

GRAZZIE

AROUND THE KITCHEN TABLE WITH OUTPOST NATURAL FOODS CO-OP

hygge

WISCONSIN STYLE

SUPPER
CLUBBING
AT HOME

PAGE 20

FLEX
YOUR
DIET

PAGE 14

PLU 3010
WINTER 2019

FREE WITH ANY PURCHASE



FIRST WORD.

T.S. ELLIOT WROTE THAT APRIL IS THE CRUELEST MONTH, BUT I BEG TO DIFFER, FOR JANUARY FEELS FAR CRUELER. TO BE PRECISE, LATE JANUARY CAN BE A BITTER PILL. THE HOLIDAYS ARE WELL PAST, WE'VE SETTLED DEEP INTO WINTER, AND IT FEELS ENDLESS. IF WE'RE LUCKY, THE SKY IS THAT BRIL- LIANT TECHNICOLOR BLUE, THE SNOW GLIMMERS AND SPARKLES, AND IT'S COLD ENOUGH TO SEE YOUR BREATH BUT NOT SO COLD THAT YOUR EYELIDS FREEZE. OR IF WE'RE NOT SO BLESSED, THE SNOW HAS MOSTLY MELTED INTO BLACKENED, SOOTY DRIFTS AND ICE HAS BUILT UP IN UN- EXPECTED PLACES, MAKING EVEN A BRISK WINTER WALK AN EXERCISE IN AVOIDING BROKEN BONES.

That's when it's time to hunker down and do cozy. The Danes and Nor- wegians have a word for it – hygge 'hue-GAH' (see page 12). We are so ready to embrace the feeling and their traditions right here in Wiscon- sin. One of our favorite ways, naturally, is to get cooking and take the time to make a meal from scratch, to prepare foods for the week ahead, and even test our baking skills with a fancy dessert.

From celebrating the humble cabbage to adding more vegetarian dishes to your meals (if you haven't already), to hosting a fun party for friends or celebrating hygge Wisconsin style, we've pulled together more reci- pes and ideas than ever before in our magazine.

So, we'll slip into our snuggly sweater, pull on our warmest socks, fire up the tea kettle and let this "cruel" season light a fire of warmth, in- trospection and winter joy in our heart. We are so Midwest strong that even as the winds blow and ice snaps against the window, we've figured out how to keep it fun.



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

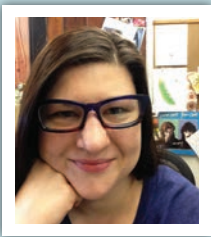
Roll up your sleeves, put your elbows on the table and slop the sauce on the tablecloth. Good food is messy and best shared with laughter and good friends.

GRAZE IS PUBLISHED
QUARTERLY, WITH NEW
ISSUES EACH SEASON.

GRAZE@OUTPOST.COOP



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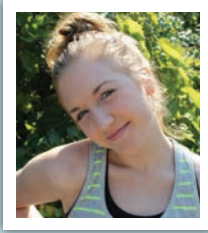


i am **CARA BERKEN.**

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.



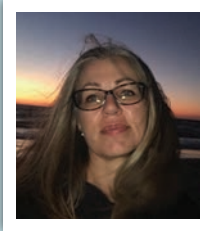
i am **LISA MALMAROWSKI.**

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.



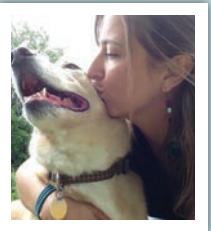
i am **MARGARET MITTELSTADT.**

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.



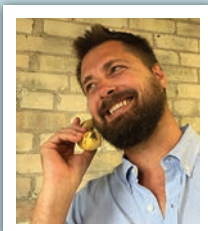
i am **DIANA SCHMIDT.**

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.



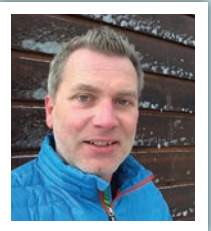
i am **MICHAEL SORENSEN.**

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.



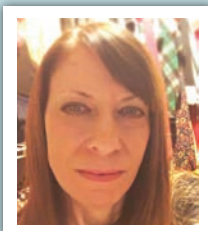
i am **BRYAN SPENCER**

With roots in the U.P. of Michigan, I'm made up of one-part pragmatist to three parts lighthearted adventurer, plus a dash of garden soil, and a pinch of artisan soul, mixed up to the tune of a rock 'n' roll soundtrack. Decidedly a grocery geek, I relish being part of other humans' journeys to discovering good food – and why it matters to each of us.



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.

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Become a card-carrying, super official Co+op Explorer!



It's FREE – here's how:

- Kids 12 and under can just stop by the service desk with a parent or guardian and ask to join the club
- Then, every time you visit, Co+op Explorer Kids get a **FREE PIECE** of ORGANIC FRUIT
- Watch for official Co+op Explorer events throughout the year



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



WANT MORE OUTPOST?

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(you'll)

SWOON!

THINGS WE LOVE.



1 • FOUR SIGMATIC GOLDEN LATTE

GET YOUR GLOW ON WITH THESE MAGIC MUSHROOMS!

Packed with nutrients, Four Sigmatic's Golden Latte powder is a little spicy, a little sweet, a little savory and all delicious. One of the most underrated mushrooms for skin wellness, shiitake has been used for centuries to support full body wellbeing. Paired with turmeric's potent antioxidant properties, warming ginger and a pinch of black pepper this delightful mix supports the skin where it matters – from the inside out. Mix a handy packet with water and add a little ghee or coconut oil for a creamy afternoon pick-me-up or a soothing nightcap. Caffeine-free, vegan and certified paleo – cozy up with a cup today and you might just find yourself skipping the makeup aisle all together!



2 • MAYA KAIMAL ORGANIC EVERYDAY DAL

FAST FOOD THAT TASTES SLOW.

Each colorful, space-aged packet provides a punch of authentic Indian flavors that could fool the most finicky into believing you've been toasting spices and mixing exotic ingredients since you woke up. That's because Maya Kaimal's Everyday Dals are inspired by lentil dishes cooked by Indians worldwide. These are dal elevated, with rich flavors and interesting vegetable combinations. You can heat and eat them right out of the package, just serve over some hot rice or quinoa, or marry them with a meal of veggies or meats. Mostly, we love that they are a perfect pantry staple – easy to grab for lunch as you run out the door, or simple to make when the winter snow is blowing and there is no way you're changing out of your PJs for a trip to the Indian buffet.

OUTPOST'S OWN CHOCOLATE CHIP MINT CBD COOKIES

DUDE! CBD AND CHOCOLATE IS A MATCH MADE IN HEAVEN.

CO-OP
MADE

The modern world can be a stressful place. That's why we thought it was high time the ole co-op ventured into CBD edibles! We started with a darn tasty vegan chocolate chip cookie recipe then kicked them up to a higher level by adding 10-12 milligrams of Vermont's own Green Mountain CBD oil. Voila – the chilliest cookie in Milwaukee. No, you won't catch a buzz from this cookie (since it contains none of the psychoactive THC found in marijuana) but CBD has been shown to help alleviate symptoms in people ranging from anxiety to chronic

pain and sleep disorders to depression. Made in-house with all-natural VEGAN ingredients these cookies are cooler than a blizzard on a winter evening.





BANZA CHICKPEA PASTA

SAY CIAO TO TASTELESS, GUMMY GLUTEN-FREE PASTA!

Most gluten-free pastas leave us a bit underwhelmed. They clump, gloop, and congeal on the plate leaving us to curse our wheat-free lives. Banza avoids these pasta pitfalls by creating a toothsome pleasing, delicious pasta made from our friend, the chickpea. Perfect for all your pasta needs; try the elbow in your next mac and cheese, the ziti would make the Godfather smile, and we're always ready for spaghetti. On top of its great taste Banza has double the protein, four times the fiber, and nearly half the net carbs as wheat noodles. Naturally gluten-free, low on the glycemic index, and certified non-GMO, Banza is our preferred pasta!

CLOVER MEADOWS DRINKABLE YOGHURTS

DRINK LIKE A EUROPEAN ROCK STAR

What Europe knows, we just discovered... drinkable yogurt! We think this is the best drinkable yoghurt we've ever tasted (that Maple Vanilla, yo, it's a liquid creamsicle!) It starts at the ground level with 100% grass fed cows from a family farm in Athens, Wisconsin. To get a little scientific here: all the cows are A1 beta-casein free (a common protein that has been linked to lactose intolerance). Clover Meadow cows produce only A2 beta-casein milk so that means people who usually can't tolerate dairy can enjoy Clover Meadows milk and yoghurts. Packed with ten different strains of live, active cultures and flavored with simple, all-natural ingredients like maple syrup and local fruit, Clover Meadows Yoghurt is like what the milkman would have dropped off at your door step fifty years ago – glass bottle and all. This is what living in the Dairy State is all about!



BODHI BODY SCRUBS

YOUR BIGGEST ORGAN NEEDS A DRINK!

