduce the oven temperature to 400 degrees and roast the chicken for about 50 to 60 minutes, until it reaches an internal temperature of 165 degrees in the thickest part of a thigh.
5. Let the chicken stand for about 10 minutes before carving.

SMASHED SWEET POTATOES *with* MAPLE *and* APRICOT

SERVES 8

Vegetarian • Vegan with substitutions • Gluten-free

The combination of maple syrup, sherry and apricots add complexity and a smoky sweetness to everyday sweet potatoes. 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 chopped, dried unsulfured apricots
- ¼ cup chopped, unsalted raw pecans
- 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 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 dark. 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.

(more recipes follow)

SAVORY MUSHROOM TART

SERVES 8

Vegetarian • Gluten-free with substitutions

This tart is a perfect alternative to other “fall back” 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 chopped, fresh thyme
- 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 freshly grated Gruyère cheese
- ¼ cup freshly grated Parmesan cheese

Special equipment: 9-inch tart pan, food processor

Make the crust

Preheat the oven to 375 degrees.

1. 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).
2. 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.

3. 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.
4. 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 to 8 minutes, until lightly golden brown around the edges. Place on a wire rack to cool.

Make the filling

Reduce the oven temperature to 350 degrees.

1. 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.
2. 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 to 3 minutes, until soft. Add garlic and thyme and cook for 30 seconds.
3. 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.
4. 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.
5. Bake for 35 to 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.



STUFFINS

MAKES 24 MUFFINS

Vegetarian/Vegan with substitutions • Gluten-free with substitutions

Stuffing + muffins = Stuffins ... What's not to love? The flavors are classic Thanksgiving, and yeah, we know that this is technically "dressing." Crispy on the outside, soft on the inside, these are little globes of Thanksgiving happiness.

- 1 1-pound loaf bread, sliced (sour dough, Italian, or your favorite)
- 1 medium onion finely diced
- 2 carrots finely diced
- 3 stalks of celery finely diced
- 3 cloves of garlic, minced
- Salt and freshly ground pepper to taste
- 2½ cups low-sodium chicken or vegetable stock
- 5 tablespoons of unsalted butter
- 2 teaspoons poultry seasoning
- 1 teaspoon finely chopped fresh sage
- 2 teaspoons finely chopped fresh parsley
- ¾ cup dried cranberries

1. If bread is not sliced, slice into ¾-inch thick slices and leave it out on the counter overnight. Alternately, you can dry the bread by preheating oven to 250 degrees, placing sliced bread onto cookie sheets and baking for 15-20 minutes until bread is dried. Cut dried bread into small cubes and put into large mixing bowl.
2. Heat a large pan over medium heat and add butter. When butter is melted, add vegetables and sauté until softened. Add garlic, poultry seasoning herbs, salt and pepper to taste.
3. Add cooked vegetables to bowl with bread and mix well. Add cranberries and 2 cups of stock and mix again. If mixture looks dry add a bit more stock. Mixture should be wet, but not soaked.
4. Preheat oven to 350 degrees. Spray muffin tins with cooking spray and fill each tin with stuffing mixture. Press mixture very firmly into pan. You want these to hold together.
5. Bake for 15-20 minutes until lightly browned and crisp on top.
6. Let cool for 5-10 minutes and then flip pan to remove.

ROASTED ROOTS SALAD

SERVES 8

Vegan • Gluten-free

We love the rustic combination of hearty greens and thinly sliced, sweet roasted roots in this earthy salad. Be sure to slice the pears right before serving so they don't brown.

