

GRAZZIE

AROUND THE KITCHEN TABLE WITH OUTPOST NATURAL FOODS CO-OP

RICE
RICE
BABY

PAGE 14

FESTIVE
APPS FOR
ANY PARTY

PAGE 8

Joey's Fabulous

UN-TURKEY

PAGE 6

PLU 3010
HOLIDAY 2021

FREE WITH ANY PURCHASE





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HOLIDAY 2021

...features.

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



WANT MORE OUTPOST?

WWW.OUTPOST.COOP



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Indigenous Peoples Acknowledgement

Outpost Natural Foods acknowledges that our four store locations and central offices occupy the ancestral home of Indigenous peoples who were forced from their land with the arrival of white settlers. These tribal nations include Anishinaabeg (Ojibwe), Kiiikaapoi (Kickapoo), Peoria, Bodéwandiakiwen (Potawatomi), Menominee, Myaamia (Miami), Waazija (Ho-Chunk/Winnebago), and Ochéthi Šakówin (Sioux). Descendants and members of these tribal nations continue to live in Milwaukee and its neighboring towns and communities. Many are owners of our co-op and shop at our stores. Their patronage contributes to Outpost's success and the resiliency of our community.

Satellite image by Scott Bachmeier, UW-Madison, CIMSS Satellite Blog.

GRAZE

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

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OUTPOST
NATURAL FOODS
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(you'll)

SWOON.

LOCAL GIFTS FOR ALL THE PEOPLE ON YOUR LIST

THINGS WE LOVE.

1



A LITTLE SWEET— A LITTLE SPICY

"And I think to myself, what a wonderful world."

— Louie Armstrong

From spicy chai to sweet, sweet treats there are many ways to celebrate all the rainbows in the sky.

2

4



PARTY LIKE IT'S 1999

"Don't hate me because I'm fabulous."

— Prince

Cocktail hour just got fancy with these whole 'lotta local bevs, bitters and more. Purple rain not required!



LIFE IS SWEET

"People who love to eat are always the best people."

— Julia Child

A classic cast iron pan from Lodge is a great start to any pancake breakfast – just add a drizzle of local, gourmet maple syrup to kick it up a notch!



SILK ROAD BAZAAR ORNAMENTS

These unique felt ornaments are always a hit! Each fair trade ornament is made from 100% natural fibers and crafted by Central Asian artisans. The best part - your purchase helps build sustainable livelihoods for craftspeople in marginalized regions.



G.O.A.T.

"The more we help others, the more we help ourselves."
 – Muhammad Ali

Let them know they're the greatest of all time with this Santa approved foodie gift – creamy delicious Wisconsin goat's milk cheese paired up with S.A. Braai Chutney and local crackers.

FLOWERS DON'T TELL, THEY SHOW

"I paint flowers so they will not die."
 – Frida Kahlo

From floral soaps to teas, and fragrant flowery candles, these woman-crafted gifts celebrate the beauty of flowers in a long-lasting way.

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Joey's Fabulous Un-Turkey

(SEITAN CUTLETS THAT'LL MAKE MEAT-EATERS JEALOUS)

"I'LL GET JOEY SO WE CAN TALK TURKEY, EXCEPT DON'T SAY THAT BECAUSE THAT FEELS OFFENSIVE TO US VEGANS." MY FRIEND, EMILY JOY, OPENED OUR VEGAN VIDEO CHAT WITH THE SENSE OF HUMOR I MISS FROM MY DEAR FRIENDS AND FORMER CO-WORKERS.

Joey, of Outpost's best-selling "Joey's Fabulous Tofu Sandwich", is one of my favorite vegan cooks; his wife, one of my favorite vegan bakers. Both famous for converting friends to eat vegan by how delicious their food looks and tastes. I gave them a call to find out what their favorite non-turkey meal is to serve around the holidays, plus get some tips on food that'll make the meat-eaters jealous.

What I pictured was a veggie-forward meal centered around a brown loaf, maybe shaped like a turkey, with lots of gravy. What they described was far more exciting: A decadent cutlet sliced like turkey, dressed with gravy and all the usual trimmings, just made vegan. Joey and Emily Joy confirmed that the Un-Turkey Cutlets are as good as they sound. "We always make extra, even when we're dining with meat eaters, because once everyone sees it, they want to try it."

Once Joey talked me through my fear of deep frying (I could pan fry, for mixed results), we focused on how easy this recipe comes together, making sure to not overmix and absolutely using a high temperature oil, so I didn't smoke out my guests. I had no idea frying in my Dutch oven would be so easy – there was no smoke, no spatter, just perfect cutlets that were crispy, tasty and incredible. This is absolutely a festive, delicious way to gather around the holiday table. I might even invent some more holidays for an excuse to make this again.



MAKES 6 CUTLETS *Vegan*

Show-stopper vegan cutlets that are perfect for the holidays, served as a cutlet or equally as delicious tucked into a bun and transformed into a sandwich. The trick to meat-like texture is to not overwork the dough, just gently fold it all together. For the broth, we favor Better Than Bouillon No-Chicken Base, but any good tasting veggie stock will be great for this recipe. The seasonings are easily adaptable to feature any flavor profile you prefer; substitute the poultry seasoning for your favorite spice blend. Thanks to Joey, this is hands down the BEST seitan recipe we've ever tried.