Winter in Wisconsin can leave your skin feeling like it's been scraped with sandpaper and put in the dryer on high, which is why these luxurious body scrubs from Bodhi are just what the skin doctor ordered. These foaming, whipped soap scrubs are made from fair trade and organic shea, olive, and coconut oils and use gentle, all-natural volcanic ash or charcoal to caress, exfoliate and buff away dirt and dry, dead skin leaving you clean, refreshed, and ready to tackle another late-February day. With three intoxicating scents: Eucalyptus Detox, Almond Honey and Lavender you'll hate to put your clothes back on after your bath, but what you do in the privacy of your home is your business.

INSPIRED ORGANICS STOCK

STOCK UP ON THESE STOCKS STOCKED WITH FLAVOR!

Non-GMO, gluten-free and made with ingredients that come from nature and not a lab these leave other swamp-watery stocks in the dust. Inspired Organics stocks have become our "go-to" stocks for soups, stews, braises – you name it! Available in all the essential varieties: chicken, beef, turkey and vegetable these are perfect for a quick soup (just add a cup of our dried soup mix ingredients from the bulk section) to the ideal choice when your recipe calls for stock but you don't have the time to simmer bones and veggies for hours. We've always got at least a couple boxes in our pantry waiting for the next time inspiration calls.



WINTER.

(two ways)

CABBAGE

WE SEEM TO HAVE SOME KIND OF LOVE-HATE RELATIONSHIP WITH CABBAGE. MAYBE IT'S THE UNWIELDY SIZE THAT MAKES US BACK-PEDAL IN FEAR. WELL, REMOVE YOUR HANDS FROM YOUR EARS AND OPEN YOUR EYES TO TWO RECIPES THAT ARE SURE TO CHANGE YOUR OPINION ABOUT EATING THIS MUCH MALIGNED CRUCIFERAE.

SECRET SURPRISE BROWNIE BITES

MAKES ABOUT 28 BALLS *Gluten-free, Raw, Vegetarian, Vegan with substitutions*

Everyone has the time to make these no-bake bites of goodness. There are a couple of ways to make this recipe. We made ours into balls. Oh, and the secret? Raw sauerkraut! You'll never know it's in there and you can enjoy the added benefits of the probiotics. Some of us tasters thought adding a couple tablespoons of bourbon or rum could liven the flavor profile up to new heights.

- 1 cup raw almonds
- ½ cup raw cashews
- 1½ cups pitted dates
- ¼ cup raw sauerkraut
- 4-5 tablespoons cocoa powder
- 1 tablespoon cashew butter
- 1 tablespoon raw honey

Additional ¼ cup cocoa powder for dredging the balls (optional)

Combine all of the ingredients into a food processor. Cover and blend until somewhat smooth and the nuts have broken down to small, uniform pieces, about 3 minutes. The loose dough will be stiff. You may need to periodically press it back down to the bottom of the food processor bowl and continue pulsing until you get the desired results. Option 1: Press the dough into a glass baking dish and chill until ready to serve. Cut into bars. Option 2: Scoop a tablespoon of dough and form into ball. Dredge the ball in additional cocoa powder if desired. Chill until ready to serve.



MUSHROOM STUFFED CABBAGE ROLLS

SERVES 4-6 (MAKES 9-10 ROLLS) **Vegan • Gluten-free with substitutions**

Give yourself 2 hours in the kitchen to make, start to finish. Or, make ahead by putting the assembled rolls in an airtight container and refrigerate overnight. Prepare the baking dish and sauce the next night and bake as instructed.

1 large head of green cabbage (2¼-3 pounds)

Mushroom Filling:

1 ounce dried porcini mushrooms
¼ cup long grain brown rice, dried
¼ cup French or green lentils, dried
1 teaspoon salt, divided
1 bay leaf
2 tablespoons olive oil
¾ pound cremini mushrooms, stems removed, sliced thick
½ cup shallot, minced
½ cup Panko-style bread crumbs, unseasoned
1 tablespoon tomato paste
Fresh thyme leaves, removed from 5-7 stems

Sauce:

1 tablespoon olive oil
1 medium yellow onion, diced
1 28-ounce can crushed tomatoes with juices
2 tablespoons apple cider vinegar
3 tablespoons packed light brown sugar
¾ teaspoon salt
¼ teaspoon fresh ground black pepper

Prepare the cabbage

1. Bring a large stock pot of salted water to a boil.
2. Using a sharp knife, remove 12-14 whole outer leaves from the cabbage core, being careful as you peel them from the head so as not to tear them.
3. Add the leaves to the boiling water and blanch until wilted, about 1-2 minutes. You may need to do this in batches, as they will float. Use a wooden spoon or tongs to submerge them under the water so they blanch evenly. Do not overcook. Using tongs, transfer to a paper towel lined baking sheet. Set aside.

Make the filling

1. Add the dried porcini to a bowl, add 2 cups of boiling water, cover the bowl with a lid and let rehydrate for 30 minutes. Strain, reserving the soaking liquid. Roughly chop and set aside.
2. Add enough water to the reserved mushroom liquid to make 1½ cups. Add to a small sauce pan and bring to a boil. Add ¼ teaspoon salt, bay leaf, lentils and rice. Stir, return to a boil, and reduce heat to low. Cover and cook for 30-40 minutes, or until rice is tender and water has evaporated. The lentils will cook faster than the rice, but that's okay for this application.
3. In a non-stick pan over medium heat, add olive oil and heat to shimmering. Add all the mushrooms. Stir to coat and then cook for about 2 minutes before stirring again. This will add a sear to the mushrooms. Cook an additional 5-6 minutes. Add shallots and cook 3 minutes or until mushrooms are done, stirring constantly to prevent burning. Remove from heat.
4. In a food processor, add the mushrooms, bread crumbs, tomato paste, salt and fresh thyme leaves. Pulse about 4 times, scrape down the sides of the bowl and pulse again a few more times. Mix should come together but not be pasty.
5. Combine rice/lentil mix with the mushroom mixture. Stir well to combine and season with salt and freshly ground black pepper to taste. Set aside.

Prepare the sauce

1. Heat olive oil in large frying pan over medium heat until shimmering. Add onion and cook, stirring

occasionally, until softened, about 6-8 minutes.

2. Add crushed tomatoes, vinegar, brown sugar, salt and pepper and simmer, stirring occasionally, until flavors blend. About 8-10 minutes.

Assemble

1. Preheat oven to 350 degrees. Lightly spray a casserole dish with cooking oil.
2. Line the dish with 3-4 blanched cabbage leaves, enough to cover the bottom and the sides. To lay them flat, notch the stem end or simply cut the leaves in half and arrange.
3. Form the filling mixture into 9-10 uniform balls.
4. Working with one cabbage leaf, place the ball in the center, tightly fold in the sides and starting with the stem end, roll the leaf into a snug log. Placing the roll seam side down right on top of the leaves that line the dish. Repeat with remaining filling and leaves. The rolls can be crowded, just not overlapped.
5. Pour the sauce over and around the top of the rolls. You may need to shift the rolls around a bit using a spoon in order to get the sauce to sink to the bottom of the dish. Give a few more grinds of fresh black pepper and if you have a few extra sprigs of thyme, lay those across the top if desired.
6. Bake uncovered for 45-50 minutes. Remove from oven and let sit five minutes before serving.
7. Just before serving, sprinkle with shaved or grated Emmentaler- or Swiss-style cheese for added richness.
8. Rolls can be stored in the fridge for up to two days.

RIETY IS THE SPI
 THE SPICE OF LIF
 CE OF LIFE VARI

(a) recipe



SLOW COOKER BROWN RICE CONGEE

SERVES 4

Gluten-free • Vegan & vegetarian with substitutions

Topped with any or all of your favorites, this is a flexitarian canvas for tofu, chicken or simply vegetables, equally as warming as it is nourishing; perfect comfort food whether you're under the weather or in perfect health.

"What is congee?" We heard this over and over while waiting for the crockpot to do its thing. This version of congee (pronounced con-gee) is inspired by the traditional, comforting Chinese porridge. We've swapped brown rice for white rice and enlisted our buddy, the slow cooker, instead of cooking on the stove. The result reminds us of a ginger and garlic-infused Italian risotto without all the stirring.

- | | |
|-----------------------------------|---------------------------------------|
| 1 cup brown rice | 2 inches ginger, grated |
| 4 cups vegetable or chicken stock | 1 teaspoon hot chili flakes, optional |
| 1 cup water | 3 garlic cloves, minced |
| 3 tablespoons soy sauce or tamari | ¼ teaspoons salt |
| ½ cup shiitake mushrooms | 2 tablespoons sesame oil |

1. Add brown rice, stock, water, soy sauce, ginger, chili flakes, garlic and salt to slow cooker. Cook on high for 4 hours or low for 8 hours.
2. Once done cooking, stir (add a little more water if needed). Stir in sesame oil and ladle into bowls. Top with your favorites (ours were ginger carrots, cilantro, crispy onions and gomasio.)