- 1 large red onion, quartered and cut into ½-inch pieces
- 3 large carrots, halved lengthwise, cut into ⅓-inch pieces
- 3 large parsnips, halved lengthwise, cut into ½-inch pieces
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon herbes de Provence
- ¾ teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- 1 package (5 ounce) baby arugula
- 1 small bunch of lacinato kale (stem removed) and cut into thin ribbons
- 2 crisp, ripe pears, halved, cored, cut into thin wedges
- ½ cup chopped walnuts, toasted

Vinaigrette

- 3 tablespoons white balsamic vinegar (sometimes called white balsamic condiment)
- 1 tablespoon honey
- ¼ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- ⅓ cup extra-virgin olive oil

In a medium bowl, whisk the vinegar, honey, salt and pepper until blended. Gradually whisk in the oil.

Preheat the oven to 400 degrees.

1. In a large bowl, combine the onions, carrots and parsnips. Add the oil, herbes de Provence, salt and pepper; toss to coat evenly.
2. Scatter the vegetables on a large baking pan and roast for 20 minutes. Turn the vegetables over and roast until tender and beginning to brown, 15 to 20 minutes longer. Set the vegetables aside.
3. In a large serving bowl, combine the arugula, kale, and roasted vegetables. Add vinaigrette and toss until coated. Top with sliced pears and garnish with chopped walnuts.

PUMPKIN TIRAMISU PARFAITS

SERVES 6

These are a perfect small, sweet, and light ending to a feast. The delicate pumpkin flavor isn't overpowered by too much ginger or spice; and unlike a complicated baking recipe, it's simple to scale up this recipe for a crowd.

- ¼ cup dark maple syrup
- 1 tablespoon bourbon, brandy, or whisky (can omit if avoiding alcohol)
- ¾ cup canned pumpkin, about half a can
- 1 teaspoon ground cinnamon
- ½ teaspoon ground ginger
- ¼ teaspoon salt
- 1 cup whipping cream, divided
- ¼ cup granulated sugar
- 4 ounces mascarpone cheese, softened
- 1 tablespoon powdered sugar
- ½ cup whipping cream
- 1 box vanilla wafer cookies
- Nutmeg, freshly grated for garnish

Special equipment: 6 small wine or parfait glasses for serving

Make the syrup

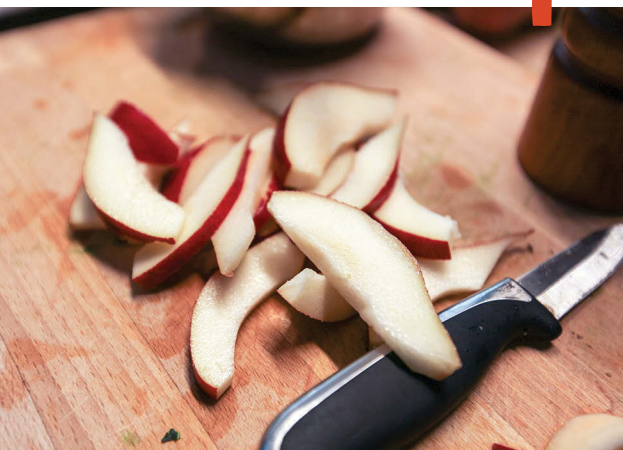
Combine maple syrup and bourbon in a small bowl. Set aside.

Make the fillings

1. In a small bowl, combine pumpkin, cinnamon, ginger, and salt. Mix well.
2. In a different mixing bowl, combine ½ cup whipping cream and granulated sugar. Beat with an electric mixer on medium speed until soft peaks form. Gently fold whipped cream into pumpkin mixture.
3. In another small mixing bowl, combine mascarpone cheese and powdered sugar. Beat on low speed until combined. Gradually beat in ½ cup whipping cream just until thickened, but do not overbeat.

Assemble

1. Arrange wafer cookies in a single layer in the bottom of the parfait dishes. Drizzle cookie layer with syrup and top with a layer of pumpkin cream. Then add another layer of cookies, drizzle with syrup, and top with mascarpone cream. Add another cookie, drizzle with syrup and top with pumpkin cream then a dollop of mascarpone cream.
2. Depending on what dishes you use, especially if they're narrow, you may want to repeat the process. You're going for pretty layers, not necessarily packed layers.
3. Top parfaits with a dusting of fresh nutmeg. If you have leftover cookie crumbs you can add a dusting of those too. Chill until serving.