For the seitan cutlets

- 1 cup gluten flour
- ¼ cup rice flour
- ¼ cup nutritional yeast
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 3 teaspoons poultry seasoning
- 1 teaspoon coarse salt
- ¾ cup warm vegetable broth
- 4 cups vegetable broth for poaching

For the batter

- ½ cup all-purpose flour
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon Garden of Eden Kingdom of Living All Purpose Seasoning (or favorite brand)
- ¼ teaspoon cayenne, optional
- Black pepper, to taste
- ½ cup plant-based milk
- 1 teaspoon maple syrup
- 1 cup panko breadcrumbs
- Vegetable oil for frying

1. In a large bowl, mix until well combined – gluten flour, rice flour, nutritional yeast, onion powder, garlic powder, poultry seasoning and salt. Add ¾ cup of vegetable broth, mixing with your hand to combine gently. In the bowl or on a lightly floured board, knead for just 2 minutes. It's important to not overwork the dough for optimal texture.
2. Gather the dough into a ball and slice to create 6 cutlets, set aside. Bring 4 cups of broth to a gentle boil.
3. Drop the cutlets into the broth and lower the heat to simmer. Cover and let simmer for 1 hour before removing from heat and leaving to cool in their broth. Cutlets will puff up a bit.
4. For the batter, whisk together flour, garlic powder, onion powder, seasoning, cayenne, and black pepper. Whisk in plant-based milk and maple syrup until well combined. Set aside.
5. In a separate bowl, place breadcrumbs. Set aside.
6. When cool enough to handle, dip the cutlets in the batter, then breadcrumbs, covering all sides. Set aside on a plate until ready to fry.
7. In a Dutch oven pour in enough oil to submerge the cutlets once the oil is hot enough. (Or heat ½-inch of oil in a heavy cast iron skillet if not deep frying – you will need to turn frequently to evenly brown.) Heat the oil to 325 degrees over medium-high heat.
8. Carefully drop the cutlets, two to four at a time, into the hot oil and fry for 4 minutes or until they are golden brown. Remove from oil and let rest on a paper towel lined plate.
9. To serve, either tray or plate up cutlets, or serve on buns for an un-chicken sandwich.

Joey's Fabulous Tofu Sandwich came to us via Joey Sielen back in 2012. Our house-made Southern Fried Tofu Steaks (crafted with local Simple Soyman tofu) on a Ciabatta roll, smothered in caramelized onions, topped with veganaise and red chili sauce. That recipe put us on the map as a vegan lunch destination. If you've not tried it, do! Southern Fried Steaks are also sold separately in our Grab & Go, an excellent chicken or turkey stand-in for any meal.

CO*OP
MADE



THE BEST VEGAN GRAVY

The flavors of holiday gravy, vegan rendition. We prefer to mince the shiitakes, taking in all their magical umami, without scaring off our friends who don't like mushrooms. (Can you skip the mushrooms? We recommend using mushroom broth if you do, for the umami mushrooms bring to the gravy). This gravy is a perfect accompaniment for mashed potatoes and vegetarian roasts – or anything that likes a little gravy on top. Pro tip: If you're making this gravy the same day as your cutlets, use the poaching liquid for your broth.

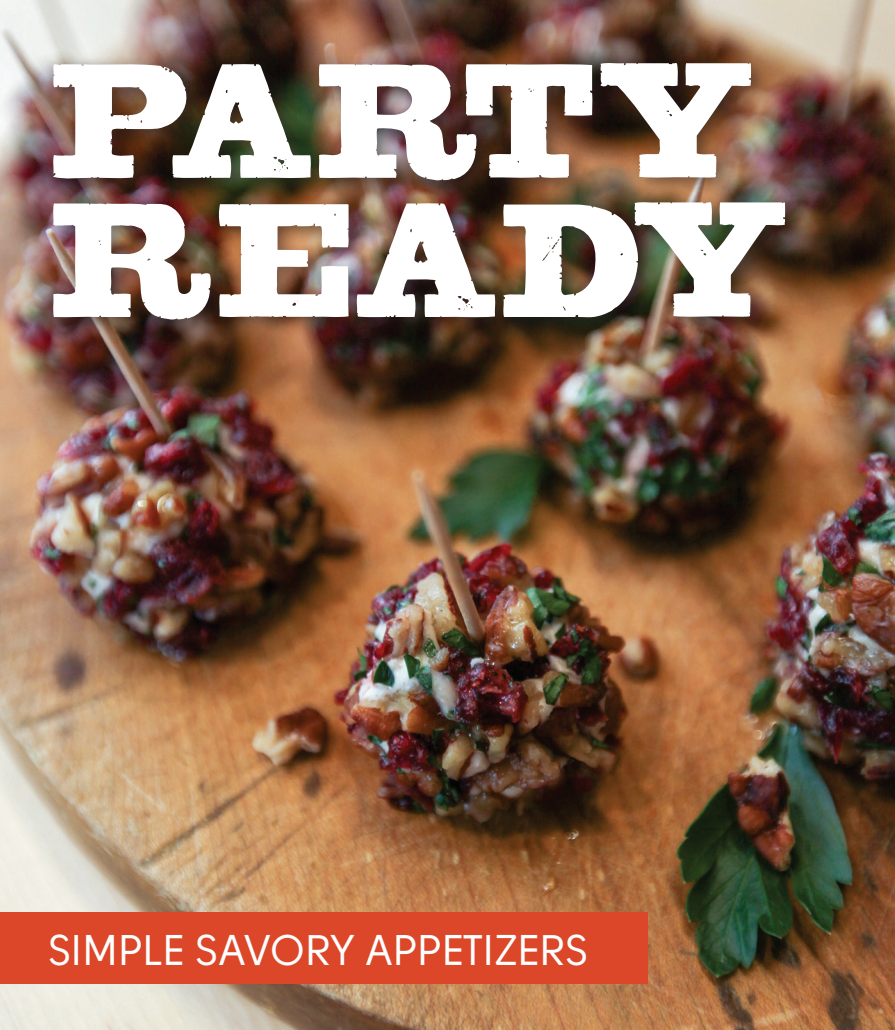
¼ cup vegan butter
1 medium yellow onion,
finely chopped
2 garlic cloves, minced
6 shiitake mushrooms, minced
4 tablespoons all-purpose
flour
1 tablespoon nutritional
yeast
1 teaspoon thyme
1 cup plant-based milk
1 tablespoon soy sauce (or
to taste)
2 cups 'no chicken' or mush-
room broth
Salt and freshly ground black
pepper, to taste