Top to taste:

- | | | |
|------------------------------|--------------------------------|--|
| Lime wedge | Cilantro, chopped | Gomasio or toasted sesame seeds |
| Sesame oil | Chicken, shredded | Fermented vegetables |
| Green onions, sliced | Baked tofu, cubed | Crispy onions (the ones from Thanksgiving) |
| Almonds, toasted and chopped | Steamed bok choy | |
| | Sautéed broccoli or broccolini | |

Bo ZOUP BONE BROTH



SYMPTOMS. HIGH IN MINERALS & AMINO ACIDS; SIP WARM TO LOOSEN PHLEGM

KEY ING. CHICKEN BONE BROTH

Np NETI POT & SEA SALT



SYMPTOMS. NASAL CONGESTION, INFLAMMATION OR DRYNESS

KEY ING. SEA SALT, WARM WATER

Zi OUTPOST CO-OP ZINC LOZENGES



SYMPTOMS. TAKE AT FIRST SIGN OF COLD; IMMUNE BOOSTING, TAKE TO SHORTEN DURATION OF COLD

KEY ING. ZINC



hygge

AT HOME IN WISCONSIN

HYGGE, HUE-guh

The absence of anything annoying or emotionally overwhelming; taking pleasure from the presence of gentle, soothing, cozy things. It's a state of mind plus an experience. Like many things, it's hard to describe but when you feel it, you know what it is.

WISCONSIN HONEY & BEER QUICK BREAD

SERVES 8 *Vegetarian* • *Vegan with substitutions*

We made this once and immediately memorized the recipe because it's so darn easy! It's best warm from the oven but honestly, just as good the next day – we just popped a few slices in the microwave for a few seconds. The batter will be easier to stir if you warm the honey slightly, and tastier if you use a mild style beer like a classic lager. This is delicious served alongside soup or chili.

- 3 cups all-purpose flour
- 1 tablespoon baking powder
- 1 teaspoon salt
- ¼ cup pure Wisconsin honey, slightly warmed
- 1 bottle (12 ounces) mild Wisconsin beer, like Lakefront Riverwest Stein or Potosi
- 4 tablespoons (half stick) butter, melted

1. Preheat the oven to 350 degrees. Grease a 9x5x3-inch loaf pan.
2. In a large bowl, whisk together the flour, baking powder and salt until combined. Slowly pour the beer and honey into the flour mixture, and stir until just combined, don't overmix.
3. Pour half of the melted butter into the bottom of the loaf pan and spread it so it coats the pan evenly. Then add the batter to the pan in an even layer, it will be a bit thick and uneven since it's more like a sticky bread dough than batter. Then evenly top the batter in the pan with the rest of the melted butter.
4. Bake for 40-50 minutes, until the top of the bread is golden brown and a toothpick or knife inserted in the middle comes out clean. Serve immediately. Cover any leftovers tightly or it will dry out.



THE DANES MAY HAVE COINED THE TERM, BUT HERE IN WISCONSIN WITH OUR LONG WINTER NIGHTS AND BLUSTERY WEATHER, WE HAVE EMBRACED SETTLING IN, HUNKERING DOWN, AND CELEBRATING ALL THINGS COZY AND SOOTHING WITH THOSE WE HOLD DEAR.

It's simple to cultivate a hygge experience, all you really need is a willingness to appreciate the small, special things. Start

with soft lighting, candles and fireplaces are ideal, but dimming the lights to a soft glow will set the stage. Get comfortable in warm, cozy clothes and snuggly sweaters. Surround yourself with soft pillows and blankets, good books, relaxing music, and those you love. And enjoy simple, savory comfort foods, homey desserts and warming drinks served up with loads of laughter, good will, and kindness.

We've come up with some simple recipes that celebrate Wisconsin, revel in winter, all the while keeping true to that cozy state of mind.

RUSHING WATERS SMOKED TROUT CAKES *with* HORSERADISH CREAM

MAKES 8 CAKES

These delicate cake's rich, smoky notes are balanced by the layered flavors of lemon, capers and onion. Don't skip the horseradish cream which adds a cool zippiness. As you form the patties, you'll need to use a light hand so they just hold together. If they're really crumbly, you can add a few more bread crumbs. For a true Scandinavian treat, serve them for breakfast alongside soft or hard cooked eggs.

½-¾ pound of Rushing Waters Smoked Trout, flaked	¼ teaspoon ground pepper
2 tablespoons finely chopped green onion plus more for garnish	1 large egg, beaten to blend
2 teaspoons drained capers	¼ cup whipping cream
½ teaspoon grated lemon peel	1 cup salted breadcrumbs
	2-4 tablespoons vegetable oil
	Salt to taste

1. Combine trout, chopped green onion, capers, lemon peel and pepper in medium bowl. Season lightly with salt. Stir in egg, cream and ½ cup breadcrumbs to blend. Use a ¼ cup measure to divide mixture into eight ½-inch thick patties.
2. Place remaining ½ cup breadcrumbs in shallow dish. Gently cover fish cakes in breadcrumbs, coating completely. Place on plate in a single layer after they're coated.
3. Heat 2 tablespoons oil in large skillet over medium heat. Working in batches of 2-3 adding more oil as necessary, cook fish cakes until golden brown, about 3 minutes per side. Don't crowd pan and make sure there is enough oil to brown them. Remove to serving plate, serve with Horseradish Cream, lemon wedges, and garnish with chopped green onion.

HORSERADISH CREAM

1 cup sour cream
2 tablespoons drained, prepared horseradish
⅛ teaspoon paprika
Salt to taste

Mix all ingredients well, taste and salt as needed then chill until serving.

WIENKE'S DILL PICKLE SOUP

SERVES 8 *Vegetarian • Gluten-free*

This is basically a lush potato soup with a lovely dill flavor, slight tang, and a light cream-like texture. It's really good! We made our version with vegetable stock to keep it vegetarian but it's equally delicious with chicken stock as the base. The pickles, pickle juice, and broth add salt to the soup, so taste frequently and salt to taste if needed.

2 tablespoons butter	1 cup grated local dill pickle, from 2-4 whole dill pickles
1 large sweet onion, peeled and chopped	1 bay leaf
1¼ cups chopped celery (2-3 stalks)	2 egg yolks
1¼ cups chopped carrots (about 2 medium carrots)	1-2 tablespoons pickle juice, or to taste
3 garlic cloves, minced	1 tablespoon fresh chopped dill plus more for garnish
4 russet potatoes, peeled, quartered, and thinly sliced	Salt and freshly ground black pepper to taste
10 cups vegetable stock	

1. Place a large stock pot over medium heat and add the butter. Once melted, add in the onions. Sauté for 2-3 minutes, then stir in the celery, carrots, and garlic. Sauté for another 5-8 minutes, stirring occasionally.
2. Once the vegetables have softened, add sliced potatoes, broth, grated pickle, and bay leaf. Bring to a boil and simmer the soup for 20 minutes, or until the potatoes are soft.
3. Remove the bay leaf and purée the soup using an immersion blender a little to thicken the base slightly. Do not fully puree. You can also remove part of the soup to a blender and carefully blend and add puree back into the main pot.
4. Put 1 cup of soup base from the pot into a medium size heat safe bowl and stir to cool somewhat. Quickly whisk in the egg yolks into the reserved, cooled soup base. Then, whisk fast so the yolks incorporate smoothly into the base, but do not scramble. Then whisk the egg mixture back into the pot. Simmer for 5 more minutes. This creates a luxurious silky texture and soft creaminess to the soup.
5. Stir in 1 tablespoon dill pickle juice and fresh dill. Taste, then add more pickle juice if desired and salt and pepper as needed.

flexibly OMNIVOROUS.



by BRYAN SPENCER
photos by CARA BERKEN

MORE PLANTS. LESS MEAT. IT SEEMS AS IF EVERYONE IS EMBRACING THIS AS A TRIPLE-TOP-LINE LIFESTYLE THAT IS BETTER FOR PEOPLE, THE PLANET, AND THE POCKETBOOK. IF YOU NEED A LABEL FOR IT, IT'S ALREADY IN THE DICTIONARY: FLEXITARIAN. EVERYONE IS WELCOME AT THE TABLE WHETHER YOU'RE A WEEKDAY VEGETARIAN OR JUST SOMEONE ENJOYING A MEATLESS MONDAY.

There may be as many notions of eating well as there are humans on the planet, but a growing focus on plant-based foods is creating a groundswell of inclusive and inspiring menus at home, and out on the town. But, perhaps the most compelling reason for omnivores to make flexitarian choices is to make our weekly meal planning more, well, flexible, while at the same time expanding the delicious options coming out of your kitchen.

BUDDHA BOWLS

SERVES 2 **Vegan • Gluten-free**

This tasty bowl defies the belief that healthy is boring. These are crunchy, savory, a little sweet and infinitely customizable to your taste by switching up the veggie and protein ingredients to make it your own. These also make for a great "to go" meal layered in a Mason jar with a tight-fitting lid – just add the dressing when serving – if you don't drink it with a straw first!