PARTY SIZE IT!



ANY 'SCONNIE WORTH THEIR BLAZE ORANGE KNOWS THAT THE STATE DRINK OF WISCONSIN IS THE BRANDY OLD-FASHIONED. SERVED AT SUPPER CLUBS ACROSS OUR FAIR STATE, THERE ARE AS MANY VERSIONS AS THERE ARE DEER IN THE WOODS.

Making batch cocktails is easy and makes party hosting a breeze. Our version takes the typical over-the-top sweetness and tames it down with smoky, dark maple syrup. We suggest serving this along side a relish tray, cheese spread, and crackers. This is no kiddie cocktail, so drink responsibly, folks!

(a) RECIPE.

UP NORTH WISCONSIN OLD-FASHIONED SERVES 12

- 1 large orange quartered and sliced
- 15 natural Maraschino cherries
- 3 tablespoons natural Maraschino cherry juice from jar
- 8 ounces (1 cup) sparkling water
- 5 teaspoons bitters – we used Bittercube Orange Bitters
- ¼ cup maple syrup or to taste
- 3 cups brandy (try Door County Distillery's Brandy)
- Ice
- 1 orange, sliced (or twists), for garnish



1. Add quartered and sliced orange, cherries, and cherry juice to a large pitcher and, using a wooden spoon, muddle together until fruit is mashed. Then add bitters, maple syrup, and brandy and mix well. Cover and store in fridge.
2. To serve, add sparkling water to pitcher and gently stir, add generous amount of ice to a small highball glass, pour old-fashioned mix over the ice and garnish with orange. Set out sparkling water for those that like a lighter drink.



BITTERCUBE BITTERS (MILWAUKEE) – ARTISANAL BITTERS
This is what your cocktails have been missing. Carefully crafted using the highest quality ingredients—herbs, spices, botanicals, and barks—Bittercube bitters will give your drinks a backbone ... no, a soul. Once you've mastered the mixology, just wait until you unlock the bitters' culinary potential. We're big fans of Bittercube's Cherry Bark Vanilla.



TOP NOTE TONICS (MILWAUKEE) – CONCENTRATES AND MIXERS
Top Note Gentian Tonic is not your ordinary tonic; the difference is there's no quinine. A very tasty tonic on its own, the Gentian Tonic also pairs well with high quality clear spirits, and does not overpower their great flavors.



TWISTED PATH DISTILLERY (MILWAUKEE) – RUM
Think you're not a rum drinker. This might change your mind. Twisted Path's dark rum is carefully fermented from premium organic sweet molasses, slowly distilled in a copper pot still, and aged in whiskey barrels to create a rum that has an incredibly complex character. It adds fantastic flavor and depth to any dark rum cocktail, but it's a fine sipping rum.



DOOR COUNTY DISTILLERY (STURGEON BAY) – BRANDY
Made from grapes grown at the Door Peninsula Winery grape wines, this special small batch brandy is double distilled and aged in French Oak. Distinctive and smooth, this Brandy has a generous fruit character that is always in balance, blended from various barrel lots to achieve this distillery's special craft approach.



VIKRE DISTILLERY (DULUTH, MINN.) – BOREAL CEDAR GIN
All of Vikre's Boreal Gins feature a combination of foraged wild botanicals and traditional gin botanicals. Their Cedar Gin is infused with the smoky aroma of cedar wood, citrusy wild sumac, and a trace of black currant. Vikre's gins are not too proud for gin and tonics, but damn well good enough to sip.