1. Add the vegan butter to a saucepan and let it melt. Add the chopped onions and garlic, sauté in the butter until soft and translucent. Add the mushrooms and continue to sauté until they are very soft.
2. In a bowl, mix the flour, nutritional yeast, thyme, and a little of the plant-based milk together, mix it into a paste. Add the rest of the milk to the paste and whisk it until well combined and free of lumps.
3. Add the flour and milk mixture to the saucepan along with the soy sauce and broth, whisk together and bring to a boil, continuing to whisk constantly.
4. Let the gravy mixture boil for a few minutes until it thickens. If you prefer a silky smooth gravy, immersion blend at this point (or carefully transfer to a blender to emulsify the onions and garlic). Add black pepper and salt to taste and serve.

Adapted from www.noracooks.com/vegan-turkey/



PARTY READY



SIMPLE SAVORY APPETIZERS

CRANBERRY PECAN & GOAT CHEESE TRUFFLES

MAKES ABOUT 18 *Vegetarian and gluten-free*

So pretty and a little sweet and savory, these cheesy bites feature a mellow goat cheese that doesn't overpower the other flavors. Easy to prepare, but they'll hold together best when using a drier, crumblier chèvre and a regular (not whipped or light) cream cheese to prevent the filling from becoming too soft.

- 10 ounces chèvre (goat cheese)
- 4 ounces regular cream cheese
- 1 teaspoon ground cinnamon
- 3 tablespoons honey, plus extra for garnish
- 1½ cups chopped pecans, divided
- 1 cup dried cranberries, diced
- ½ cup fresh parsley, minced

1. In a large bowl, beat goat cheese, cream cheese, cinnamon and honey until light and fluffy.
2. Add ½ cup chopped pecans, folding to combine. Set aside.

3. Line countertop with parchment paper. Toss together remaining pecan chips, dried cranberries, and parsley in the center of the parchment paper.
4. Using a tablespoon measure, scoop out one round of cheese filling and toss in pecan mixture. Continue until all truffles have been rolled in coating. If cheese mixture is too soft, pop in the fridge until it cools down.
6. Refrigerate cheeseballs until ready to serve. You can make these up to three days before, just make sure to store them in an airtight container.
7. To Serve: Drizzle with honey, if desired. Serve with crackers, warm crostini or as is with a toothpick!



WARM SPINACH ARTICHOKE DIP

Vegan and gluten-free

This is the dip you've been looking for - the one that will please most everyone at the party while being easy and fast to make. It's light, cheesy (but dairy free!), chock-full of vegetables and perfect for that "dish to pass" at your next party or potluck. While this will work with drained regular soft tofu, silken tofu – the kind you find in a box in the Asian food section – works so much better because of its light, custard-like consistency. You can make this ahead and refrigerate, just pop it in the oven before serving.

- 2 tablespoons olive oil
- 1 onion, roughly chopped
- 3 garlic cloves, minced
- ½ teaspoon crushed red pepper flakes, or to taste
- 5 ounces baby spinach
- 1, 14-ounce package silken soft tofu
- ½ cup nutritional yeast flakes
- 2 tablespoons fresh lemon juice
- 1 teaspoon dried basil
- 1½ teaspoons sea salt
- ½ teaspoon fresh ground black pepper
- 14 ounces artichoke hearts, drained (canned or frozen)
- Fresh parsley, chopped for garnish
- Bread, chips or crackers for serving



GREEN CHUTNEY *with* CILANTRO & MINT

Vegan and gluten-free

This Indian-inspired, fresh-tasting sauce is a classic with samosas and flatbreads, but it's just as delicious with shrimp (and also works great with chicken wings or baked tofu bites). Control the heat by seeding and removing the pith from the fresh, hot pepper.

- ¾ cup packed cilantro leaves
- ¼ cup packed mint leaves
- 1 serrano or jalapeño chile, stemmed and coarsely chopped
- 1-inch piece of fresh ginger, peeled and coarsely chopped
- ¼ small red onion, chopped
- 2 tablespoons fresh lemon juice
- 2 tablespoons water
- 1½ teaspoons sugar
- Pinch of salt

1. Add all ingredients to blender and blend at low speed until ingredients start to combine, then increase speed and blend to a smooth paste. You might have to stir or pulse the blender to get it started. If mixture is really thick, add a splash of water to get it going, but only add a little bit to prevent chutney from getting watery.
3. Taste and adjust seasonings.
4. Serve immediately or refrigerate up to two days. This also freezes well. However, it's best used fresh because the bright green color will darken a bit the longer it's stored.

ROASTED SHRIMP *with* TWO SAUCES

SERVES 8-10

What if we told you the best shrimp for an appetizer tray is roasted? This simple recipe ensures a great texture and optimum flavor, just be sure to start with fresh gulf, wild-caught shrimp, quickly roast them and chill until serving. You could serve these up with a classic cocktail sauce, but it's more fun to spin the flavors with a global vibe.