2 cups cooked brown rice
 ½ cup grated beet (raw or cooked)
 ½ cup grated carrot
 ½ cup kale or spinach, torn in bite sized pieces and massaged with a pinch of sea salt
 ¼ cup sliced almonds
 ½ block firm tofu, drained well and cubed
 1 tablespoon gluten-free tamari

Dressing:

¼ cup nutritional yeast
 3 tablespoons gluten-free tamari
 3 tablespoons apple cider vinegar
 1 clove of garlic, minced
 ¼ cup olive oil or other mild flavored vegetable oil
 2 generous tablespoons tahini

1. Grate veggies and prepare greens as needed.
2. Using a small skillet, toast almonds over medium heat until browned slightly. Watch carefully as they can burn quickly. Remove to bowl to cool.
3. Return same skillet to medium heat, add 1 tablespoon tamari to skillet and sauté tofu until browned to your liking. Remove from pan and set aside.
4. Using a blender combine all dressing ingredients and blend until smooth. You may also whisk ingredients in a bowl, but it will take a bit longer to break down the nutritional yeast.
5. Assemble by dividing ingredients between two bowls starting with rice then arranging beets, carrots, greens and tofu over the top, and then a generous drizzle of dressing topped with toasted almonds.

FLEXITARIAN FRENCH DIP AU JUS with CAMELIZED ONIONS

SERVES 4 **Vegetarian**

Mushrooms in place of beef? Oh, yes. Plus, Wisconsin is a growing force in the sunflower-growing landscape, and using the oil here can land this recipe seriously close to home. Baby Swiss is also a Wisconsin native and lends a lush buttery note to this "meaty" sandwich. Other Alpine cheese styles will up the cosmopolitan factor of this simple classic.

1 tablespoon butter
 2 tablespoons sunflower oil
 2 large yellow onions, sliced
 ¼ teaspoon kosher salt
 1¼ pounds Portobello mushroom caps, gills removed, sliced into thin strips
 1 cup vegetable broth
 ¼ cup dry sherry
 1 tablespoon vegetarian Worcestershire sauce
 ½-1 teaspoon chopped, fresh thyme (to taste)
 2 teaspoons tamari
 ¼ teaspoon freshly ground black pepper
 2 tablespoons Dijon mustard
 ½ teaspoon prepared horseradish
 4 whole-wheat rolls, split or a baguette cut into four segments and split
 4 slices Swiss-style cheese

1. Caramelize the onions: Heat butter in a large skillet over medium heat. Add onions and cook, stirring occasionally for about 10 minutes. Reduce heat to medium-low and continue stirring until golden brown, about 30 minutes. Stir in salt and cook 5 minutes more. Set aside until assembling sandwiches.
2. Meanwhile, heat 1 tablespoon oil in a separate large skillet over medium-high. Arrange half of mushrooms in skillet in a single layer and cook, undisturbed, until golden brown, about 3 minutes. Cook, stirring often, until golden brown all over, about 5 minutes more. Transfer mushrooms to a bowl. Repeat process with remaining 1 tablespoon oil and remaining mushrooms.
3. Return cooked mushrooms to pan. Add broth, sherry, Worcestershire, thyme, soy sauce, and pepper. Bring mixture to a boil. Reduce to a simmer; cook 5 minutes. Using tongs, remove mushrooms to a bowl. Divide jus evenly among 4 small serving bowls.
4. Mix together mustard and horseradish in a bowl. Spread on top halves of rolls.
5. Preheat broiler to high. Evenly distribute mushrooms on bottom half of each roll then top each with onions. Arrange cheese slices on top of onion layer – you may have to tear cheese to fit, then place sandwiches on a baking sheet and put the top half of the roll on. Broil until cheese melts, 1-2 minutes. Serve with jus for dipping.



GREEN ACRES





story & photos by MICHAEL SORENSEN

"THIS IS THE PLACE TO MAKE CHEESE. IT TRULY IS." GEORGE CRAVE, OF CRAVE BROTHERS CHEESE IN WATERLOO, WISCONSIN TELLS ME. GEORGE KNOWS A THING OR TWO ABOUT THE DAIRY STATE'S GREATEST EXPORT. ALONG WITH HIS BROTHERS, CHARLES, THOMAS AND MARK, AND THEIR FAMILIES, CRAVE BROTHERS CHEESE IS THE DEFINITION OF A FAMILY AFFAIR.

George's wife, Debbie (and former Alice in Dairyland!) is happy to see that tradition is being passed down to the next generation. "We have a great cheese heritage. Right now, we have three of the next generation joining us. It's really a family business. I'm happy to see our son become an

owner of the company. That's what is exciting because you want your business to be passed on, to succeed, so we have family at the farm site and at the cheese site."

And what a site it is. The Crave family farms 2,800 acres of rich, Wisconsin soil growing corn, winter wheat, soybeans and alfalfa to feed their 2,100 dairy cows. The cows do their part by delivering their "white gold" that is pumped underground from the barns directly into the cheese plant. From there it's a little bit of magic, a little bit of machinery and a lifetime of skill that transforms their rich Wisconsin milk into about 15,000 pounds of cheese per day. "20,000 pounds in the summer," licensed cheese maker George tells me as he grabs a ropy, hot handful of stretchy, fresh "mozz" coming out of the cooker. He pauses and takes a bite.

(continued)





“I’m checking the salt level, moisture, tenderness. I want the cheese real tender right now, with it being young the proteins are very strong so you still want it tender but there’s a bit of a snap to it, a bit of a chewiness to it because of the very young proteins from our farm fresh milk.”

The cheese floor is buzzing as workers stir vast tubs of curds and whey with an impossibly long-handled rake, individually scooping buckets of fresh cheese into humming machines that transform the jagged curds into pearly, white orbs of mozzarella about the size of a golf ball where they’re then packaged up by hand. “The cheese you get in Seattle or New York might have originated right here and we ship it out across the country,” George beams.

Outside of the humid, frenetic cheese plant we take a walk to the dairy barn where the Crave Brothers’ heifers warily size us up as they chew their nutrient rich feed. George, a former dairy farmer/vet himself takes pride in caring for his cows.

“They love being in a warm, cozy barn. It’s not too cold in Wisconsin for them. We have Holstein cows and they like the cold, they do better in the cold so we also raise corn and alfalfa and we harvest it and store it because cows need something to eat in January through March when nothing grows. I think grass-fed is oversold, over-promoted. We live in Wisconsin. We have five to six months of winter. We’re thankful to

have good housing, good animal care. We do what’s best for the animals and not promote some myth that they are always out on a pasture.”

What sets Crave Brothers apart from other cheese manufacturers (besides their marvelous mozzarella, creamy curds and mouthwatering mascarpone) is that their sprawling farm is entirely self-sustainable thanks to a state of the art machine that basically turns cow waste into energy.

“We take all of the waste from the farm and the cheese factory and pump it into these two 750,000-gallon tanks. It’s heated to 105-degrees, which is the ideal environment for maximum microbial development. Those microbes and anaerobic fermentation or digestion break down the biomass and produce methane gas. So, we’re intentionally producing methane gas. Capturing it in these big tanks and then running it into a huge engine and the engine is running off the methane that is turning an electromagnetic generator that produces enough electricity to power the farm, the cheese factory and about 300 homes in our town. We generate more electricity than we use.”

As Debbie so perfectly puts it, “We’re lucky in Wisconsin.” We couldn’t agree more.

CRAVE BROTHERS
WWW.CRAVECHEESE.COM
W11555 TORPY ROAD
WATERLOO, WI 53594



at home

SUPPER CLUBBING



by LISA MALMAROWSKI
photos by CARA BERKEN

WINTER IN WISCONSIN CAN SOMETIMES BE AN ISOLATING AFFAIR, SO TO BREAK UP THE BOREDOM, WHY NOT PLAN A NIGHT IN WITH A FEW GOOD FRIENDS, SUPPER CLUB STYLE? WE'VE WORKED OUT A LUXE, BUT SIMPLE-TO-MAKE MEAL, THAT WILL LEAVE ROOM FOR LAUGHTER AND GOOD CONVERSATION. WITH THIS DELICIOUS LINE UP, ALL YOU'LL HAVE TO SUPPLY ARE THE OLD FASHIONEDS AND SWANK ATMOSPHERE.

ISHNALA CHEESE SPREAD

SERVES 8 *Gluten-free • Vegetarian with substitutions*

The pinnacle of supper clubbing in Wisconsin has to be the Ishnala Supper Club on the shores of Mirror Lake just outside of The Dells. Every table has a view of the unspoiled lake and every diner enjoys their "secret recipe" cheese spread before the meal. Now, we don't know if this is the exact recipe, but it sure comes close. What we do know is that this version is just as crave-able!