Note: not all items are carried at all locations

OUTPOST'S

photos by CARA BERKEN (secret recipe)

GERMAN MEATBALLS *with* HORSERADISH CREAM SAUCE

MAKES 24 MEATBALLS

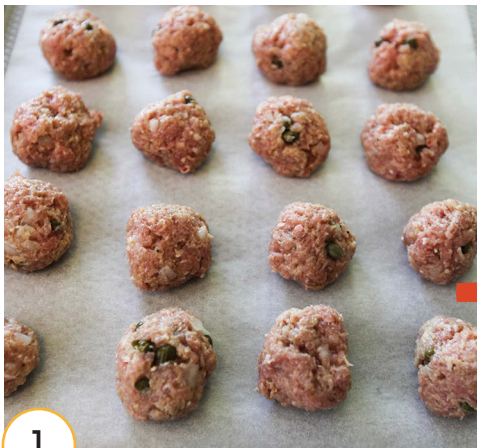
This could become your new go-to comfort food. And you know what, that wouldn't be such a bad thing. These tasty little meatballs work just as well on a toothpick as they do atop a bowl of buttery egg noodles. We've had them both ways, so you can trust us on this one.

For Meatballs:

- 1 pound ground turkey
- ½ tablespoon Worcestershire sauce
- 1 tablespoon horseradish
- 1 tablespoon Dijon mustard
- 1 heaping tablespoon non-pareil capers
- ¾ teaspoon freshly squeezed lemon juice
- 1½ tablespoons Panko bread crumbs
- 2½ tablespoons yellow onion, finely minced
- ½ teaspoon sea salt
- ½ teaspoon black pepper

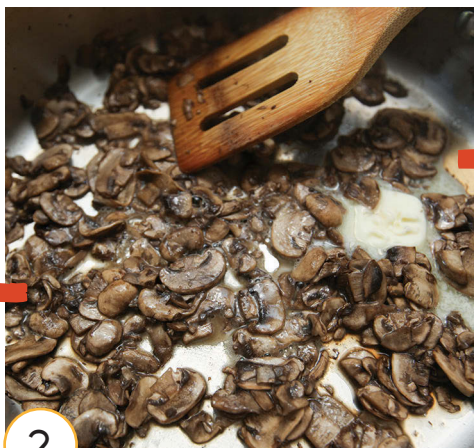
For Horseradish Cream Sauce:

- ½ pound white mushrooms, sliced
- 1 tablespoon unsalted butter
- ⅓ cup yellow onions, small dice
- 3 cloves garlic, minced
- 1 tablespoon non-pareil capers
- ¼ cup sour cream
- ½ cup heavy cream
- 3 tablespoons horseradish
- 1½ tablespoons beef broth
- 3 tablespoons all-purpose flour
- ½ teaspoon black pepper
- 1½ cups water



1

Preheat oven to 400 degrees. Combine all meatball ingredients in a large bowl and mix with hands until well incorporated. Portion into balls using a tablespoon and place on a sprayed or parchment-lined sheet pan. Bake for 20 minutes or until internal temperature reaches 165 degrees.



2

Cook mushrooms in a dry pan over medium heat until all the liquid is evaporated. Add butter and sauté until mushrooms are browned. Add onions, garlic, and capers and sauté for 3-5 minutes.



3

In a bowl whisk together sour cream, heavy cream, horseradish, beef broth, flour, pepper, and water. Add to pan with mushroom mixture and bring to a simmer to thicken, stirring constantly. Add baked meatballs to horseradish sauce and stir to coat. Serve immediately.



a DISH TO PASS

.....| photos by Paul Sloth

YOU OPEN THE INVITATION AND THAT DREADED PHRASE APPEARS, "PLEASE BRING A DISH TO PASS." YOUR HEART SINKS. YOU HAVE NO IDEA WHAT TO BRING THAT WON'T HAVE YOU RUNNING AROUND FOR SPECIAL INGREDIENTS AND THEN SPENDING HOURS IN THE KITCHEN. NEVER FEAR, THESE SIMPLE RECIPES ARE A LIFESAVER AND WILL HAVE YOUR FRIENDS ASKING, "CAN I HAVE THAT RECIPE?"