- 1½ to 2 pounds (12 to 15-count) raw, fresh shrimp
- 1 tablespoon good olive oil
- ½ teaspoon kosher salt
- ½ teaspoon freshly ground black pepper

1. Preheat the oven to 400 degrees.
2. Peel and devein the shrimp, leaving the tails on. Put into bowl and gently toss with the olive oil, salt, and pepper.
3. Arrange shrimp in one layer on a sheet or roasting pan lined with parchment paper. Roast for 8-10 minutes, just until pink, firm and cooked through. Set aside to cool and refrigerate.

1. Preheat oven to 350 degrees, and lightly grease a 1-quart baking dish.
2. Heat the oil in a large skillet over medium-high heat and sauté the onions until soft.
3. Add garlic and red pepper flakes and cook a few more minutes, then reduce the heat to medium-low and add spinach. Cook, stirring, until spinach is wilted.
4. Using a food processor blend the tofu, yeast, lemon juice, basil, salt and pepper until smooth. Add artichokes and spinach mixture and pulse about 15 times to chop the veggies – you want them to be chunky, so the dip has texture.
5. Transfer the mixture to the prepared baking dish and bake for 30 minutes, or until lightly browned on top. Let cool a bit and serve with bread, chips or crackers. Refrigerate any leftovers. Note - if refrigerating to bake later, cover tightly and use within 2 days.

HOT & SWEET DIPPING SAUCE

Vegetarian • Gluten-free with substitutions

Sweet, tangy, spicy and with a little fermented funk from gochujang, it elevates shrimp but is also great with pot stickers or egg rolls, or try it drizzled on an omelet or a rice bowl meal. (Note—some brands of gochujang may contain gluten, so check the label.)

- 2 tablespoons gochujang (Korean chili paste)
- 2 tablespoons white vinegar
- 1 tablespoon brown sugar
- 1 tablespoon honey
- 1 teaspoon sesame seeds
- ¼ teaspoon garlic, minced

Add all ingredients to a small bowl and whisk together until combined and sugar has dissolved. Refrigerate until using. Store refrigerated for up to two weeks.



THANKSGIVING

FROM OUTPOST NATURAL FOODS

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



Place orders by Nov. 17!



NEW! ONLINE ORDERING FOR THANKSGIVING

Thanksgiving menu orders must be placed online. Visit: outpost.coop/shop/thanksgiving.php

Orders may be picked up during store hours by coming into the store or using our curbside pick-up service. See website order portal for details and to schedule your pick-up time and place.

All Thanksgiving menu items are available while supplies last.

PRE-ORDER DEADLINE

All pre-orders must be placed by **Wednesday, November 17** and be paid for at time of order.

PICK-UP TIMES

Orders may be picked up **Monday, November 22 — Wednesday, November 24** during store hours

Please note – our stores are closed on Thanksgiving – Thursday, November 25.





Dinners

(Thanksgiving Sides and Desserts menu continues on page 12)

Each large dinner includes turkey or plant-based roast, side dishes and a whole pie. Just reheat and serve!

Vegan Celebration Roast Dinner for Two.....\$29

NEW! Field Roast Celebration Roast with Outpost's Own Vegan Gravy, Vegan Mashed Potatoes, Autumn Roasted Vegetables, choice of Leek Stuffing or Brown & Wild Rice Pilaf.

Turkey Dinner for Two.....\$39

Outpost roasted boneless turkey breast, thickly sliced, with choice of sides and gravy.

Turkey Dinner for Four.....\$75

Outpost roasted boneless turkey breast, thickly sliced, with choice of sides and gravy.

Smoked Whole Turkey Dinner (10-12 lbs.).....\$149

Serves 6-8. Ferndale Market fresh uncured smoked whole turkey with choice of sides, gravy and pie. Allow 1-2 hours to reheat.

Classic Whole Turkey Dinner (14-16 lbs.).....\$169

Serves 8-10. Plainville Farms traditionally cooked whole turkey with choice of sides, gravy and pie. Allow 1-2 hours to reheat.

Side dish choices for Turkey Dinners include:

Sorry, no substitutions

Potato:

(choose 1)

- Berry Yam Bake
- Classic Mashed Potatoes
- Smashed Asiago Red Potatoes
- Vegan Mashed Potatoes

Vegetable:

(choose 1)

- Autumn Roasted Vegetables
- Green Bean Mushroom Bake
- Whipped Carrots & Parsnips

Grain or

Stuffing:

(choose 1)

- Brown & Wild Rice Pilaf
- Leek Stuffing
- Mushroom Stuffing

Pie:

(choose 1)

Included with whole turkey dinners only!

- Classic Pumpkin
- Vegan Pumpkin
- Apple Double Crust
- Vegan Apple Cranberry Crumble Top



Gravy (minimum 1.5 lb. order)

Turkey Gravy (WF)\$6.99/lb.
Made from rich turkey stock and simmered with fresh herbs and spices.

Potato Sides (minimum 2 lb. order)

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

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

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

Vegan Mashed Potatoes (V, WF)\$5.49/lb.
Velvety mashed organic russet potatoes with organic soy milk and vegan buttery sticks.

Vegetables (minimum 2 lb. order)

Green Bean Mushroom Bake (WF)\$7.99/lb.
Organic green beans in a creamy sauce with organic mushrooms and organic onions.

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

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

Desserts (pies serve 6-8)

Apple Double Crust Pie\$13.99
A double crust of our handmade flaky pie dough filled with tart organic apples dusted with cinnamon and sugar.

Apple Cranberry Crumble Pie (V)\$13.99
Our handmade flaky vegan dough filled with tart organic apples and cranberries, topped with old fashioned vegan crumble.