1 pound cream cheese
2 ounces crumbled blue cheese
2 tablespoons minced celery
1½ teaspoons minced garlic
2 tablespoons minced onion
1 pinch salt
1 pinch white pepper
1 teaspoon Worcestershire sauce – regular or vegetarian variety
Natural yellow food coloring or ½ teaspoon of ground turmeric mixed with a little water

1. Combine garlic, celery and onion in food processor and add crumbled blue cheese and remaining seasonings. Process until it just comes together then add cream cheese and continue processing for about a minute or so, until it starts to get smooth, but still has texture.
2. Add a few drops of natural food coloring or some of the turmeric mixture to give the dip a yellow cheese look. Process until color is even but don't over process or dip will be too thin. Refrigerate for at least 2 hours to firm up and allow flavors to combine. Can be made 2-3 days in advance.
3. Serve in a bowl surrounded by dippers and other relish tray goodies.

(our) MENU

RELISHES with ISHNALA CHEESE SPREAD

WEDGE SALAD with
ASIAN THOUSAND ISLAND DRESSING

BEEF TENDERLOIN with
CABERNET MUSHROOM SAUCE

SEA SCALLOPS with HERB BUTTER SAUCE

SMASHED RED POTATOES with
SOUR CREAM & CHIVES

THE "FROZEN TUNDRA" ICE CREAM COCKTAIL

WEDGE SALAD *with* ASIAN THOUSAND ISLAND DRESSING

SERVES 6-8

Gluten-free • Vegan with substitutions

It's no wonder that iceberg lettuce is enjoying a renaissance. With its mild flavor, juicy crunchiness and wavy texture it's the perfect base for anything you can imagine. A perfect addition is this kicked-up dressing that's a little sweet, a little spicy and over the top savory. It's so good, you may want to make a double batch so you'll have extra for roasted vegetables or hard-boiled eggs. Go big by topping it with some aged cheddar and your guests will be left speechless as they crunch.

- 5 garlic cloves, chopped
- 6 tablespoons mayonnaise (regular or vegan)
- ¼ cup sugar
- 2 tablespoons gochujang (Korean red chili paste), or more to taste
- 2 tablespoons fish sauce*
- 2 tablespoons chopped scallions
- 2 tablespoons shredded carrot
- 4 teaspoons gluten-free tamari, plus more for seasoning
- 1 tablespoon fresh lemon juice
- ½ teaspoon peeled and chopped fresh ginger
- 1 tablespoon water
- 2 heads organic iceberg lettuce, loose outer leaves removed and cut into wedges
- ½ cup crumbled aged cheddar or vegan alternative
- 18 cherry tomatoes, cut in half
- 2 tablespoons chopped fresh chives
- Freshly ground black pepper to taste

1. Make dressing – In a blender, purée all of the ingredients until smooth. Season with more tamari, if desired. Store in sealed container, refrigerate for up to 3 days.
2. Assemble salads – Place a single wedge of lettuce on each serving plate and divide cheese and cherry tomatoes evenly between plates. Drizzle each wedge generously with dressing and top with chopped chives and freshly ground black pepper.

***Vegetarian Fish Sauce Substitute**

1. In a saucepan, simmer 3 cups of water, ¼ ounce of dried sliced shiitake mushrooms, 3 tablespoons of salt and 2 tablespoons of tamari over medium heat until reduced by half.
2. Strain, cool, and refrigerate for up to three weeks. Can also be frozen.



SMASHED RED POTATOES with SOUR CREAM & CHIVES

SERVES 6 or more

Gluten-free • Vegan with substitutions

Baked potatoes are a supper club classic, so we decided to smash that tradition up with fresh herbs and olive oil for a savory twist. This recipe is flexible – if the potatoes are small, use 2 per serving and reduce the cooking times a bit and if large, one per person is probably enough, but you'll want to make extra because these are great the next day.

6 or more red potatoes, depending on size
Kosher salt
Ground black pepper
Olive oil
2 teaspoons dried basil leaves
1 tablespoon fresh thyme leaves, chopped
1 tablespoon fresh rosemary, chopped
Sour cream (or vegan alternative) and chopped parsley or chives for serving

1. In a large stock pot filled halfway with water, bring to boil and liberally salt water. Add red potatoes, and boil for 15 minutes, or until they are fork tender. Strain; set aside.
2. While potatoes are cooking, chop fresh herbs and mix together in a small bowl along with the dried basil.
3. Preheat oven to 450 degrees. Using a baking pan, grease evenly with olive oil. Place potatoes on pan, making sure they aren't too close to each other, then using a potato masher or strong fork, press down in the center to smash your potato; repeat for all potatoes.
4. Drizzle olive oil over the tops of the potatoes, then make sure oil is around each potato – a pastry brush works great for this. Sprinkle kosher salt, pepper, and herb mixture over the tops of the potatoes. Place into oven and bake for 20 minutes, or until browned on the top.
5. To serve, top potatoes with a dollop of sour cream and sprinkling of parsley or chives. If serving two small potatoes per guest, it's nice to stack the potatoes with a little sour cream on each layer.

BEEF TENDERLOIN *with* MUSHROOM CABERNET SAUCE

SERVES 6-8

Gluten-free

When you start with exceptionally high-quality meat like the beef we sell at Outpost, you don't need to do much to it. Salt, pepper, a simple mushroom sauce, a good food thermometer and the patience to let the roast rest is all you need for a show-stopping steak course that is tender enough to cut with a fork.

1, 3-4 pounds beef tenderloin, trimmed and tied
Kosher salt and freshly ground black pepper
Cooking spray or silicone baking mat
2-4 teaspoons extra-virgin olive oil, divided
1 large shallot, chopped
12 ounces mixed mushrooms (like button, cremini or Portobello) sliced (about 6 cups)
 $\frac{3}{4}$ cup good quality Cabernet Sauvignon red wine
 $1\frac{1}{2}$ cups low-sodium beef broth
1 small "branch" of fresh rosemary
3 tablespoons cold butter

Tools – food thermometer, large rimmed baking pan

1. Most roasts can be trimmed and tied by our butchers upon request, but if you have an untied roast, tie kitchen string around beef in 4-5 places to hold it firmly in a "log" shape.
2. Remove roast from refrigerator and season generously on all sides with kosher salt and freshly ground black pepper. Wrap lightly and refrigerate for at least two hours. The salt will help with moisture evaporation which in turn helps with browning. Plus, it ensures the roast is deeply seasoned.
3. Preheat oven to 400 degrees. Coat a large, rimmed baking pan with cooking spray or use a silicone baking mat.
4. Heat 1-2 teaspoons oil in a large skillet over medium-high heat. Add the beef and cook, turning occasionally, until browned on all sides, 6-8 minutes. Transfer to the prepared pan.
5. Roast the beef until your instant-read food thermometer inserted in the thickest part registers 130 degrees for medium-rare, 35-40 minutes. Let rest at least 10 minutes before slicing.
6. While the meat is roasting, heat the remaining 2 teaspoons oil in the skillet over medium-high heat. Add shallot and cook for 30 seconds. Stir in mushrooms, $\frac{1}{2}$ teaspoon salt and a few generous turns of freshly ground pepper; cook, stirring occasionally and scraping up any browned bits, until the mushrooms are lightly browned, 3-5 minutes. Pour in wine, bring to a boil and cook until nearly evaporated, about 3 minutes. Stir in broth and rosemary, return to a boil and cook until reduced by a third, 3-5 minutes. Remove from heat, but leave in pan and discard rosemary.
7. Just before serving, heat sauce gently, add butter and swirl until melted. If sauce seems too thick, add a little more broth to thin slightly.
8. Remove the string and slice the beef. Place on serving plates and top with mushroom sauce.

SCALLOPS *with* HERB BUTTER SAUCE

SERVES 6-8 *Gluten-free*

Scallops are deceptively easy to make if you choose the best, biggest ones you can find. We sell only dry scallops at the coop, those that are never “soaked” with water and chemicals, and offer the large, #10 size – which means about 10 per pound. We also sell genuine scallops, not cut white fish that some places pass off as the real deal. If you’re serving these beauties alongside the steak, 2 per person is a standard serving. The classic trio of butter, herbs and white wine is all these lush shellfish need to shine.