OLD FASHIONED BROCCOLI CAULIFLOWER BAKE

SERVES 8

Vegetarian • Gluten-free with substitutions

This simple, homey dish is a snap to make and easy to take. It's a little like macaroni and cheese with vegetables instead of pasta! You can make the whole shebang 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.

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

Preheat oven to 375 degrees.

1. Slice or break broccoli and cauliflower into small florets, discarding thick stalks. Steam them for 3 to 4 minutes until the broccoli is bright green and remove them from the heat. Set aside.
2. In a large skillet, melt 4 tablespoons of 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.
3. In a small bowl, stir together the breadcrumbs and melted butter. Set aside.
4. 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.
5. Bake for 25-30 minutes, until cheese is melted and bubbly and the breadcrumbs are golden brown. Serve warm.



SAMOSA BITES

MAKES 36 PIECES

Vegetarian • Gluten-free • Vegan with substitutions

This samosa inspired appetizer is just one more reason to have a mini muffin pan. It's the perfect go-to appetizer to bring to any party. They reheat well and they're incredibly delicious.

| | |
|---|--|
| Half a bag frozen hash brown potatoes (about 1 cup) | ¼ teaspoon cayenne pepper (optional) |
| 2 tablespoons coconut or olive oil | 2 tablespoons ghee or butter |
| ½ medium onion, minced | 2 tablespoons cilantro, finely chopped |
| 2 cloves garlic, minced | 1 cup green peas |
| 1 teaspoon ground ginger | Mango chutney for serving |
| 1 teaspoon curry powder | |
| ½ teaspoon sea salt | |

Special Equipment: mini muffin pan

Preheat oven 400 degrees.

1. Grease a muffin pan and set aside.
2. Heat oil in a large skillet on medium-high heat. Add onion and cook until soft, about 4 minutes, then stir in garlic and ginger and cook for 2 minutes. Stir in curry powder, sea salt, cayenne pepper, and cook for 2 more minutes stirring constantly.
3. Add potatoes and stir to coat, cook until heated through. Mix in peas and cilantro. Remove skillet from heat.
4. Spoon potato mixture evenly into muffin pan. Press very firmly into pan, to pack mixture down. Bake for 30 minutes or until golden brown.
5. Allow to slightly cool for at least 10 minutes to make sure muffins don't fall apart when you removed them. Remove from pan and serve with chutney.



QUINOA ENCHILADA CASSEROLE

SERVES 6-8

Vegetarian • Gluten-free

This cheesy enchilada bake has all the flavors of enchiladas in a crowd-pleasing, high protein casserole. Not only is the dish delicious, it can be put together in under 10 minutes and reheats beautifully in oven or microwave.

| | |
|---|---|
| 1 cup quinoa | ½ teaspoon cumin |
| 1¾ cups enchilada sauce | ½ teaspoon chili powder |
| 1 small can green chilies | Salt and pepper, to taste |
| ½ cup corn kernels, frozen or canned, drained | 1½ cups shredded cheese, divided |
| ½ cup canned black beans, drained and rinsed | 1 avocado, halved, seeded, peeled and diced |
| 4 tablespoons fresh cilantro, chopped and divided | 1 Roma tomato, diced |

Preheat oven to 375 degrees.

1. Rinse quinoa in a fine mesh sieve, drain and empty into a large saucepan of 2 cups water. Bring to a boil and simmer on low for 15 minutes; set aside.
2. Lightly oil a 2-quart baking dish.
3. In a large bowl, combine quinoa, enchilada sauce, green chilies, corn, black beans, half of the cilantro, cumin, and chili powder; season with salt and pepper, to taste. Stir in half of the cheese.
4. Spread quinoa mixture into the prepared baking dish. Top with remaining cheeses. Place into oven and bake until bubbly and cheeses have melted, about 15 minutes.
5. Garnish with remaining cilantro, avocado, and tomato, if desired. Serve warm.