Wheat-free Apple Crumble Pie (WF)\$15.99
Our handmade wheat-free dough filled with tart organic apples and topped with wheat-free crumble.

Classic Pumpkin Pie\$13.99
A classic made with organic pumpkin and topped with whipped cream.

Stuffing (minimum 2 lb. order)

Leek Stuffing (V)\$6.99/lb.
An Outpost Classic! Savory combination of cubed bread, organic leeks, organic onions and organic celery seasoned with fresh thyme, sage and parsley.

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

Grains (minimum 2 lb. order)

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

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

Other Sides (minimum 2 lb. order)

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

Maple Pecan Sweet Potatoes (V, WF)\$7.99/lb.
Organic sweet potatoes, with toasted pecans, organic raisins and organic scallions dressed with maple syrup dressing.

When ordering sides for your holiday meal, plan about ¼ pound per adult.

Vegan Pumpkin Pie (V)\$13.99
A traditional pumpkin pie made with organic pumpkin, organic soy milk, sugar and spices.

Wheat-free Pumpkin Pie (WF)\$15.99
Our traditional pumpkin pie made with wheat-free pie dough.

Pumpkin Praline Cheesecake\$29.99
Our delicious homemade pumpkin cheesecake topped with caramel sauce and pecans for a delightful praline finish. (serves 12)

(V) – Vegan **(WF)** – Wheat-free



(our table of) PLANT-BASED ROASTS

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

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

Tg TOFUURKY MUSHROOM GIBLET GRAVY



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

Qr QUORN MEATLESS ROAST



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

Fc FIELD ROAST CELEBRATION ROAST



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

Eh FIELD ROAST HAZELNUT & CRANBERRY ROAST



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

Gr GARDEIN TURKEY ROAST



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

Gs GARDEIN SAVORY STUFFED TURKY



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

Np NO EVIL FOODS THE PARDON ROAST



LOVE IT. VEGAN, CONTAINS WHEAT & SOY. HERB COATED & LADEN WITH UMAMI.

Tr TOFUURKY ROAST & GRAVY



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

Tf TOFUURKY HOLIDAY FEAST



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

Th TOFUURKY HAM STYLE ROAST



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

from
RUSSIA

WITH LOVE





REDSTONERICE.COM



story and photos by MICHAEL SORENSEN

MARQUETTE BIOLOGICAL SCIENCES PROFESSOR, MICHAEL SCHLÄPPI, MAY HAVE STARTED HIS FARMING JOURNEY IN THE CLASSROOM, BUT FROM APRIL TO NOVEMBER, YOU CAN FIND SCHLÄPPI AT THE MEQUON NATURE PRESERVE GERMINATING SEEDS, COAXING MACHINERY TO WORK, SETTING UP HOOP HOUSES, TILLING, PLANTING, PUTTING UP CRITTER DEFENSES, WEEDING, SORTING, SWEATING AND REPAIRING TRACTORS – ALONG WITH ANOTHER FEW HUNDRED TASKS – IN HIS QUEST TO BRING WISCONSIN'S FIRST-EVER CULTIVATED RICE CROP TO MARKET. "I'VE ALWAYS APPRECIATED FARMERS' HARD WORK, BUT EVEN MORE NOW THAT I'M ACTUALLY FARMING MYSELF."

"It's almost too many challenges," Schläppi tells me as his boots slurp down into a muddy rice paddy on this scorching summer day. "I like problem solving. I try to apply logic to solve things, but sometimes, if it's too many problems, it becomes annoying. Just this morning the rope on the water pump motor snapped, so I have to go on YouTube and find out how to fix it."

It's been a true labor of love for Schläppi since he planted his first rice crop back in 2017. Outpost has been there to witness all of the ups and downs through the years; from the early spring planting to the sweltering summer growing season and to the crisp harvest days of the fall. In 2020, we were the first store to sell his commercially-grown Red Stone Rice [sold under the name "Wisconsin Brown Rice (Grown in Mequon, WI)" at Outpost]. It's a rice you're not going to find being grown anywhere else in this part of the world.

(continued)



"It's from southern Russia, and nobody in the states grows this kind of rice, so it's very unique. The flavor is very different from most of the rice you find in the states, like the Arkansas brown rice or California brown rice, which is more of a Japanese style rice. This rice has a distinctly nutty taste."

So, you might be asking yourself, how does a subtropical grain usually associated with warm climates grow in our chilly state? The answer lies in trial, error and science. Funded by grants from Marquette University and the US Department of Agriculture, Schläppi's research identified a high-yielding Southern Russian rice variety (with the very Russian name of Krasnodarskij 3352) that could withstand Wisconsin's decidedly un-tropical weather.

"It's the genetics and genomics of cold tolerance in rice. There are many genes involved and we can do sequencing on the rice, and with those genetic markers we can phenotype the rice so we can challenge the rice with different cold stresses, and if you do this with a couple hundred varieties and you know their genetic makeup, you can actually map regions." All of that is just a fancy way to say, "It works here."

Schläppi's rice is unique in not only its taste, but in how and where it's grown.

"The Mequon Nature Preserve is open to the public, so you know where your food is coming from. People can go visit; they can basically check up on you. It's organic, and you can see that here. It's not next to a factory that is spewing out toxins, and you can see that we're not using any chemicals because the weeds are everywhere. The water we use is healthy and full of nutrients. I don't even need to use fertilizer because the water is healthy enough. It's all out in the open, and if people have questions, they can always come and check it out."

During planting and harvesting season Schläppi doesn't have to go it alone since he gets help from the Hmong farmers whose vegetable fields surround the rice paddies.