For the scallops:

2 ½ pounds dry sea scallops, #10 size
3 tablespoons unsalted butter
3 tablespoons extra-virgin olive oil
Kosher salt and freshly ground black pepper

For the sauce:

9 tablespoons unsalted butter, cut into 12 pieces
6 tablespoons finely diced shallot (about 3 medium shallots)
¾ cup dry white wine
¾ cup finely chopped mixed fresh herbs, such as flat-leaf parsley and chives
¾ teaspoon finely grated lemon zest
Kosher salt and freshly ground black pepper
6-8 lemon wedges for serving

1. Thaw frozen scallops in refrigerator or under cool running water. Either way, you’ll need to dry each one well by patting the scallops dry with paper towels; surface moisture impedes browning.
2. To cook scallops, heat a large, 12-inch nonstick pan over medium-high heat for 1-2 minutes. Add the oil and butter and heat until quite hot. Pat the scallops dry once more and put them in the pan in a single, uncrowded layer. Season with salt and pepper and sear undisturbed until one side is browned and crisp, 2-4 minutes. Using tongs, turn the scallops and sear until the second side is well browned and the scallops are almost firm to the touch, 2-4 minutes more. Remove pan from heat, transfer the scallops to a plate, and set them in a warm spot. Let the pan cool for a minute before you make the sauce.
3. Return the pan to medium heat. Add a piece of the butter and the shallots and sauté until the shallots begin to soften, about 1 minute. Add the white wine and simmer until reduced by about half, another 1-2 minutes. Add the herbs and lemon zest. Reduce the heat to low, add the remaining butter, and whisk constantly until the butter melts into the sauce. We sautéed the sauce until the butter browned slightly, but it can also be left light. Return the scallops and any accumulated juices to the pan. Gently roll the scallops in the sauce to warm them through. Add salt and pepper to taste and serve immediately by spooning more sauce over each scallop with lemon wedges on the side.

THE “FROZEN TUNDRA” DESSERT COCKTAIL

SERVES 8 *Vegan • Gluten-free*

By now you’re stuffed but seriously, who doesn’t have room for a little ice cream? With a nod to chocolate coconut bars, and a big hug to our Wisconsin winter, this cocktail is all dessert and easy to make alcohol free by omitting brandy and adding an extra shot of chocolate syrup while blending. We love using dairy-free coconut ice cream for a lighter drink, but regular ice cream would work as well.

2 pints coconut milk vanilla ice cream
½ cup or so of good quality brandy
2 teaspoons all-natural coconut flavor extract
2 tablespoons chocolate syrup plus more for drizzling inside of glass before filling
Grated dark chocolate, toasted coconut, and coconut and chocolate cookies for garnish

1. Let ice cream soften slightly before adding to a heavy-duty blender. Then add brandy, coconut extract and 2 tablespoons of chocolate sauce. Blend until smooth.
2. To serve, drizzle chocolate sauce along the inside of a coupe or martini glass, fill with blended drink and garnish with grated chocolate, toasted coconut, and add a little cookie to the rim of the glass.





SPECIAL THANKS TO OUR HOSTS: PAMELA ANDERSON & STEVEN KAISHIAN, AND THEIR FRIENDS KATHY & GEOFF MYKLEBY, AND TRACEY & ANDREW WADSWORTH



a garden of **LOCAL DELIGHTS**

story & photos by MICHAEL SORENSEN

"THE BUILDING IS SMOKING?" IT'S A QUESTION KAREN LONG NEVER THOUGHT SHE'D HAVE TO ASK WHEN SHE ANSWERED HER PHONE A LITTLE MORE THAN A YEAR AGO. IT WAS HALLOWEEN, 2017 AND SHE WAS THE DETERMINED, DRIVING FORCE BEHIND THE HOT SAUCES, JAMS, DRESSINGS AND SPICES OF GARDEN OF EDEN KINGDOM LIVING WAS GETTING THE WORST TRICK OF HER YOUNG COMPANY'S LIFE AS SHE HEARD THE NEWS THAT HER MILWAUKEE BUSINESS WAS ON FIRE.

"Sometimes things have to close, which for me was a good thing because I was stuck. I didn't think I was stuck at the time. I was comfortable. But the fire kind of took me out of hiding a little bit," she recalls as we talked in her new northside store surrounded by the tiny jars and bottles that hold her hard work. "I guess God has a sense of humor," she laughs. "Now there's more responsibilities. It's like I'm in the middle of the ocean but He is not going to let me drown. It's always challenging me and I love it. I wouldn't be doing what I'm doing if I didn't."

GARDEN OF EDEN KINGDOM LIVING
WWW.GARDENOFEDENKINGDOMLIVING.COM
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WAUWATOSA, WI 53226



The fire, which is being investigated as possible arson, might have been a temporary setback for Karen, but there's very little that can slow this fierce Milwaukee entrepreneur down. "I'm glad about it now because there were a lot of things that I learned from the fire. I'd rather have a lesson at a smaller level than at a big level. Sure, I had to re-do every label. Basically, I had to re-do everything. But without it I probably wouldn't have learned to think bigger."

"Think bigger" might as well be Karen's motto because not only does she spend practically every waking moment concentrating on making Garden of Eden Kingdom Living a success, she even dreams about it. In fact, that's where the idea originally came from. "I would keep having these dreams of running through a garden and the dreams wouldn't stop. I would be running through this garden and bumping into fruits and vegetables. Literally."

Karen took her visions as a calling to start creating healthier products for people. "I'm always looking at labels when I go to the store and it'll say, 'all natural' and so I'll pick it up

and look at it and it'll say, 'color number blah blah blah,' like, where is this coming from? How is this natural? So, when I look at a garden you think about the fruits, you think about the vegetables, you think about the carrots, you think about the green and all the color that's in there. That's natural color. When I make things, it comes out the natural color and that's what you want. You can see the separation in the oils. When you try my hot sauce, you might hit a pepper or a piece of onion because we're doing it all by hand here."

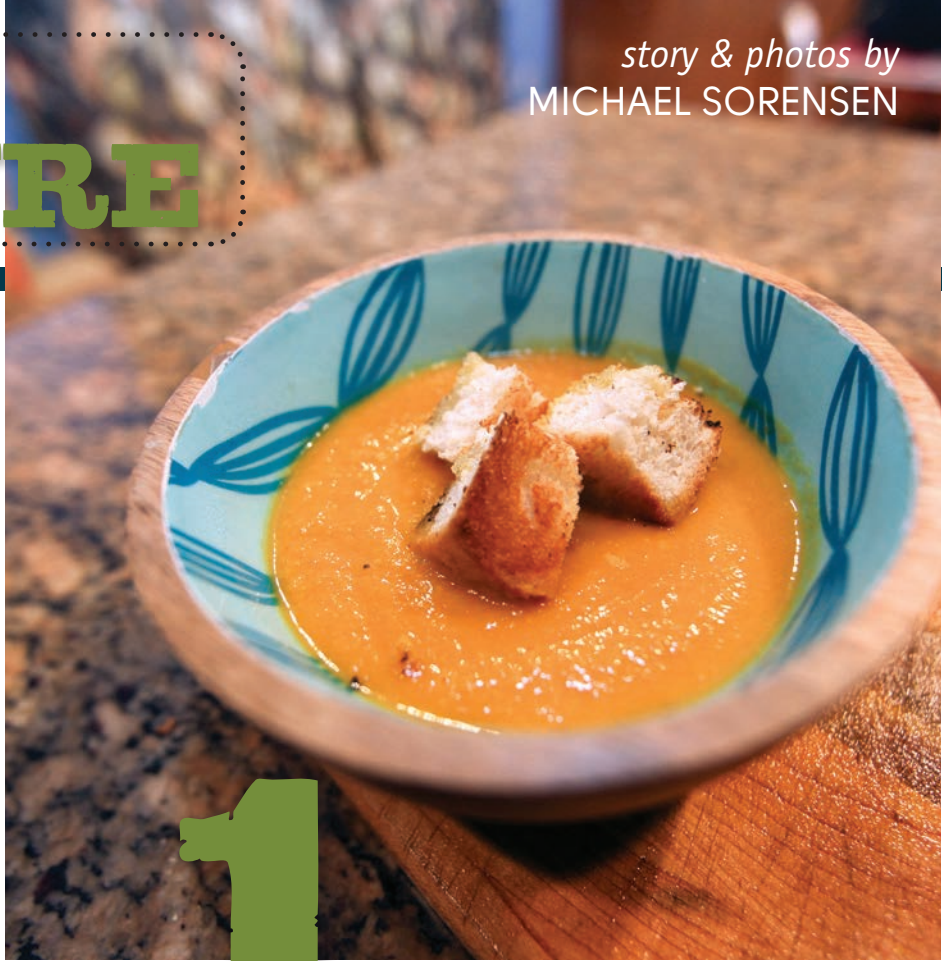
Karen will even create special blends for people with dietary restrictions or just for someone who wants a sugar-free strawberry jam made from scratch. But, first and foremost, on Karen's mind is creating something that fits with her healthier way of looking at food. "You don't think about how much sodium is in hot sauce. But now that I make my own hot sauce and I compare that to what's out there it's surprising how much salt is in there. I try to keep getting better and better and as I learn, then I alter. If I find out that I'm using something and there's something healthier then I switch it up."

UNDER PRESSURE

story & photos by
MICHAEL SORENSEN

THE TAMING OF THE INSTANT POT

WE'VE ALL HEARD THE PRESSURE COOKER HORROR STORIES FROM OUR PARENTS AND GRAND-PARENTS WHERE DINNER EXPLODES AND ENDS UP ON THE CEILING WHILE MOM ENDS UP CRYING IN A CORNER. NOWADAYS, THAT SCARY STOVE-TOP PRESSURE COOKER HAS BEEN REPLACED BY AN ELECTRIC VERSION, BUT THE INTIMIDATION REMAINS. WE'VE GOT THREE EASY RECIPES THAT ARE PERFECT FOR INSTANT POT NEWBIES.