CO-OP DIFFERENCE

CHARITABLE FOOD PROGRAMS AT OUTPOST NATURAL FOODS

by MARGARET MITTELSTADT

FOOD SECURITY IS EVERYONE'S CONCERN AND NOT JUST A PHENOMENON THAT ONLY AFFECTS URBAN COMMUNITIES. POVERTY AND UNEMPLOYMENT ARE THE MAIN DRIVERS OF FOOD INSECURITY; EMERGENCY FOOD PANTRIES WERE ESTABLISHED TO BE SHORT-TERM SOLUTIONS TO FOOD SECURITY ISSUES.

Now, a large percentage of our population relies on regular participation to supplement their monthly food needs due to inadequate access and limited financial. And most of these people are working, not unemployed. They just need a little help to get them from paycheck to paycheck.

For many years, Outpost has proudly partnered with Hunger Task Force, Milwaukee's Free & Local food bank. They provide healthy and nutritious food free of charge to a network of providers. They also operate a 200+ acre farm that provides more than 750,000 pounds of fruits and vegetables annually to feed the hungry.

Hunger Task Force believes that every person has a right to adequate food obtained with dignity. They work to prevent hunger and malnutrition by providing food to people in need today and by promotion social policies to achieve a hunger free community tomorrow.

Our give-back programs help raise the awareness of hunger and provide a variety of healthy foods throughout the year. A little bit goes a long way!

**TO DONATE, VOLUNTEER, OR TO
HELP SORT DONATED FOOD:
HUNGER TASK FORCE
414-777-0483
WWW.HUNGERTASKFORCE.ORG**



A TYPICAL BUY A BAG INCLUDES:

- Long grain rice
- Dried beans
- All fruit preserves
- Canned black beans
- Pineapple or fruit cocktail
- Honey nut cereal
- Peanut butter
- Can of soup
- 3lb. bag organic apples
- 3lb. bag organic potatoes
- 1lb. bag organic carrots

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

WE'VE MADE IT EASY –

HERE ARE THE WAYS YOU CAN HELP, RIGHT NOW, AT YOUR CO-OP!

BUY A BAG FOR THE HUNGRY

Frequency: November 1 – December 31

For a \$20 donation, Outpost provides \$40 worth of natural and organic foods (enough to fill a grocery bag) for the hungry, including fresh produce. Food is delivered to Hunger Task Force in January and February, when food stocks are lower. Since 1999, Outpost shoppers have provided over \$960,000 worth of healthy food to help alleviate hunger in our community, and this holiday season, we're reaching toward the \$1,000,000 mark!



MILK MONEY

Buy A Gallon Today for a Hungry Family Tomorrow

Frequency: Year round

Milk Money helps local families meet basic nutritional needs and provides access to fresh milk, an item most food pantries are unable to stock. For every \$4.00 donation a voucher for a free gallon of dairy or non-dairy milk is created. Vouchers are delivered to Hunger Task Force and are distributed to food pantries nearest a neighborhood Outpost. Pantry directors ensure vouchers are offered to eligible families.



FOOD COLLECTION BARRELS

Frequency: Year round

Hunger is an everyday problem. All Outpost store locations offer Hunger Task Force collection barrels for donations regardless of season or program. Check the weekly sales flyer for ideas on items to donate. Here is a list of preferred non-perishable items to consider:

- Canned fruit and juice
- Breakfast items, such as cereal, oatmeal, and pancake mix
- High protein foods such as peanut butter, canned meats, canned beans, and stews
- Canned vegetables
- Dinner items such as pasta, macaroni & cheese, and potato mixes
- Lunch items such as canned soups or canned pasta items



HUNGER TASK FORCE
FREE & LOCAL

IN AN IDEAL WORLD...

by MARGARET MITTELSTADT

... THERE WOULD BE EQUITY AND SUPPORT FOR ALL.