"I've partnered with the Fondy Food Center, and about 80% of the farmers are Hmong, who are fantastic farmers. When they heard I was going to be growing rice, they were fascinated because they used to grow rice in Laos or Thailand. Culturally, it was super important for them when we started this in 2017. They involved their grandkids who were born here



MICHAEL'S PERFECT RED STONE RICE

SERVES 2-4 *Vegan and gluten-free*

and had never seen rice being grown, so to show them this part of their culture was very important.”

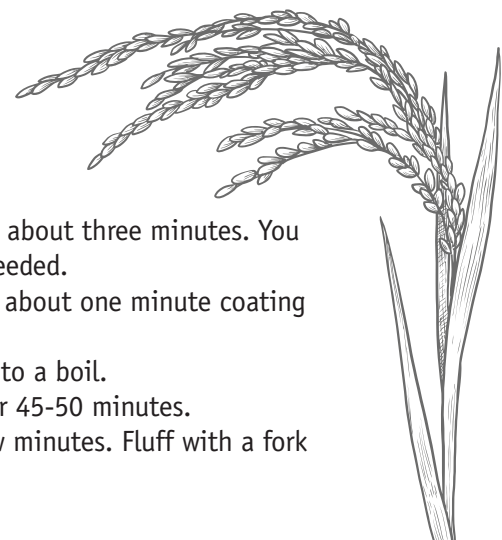
But in between those planting and harvesting seasons, Schlappi only has the dragonflies to keep him company as each day he diligently works to bring his crop to harvest.

“It’s a crazy amount of work, and that’s why, when people say it’s expensive, I say you’re welcome to farm with me. I think it gives me an appreciation for food prices, which I think are way too low. The amount of effort that goes into producing our food is enormous for the farmers, and maybe people can learn to value what goes into putting real food on the table instead of just throwing food away.”

This is Michael Schlappi’s favorite way to cook his unique brown rice. It’s going to take a bit longer to cook since this isn’t the conventional kind of rice you’ll find—this Russian rice variety requires more cooking time.

1-2 tablespoons olive oil
 1 medium onion, finely chopped
 2 garlic cloves, minced
 1 cup Red Stone Rice
 1½ cups water or broth of choice

1. Sauté onions and garlic in oil for about three minutes. You can add a splash more of oil if needed.
2. Add rice to vegetables and sauté about one minute coating the grains in oil.
3. Add 1½ cups of liquid and bring to a boil.
4. Cover and simmer on low heat for 45-50 minutes.
5. Turn off heat and let sit for a few minutes. Fluff with a fork and serve.



WILD RICE & MUSHROOM CROQUETTES

SERVES 10 *Vegan and gluten free*

These are surprisingly simple, savory and elegant. The trick to making these is patience. Chopping all the vegetables finely makes for easy to shape croquettes and a lovely presentation. We used a flax mixture to keep the croquettes together, but you can substitute one lightly beaten egg.

- 2 cups short grain brown rice
- ½ cup wild rice
- 5 cups vegetable stock
- 1 tablespoon ground flax meal
- 3 tablespoons warm water
- 2 tablespoons olive or vegetable oil, divided
- 4-5 button or crimini mushrooms (1 cup), finely minced
- 1 small onion (½ cup), peeled and finely minced
- 1 small carrot (½ cup), finely grated
- ½ stalk celery (¼ cup), finely diced
- ¼ cup fresh flat leaf parsley, minced
- 2 teaspoons mixed dried herbs like sage, thyme and rosemary
- 2 tablespoons Bragg Liquid Aminos or low-sodium tamari
- Salt and freshly ground pepper to taste
- Olive oil for cooking

1. Wash rice and place in heavy pot with vegetable stock. Cover, bring to a boil, then reduce to a simmer and cook about one hour or until rice is very tender and slightly sticky.
2. In a small bowl whisk together ground flax and 3 tablespoons warm water. Set aside and allow to gel.
3. Heat oil over medium heat in a sauté pan. Sauté the mushrooms, onions, carrots and celery about 10 minutes until softened. Add the parsley and dried herbs and set aside to cool.
4. When rice is cooked, add the sautéed vegetables, liquid aminos and flax mixture to the pot, season to taste and stir very well until completely combined.
5. When cool enough to handle, form into 10 burger-sized croquettes.
6. Heat olive oil in a large sauté pan and cook croquette patties on medium heat about 5-10 minutes per side, until nicely browned and crisp.
7. Serve hot over steamed greens and topped with gravy or sauce.

WILD RICE DRESSING

SERVES 6-8 *Gluten free • Vegetarian with substitutions*

This is the wild rice dish that will have the whole table talking. Nutty and chock-full of seasonal grains, smoky bacon, fresh herbs, earthy mushrooms, and the fruit of the fall—cranberries—make this dish a reason to go back to the kitchen for a second helping.