CARROT, TURMERIC & GINGER SOUP

SERVES 4-6 **Vegan • Gluten-free**

When winter starts seeping into your bones, a soup like this can keep the chill at bay. Full of immunity boosting veggies like carrots, garlic, ginger and turmeric you won't even realize how healthy you're getting because you'll be focused on how tasty it is.

- 3 tablespoons olive oil
- 1 white onion, roughly diced
- 1 2-inch piece of ginger, washed and chopped (the skin can stay on)
- Salt and freshly ground pepper
- 1 tablespoon sesame oil
- 6 cloves of garlic, smashed
- 1 1-inch piece of fresh turmeric, washed and chopped (the skin can stay on)
- ¼ cup sherry vinegar or balsamic vinegar
- 2 pounds of carrots, roughly chopped into 2-inch pieces
- A little bundle of your favorite herbs, tied with twine (we used 2 thyme sprigs, 2 parsley sprigs, and one sprig of tarragon)
- 4 cups of vegetable stock
- ½ cup nutritional yeast (this is optional but it adds a nice "cheesy" flavor)
- Croutons, fresh herbs, or pumpkin seeds to garnish

1. Add the olive oil to the instant pot and

turn it on the sauté function. Add the onion and ginger, season with salt and pepper, and cook until the onions are soft and the bottom of the insert is almost covered in tasty, stuck-on browned goodness.

2. Add the sesame oil, turmeric, and garlic, and cook until the garlic is fragrant and golden on the edges. Add the sherry vinegar, and scrape up all the browned bits with a wooden spoon.
3. Add the carrots, herbs, and stock, close the pot, and press the manual or pressure cook button. Cook on high pressure for seven minutes, then let it release naturally for 10 minutes before turning the valve to release the remaining pressure.
4. Open the instant pot, remove the herb bundle, and add the nutritional yeast. Blend it all up with an immersion blender, until there are no chunks of any kind. You should have a very thick soup at this point. If you wish for a thinner soup, simply blend in some water, a quarter cup at a time, until you reach your desired soup viscosity.
5. Garnish with croutons, fresh herbs, or even pumpkin seeds.

CHICKEN PAPRIKASH

SERVES 4 **Gluten-free**

It doesn't get any simpler or more delicious than this! We prefer to use bone-in chicken to keep this dish as close to the Hungarian classic as we can get. The real key here is using a high-quality Hungarian sweet paprika to deliver that "old world" flavor.

- 2 pounds bone-in, skinless chicken thighs, breasts or drumsticks
- 1 tablespoon olive oil
- 1 medium onion, thinly sliced
- 3 cloves garlic, minced
- 1 red bell pepper, thinly sliced
- 3 tablespoons sweet paprika
- ½ cup chicken stock
- 1 tablespoon arrowroot or cornstarch
- 1 tablespoon fresh lemon juice
- ½ cup sour cream
- 1 tablespoon parsley or dill, chopped
- Salt and pepper, to taste

1. Turn instant pot to sauté function.
2. Season chicken with salt and pepper and sear with a table-



2

3

BABY BACK RIBS

SERVES 4 *Gluten-free**

1. Spoon of olive oil for about 3-5 minutes per side. Remove to bowl.
2. Add the onions and garlic and sauté for about 2-5 minutes.
3. Add the red bell pepper and continue to cook for another 3-5 minutes.
4. Add in the 3 tablespoons of paprika and a healthy pinch of salt. Stir well to coat the vegetables evenly. Pour in the chicken stock.
5. Place the chicken back in the pot and nestle it down into the liquid.
6. Turn sauté feature off and cook on high pressure for 20 minutes. Let the pressure release naturally for 10 minutes and then turn the valve to release the rest of the pressure.
7. Remove about ¼ cup of the cooking liquid and mix in the cornstarch. Pour back into the pot. Turn the sauté function back on and stir slowly to thicken the liquid.
8. Turn off sauté and add in the lemon juice. Slowly mix in the sour cream and parsley. Taste for seasoning.
9. Serve over egg noodles, spaetzle or mashed potatoes.

Succulent, fall off the bone ribs in less than an hour? Yes! These ribs are just as good (some would say better!) as the ones you would make on the grill. And since it's winter – no bundling up to cook in the snow! This is the recipe that made the instant pot famous.

- 1 rack of baby back pork ribs
- Kansas City dry rub (recipe below)
- ¾ cup water
- ¾ cup cider vinegar
- 1 teaspoon Liquid Smoke
- ¾ cup BBQ sauce (for basting)

Kansas City Dry Rub

- ½ cup brown sugar
- ¼ cup smoked paprika
- 1 tablespoon black pepper
- 1 tablespoon salt
- 1 tablespoon chili powder
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 1 teaspoon cayenne

1. Remove the lining from the bottom side of the ribs by running a butter knife under the skin and then using a paper towel to grip and remove completely.
2. Rub the ribs all over with the spice mixture. Be generous.

3. Place the rack in your pressure cooker and place the ribs inside the pot, standing on their side, wrapping around the inside of the pot. (Most instant pots come with a wire rack to place the ribs on. If you don't have one, just ball up some aluminum foil in the bottom of the pot to keep the ribs out of the liquid). Pour in the water, apple cider vinegar and Liquid Smoke, being careful to not wash off any of the seasonings.
4. Secure the lid, making sure the vent is closed. Press the meat button and set to 45 minutes. Let the pressure naturally release for 10 minutes, then quick release the rest of the way.
5. Carefully remove the ribs from the pressure cooker (you want to grab them perpendicular to the bones to keep them together) and set on a baking sheet.
6. Brush the ribs with your favorite BBQ sauce, and pop under the broiler for about five minutes or until the ribs are nicely browned. Enjoy!

* Choose gluten-free sauces if needed.

how to **save** at your **co-op**

SALES for EVERYONE



CO+OP BASICS

Our Co+op Basics program offers everyday low prices on some of our most popular grocery and household staples, to everyone who shops the co-op. From bread to bananas, and cheese to soup, you'll find wholesome, affordable choices in just about every department. Just look for the purple signs!



CO+OP DEALS

Every week our buyers work diligently to harness our local and national buying power and pass the savings along to everyone who shops the co-op. These deals change weekly and include items from every department including fresh foods like produce, meat and seafood, dairy, prepared foods, and more.



FLASH SALES

These quick, 2-3 day sales are meant to keep our customers coming back for more. With prices this good, you can stock up on pantry staples or fill your freezer and save throughout the year. Watch for the orange signs!

FOUR saves you **MORE**

FOUR SAVES YOU MORE

Want to save even MORE? Then buy four or more full size bottles of wine—mix or match—and save 10%!

did you know?

OUR WEEKLY SALES FLYER IS POSTED TO OUR WEBSITE EVERY WEDNESDAY, MAKING IT EASIER FOR YOU TO PLAN MEALS AND SHOP OUR BEST SALES.

GO TO: WWW.OUTPOST.COOP/SHOP



OWNERS SAVE EVEN MORE!



GET FRESH

We know our owners LOVE our fresh foods, which is why we offer great deals weekly on some of our most popular items from produce, prepared foods, meat, seafood, dairy, and more. Look for the gold signs!

5



GET LOCAL

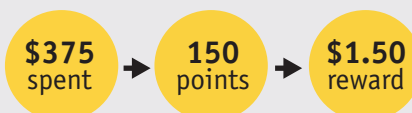
We've made it easier for owners to support their favorite local, artisan products and keep money circulating in our community by offering discounts on these beloved products. Look for the gold signs!

6

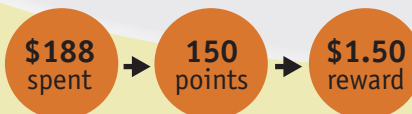


OUTPOST OWNERS

Owners earn redeemable points for every dollar they spend.



For owner 62 or better:



When you purchase Outpost brand vitamins and supplements, you earn triple points!



Bonus owner deals

BULK CASE ORDERS

Stock up! Outpost Owners receive an additional 10% off bulk case orders. Stop by our Customer Service desk to learn more.

CO+OP DEALS COUPON

Through our partnership with cooperatives across the country we are able to offer an exclusive, quarterly booklet to co-op owners, filled with money-savings coupons for the most popular national brands! See stores for details.



WE own it!