CENTRO HISPANO MILWAUKEE HAS BEEN SERVING THE GREATER MILWAUKEE COMMUNITY SINCE 1964. IT WAS THE FIRST NONPROFIT ORGANIZATION OF ITS KIND SERVING MILWAUKEE'S LATINO COMMUNITY. NOW INTO THEIR FIFTH DECADE, EACH YEAR THEY PROVIDE A MULTITUDE OF SERVICES AND PROGRAMS TO A DIVERSE POPULATION OF MORE THAN 15,000 RESIDENTS. IT IS THE OLDEST LATINO NONPROFIT ORGANIZATION IN WISCONSIN.

The entire staff is bilingual, assisting both Spanish and English speaking families. Their connectedness and deep understanding of the Latino culture helps to build bridges in overcoming cultural, social, and linguistic obstacles, leading residents down a path toward self-sufficiency and personal progress. Education is the real driver to building secure and resilient communities that flourish, driving economic and social equity through planning and development.

Among the many programs and services at Centro Hispano Milwaukee:

- Early childhood education
- Adult education, including English as a second language
- Citizenship classes, social services, and immigration program
- Low-income housing and independent living support services for the elderly and disabled
- Increasing access to fresh fruits, vegetables, and healthier foods
- Promote creating community gardens
- Advocates for improving social and economic conditions
- Outreach at local schools, places of worship and businesses

Each year Centro Hispano Milwaukee coordinates two signature events: El Dia de los Niños (Day of the Child) Children's Day takes place on the last Saturday of April; the event brings a rich and diverse mix of music, art, and culture to kids, with



Photo courtesy of Centro Hispano Milwaukee

added emphasis on safety, health, education, and the environment. Their annual Thanksgiving Food Drive coordinates efforts to provide a box of food to assist families through the holiday.

In an ideal world, the needs of the community that Centro Hispano Milwaukee serves would be met. As executive director, Toni Rivera-Joachin, explains, "Essentially, there would be no need for our organization to provide programs and services because the community would be strong and vibrant and self-sustaining. There would be equity and support for all community members. Economic self-sufficiency and health and food disparities would no longer exist." She adds that businesses like Outpost would thrive because they provide the community with economic opportunities while providing products that support health and wellbeing. Together, Centro Hispano Milwaukee and Outpost can build communities that are healthy and vibrant for all its members.

As our Community Partner, Centro Hispano Milwaukee will receive a \$3,000 donation, opportunities for fundraising, and a portion of the earned interest from our Co-op Community Fund!



CHECKOUT



Along a stretch of Highway 38 just outside Racine, I noticed a cart in a driveway filled with hand-carved canes and walking sticks with a sign that read “for sale.” Nearby, Frank Williams was relaxing under the shade of a tree in his yard. It was a particularly hot August day; but there was Frank, covered in sawdust, sanding a cane handle that he’d carved. A retired foundry worker, Frank, who is closing in on 70, said he just loves working with wood.

I asked if I could take his picture; he reluctantly agreed. When I told Frank I worked for

Outpost, he told me he was an owner, has been for nearly 30 years. He learned about the coop from a friend who was into natural foods. I think he was curious to know why I’d stopped and I explained that it’s kind of nice to meet strangers. “Our parents told us to never meet a stranger,” he said. It’s one of those old-timey sayings (“he never met a stranger”), by which he meant, consider everyone a friend. Then he said, “Always have a smile on your face and a smile in your heart, because you never know what that other person is going through.”

by PAUL SLOTH

Better than homemade!

Don't miss our special holiday pies—baked fresh and never frozen.

Special orders welcome.



We pride ourselves on creating some of the tastiest, made-from-scratch bakery around. We use all natural ingredients like local eggs and butter, and we make it organic whenever we can. Plus, we have a unique selection of gluten-free, wheat-free, and dairy-free treats so everyone can join in the fun!

OUTPOST
NATURAL FOODS

www.outpost.coop

BAY VIEW • MILWAUKEE • WAUWATOSA • MEQUON