- 1½ cups wild rice
- 2¾ cups chicken or vegetable broth
- 1 dried bay leaf
- Salt and pepper
- 4 slices bacon (or vegetarian bacon), chopped
- 2 tablespoons butter
- 1 small onion, chopped
- 8 ounces mushrooms, sliced
- 2 stalks celery, finely chopped
- ½ teaspoon dried thyme
- 3 cloves garlic, minced
- 1 tablespoon fresh sage, chopped
- ¼ cup almonds, chopped
- ¼ cup dried cranberries
- ¼ cup parmesan cheese, freshly grated (optional)

1. Add wild rice, chicken broth, bay leaf and a pinch of salt to a 2 quart saucepan then bring to a boil. Place a lid on top, then turn heat down to low and simmer for about an hour, or until rice is al dente. Take pan off heat with the lid on for 5 minutes, then remove bay leaf, fluff rice with a fork, and set aside.
2. Meanwhile, brown bacon in a large, 12-inch skillet over medium heat, then transfer to a bowl, reserving bacon fat in skillet. Turn heat up to medium-high, then melt butter in skillet and add onion, mushrooms and celery. Once mushrooms have released their liquid and begin to brown, add dried thyme and season with salt and pepper. Sauté until mushrooms are golden brown and vegetables are tender, 8-10 minutes. Add garlic and fresh sage, then sauté until garlic is very fragrant and golden brown, 1-2 minutes.
3. Remove skillet from heat. Add cooked wild rice, cooked bacon, chopped almonds, dried cranberries and parmesan cheese to skillet and stir well to combine. Add a splash of chicken broth if you need to loosen the stuffing up a bit. Add salt and pepper if needed and serve.



NORTH BAY TRADING CANADIAN LAKE WILD RICE

THE CAVIAR OF GRAINS

Prized for its appealing nutty flavor and harvested using traditional methods (with a little help from modern machinery like airplanes), North Bay Trading Canadian Lake Wild Rice is harvested at the height of maturity and harvested on deep, cold Canadian lakes by native, local farmers where it is cured naturally, then roasted to give it the best possible flavor.

This is one of the best wild rices we've ever tasted, and it goes great with meats, poultry, fish—you name it! It's also a great and unique addition to soups, salads, casseroles and breads. Harvested in Saskatchewan, the long, cool summer days and natural growing environment produce a larger, tastier grain which matures slowly through the summer months. It grows naturally helped only by sun, soil and water. The resulting grain is high in nutrition—with high fiber, B vitamins, proteins and minerals while being naturally low on fat.

North Bay Trading, together with Saskatchewan's Native producers, supply their exceptional wild rice to the world. Pure quality is assured by its organic certification, which guarantees you are only getting the best possible wild rice available. This company harvests wild rice with an acute awareness of the fragile environment, which allows this crop to flourish, and environmental sustainability is a cornerstone of their business. Find it in our bulk section and taste a grain that hasn't changed in thousands of years.





PLAN AHEAD!

A 12-16 POUND FROZEN TURKEY TAKES 3-4 DAYS TO THAW IN THE FRIDGE.

THE BIRD IS THE WORD

EVERYTHING YOU NEED TO KNOW ABOUT COOKING THE PERFECT TURKEY

THANKSGIVING IS NO TIME TO WING IT (SEE WHAT WE DID THERE?), ESPECIALLY WHEN IT COMES TO ROASTING A TURKEY. EVEN THOUGH YOU'VE PROBABLY COOKED A TURKEY BEFORE, YOU STILL FIND YOURSELF CHECKING AND DOUBLE-CHECKING THE CHARTS AND TRYING TO RECALL BASIC MATH. FROM DETERMINING THE SIZE YOU'LL NEED, TO HOW LONG THAWING WILL TAKE, AND HOW LONG TO KEEP IT IN THE OVEN, THIS GUIDE WILL TAKE THE PANIC OUT OF COOKING YOUR THANKSGIVING CENTERPIECE.

THAWING YOUR TURKEY

We strongly recommend thawing frozen turkeys in the refrigerator to avoid bacteria that can occur from room temperature thawing. Whether you've chosen a fresh or frozen turkey, keep it wrapped and placed on a pan, on the lowest shelf in your refrigerator away from other foods as much as possible to prevent cross contamination.

COOKING YOUR TURKEY

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

1. Preheat oven to 350 degrees. Set oven rack to lowest position.
2. Unwrap turkey and remove the giblets and neck from the body. Refrigerate or set aside for further use (optional).

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

flash sale

Ferndale Farms Frozen Turkey



while supplies last • no pre-orders

\$1.79/LB.

(with \$100 purchase)

FOR EVERYONE!

November 3-9 ONLY

COOKING RATIOS & TIMES

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

Outpost Turkeys

YOU'LL GOBBLE 'EM UP!

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

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

OWATONNA, MINNESOTA

- USDA Certified Organic
- Frozen
- Available Friday, Oct. 29



FERNDALE FARMS TURKEY...\$2.69/lb.

CANNON FALLS, MINNESOTA

- Naturally raised
- Fresh, never frozen
- Available Saturday, Nov. 20



HERITAGE BREED TURKEYS

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

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

DENMARK, WI

- Narragansett & Red Bourbon breeds (mix)
- Organically raised
- Fresh
- Available Sunday, Nov. 21



PLEASE NOTE:

ALL OUTPOST LOCATIONS ARE CLOSED ON THANKSGIVING—THURSDAY, NOVEMBER 25.

HEAD-TURNING HOLIDAY DESSERTS

MINI PECAN PIES *with* CHOCOLATE & WHIPPED CREAM

MAKES 12 MINI PIES

Nothing says holiday baking like pecan pie. Your guests will be lined up for these simple and elegant, sweet morsels. Perfect for a dessert table where a whole piece of pie might be over the top after a big meal. The small cups and short baking time help to keep the pecans and custard happily combined.