DEMOCRACY & COOPERATIVE OWNERSHIP

..... || | by MARI WOOD



I HAVE A SECRET THAT I'M A LITTLE EMBARRASSED TO ADMIT. ON NOVEMBER 6, GIVEN THE OPPORTUNITY TO CAST A VOTE IN ANY GENERAL ELECTION, THERE IS LITTLE THAT CAN KEEP ME AWAY FROM MY POLLING PLACE (THAT'S NOT MY EMBARRASSMENT, THAT'S MY CIVIC DUTY). BUT WHAT I HESITATE TO MENTION, IS THAT AFTER I'VE COMPLETELY FILLED IN THE OVALS, SUBMITTED MY BALLOT, RECEIVED MY STICKER AND HEAD OUT THE DOOR, A LUMP GROWS IN MY THROAT. MY EYES GET MISTY AND I HAVE TO BLINK QUICKLY BEFORE I LET ACTUAL TEARS STREAM DOWN MY FACE. I MAY BE OVERLY EMOTIONAL, BUT I'D LIKE TO THINK THAT THIS STRONG FEELING THAT I EXPERIENCE AFTER THE ACT OF VOTING IS JUST THE RESULT OF DEMOCRACY IN ACTION.

From top: An Outpost board meeting in the early days of the co-op.

Outpost's 2018 annual owner meeting was held at Hunger Task Force's distribution center, pallets of food, purchased with donated funds from Outpost shoppers, were stacked to the ceiling.

Mari Wood, Outpost's Cooperative Relations Manager, at the co-op's Mequon location.

I guess it's no surprise then that I've found myself involved in and working for cooperatives for nearly a quarter of a century. Democracy lies in the shadows of any co-op's day-to-day business practices. Whether it be the purchasing of goods, the hiring of new employees or providing in-person customer service on the retail sales floor, co-ops run their business in a democratic manner that sets them apart from any other kind of business model.

Handily built-in to the Seven Cooperative Principles, a set of ideals written in 1844 to guide the operation of co-op businesses, Principle 2: "Democratic Member Control" expresses the importance of running cooperatives in a democratic fashion. This principle can be observed in a very literal way when a co-op holds its annual election to fill open seats on its board of directors and gives its owners the opportunity vote for those candidates that they feel will best represent their needs. While technically a good example of democracy at a co-op, a board election is actually the end result of the democratic process.

"Elections don't create democracy at a co-op," says Annie Hoy, former Marketing Manager at Ashland Food Co-op in Ashland, Oregon and current consultant in the cooperative sector. "It's the participation and communication that happens in the co-op leading up to the election that defines co-op democracy." While it's the cooperative's responsibility to inform owners when, how and why they should vote in a co-op election, it is the owners' responsibilities to remain engaged with their co-op by visiting and shopping at their store, participating in online or in-person conversations with the co-op's board and management and even attending co-op events, such as the annual owner meeting. This commitment defines true cooperative ownership.

"Democracy isn't just about voting in a co-op election, it's about owner participation," says Stephanie Calloway, an Outpost Board Director and member of the Board's Nominations Committee. "A co-op's election is just one more way to connect us as a community. When Outpost owners vote, they're not just voting for a board candidate, but rather are voting in support of Outpost's cooperative values and the beneficial impact our co-op has on our community."

Lora Hyler, an Outpost Board Director and Chairperson of the Nominations Committee, agrees. "As a member of our nine-person board of directors, I encourage all owners to partici-



Outpost Owners: Participate in democracy at YOUR co-op!

Annual Owner Meeting:
Sunday, February 17
at Tripoli Shrine Center
www.outpost.coop/annual_meeting

Outpost Board Election:
March 20 – April 3
Vote online or at any
Outpost location
www.outpost.coop/vote

pate in our elections by attending an annual meeting, getting to know board candidates, consider running for the board themselves and voting. All voices are welcomed to ensure we continue to have a strong and vital cooperative that serves the needs of all of our owners, shoppers, employees, and community partners."

Stephanie Calloway sees cooperative democracy in the connection that exists between the leaders of the co-op and its owners. She feels that co-ops are positioned to be a salve to the wound of human divisiveness that is so prevalent in today's world. "Have a voice! Participate! Your opinion can be heard in so many different ways at our co-op. For example, attend a monthly board meeting or have a discussion with a board director at an in-store event," Calloway says.

It's the connection of participation that makes cooperative democracy unique to itself. Annie Hoy says, "When consumers join together, they can build a better world and a more inclusive economy through any consumer-owned enterprise; whether it's a credit union, electric co-op or food co-op. It takes an outdated business model out of the picture and replaces it with a people-powered model instead."

And that, dear reader, brings a tear to my eye.

Applicants that mention they saw this article in GRAZE will be eligible for up to a \$2000 hiring/retention bonus.

CONNECTING WITH THE CO-OP



Shaquanda



Shia



Yiftach



Courtney & Alex



Lauren

WORKING AT OUTPOST IS A LOT DIFFERENT THAN WORKING AT A CONVENTIONAL "BIG BOX" GROCERY STORE. AT OUTPOST, YOU'RE NOT JUST A NUMBER ON A TIME CARD, YOU'RE AMONG A DIVERSE MIX OF PEOPLE – SOME ARE HERE FOR A PAYCHECK AND HEALTH INSURANCE UNTIL THEIR BAND MAKES IT BIG, WHILE SOME EMPLOYEES HAVE MADE IT THEIR CAREER FOR DECADES AND CAN'T IMAGINE WORKING ANYWHERE ELSE. SO, WHAT'S IT LIKE TO WORK AT MILWAUKEE'S LONGEST RUNNING GROCERY CO-OP? HERE'S WHAT A FEW OF OUR EMPLOYEES HAVE TO SAY.

Shaquanda, Café Support Manager

3½ years at Outpost

You don't have to be at Outpost long to move "up in the ranks," if that's what you're into. That's part of the beauty of working here. You set your own goals.

"My first position here was a clerk, part time and then an opportunity arose where a journeyman position opened up and I was encouraged to apply for that. Then a cafe support manager position opened up and I was encouraged to apply for that. Every manager I had was always encouraging me to apply. That's what I really love about Outpost because you don't really see that at other jobs."

Shia, Grocery Journeyman

10 years at Outpost

Shia started here about a decade ago, eventually becoming the Grocery Manager at Bay View. Now, she's embarking on a new career path and Outpost is there to help.

"Being here, basically growing up here, I realized that food is medicine and I was very fortunate to learn that. Right now, I'm working with the store manager to go down to part-time and in doing that I'm able to work part-time at the acupuncture clinic down the street so it's kind of a dream for me since the clinic doesn't have a full-time position just yet. So, I'm able to pick up those hours part-time and keep my health insurance by working here twenty hours a week."

Yiftach, Central Kitchen Department Assistant

1 year at Outpost

Yiftach arrived in Milwaukee via Israel about four years ago and liked shopping at Outpost so much he ended up getting a job here.

"My plans were originally to move with all of my family to Colorado, but since I found this job I really like it! I'm 60 now and I'll stay here until retirement. It's funny because some of the younger guys don't really know how to appreciate it. I tell them often, 'If you came in through an open door, you can go out through the same door. If you find a better place, I'd like to know where it is and apply also.' Nobody has returned to me yet! I like also the fact that I can advance within the company and in a few years, if that's what I want, I will have the support to do that."

Courtney, Café Clerk & Alex, Maintenance Clerk

5 months at Outpost

Sisters Alex and Courtney were hired on the spot at one of our open interview events. They were surprised at how easy the process was start to finish.

"We both applied at the same time and came to the job fair and got hired on the spot which was cool. The job fair was really comfortable. There wasn't any pressure or intimidating questions at all. We just came, filled out some sheets and they asked us a few questions. Everyone was really, really nice and excited when we got hired." – Courtney

"When I interviewed with human resources she was very friendly and talkative. It didn't really feel like it was a formal, sit down interview. It was really nice, just an easy conversation. I really like being here. Everyone is super friendly and we've made a lot of friends just being here a short time. Everyone's silly and goofy and it's just a really comfortable environment." – Alex

Lauren, Café Assistant

3 years at Outpost

At Outpost we encourage people's outside interests, that's why we think a work/life balance is essential to our employees.

"Recently I took some time off work to hike the Appalachian Trail. Although I didn't want to stop working at Outpost, it was important to me to go on that hike. Luckily, Outpost hired me back immediately, when I returned. It's so common that employees here have outside interests, school responsibilities, and jobs, and Outpost really works with you to make sure that you have time for both work, and life outside of work."

Outpost offers health, dental and vision insurance, paid lunch breaks, a 401(k) plan, a union pension fund for full-time union members, generous paid time off, in-store discounts, a wellness program and much more.

To apply go to www.outpost.coop/careers

CHECKOUT



WHERE . **OUTPOST MARKET CAFÉ • 945 N. 12TH STREET**

IF YOU'RE IN THE DOWNTOWN AREA – AND LOOKING FOR SOME OF THE CO-OP MADE SANDWICHES, SNACKS, AND SMOOTHIES THAT YOU CRAVE AND LOVE – STOP INTO OUR MARKET CAFÉ, LOCATED IN THE LOBBY OF AURORA SINAI HOSPITAL, AND SAY HELLO TO OUR AMAZING STAFF!

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OUTPOST
NATURAL FOODS



**WELL
BALANCED.**

New Year. New Sandwiches.