1 recipe for a double pie crust
Butter (for greasing pie tins)
½ cup pecan halves
¼ cup brown rice syrup
¼ cup brown sugar, packed
1½ tablespoons unsalted butter
2 teaspoons molasses
2 teaspoons bourbon, apple cider OR apple juice
1 teaspoon vanilla extract
1 large egg
Ready-made chocolate sauce
Whipped cream

1. Roll out your pie crusts onto a floured surface. If using ready-made crusts, prepare according to package directions.
2. Generously grease a 12-cup muffin pan with butter.
3. Dust a 4-inch pastry/cookie cutter with flour then cut 12 circles.
4. Line each cup with a pie crust circle, gently easing the disk into place by pushing the top edges down and into the cup. Pleat the edges where needed. Press the crust into the sides and bottom of the cup.
5. Once all the cups are lined, prick the bottom of each with the tines of a fork. Return the pan to the freezer while you preheat the oven to 400 degrees. Freeze for at least 15 minutes.
6. Bake the empty pastry cups on the center rack for 16-18 minutes or until lightly golden. Remove from oven and set aside.
7. Spread the pecans on a cookie sheet and toast them in the oven at the same temperature for just 5-7 minutes. They can easily burn, so stay on top of 'em. Remove from oven, then finely chop.
8. Reduce the oven temperature to 325 degrees.
9. In a small saucepan over medium-low heat, mix the brown rice syrup and sugar. As the mixture starts to bubble around the edges, whisk constantly until the sugar completely dissolves. DO NOT boil. Remove from heat and add the butter, molasses, bourbon (or apple cider/juice) and vanilla. Whisk to mix. Set aside and cool to room temperature. Once the filling has cooled to room temperature, whisk in the egg. Set aside.
10. To each pastry cup, add about 1½ teaspoons of chopped pecans. Press down gently if the crust bottom has puffed up a bit. Spoon in about one tablespoon of custard filling over the pecans. Only fill to the inside edge of the pastry cups. DON'T OVERFILL. Top off as needed.
11. Bake for about 19-22 minutes or until just set. Remove from the oven and allow to cool for about 45 minutes before serving. This will allow the custard to set.
12. Plate each mini pie, and drizzle with a little chocolate sauce. Add a puff of whipped cream just before serving.

Looking for a
pie crust recipe?
Try this one!





VEGAN SALTED CARAMEL APPLE CRÈME BRÛLÉE

MAKES 4

Brûlée means “a piece of burned-over woodland.” It’s the flamed over toasted sugar candy top that provides the tantalizing tang of toasted marshmallow and smoke, and gives this creamy and decadent dessert its name. This recipe requires chilling your crème overnight in the fridge before serving. A kitchen torch will best help you achieve the signature candy-like topping, however, you can also use your oven broiler.

Caramel:

5 Medjool dates (pitted), soaked for 1 hour in water to cover
1 tablespoon brown sugar
2 teaspoons almond butter
¼ teaspoon salt

Apples:

2 tablespoons vegan butter (like Earth Balance)
1 Granny Smith apple, peeled, cored and diced
¼ teaspoon cornstarch
2 tablespoons water
1 tablespoon brown sugar

Crème:

13.5 ounce can full fat coconut milk
2 tablespoons cornstarch
3 tablespoons + 4 tablespoons granulated sugar
¼ cup raw cashews
1 teaspoon nutritional yeast flakes
1 teaspoon vanilla extract
1 tiny pinch turmeric (for color)
4 ramekins or crème brûlée dishes

Make the caramel:

1. Drain water from dates and reserve 1 tablespoon. Place dates, brown sugar, almond butter, reserved water and salt in a blender. Pulse until smooth. Lumps are OK!
2. Divide evenly between 4 ramekins and spread out the mixture to cover the bottom. Place in the fridge.

Make the apples:

1. In a saucepan, melt vegan butter over medium heat, add apples and

cook for about 6 minutes, stirring constantly until almost tender.

2. Dissolve cornstarch in water and add to the apple mixture. Stir in brown sugar. Let bubble for 2 minutes, stirring constantly. Remove from heat. Let cool. If making the apples the night before, store in the fridge in a covered container and reheat just before serving.

Make the crème:

1. Combine the coconut milk, cornstarch, 3 tablespoons sugar and cashews in a saucepan. Stir to combine. Bring to a simmer over medium heat while stirring (this can take up to 3-5 minutes). Simmer for 1 minute. Remove from heat.
2. Carefully add the hot coconut milk mixture to a blender. Add the nutritional yeast flakes, vanilla and turmeric. Blend on high until creamy. Let cool completely to room temperature.
3. Divide the cream into the 4 ramekins, covering the caramel. Return to the fridge to set for at least 2 hours to overnight (the longer it sits the thicker the cream will become).

To serve:

1. Before serving, sprinkle the top of each with approximately 1 tablespoon granulated sugar, making sure the entire surface of cream has sugar over it. Using a kitchen torch, aim the flame and move it around to evenly caramelize all of the sugar and create a candy topcoat. The melting sugar will smoke during this process. If you are using your oven broiler, set it to high and place the rack in its highest position. Broil until the desired results are achieved.
2. Top each brûlée with a dollop of the stewed apples. Serve immediately.

DECEMBER 1-31, 2021

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Holiday Gift Card Bonus!

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



November 1 – December 31

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

Since 1999, Outpost's Buy A Bag program has provided over \$1.7 million worth of natural and organic food to Hunger Task Force.



- **Donate \$20—or any amount—at an Outpost register or online at www.outpost.coop**
- **Donate in someone else's name, customizable gift cards available**

A typical Buy A Bag includes:

- 1 lb. fresh organic carrots
- 1 can of Native Forest mandarin oranges
- 3 lb. fresh organic apples
- 1 package of Nature's Path granola
- 5 lb. fresh organic russet potatoes
- 1 jar of Field Day mixed berry fruit spread
- 2 lb. bag of Lundberg brown basmati rice
- 1 can of Eden black beans
- 1 box of Field Day mixed berry cereal bars



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